



Edmonton Police Fitness Standards - Female

Age 20 – 29 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	78	70	54	46	39	<39
Push Up (#)	37	31	20	15	9	<9
Pull Up (kg)	345	242	121	61	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	9.5	8	6.5	5.5	4.5	<4.5
V02max (mL/kg/min)	46.5	43.6	37.9	35.1	32.3	<32.3
Vertical Jump (Watts)	4127	3889	3416	3179	2942	<2942

Age 30 – 39 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	81	72	57	49	41	<41
Push Up (#)	36	29	18	12	7	<7
Pull Up (kg)	318	213	100	60	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	9	7.5	6	5	4	<4.0
V02max (mL/kg/min)	45.6	40.6	37.2	34.4	31.6	<31.6
Vertical Jump (Watts)	4148	3833	3206	2892	2579	<2579

Age 40 – 49 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	79	70	53	47	39	<39
Push Up (#)	28	25	15	10	5	<5
Pull Up (kg)	303	202	81	51	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	8.5	7	5.5	4.5	3.5	<3.5
V02max (mL/kg/min)	44.2	39.7	34.6	32	29.4	<29.4
Vertical Jump (Watts)	3476	3438	2885	2273	2027	<2027

Age 50-59 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	75	67	51	45	39	<39
Push Up (#)	24	22	14	9	5	<5
Pull Up (kg)	294	190	78	49	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	8	6.5	5.5	4.5	3.5	<3.5
V02max (mL/kg/min)	43.6	37.9	34.6	32	29.4	<29.4
Vertical Jump (Watts)	3233	3197	2683	2114	1889	<1889

Formulas

Grip Strength Total =

Max Left Hand in kg + Max Right Hand in kg

Pull-Up Total =

body weight in kg x reps

Vertical Jump Wattage =

[60.7 X (vertical jump inches X 2.54 – standing reach height centimetres)] + [45.3 X body mass kg] – 2055

Fitness Rating:	Gold 100	Gold	Silver	Bronze	
Points Required	27-30 points	21-26 points	15-20 points	9-14 points	



Edmonton Police Fitness Standards - Male

Age 20 – 29 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	124	114	94	85	75	<75
Push Up (#)	47	41	32	27	23	<23
Pull Up (kg)	1253	1033	597	379	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	11.5	10.0	8	7	6	<6.0
VO2max (mL/kg/min)	52.6	49.6	43.6	40.6	37.7	<37.7
Vertical Jump (Watts)	6205	5817	5043	4656	4269	<4269

Age 30 – 39 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	127	116	95	85	74	<74
Push Up (#)	45	40	30	25	21	<21
Pull Up (kg)	1138	912	462	237	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	11	9.5	7.5	6.5	5.5	<5.5
VO2max (mL/kg/min)	51.4	46.6	40.6	38	35.2	<35.2
Vertical Jump (Watts)	6209	5780	4926	4499	4072	<4072

Age 40 – 49 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	119	108	88	81	70	<70
Push Up (#)	37	33	25	19	13	<13
Pull Up (kg)	1109	877	414	183	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	10.5	9	7	6	5	<5.0
VO2max (mL/kg/min)	48.4	45.6	40.3	37.6	34.7	<34.7
Vertical Jump (Watts)	5520	4873	4055	3496	3164	<3164

Age 50-59 Years						
Fitness Rating:	Gold 100	Gold	Silver	Bronze	Minimum Standard	Needs Improvement
Points:	5 points	4 points	3 points	2 points	1 point	0 points
Combined Grip (kg)	112	102	84	77	66	<66
Push Up (#)	31	27	21	14	8	<8
Pull Up (kg)	1081	844	371	141	1	0
Plank (min:sec)	3:51	3:34	2:46	1:59	1:27	<1:27
Beep Test (stage)	10	8.5	6.5	5.5	4.5	>4.5
VO2max (mL/kg/min)	49.6	44.2	37.9	35.1	32.3	<32.3
Vertical Jump (Watts)	5134	4698	3674	3244	2936	<2936

Formulas

Grip Strength Total =

Max Left Hand in kg + Max Right Hand in kg

Pull-Up Total =

body weight in kg x reps

Vertical Jump Wattage =

[60.7 X (vertical jump inches X 2.54 – standing reach height centimetres)] + [45.3 X body mass kg] – 2055

Fitness Rating:	Gold 100	Gold	Silver	Bronze	
Points Required	27-30 points	21-26 points	15-20 points	9-14 points	