

# Dover Police Recruit Physical Fitness Test Log



## Minimum Standards

300 Meter Run: All applicants must complete the 300 meter run in no more than 71 seconds.

Sit-Ups: Male applicants must complete a minimum of 33 sit-ups and female applicants must complete a minimum of 24 sit-ups within ONE minute. Sit-ups will be completed with hands interlaced behind the neck, knees bent, and a spotter holding the applicant's feet. Each repetition must begin with the shoulder blades touching the ground, and is completed when the torso is perpendicular to the ground.

Push-Ups: Each applicant will complete the maximum number of push-ups that he/she is capable of completing. The minimum number for a successful completion of this portion of the test is 22 for males and 17 for females. In order to be counted as a completed push-up, each repetition will begin with the applicant in the front leaning rest position (prone position with arms extended, elbows locked, hands on ground, legs resting on toes). The applicant will proceed to lower his/her upper torso until the chest touches a spotting object (styrofoam cup or similar object) placed on the ground below the chest. The applicant will then raise his/her body back to the front leaning rest position to complete the repetition. Resting is only permitted in the up position. Female applicants will be allowed to perform modified pushups. In order to be counted as a completed modified pushup, each repetition will begin in the front leaning rest position (prone position with arms extended, elbows locked, hands on ground, knees resting on the ground). The applicant will proceed to lower her upper torso until the chest touches a spotting object (Styrofoam cup or similar object) placed on the ground below the chest. The applicant will then raise her body back to the front leaning rest position to complete the repetition. Resting is only permitted in the up position.

1.5 Mile Run: The applicant will complete a 1.5 mile run in no more than 16:28 (Sixteen minutes and twenty eight seconds).

Use this log to keep track of your scores while you prepare for the physical test. Once you can complete the minimum requirements, you are ready for testing.

**Date:** \_\_\_\_\_ **Sit-ups:** \_\_\_\_\_ **Push-ups** \_\_\_\_\_ **Run time:** \_\_\_\_\_

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