

**CITY OF AZTEC
PHYSICAL REQUIREMENT for a POLICE
OFFICER**

#1 UPPER BODY STRENGTH

- 1 minute maximum number of push ups
- 15 repetitions.

#2 MUSCULAR ENDURANCE

- 1 minute maximum number of sit-ups.
- 27 repetitions.

#3 AEROBIC POWER

- 1.5 mile run
- Above 6,000 feet elevation 15:54
- Below 6,000 feet elevation 15:14

#4 ANAEROBIC POWER

- 300 meter run
- 71.0 seconds