

PHYSICAL FITNESS TEST OPTIONS


*Select only
one option*

1. TRADITIONAL PHYSICAL FITNESS TEST
(Walk or run and Muscle
Endurance)

**2. CYCLING AND MUSCLE
ENDURANCE**

**3. ROWING AND MUSCLE
ENDURANCE**



EMPLOYEE ONLINE REGISTRATION

All City employees can register for the traditional physical fitness test or alternatives online via Teamsideline. Employees without access to the internet can call the department to register.

Employees without email or online registration access, please call 936-633-0250 to schedule your fitness test.

TRADITIONAL PHYSICAL FITNESS TEST

Male Muscle Endurance

- Push-ups or Pull-ups
- Sit-ups

Male Aerobic Power

- Run 1.5 Miles or 3 Mile walk

Male Muscle Endurance

Male	20-29	30-39	40-49	50-59	60+
Push-ups	33	27	21	15	15
Pull-ups	7	5	4	3	2
Sit-ups	40	36	31	26	20
1.5 Mile Run	12:18	12:51	13:53	14:55	16:07
3 Mile Walk	38:31	40:01	42:01	45:01	48:01

TRADITIONAL PHYSICAL FITNESS TEST

Female Muscle Endurance

- Push-ups or Pull-ups
- Sit-ups

Female Aerobic Power

- Run 1.5 Miles or 3 Mile Run

Female Muscle Endurance

Female	20-29	30-39	40-49	50-59	60+
Push-ups	26	21	15	13	8
Pull-ups	4	3	2	1	1
Sit-ups	35	27	22	17	8
1.5 Mile Run	14:55	15:26	16:27	17:24	18:16
3 Mile Walk	40:31	42:01	44:01	47:01	51:01

ROWING AND MUSCLE ENDURANCE TEST

2000 METER **ROW**

Male Muscle Endurance and Rowing

- Push-ups or Pull-ups
- Sit-ups

Male Muscle Endurance

Male	20-29	30-39	40-49	50-59	60+
Push-ups	33	27	21	15	15
Pull-ups	7	5	4	3	2
Sit-ups	40	36	31	26	20

Male Rowing Times

Time Earned	6 Hours	12 Hours	18 Hours
Age			
20-24	08:25.8	08:17.6	07:37.2
25-29	08:18.8	08:10.6	07:30.6
30-34	08:15.1	08:06.9	07:27.2
35-39	08:21.8	08:13.6	07:33.4
40-44	08:31.9	08:23.7	07:42.9
45-49	08:42.0	08:33.8	08:32.3
50-54	08:52.1	08:43.9	08:01.8
55-59	09:07.8	08:59.6	08:16.5
60+	09:19.6	09:11.4	08:27.5

ROWING AND MUSCLE ENDURANCE TEST

2000 METER **ROW**

Female Muscle Endurance and Rowing

- Push-ups or Pull-ups
- Sit-ups

Female Muscle Endurance

Female	20-29	30-39	40-49	50-59	60+
Push-ups	26	21	15	13	8
Pull-ups	4	3	2	1	1
Sit-ups	35	27	22	17	8

Female Rowing Times

Time Earned	6 Hours	12 Hours	18 Hours
Age			
20-24	08:25.8	08:18.0	07:37.0
25-29	08:18.8	08:10.6	07:30.6
30-34	08:15.1	08:06.9	07:27.2
35-39	08:21.8	08:13.6	07:33.4
40-44	08:31.9	08:23.7	07:42.9
45-49	08:42.0	08:33.8	08:32.3
50-54	08:52.1	08:43.9	08:01.8
55-59	09:07.8	08:59.6	08:16.5
60+	09:19.6	09:11.4	08:27.5

CYCLING AND MUSCLE ENDURANCE TEST

3.1 MILE **RIDE**

Male Muscle Endurance and Cycling

- Push-ups or Pull-ups
- Sit-ups

Male Muscle Endurance

Male	20-29	30-39	40-49	50-59	60+
Push-ups	33	27	21	15	15
Pull-ups	7	5	4	3	2
Sit-ups	40	36	31	26	20

Male Cycling Times

Time Earned	6 Hours	12 Hours	18 Hours
Age			
20-24	12:12	10:33	9:25
25-29	12:12	10:33	9:25
30-34	12:12	10:33	9:25
35-39	12:24	10:43	9:35
40-44	12:51	11:07	9:55
45-49	13:21	11:32	10:18
50-54	13:52	12:00	10:43
55-59	14:27	12:30	11:09
60+	15:04	13:02	11:38

CYCLING AND MUSCLE ENDURANCE TEST

3.1 MILE **RI**DE

Female Muscle Endurance and Cycling

- Push-ups or Pull-ups
- Sit-ups

Female Muscle Endurance

Female	20-29	30-39	40-49	50-59	60+
Push-ups	26	21	15	13	8
Pull-ups	4	3	2	1	1
Sit-ups	35	27	22	17	8

Female Cycling Times

Time Earned	6 Hours	12 Hours	18 Hours
Age			
20-24	15:19	12:56	11:23
25-29	15:19	12:56	11:23
30-34	15:19	12:56	11:23
35-39	15:25	13:01	11:28
40-44	15:44	13:17	11:42
45-49	16:18	13:45	12:07
50-54	17:08	14:28	12:45
55-59	18:07	15:18	13:29
60+	19:14	16:14	14:18