

Nashua Police Department

AGILITY TESTING

MALES

AGE	SIT-UPS	PUSH-UPS	1.5 MILE RUN
21 - 29	37	27	12: 53
30 - 39	33	21	13: 24
40 - 49	28	16	14: 07
50 - 59	22	11	15: 20
60 - 69	18	9	17:11
70 - 79	18	9	19:39

- Sit ups must be completed within one minute.
- Push ups are not timed. Candidate may rest in the “up” position.
- Run time is listed as “minutes: seconds.”

AGILITY TESTING

FEMALES

AGE	SIT-UPS	PUSH-UPS		1.5 MILE RUN
		Modify	Full body	
21 - 29	31	22	14	15: 14
30 - 39	24	17	10	15: 58
40 - 49	19	11	8	16: 46
50 - 59	12	10	-	18: 37
60 - 69	5	4	-	20: 46
70 - 79	5	4	-	22: 20

- Female candidates may choose between modified or full body push-ups. A modified push up is completed on your knees with your legs crossed at the ankles. The female candidate’s back and buttocks must be kept straight.