

Kenai Police Department Fitness Test Certification

Name: _____

Date: _____

Push-ups: _____

No time limit – rest in the up (non-arched) position – no shaking out of hands; not 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: _____

- 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 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: _____