

# SMYRNA POLICE DEPARTMENT FITNESS FORM

Candidates Name (Print) \_\_\_\_\_

Fitness Test Date \_\_\_\_\_

Signature \_\_\_\_\_

Test Administrator \_\_\_\_\_

Total Body Weight\* \_\_\_\_\_

Signature Test Administrator \_\_\_\_\_

\* used only for informational purposes.

This fitness test is based on the Cooper Institute test components and norms for mandatory testing programs.

## Physical Fitness Test

Candidate will warm up for 3 minutes before performing the 1.5 mile run.

### 1) 1.5 Mile Run

Time (Min/Seconds) \_\_\_\_\_

The City has chosen the Cooper fitness absolute standard of 15:45 as the cutoff for a minimum passing score

Rest for 5 to 10 minutes and proceed to the Upper Body Strength Test

### 2) 1 Minute Sit Up

Sit Ups Completed \_\_\_\_\_

The City has chosen the Cooper fitness absolute standard of 30 sit-ups in one minute as the cutoff for a minimum passing score

Rest for 5 to 10 minutes and proceed to the Upper Body Strength Test

### 3) Upper Body Strength

Push Ups Completed \_\_\_\_\_

The City has chosen the Cooper fitness absolute standard of 21 continuous push-ups as the cutoff for a minimum passing score

Rest for 5 to 10 minutes and proceed to the Upper Body Strength Test

### 4) Bench Press

Weight \_\_\_\_\_

The city has chosen the Cooper fitness absolute standard of 1 bench press repetition of 67% of the candidate's weight.