



**Village of Bloomingdale (Non-Sworn) Employees**  
**2022 TRIMESTER FITNESS TESTS**

Regular full-time employees who pass all three fitness tests during 2022 will receive an extra personal day in 2023. \*Regular part time employees who are scheduled to work 20 or more hours per week are eligible to participate too and will receive a pro-rated day of vacation credit in 2023 for passing all three tests in 2022. Below are the passing requirements of the physical fitness test. Civilian Non-FOP Employees, interested in participating should **contact Watch Commander Bruce Mason X5787 for test dates and times.** \*\*Note the addition of the push up option in lieu of bench press for non-sworn employees only.

TEST	MALE AGES				FEMALE AGES			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Sit and Reach	16"	15"	13.8"	12.8"	18.8"	17.8"	16.8"	16.3"
1 Minute Sit-ups	37	34	28	23	31	24	19	13
Bench Press or Push-ups**								
Max Bench Press Ratio	0.98	0.87	0.79	0.70	0.58	0.52	0.49	0.43
2 Minute Push-ups	39	29	24	19	25	18	14	10
1.5 Mile Run	13:46	14:31	15:24	16:21	16:21	16:52	17:53	18:44

One of the following tests is acceptable In lieu of the 1.5-Mile Run.

3-MILE WALKING TEST				
	AGES	AGES	AGES	AGES
	20-29	30-39	40-49	50-59
<b>MEN</b>	38:31-42:00	40:01-44:30	42:01-47:00	45:01-50:00
<b>WOMEN</b>	40:31-44:00	42:01-46:30	44:01-49:00	47:01-52:00
<b>OR</b>				
4-MILE AIRDYNE CYCLING				
<b>MEN</b>	14:08-17:08			
<b>WOMEN</b>	17:09-20:00			

If you are over 60 and would like to participate please discuss requirements with Bruce.