



POWER Test

"POWER Chart"

Minimum test performance requirements.

Effective 12/15/2022

Male				
Age:	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50+</u>
Sit & Reach	14.4"	13"	12"	10.5"
Sit-ups	33	30	24	19
Bench Press	88%	78%	72%	63%
1.5 Mile Run	14:00	14:34	15:24	16:58

Female				
Age:	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>	<u>50+</u>
Sit & Reach	17"	16.5"	15"	14.8"
Sit-ups	24	20	14	10
Bench Press	51%	47%	43%	39%
1.5 Mile Run	16:46	17:38	18:37	20:44

Illinois Law Enforcement Training and Standards Board