

# PBLEA Physical Admissions Standards

## Male Mile and Half

20-29 13:08

30-39 13:48

40-49 14:33

50+ 16:16

## Male Sit Ups

35

32

27

21

## Male Push Ups

26

20

15

10

## Female Mile and Half

20-29 15:56

30-39 16:46

40-49 18:26

50+ 20:17

## Female Sit Ups

30

22

17

12

## Female Push Ups

13

9

7

2

All Sit Ups and Push Ups are timed. Cadet must do amount shown for gender and age in a one-minute time limit.