ADAMS COUNTY SHERIFF'S DEPARTMENT
POWER TEST

NAME	GENDER	AGE	WEIGHT		PASS	FAIL
				SIT & REACH		
				SIT-UPS		
				BENCH PRESS		
				1.5 MILE		

NOTES:

TEST	MALE				FEMALE			
AGE GROUP	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
SIT & REACH	16'	15'	13.8'	12.8'	18.8'	17.8'	16.8'	16.3'
1 MINUTE SIT	37	34	28	23	31	24	19	13
BENCH PRESS	0.98	0.87	0.79	0.70	0.58	0.52	0.49	0.43
1.5 MILE RUN	13.46	14.31	15.24	16.21	16.21	16.52	17.53	18.44