

Kenai Police Department Fitness Test Certification

Name: _____

Date: _____

Push-ups: _____

Push-ups do not have a time limit – rest in the up (non-arched) position – no shaking out of hands; nor walking of legs. Start in the up position, and lower chest to a point that is about 4” off of the floor or lower. Count each time you return to the up position.

Minimum – 25 push-ups, untimed.

One Minute Sit-ups: _____

Sit-ups are performed with arms folded across the front (hands against opposing upper arm) – start on back and touch elbows to knee area in order for each sit-up to count.

Minimum – 27 Sit-ups, One minute

1.5 Mile Run _____

(No Treadmill)

Minimum – 15:27 minutes

I _____ (name) certify that I have performed the above tests on the date listed. I further confirm that I obtained a proctor for the purposes of performing this test for the Kenai Police Department, that I performed each test only one time, that they were each performed within 5 minutes of each other, and that the results listed above are the results I obtained when performing the tests.

Applicant Signature _____

Proctor Signature _____

Proctor Printed Name: _____

Proctor Phone Number: _____