



Brown Testing For Red Fitness Requirements

Men	Squat	Pushup	Leg Lift	Pull Up/Hang	Burpee	Time
15-29	30	30	16	5	8	6 Minutes
30-39	25	30	14	4	7	6 Minutes
40-49	25	30	12	3	6	6 Minutes
50-59	20	20	10	2	5	6 Minutes
60-65	15	15	8	2	4	6 Minutes
65-70	8	8	6	1 or 25 Seconds	3	7 Minutes
70-75	4	4	4	1 or 15 Seconds	2	9 Minutes
75+	4	4	3	1 or 8 Seconds	2	11 Minutes

Women	Squat	Pushup	Leg Lift	Pull Up/Hang	Burpee	Time
15-29	30	16	16	2 or 30 Seconds	8	6 Minutes
30-39	25	14	14	2 or 30 Seconds	7	6 Minutes
40-49	25	12	12	1 or 25 Seconds	6	6 Minutes
50-59	20	10	10	1 or 20 Seconds	5	6 Minutes
60-65	15	8	8	1 or 15 Seconds	4	6 Minutes
65-70	8	6	6	1 or 10 Seconds	3	7 Minutes
70-75	4	4	4	1 or 5 Seconds	2	9 Minutes
75+	4	2	2	1 or 5 Seconds	1	11 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.