



Fire Academy Fitness Chart

Males Under 25

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
9:36 or faster	50.00	62 or more	25	55 or more	25
9:37-9:48	47.50	61	24.5	53-54	24.5
9:49-10:12	45.00	60	24	52	24
10:13-10:36	43.50	59	23.5	50-51	23.5
10:37-11:06	42.00	57-58	23	48-49	23
11:07-11:36	40.50	52-56	22.5	46-47	22
11:37-12:12	39.00	49-51	22	44-45	21
12:13-12:54	37.50	45-48	21	42-43	20
12:55-13:36	36.00	41-44	20	40-41	19
13:37-14:24	34.00	37-40	19	38-39	18
14:25-14:54	32.00	33-36	18	36-37	16
14:55-15:18	30.00	30-32	16.5	35	14
15:19-15:48	27.00	27-29	15	33-34	12
15:49-16:24	24.00	24-26	13.5	32	10
16:25-16:54	21.00	21-23	12	30-31	8
16:55-17:36	18.00	19-20	10	28-29	6
17:37-18:12	15.00	17-18	8	27	3
18:13-18:54	12.00	15-16	6	less than 27	0
18:55-19:42	9.00	14	3		
19:43-20:36	6.00	less than 14	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



Fire Academy Fitness Chart

Males 25-29

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
9:36 or faster	50.00	57 or more	25	53 or more	25
9:37-9:48	47.50	56	24.5	51-52	24.5
9:49-10:12	45.00	55	24	50	24
10:13-10:36	43.50	54	23.5	48-49	23.5
10:37-11:06	42.00	52-53	23	46-47	23
11:07-11:36	40.50	48-51	22.5	44-45	22
11:37-12:12	39.00	45-47	22	42-43	21
12:13-12:54	37.50	41-44	21	40-41	20
12:55-13:36	36.00	37-40	20	38-39	19
13:37-14:24	34.00	34-36	19	36-37	18
14:25-14:54	32.00	30-33	18	34-35	16
14:55-15:18	30.00	27-29	16.5	33	14
15:19-15:48	27.00	25-26	15	31-32	12
15:49-16:24	24.00	23-24	13.5	30	10
16:25-16:54	21.00	20-22	12	28-29	8
16:55-17:36	18.00	17-19	10	27	6
17:37-18:12	15.00	15-16	8	26	3
18:13-18:54	12.00	14	6	less than 26	0
18:55-19:42	9.00	13	3		
19:43-20:36	6.00	less than 13	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



Fire Academy Fitness Chart

Males 30-35

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
9:48 or faster	50.00	52 or more	25	51 or more	25
9:49-10:12	47.50	50-51	24.5	49-50	24.5
10:13-10:24	45.00	49	24	48	24
10:25-10:54	43.50	48	23.5	46-47	23.5
10:55-11:24	42.00	46-47	23	44-45	23
11:25-11:54	40.50	43-45	22.5	42-43	22
11:55-12:30	39.00	40-42	22	40-41	21
12:31-12:54	37.50	36-39	21	38-39	20
12:55-13:36	36.00	33-35	20	36-37	19
13:37-14:24	34.00	30-32	19	34-35	18
14:25-14:54	32.00	27-29	18	33	16
14:55-15:18	30.00	24-26	16.5	31-32	14
15:19-15:48	27.00	22-23	15	30	12
15:49-16:24	24.00	20-21	13.5	28-29	10
16:25-16:54	21.00	17-19	12	26-27	8
16:55-17:36	18.00	16	10	25	6
17:37-18:12	15.00	15	8	23-24	3
18:13-18:54	12.00	14	6	less than 23	0
18:55-19:42	9.00	13	3		
19:43-20:36	6.00	less than 13	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



Fire Academy Fitness Chart

Males 35-39

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
09:47 or faster	50.00	46 or more	25	49 or more	25
9:37-9:48	47.50	45	24.5	47-48	24.5
9:49-10:12	45.00	44	24	46	24
10:13-10:36	43.50	42-43	23.5	44-45	23.5
10:37-11:06	42.00	41	23	42-43	23
11:07-11:36	40.50	38-40	22.5	40-41	22
11:37-12:12	39.00	35-37	22	38-39	21
12:13-12:54	37.50	32-34	21	36-37	20
12:55-13:36	36.00	30-31	20	34-35	19
13:37-14:24	34.00	27-29	19	32-33	18
14:25-14:54	32.00	24-26	18	30-31	16
14:55-15:18	30.00	21-23	16.5	29	14
15:19-15:48	27.00	19-20	15	27-28	12
15:49-16:24	24.00	18	13.5	25-26	10
16:25-16:54	21.00	17	12	23-24	8
16:55-17:36	18.00	16	10	22	6
17:37-18:12	15.00	15	8	20-21	3
18:13-18:54	12.00	14	6	less than 20	0
18:55-19:42	9.00	13	3		
19:43-20:36	6.00	less than 13	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



Fire Academy Fitness Chart

Males 40+

Aerobic Fitness

Muscle Fitness

Muscle Fitness

1.5 mile run		Push-ups		Crunches	
10:24 or faster	50.00	40 or more	25	47 or more	25
10:25-10:36	47.50	39	24.5	45-46	24.5
10:37-10:54	45.00	28	24	43-44	24
10:55-11:24	43.50	37	23.5	41-42	23.5
11:25-11:54	42.00	36	23	39-40	23
11:55-12:30	40.50	33-35	22.5	37-38	22
12:31-13:12	39.00	31-32	22	35-36	21
13:13-13:36	37.50	28-30	21	33-34	20
13:37-14:24	36.00	26-27	20	31-32	19
14:25-15:18	34.00	23-25	19	29-30	18
15:19-15:48	32.00	21-22	18	27-28	16
15:49-16:24	30.00	20	16.5	26	14
16:25-16:54	27.00	19	15	24-25	12
16:55-17:36	24.00	18	13.5	22-23	10
17:37-18:12	21.00	17	12	20-21	8
18:13-18:54	18.00	16	10	19	6
18:55-19:42	15.00	15	8	17-18	3
19:43-20:36	12.00	14	6	less than 17	0
20:37-21:30	9.00	13	3		
21:31-22:30	6.00	less than 13	0		
22:31-23:36	3.00				
slower than 23:36	0.00				