

# MVC Fire Academy Fitness Charts

## Males Under 25

### Aerobic Fitness

#### 1.5 mile run

faster than 9:36	50.00
9:37-9:48	47.50
9:49-10:12	45.00
10:13-10:36	43.50
10:37-11:06	42.00
11:07-11:36	40.50
11:37-12:12	39.00
12:13-12:54	37.50
12:55-13:36	36.00
13:37-14:24	34.00
14:25-14:54	32.00
14:55-15:18	30.00
15:19-15:48	27.00
15:49-16:24	24.00
16:25-16:54	21.00
16:55-17:36	18.00
17:37-18:12	15.00
18:13-18:54	12.00
18:55-19:42	9.00
19:43-20:36	6.00
20:37-21:30	3.00
slower than 21:30	0.00

### Muscle Fitness

#### Push-ups

more than 62	25
61	24.5
60	24
59	23.5
57-58	23
52-56	22.5
49-51	22
45-48	21
41-44	20
37-40	19
33-36	18
30-32	16.5
27-29	15
24-26	13.5
21-23	12
19-20	10
17-18	8
15-16	6
14	3
less than 14	0

### Muscle Fitness

#### Crunchs

more than 55	25
53-54	24.5
52	24
50-51	23.5
48-49	23
46-47	22
44-45	21
42-43	20
40-41	19
38-39	18
36-37	16
35	14
33-34	12
32	10
30-31	8
28-29	6
27	3
less than 27	0

## Males 25-29

### Aerobic Fitness

#### 1.5 mile run

faster than 9:36	50.00
9:37-9:48	47.50
9:49-10:12	45.00
10:13-10:36	43.50
10:37-11:06	42.00
11:07-11:36	40.50
11:37-12:12	39.00
12:13-12:54	37.50
12:55-13:36	36.00
13:37-14:24	34.00
14:25-14:54	32.00
14:55-15:18	30.00
15:19-15:48	27.00
15:49-16:24	24.00
16:25-16:54	21.00
16:55-17:36	18.00
17:37-18:12	15.00
18:13-18:54	12.00
18:55-19:42	9.00
19:43-20:36	6.00
20:37-21:30	3.00
slower than 21:30	0.00

### Muscle Fitness

#### Push-ups

more than 57	25
56	24.5
55	24
54	23.5
52-53	23
48-51	22.5
45-47	22
41-44	21
37-40	20
34-36	19
30-33	18
27-29	16.5
25-26	15
23-24	13.5
20-22	12
17-19	10
15-16	8
14	6
13	3
less than 13	0

### Muscle Fitness

#### Crunchs

more than 53	25
51-52	24.5
50	24
48-49	23.5
46-47	23
44-45	22
42-43	21
40-41	20
38-39	19
36-37	18
34-35	16
33	14
31-32	12
30	10
28-29	8
27	6
26	3
less than 26	0

# MVC Fire Academy Fitness Charts

## Males 30-34

### Aerobic Fitness

#### 1.5 mile run

faster than 9:48	50.00
9:49-10:12	47.50
10:13-10:24	45.00
10:25-10:54	43.50
10:55-11:24	42.00
11:25-11:54	40.50
11:55-12:30	39.00
12:31-12:54	37.50
12:55-13:36	36.00
13:37-14:24	34.00
14:25-14:54	32.00
14:55-15:18	30.00
15:19-15:48	27.00
15:49-16:24	24.00
16:25-16:54	21.00
16:55-17:36	18.00
17:37-18:12	15.00
18:13-18:54	12.00
18:55-19:42	9.00
19:43-20:36	6.00
20:37-21:30	3.00
slower than 21:30	0.00

### Muscle Fitness

#### Push-ups

more than 52	25
50-51	24.5
49	24
48	23.5
46-47	23
43-45	22.5
40-42	22
36-39	21
33-35	20
30-32	19
27-29	18
24-26	16.5
22-23	15
20-21	13.5
17-19	12
16	10
15	8
14	6
13	3
less than 13	0

### Muscle Fitness

#### Crunchs

more than 51	25
49-50	24.5
48	24
46-47	23.5
44-45	23
42-43	22
40-41	21
38-39	20
36-37	19
34-35	18
33	16
31-32	14
30	12
28-29	10
26-27	8
25	6
23-24	3
less than 23	0

## Males 35-39

### Aerobic Fitness

#### 1.5 mile run

faster than 9:36	50.00
9:37-9:48	47.50
9:49-10:12	45.00
10:13-10:36	43.50
10:37-11:06	42.00
11:07-11:36	40.50
11:37-12:12	39.00
12:13-12:54	37.50
12:55-13:36	36.00
13:37-14:24	34.00
14:25-14:54	32.00
14:55-15:18	30.00
15:19-15:48	27.00
15:49-16:24	24.00
16:25-16:54	21.00
16:55-17:36	18.00
17:37-18:12	15.00
18:13-18:54	12.00
18:55-19:42	9.00
19:43-20:36	6.00
20:37-21:30	3.00
slower than 21:30	0.00

### Muscle Fitness

#### Push-ups

more than 46	25
45	24.5
44	24
42-43	23.5
41	23
38-40	22.5
35-37	22
32-34	21
30-31	20
27-29	19
24-26	18
21-23	16.5
19-20	15
18	13.5
17	12
16	10
15	8
14	6
13	3
less than 13	0

### Muscle Fitness

#### Crunchs

more than 49	25
47-48	24.5
46	24
44-45	23.5
42-43	23
40-41	22
38-39	21
36-37	20
34-35	19
32-33	18
30-31	16
29	14
27-28	12
25-26	10
23-24	8
22	6
20-21	3
less than 20	0

# MVC Fire Academy Fitness Charts

## Males 40+

### Aerobic Fitness

#### 1.5 mile run

faster than 10:24	50.00
10:25-10:36	47.50
10:37-10:54	45.00
10:55-11:24	43.50
11:25-11:54	42.00
11:55-12:30	40.50
12:31-13:12	39.00
13:13-13:36	37.50
13:37-14:24	36.00
14:25-15:18	34.00
15:19-15:48	32.00
15:49-16:24	30.00
16:25-16:54	27.00
16:55-17:36	24.00
17:37-18:12	21.00
18:13-18:54	18.00
18:55-19:42	15.00
19:43-20:36	12.00
20:37-21:30	9.00
21:31-22:30	6.00
22:31-23:36	3.00
slower than 23:36	0.00

### Muscle Fitness

#### Push-ups

more than 40	25
39	24.5
28	24
37	23.5
36	23
33-35	22.5
31-32	22
28-30	21
26-27	20
23-25	19
21-22	18
20	16.5
19	15
18	13.5
17	12
16	10
15	8
14	6
13	3
less than 13	0

### Muscle Fitness

#### Crunchs

more than 47	25
45-46	24.5
43-44	24
41-42	23.5
39-40	23
37-38	22
35-36	21
33-34	20
31-32	19
29-30	18
27-28	16
26	14
24-25	12
22-23	10
20-21	8
19	6
17-18	3
less than 17	0