

## ILETSB Physical Fitness Standards

### For BLE classes beginning after January 1, 2023

1. **SIT AND REACH TEST:** This is a measure of the flexibility of the lower back and upper leg area. It is an important area for performing police tasks involving range of motion and is important in minimizing lower back problems. The test involves stretching out to touch the toes beyond the extended arms from the sitting position. The score is in the inches reached on a yard stick with 15" being at the toes.

MALE TEST: SIT AND REACH					FEMALE TEST: SIT AND REACH				
Male Age	20-29	30-39	40-49	50-59	Female Age	20-29	30-39	40-49	50-59
Minimum Standard	14.4	13.0	12.0	10.5	Minimum Standard	17.0	16.5	15.0	14.8

2. **ONE MINUTE SIT UP TEST:** This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems.

MALE TEST: ONE MINUTE SIT UP					FEMALE TEST: ONE MINUTE SIT UP				
Male Age	20-29	30-39	40-49	50-59	Female Age	20-29	30-39	40-49	50-59
Minimum Standard	33	30	24	19	Minimum Standard	24	20	14	10

3. **ONE REPETITION MAXIMUM BENCH PRESS:** This is a maximum weight pushed from the bench press position and measures the amount of force the upper body can generate. The score is in percentage of body weight.

MALE TEST: BENCH PRESS					FEMALE TEST: BENCH PRESS				
Male Age	20-29	30-39	40-49	50-59	Female Age	20-29	30-39	40-49	50-59
Minimum Standard	88%	78%	72%	63%	Minimum Standard	51%	47%	43%	39%

4. **1.5 MILE RUN:** This is a timed run to measure the heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems. The score is in minutes and seconds.

MALE TEST: 1.5 MILE RUN					FEMALE TEST: 1.5 MILE RUN				
Male Age	20-29	30-39	40-49	50-59	Female Age	20-29	30-39	40-49	50-59
Minimum Standard	14:00	14:34	15:24	16:58	Minimum Standard	16:46	17:38	18:37	20:44