

# CITY OF ALTON

## Strength & Fitness Examination for Police Officer & Jailer Applicant

- SIT & REACH:** This is a measure of flexibility of the lower back and upper leg. It is an important area for performing tasks involving range of motion and minimizing lower back problems. The test involves stretching out to touch the toes or beyond with extended arms from the sitting position. The score is measured by inches reached on a yardstick. The knees cannot bend to permit reaching the desired length. All bending is done at the waist. (15” would be equal to touching wall with feet against wall; greater than 15” is beyond toes)

### MINIMUM PERFORMANCE REQUIREMENT

Males		Females	
Age	Inches	Age	Inches
20-29	16.0	20-29	18.8
30-39	15.0	30-39	17.8
40-49	13.8	40-49	16.8
50-59	12.8	50-59	16.3

- SIT – UPS:** Perform required number of bent knee sit-ups in one minute. Fingers must be locked behind the head and someone will hold your feet. One complete sit-up is accomplished by coming all the way up until the elbow touches the top of the knee and returning back down to the resting (flat) position.

### MINIMUM PERFORMANCE REQUIREMENT

(Time prorated by age and gender)

Males		Females	
Age	Time	Age	Time
20-29	37	20-29	31
30-39	34	30-39	24
40-49	28	40-49	19
50-59	23	50-59	13

- MAXIMUM BENCH PRESS:** Perform one repetition of maximum percentage of body weight pushed from the bench press position.

### MINIMUM PERFORMANCE REQUIREMENT

(Weight prorated by age and gender)

Males		Females	
Age	Ratio	Age	Ratio
20-29	.98	20-29	.58
30-39	.87	30-39	.52
40-49	.79	40-49	.49
50-59	.70	50-59	.43

- 1.5 MILE RUN**

### MINIMUM PERFORMANCE REQUIREMENT

(Time prorated by age and gender)

Males		Females	
Age	Time	Age	Time
20-29	≤ 13:46	20-29	≤ 16:21
30-39	≤ 14:31	30-39	≤ 16:52
40-49	≤ 15:24	40-49	≤ 17:53
50-59	≤ 16:21	50-59	≤ 18:44