

ATTACHMENT

**Massachusetts Department of Correction**

**Physical Fitness Assessment Battery  
Standards**

**Male Entrance Standards**

<i>AGE</i>	<i>SIT UPS (1 minute)</i>	<i>PUSH UPS (1 minute)</i>	<i>1.5-MILE RUN (Timed)</i>
<b>19.5 - 29</b>	29 Reps	22 Reps	16:04
<b>30 - 39</b>	26 Reps	18 Reps	17:00
<b>40 - 49</b>	22 Reps	14 Reps	18:06
<b>50 - 50+</b>	18 Reps	10 Reps	19:18

**Female Entrance Standards**

<i>AGE</i>	<i>SIT UPS (1 minute)</i>	<i>PUSH UPS (1 minute)</i>	<i>1.5-MILE RUN (Timed)</i>
<b>19.5 - 29</b>	24 Reps	17 Reps	19:18
<b>30 - 39</b>	19 Reps	14 Reps	19:56
<b>40 - 49</b>	15 Reps	10 Reps	21:13
<b>50 - 50+</b>	11 Reps	9 Reps	22:24