



# THE CHICAGO FIRE DEPARTMENT

The Physical Fitness Incentive Program is an annual physical fitness test conducted by the Chicago Fire Department open to uniformed personnel. Participation is strictly voluntary and considered off-duty.

The test consists of four (4) age/gender specific exercises as listed below:

<b>Standards for Males</b>				
<b>AGE</b>	21-29	30-39	40-49	50+
<b>Sit &amp; Reach</b>	16"	15"	13.8"	12.8"
<b>Sit-Ups</b>	37	34	28	23
<b>Bench Press</b>	98%	87%	79%	70%
<b>Run (1.5 Miles)</b>	13:46	14:31	15:24	16:21

<b>Standards for Females</b>				
<b>AGE</b>	21-29	30-39	40-49	50+
<b>Sit &amp; Reach</b>	18.8"	17.8"	16.8"	16.3"
<b>Sit-Ups</b>	31	24	19	13
<b>Bench Press</b>	58%	52%	49%	43%
<b>Run (1.5 Miles)</b>	16:21	16:52	17:53	18:44

Employees must successfully pass all four (4) exercises to receive the physical fitness premium.

Good Luck!