



Blue Testing For Brown Fitness Requirements

Men	Squat	Pushup	Leg Lift	Pull Up/Hang	Burpee	Time
15-29	25	25	14	4	7	8 Minutes
30-39	20	20	12	3	6	8 Minutes
40-49	20	20	10	2	5	8 Minutes
50-59	15	15	8	1	4	8 Minutes
60-65	10	10	6	1	3	8 Minutes
65-70	6	6	4	1 or 20 Seconds	2	9 Minutes
70-75	3	3	2	1 or 10 Seconds	1	11 Minutes
75+	3	3	1	1 or 6 Seconds	1	13 Minutes

Women	Squat	Pushup	Leg Lift	Pull Up/Hang	Burpee	Time
15-29	25	14	14	1 or 25 Seconds	7	8 Minutes
30-39	20	12	12	1 or 20 Seconds	6	8 Minutes
40-49	20	10	10	1 or 15 Seconds	5	8 Minutes
50-59	15	8	8	1 or 12 Seconds	4	8 Minutes
60-65	10	6	6	1 or 10 Seconds	3	8 Minutes
65-70	6	4	4	1 or 8 Seconds	2	9 Minutes
70-75	3	2	2	1 or 5 Seconds	1	11 Minutes
75+	3	1	1	1 or 5 Seconds	1	13 Minutes

- Fitness Test must be supervised & timed by an instructor.
- If you are unable to perform one of the events due to a medical limitation, please speak to an instructor about finding a substitute.