



Brimfield Township Police Department

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Physical Agility Standards

<u>Exercises</u>	<u>Time</u>	<u>Minimum Standard</u>	<u>Superior Standard</u>
1. Vertical jump	N/A	15 inches	21 inches
2. Sit-ups	1 minute	25 reps	42 reps
3. 300 meter run	N/A	75 seconds	59 seconds
4. Push-ups	1 minute	25 reps	45 reps
5. 1 ½ mile run	N/A	17 minutes	12 minutes