



Fire Academy Fitness Chart

Females Under 25

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
11:06 or faster	50.00	42 or more	25	51 or more	25
11:07-11:36	47.50	41	24.5	50	23.75
11:37-11:54	45.00	40	23.75	49	22.5
11:55-12:30	43.50	38-39	23.25	46-48	22
12:31-13:12	42.00	37	22.5	44-45	21.25
13:13-14:00	40.50	34-36	22	42-43	20.75
14:01-14:54	39.00	31-33	21.25	40-41	20
14:55-15:18	37.50	27-30	20.75	37-39	19.5
15:19-15:48	36.00	24-26	20	35-36	18.75
15:49-16:24	34.00	21-23	19.5	33-34	18.5
16:25-16:54	32.00	18-20	18.75	30-32	18.25
16:55-17:36	30.00	16-17	18.5	28-29	18
17:37-18:12	27.00	14-15	18.25	26-27	17.75
18:13-18:54	24.00	12-13	18	24-25	17.5
18:55-19:42	21.00	10-11	17.75	22-23	15
19:43-20:36	18.00	9	17.5	20-21	10
20:37-21:30	15.00	8	15	18-19	5
21:31-22:30	12.00	7	12.5	less than 18	0
22:31-23:36	9.00	6	10		
23:37-24:48	6.00	5	7.5		
24:49-26:06	3.00	4	5		
slower than 26:07	0.00	3	2.5		
		less than 2	0		



Fire Academy Fitness Chart

Females 25-29

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
11:24 or faster	50.00	41 or more	25	47 or more	25
11:25-11:36	47.50	40	24.5	46	23.75
11:37-11:54	45.00	38-39	23.75	45	22.5
11:55-12:30	43.50	36-37	23.25	42-44	22
12:31-13:12	42.00	35	22.5	40-41	21.25
13:13-14:00	40.50	31-34	22	38-39	20.75
14:01-14:54	39.00	28-30	21.25	36-37	20
14:55-15:18	37.50	25-27	20.75	34-35	19.5
15:19-15:48	36.00	22-24	20	31-33	18.75
15:49-16:24	34.00	19-21	19.5	29-30	18.5
16:25-16:54	32.00	16-18	18.75	27-28	18.25
16:55-17:36	30.00	14-15	18.5	25-26	18
17:37-18:12	27.00	13	18.25	23-24	17.75
18:13-18:54	24.00	11 12	18	21-22	17.5
18:55-19:42	21.00	10	17.75	19-20	15
19:43-20:36	18.00	8 9	17.5	17-18	10
20:37-21:30	15.00	7	15	15-16	5
21:31-22:30	12.00	6	12.5	less than 15	0
22:31-23:36	9.00	5	10		
23:37-24:48	6.00	4	7.5		
24:49-26:06	3.00	3	5		
slower than 26:06	0.00	2	2.5		
		less than 2	0		



Fire Academy Fitness Chart

Females 30-35

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
11:54 or faster	50.00	40 or more	25	42 or more	25
11:55-12:30	47.50	39	24.5	41	23.75
12:31-12:54	45.00	37-38	23.75	40	22.5
12:55-13:12	43.50	35-36	23.25	37-39	22
13:13-13:36	42.00	33-34	22.5	35-36	21.25
13:37-14:24	40.50	29-32	22	33-34	20.75
14:25-14:54	39.00	26-28	21.25	31-32	20
14:55-15:18	37.50	23-25	20.75	29-30	19.5
15:19-15:48	36.00	20-22	20	27-28	18.75
15:49-16:24	34.00	17-19	19.5	25-26	18.5
16:25-16:54	32.00	14-16	18.75	23-24	18.25
16:55-17:36	30.00	12 13	18.5	22	18
17:37-18:12	27.00	11	18.25	20-21	17.75
18:13-18:54	24.00	10	18	18-19	17.5
18:55-19:42	21.00	9	17.75	16-17	15
19:43-20:36	18.00	7 8	17.5	13-15	10
20:37-21:30	15.00	6	15	11 12	5
21:31-22:30	12.00	5	12.5	less than 11	0
22:31-23:36	9.00	4	10		
23:37-24:48	6.00	3	7.5		
24:49-26:06	3.00	2	5		
slower than 26:06	0.00	1	2.5		
		0	0		



Fire Academy Fitness Chart

Females 35-39

Aerobic Fitness		Muscle Fitness		Muscle Fitness	
1.5 mile run		Push-ups		Crunches	
11:54 or faster	50.00	30 or more	25	40 or more	25
11:55-12:30	47.50	29	24	38-39	23.75
12:31-12:54	45.00	28	23.75	37	22.5
12:55-13:12	43.50	27	23.5	35-36	22
13:13-13:36	42.00	26	22.5	33-34	21.25
13:37-14:24	40.50	23-25	22	31-32	20.75
14:25-14:54	39.00	21-22	21.25	29-30	20
14:55-15:18	37.50	19-20	21.75	27-28	19.5
15:19-15:48	36.00	17-18	20	25-26	18.75
15:49-16:24	34.00	15-16	19.5	23-24	18.5
16:25-16:54	32.00	13-14	18.75	21-22	18.25
16:55-17:36	30.00	11-12	18.5	20	18
17:37-18:12	27.00	10	18.25	18-19	17.75
18:13-18:54	24.00	9	18	16-17	17.5
18:55-19:42	21.00	8	17.75	14-15	15
19:43-20:36	18.00	6-7	17.5	12-13	10
20:37-21:30	15.00	4-5	15	9-11	5
21:31-22:30	12.00	3	7.5	less than 9	0
22:31-23:36	9.00	1-2	5		
23:37-24:48	6.00	0	0		
24:49-26:06	3.00				
slower than 26:06	0.00				



Fire Academy Fitness Chart

Females 40+

Aerobic Fitness		Muscle Fitness		Muscle Fitness	
1.5 mile run		Push-ups		Crunches	
12:30 or faster	50.00	20 or more	25	38 or more	25
12:31-12:54	47.50	19	23.75	36-37	23.75
12:55-13:12	45.00	18	22.5	34-35	22.5
13:13-14:00	43.50	16-17	22	32-33	22
14:01-14:54	42.00	15	21.25	30-31	21.25
14:55-15:48	40.50	14	20.75	28-29	20.75
15:49-16:24	39.00	13	20	26-27	20
16:25-16:54	37.50	12	19.5	24-25	19.5
16:55-17:36	36.00	11	18.75	22-23	18.75
17:37-18:12	34.00	9-10	18.5	20-21	18.5
18:13-18:54	32.00	8	18.25	18-19	18.25
18:55-19:42	30.00	7	18	17	18
19:43-20:36	27.00	6	17.75	15-16	17.75
20:37-21:30	24.00	5	17.5	13-14	17.5
21:31-22:30	21.00	3-4	15	11-12	15
22:31-23:36	18.00	2	10	9-10	10
23:37-24:48	15.00	1	5	7-8	5
24:49-26:06	12.00	0	0	less than 7	0
26:07-27:36	9.00				
27:37-29:18	6.00				
29:19-31:12	3.00				
slower than 31:12	0.00				