



Barnegat Township Police Department

900 WEST BAY AVENUE
 BARNEGAT, NEW JERSEY 08005

CHIEF KEITH A. GERMAIN

(609) 698-5000

| POINTS | PUSH-UPS | SIT-UPS (2 MIN.) | | SQUAT THRUSTS (1 MIN.) | ONE MILE RUN |
|------------|-----------|---------------------|--|------------------------------|-----------------|
| 25 | 6 | 10 | | 10 | 10:00 |
| 30 | 7 | 15 | | 12 | 9:55 |
| 35 | 8 | 20 | | 14 | 9:45 |
| 40 | 9 | 25 | | 15 | 9:35 |
| 45 | 10 | 30 | | 16 | 9:30 |
| 50 | 11 | 35 | | 17 | 9:25 |
| 55 | 12 | 40 | | 18 | 9:20 |
| 60 | 13 | 45 | | 19 | 9:15 |
| 65 | 14 | 50 | | 20 | 9:10 |
| 70 | 16 | 55 | | 22 | 9:00 |
| 75 | 18 | 60 | | 24 | 8:40 |
| 80 | 20 | 65 | | 26 | 8:20 |
| 85 | 25 | 70 | | 28 | 8:00 |
| 90 | 30 | 75 | | 30 | 7:40 |
| 95 | 35 | 80 | | 32 | 7:20 |
| 100 | 40 | 85 | | 34 | 7:00 |