

PHYSICAL FITNESS TEST

EARN **TIME OFF** WITH PAY

SPRING TEST DATES

~~APRIL 14-16 & APRIL 21-23~~

FALL TEST DATES

OCTOBER 6,7,8 & 13,14,15



Test Times: **7:30 AM** or **5:30 PM**

TEST LOCATIONS



Traditional Fitness Test

Jones Park
1502 MLM Jr. Blvd.



Cycling

Lufkin Recreation Center
500 E. Kerk Ave.

TEST OPTIONS



Traditional Physical Fitness
Test + Muscle Endurance



Cycling +
Muscle Endurance Test

HOW MUCH TIME OFF CAN I EARN?

Up to 18 Hours – Spring Test

Up to 18 Hours – Fall Test

Earn paid time off based on
your performance tier.

REGISTER NOW

**CLICK HERE OR
SCAN QR CODE**



TRADITIONAL PHYSICAL FITNESS TEST

Male Muscle Endurance

- Required Push-ups or Pull-ups
- Required 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

Push-Up Test Procedures for Measurement of Muscular Endurance

1. The push-up test is administered with men starting in the standard "down" position (fingers pointing forward and under the shoulder, back straight, head up, using toes as the pivotal point) and women in the modified "knee push-up" position (lower legs in contact with mat with ankles planter flexed and using knees as the pivotal point.)
2. The individual must raise the body by straightening the elbows and return to the "down" position, until the chin touches the mat. The stomach should not touch the mat.
3. 55 or older may perform the modified push up. Ages 55-50 the minimum is 15. Ages 60+ the minimum is 12

ACSM Guidelines for Exercise Testing & Prescription, 11th edition.

TRADITIONAL PHYSICAL FITNESS TEST

Male Aerobic Power

- Run 1.5 Miles or 3 Mile walk

Male 1.5 Mile Run

A one mile run is available for persons 55 and older. For 55-60, the time limit is 12 minutes and for 60+ the time limit is 14 min

Male	6 Hours	12 Hours	18 Hours
20-29	12:29	12:11	11:58
30-39	12:53	12:46	12:25
40-49	13:50	13:25	13:05
50-59	15:14	14:35	14:33
60+	17:19	16:46	16:19

Male 3 Mile Walk

Male	6 Hours	12 Hours	18 Hours
20-29	41:31	40:01	38:31
30-39	43:01	41:31	40:01
40-49	45:01	43:31	42:01
50-59	48:01	46:31	45:01
60+	51:01	49:31	48:01

TRADITIONAL PHYSICAL FITNESS TEST

Female Muscle Endurance

- Required Push-ups or Pull-ups
- Required 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

Push-Up Test Procedures for Measurement of Muscular Endurance

1. The push-up test is administered with men starting in the standard "down" position (fingers pointing forward and under the shoulder, back straight, head up, using toes as the pivotal point) and women in the modified "knee push-up" position (lower legs in contact with mat with ankles planter flexed and using knees as the pivotal point.)

2. The individual must raise the body by straightening the elbows and return to the "down" position, until the chin touches the mat. The stomach should not touch the mat.

3. 55 or older may perform the modified push up. Ages 55-50 the minimum is 15. Ages 60+ the minimum is 12

ACSM Guidelines for Exercise Testing & Prescription, 11th edition.

TRADITIONAL PHYSICAL FITNESS TEST

Female Aerobic Power

- Run 1.5 Miles or 3 Mile walk

Female 1.5 Mile Run

A one mile run is available for persons 55 and older. For 55-60, the time limit is 12 minutes and for 60+ the time limit is 14 min

Female	6 Hours	12 Hours	18 Hours
20-29	15:05	14:33	14:15
30-39	15:56	15:35	15:14
40-49	17:11	16:46	16:13
50-59	19:10	18:39	18:05
60+	20:55	20:38	20:08

Female 3 Mile Walk

Female	6 Hours	12 Hours	18 Hours
20-29	44:01	42:01	40:31
30-39	45:31	43:31	42:01
40-49	47:31	45:31	44:01
50-59	50:31	48:31	47:01
60+	54:31	52:31	51:01

CYCLING AND MUSCLE ENDURANCE TEST

3.1 MILE RIDE

Male Muscle Endurance and Cycling

- Required Push-ups or Pull-ups
- Required 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 RIDE

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