

#### Minimum Component Requirements

Must have composite score of 75.0 AND meet all requirements below to pass test

#### MALE

| Age   | Body Comp (AC) (max) | Run Time (max) | Situps (min) | Pushups (min) |
|-------|----------------------|----------------|--------------|---------------|
| 30    | 39.0"                | 13:36          | 42           | 33            |
| 30-39 | 39.0*                | 14:00          | 39           | 27            |
| 40-49 | 39.0"                | 14:52          | 3.4          | 21            |
| 50-59 | 39.0"                | 16:22          | 28           | 15            |
| 60+   | 39.0*                | 18:14          | 22           | 14            |
|       |                      | FEMALE         |              |               |
| 30    | 35.5*                | 16:22          | 38           | 18            |
| 30-39 | 35.5*                | 16:57          | 29           | 14            |
| 40-49 | 35.5°                | 18:14          | 24           | 11            |
| 50-59 | 35.5*                | 19:43          | 20           | 9             |
| 60+   | 35.5"                | 22:28          | 11           | 7             |

# **Air Force Fitness Manual**

**SB Merriam** 

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**Precision Measuring Equipment Specialist (AFSC 32450)** William E. Yarbrough (Jr),1984 **PRL-TR.**,1962

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