Gavin de Becker & Associates

PHYSICAL READINESS TEST

PROTECTOR STANDARDS

MEN

Age	Pull-ups	Push-ups*	Sit-ups*	800m Run
20-26	5	40	50	3:30 or less
27-39	4	35	45	3:45 or less
40-45	3	30	40	4:02 or less
46-49	3	25	35	4:20 or less
50-58	3	25	35	4:37 or less
59+	3	25	35	5:30 or less

WOMEN

Age	Flexed-arm Hang	Push-ups*	Sit-ups*	800m Run
20-26	20 sec	20	45	3:50 or less
27-39	15 sec	15	40	4:05 or less
40-45	15 sec	12	35	4:22 or less
46-49	15 sec	10	30	4:40 or less
50-58	15 sec	10	30	4:57 or less
59+	15 sec	10	30	5:45 or less

* 2-MINUTE SESSION