EDMONTON POLICE SERVICE

ANNUAL FITNESS TESTING STANDARDS FOR FEMALES

	Females Age 20 – 29 Years						Females Age 30 – 39 Years						Females Age 40 – 49 Years					
Fitness Rating	GOLD 100	GOLD	SILVER	BRONZE	MINIMUM STANDARD	NEEDS IMPROVEMENT	GOLD 100	GOLD	SILVER	BRONZE	MINIMUM STANDARD	NEEDS IMPROVEMENT	GOLD 100	GOLD	SILVER	BRONZE	MINIMUM STANDARD	NEEDS IMPROVEMENT
Combined Grip (kg)	78	70	54	46	39	<39	81	72	57	49	41	<41	79	70	53	47	39	<39
Push Up (#)	37	31	20	15	9	<9	36	29	18	12	7	<7	28	25	15	10	5	<5
Vertical Jump (Watts)	4127	3889	3416	3179	2942	<2942	4148	3833	3206	2892	2579	<2579	3476	3438	2885	2273	2027	<2027
Pull Up (kg)	345	242	121	61	1	0	318	213	100	60	1	0	303	202	81	51	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27	3:51	3:34	2:46	1:59	1:27	<1:27	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	9.5	8.0	6.5	5.5	4.5	<4.5	9.0	7.5	6.0	5.0	4.0	<4.0	8.5	7.0	5.5	4.5	3.5	<3.5
V02 max (mL/kg/min)	46.5	43.6	37.9	35.1	32.3	<32.3	45.6	40.6	37.2	34.4	31.6	<31.6	42.4	39.7	34.6	32.0	29.4	<29.4

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