



# B.C.S.O CO ACADEMY PT STANDARDS



## MINIMUM PHYSICAL TRAINING STANDARDS

Age	20-29		30-39		40-49		50+	
Gender	F	M	F	M	F	M	F	M
Plank	62 s							
Push-Ups	17	22	11	17	6	11	6	9
Agility	22.4 s	18.2 s	22.9 s	18.7 s	23.4 s	19.2 s	23.9 s	19.7 s
300 M Run	78 s	66 s	86 s	68 s	110 s	83 s	110 s	95 s

### Plank

Place forearms on the ground with the elbows directly under the shoulders. Feet are close together while the body is lifted, keeping straight from the shoulders to the ankles. Remaining in this position for the duration of the test.



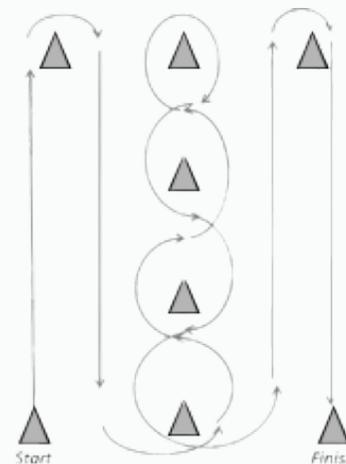
### Push-Ups

Place hands on the ground shoulder width apart with fingers pointing forward. For males, feet are up to 12 inches apart. Position body straight from the shoulders to ankles. Remain in this position throughout the exercise. For females, optional position knees on the ground with ankles crossed and elevated. Body should be straight from shoulders to knees. Remain in this position throughout the exercise. Lower body by bending elbows and return to the starting position by fully straightening arms. Participants should perform as many push-ups as possible in one minute.



### Agility

Lie chest down on the ground. On the "go" command, quickly get off the ground and run straight, till just passed the last cone, then run back to the starting line. Weave through the cones to the last cone and weave back through the cones to the start line. Lastly, run straight, till just passed the last cone, then run back to the finish line.



### 300-Meter

Run On the "go" command, run as fast as possible until you cross the finish line.