



# Larimer County Sheriff's Office

## Physical Fitness Agility Test Criteria

The Larimer County Sheriff's Office uses four exercises to assess the physical fitness of patrol and corrections deputy applicants. All exercises are Pass/Fail, and failing any one exercise will result in disqualification. They are performed in the following order:

- 1.5 mile run in 15 minutes and 54 seconds or less.
- 25 or more push-ups in 1 minute.
- 300 meter run in 66 seconds or less.
- 30 or more sit-ups in 1 minute.

All four exercises are administered in a single testing period. Applicants are allowed up to five minutes of rest between each exercise.

### 1.5 Mile Run

The 1.5 mile run is administered on a standard running track. You must complete six laps in 15:54 or less (average of about 2 minutes 39 seconds per lap).

### Push-ups

The minimum number of push-ups to pass this exercise is 25. Push-ups will be performed over a device that helps proctors ensure a complete push-up was performed.

### Sit-ups

The minimum number of sit-ups to pass this exercise is 30. If applicant requests, the proctor will assist with holding down their feet.

### 300 Meter Run

The 300 meter run is administered on a standard running track. You must complete  $\frac{3}{4}$  of a lap in 66 seconds or less.

