

## **MINIMUM FITNESS STANDARDS**

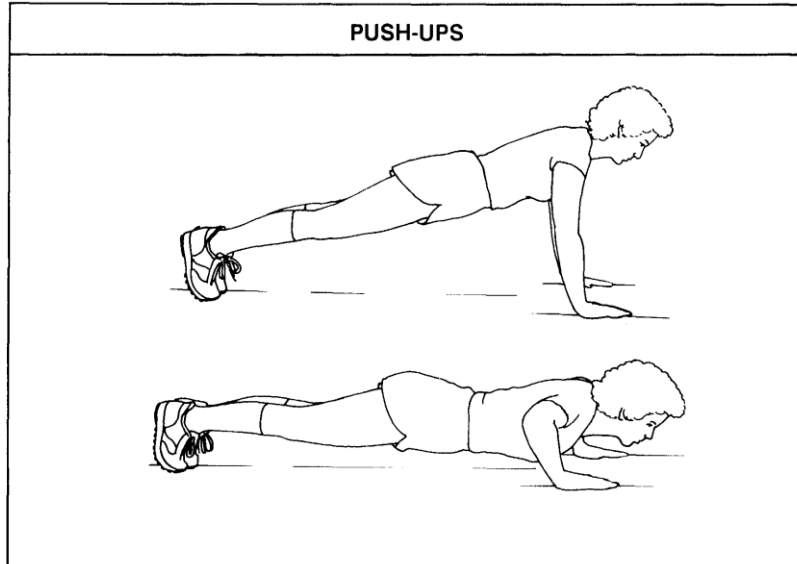
At a minimum, each law enforcement and corrections recruit must meet the fitness standards listed below. Recruits will be assessed on each exercise before admission to the academy and during the first and last two weeks of the academy. Recruits must participate in the physical training and defensive tactics mandated by the Florida Department of Law Enforcement, Criminal Justice Standards & Training Commission.

### **1.5 Mile Run: Complete a 1.5 mile run in 18 minutes or less**

- NO WALKING PERMITTED! If you walk, you will be disqualified.
- We require 100% effort. Finish at your fastest time.
- Participants cannot use any iPods, MP3 players, Walkmans, etc.

### **Push-ups: Complete at least 15 push-ups in one (1) minute**

- Participant will start in the up, plank position. The plank position is defined as the legs and upper body being in a straight, linear line. Arms will be a comfortable distance apart and feet cannot be farther than 12 inches apart.
- The participant will lower their body as one unit, in the plank position until their chest touches the instructor's fist.
- Arms must be locked out in full extension in the up position.
- If the participant must rest, they will do so in the up, plank position.
- If any body part other than hands or feet touch the mat (knees, head, elbow, stomach, etc.), the exercise is finished.



**Sit-ups: Complete at least 25 sit-ups in one (1) minute**

- Participant will start with their knees bent, buttocks, feet and back on the ground (partner can hold participant's feet). Hands will be interlocked behind the head.
- Hands must stay interlocked behind the head. Participant will move up until both elbows simultaneously touch both knees.
- Buttocks and feet must remain on the floor at all times (no kipping).
- Shoulder blades must touch mat in the down position.
- If the participant rests, they must do so in the up position.

