

PBLEA Physical Standards

Male Mile and Half

20-29 13:58

30-39 14:33

40-49 15:32

50+ 17:30

Male Sit Ups

35

31

26

20

Male Push Ups

24

19

13

10

Female Mile and Half

20-29 17:11

30-39 18:18

40-49 19:43

50+ 21:57

Female Sit Ups

28

21

16

11

Female Push Ups

11

9

7

2