

New Hire - Physical Assessment Test

Congratulations! You have been approved to participate in the Montgomery County Pct.3 Constable's Office Physical Assessment Test. You must complete and sign the Physical Readiness Form and meet the minimum passing standards outlined for each portion of the assessment test. Please read the forms in their entirety and watch the videos linked below.

If you know that you cannot meet the minimum standards or if you have a medical condition that will prevent you from successfully completing the assessment, DO NOT attempt the test. If you have any questions, please feel free to reach out to the Training Division. Thank you.

Physical Activity Readiness Form (TOD-161)

-Complete and Sign

2000m Row Test Calculator

-Enter Sex, Weight, Age

-Enter Target VO2 Max Percentage as 50%

-Target Time is the minimum passing score

Performance Standards

-Minimum passing score for sit-ups and push-ups are 50th percentile

Concept 2 Rower – Proper Row Technique

<https://www.concept2.com/indoor-rowers/training/technique-videos>

Concept 2 Rower – Common Errors

<https://www.concept2.com/indoor-rowers/training/technique-videos/common-errors>

Proper Sit-up and Push-up Technique

https://www.youtube.com/watch?v=S_Iz78OITg

Performance Standards for Males by Age

Male Age	21-24		25-29		30-34		35-39		40-44		45-49		50 +	
	Sit-ups	Push-ups	Sit-ups	Push-ups	Sit-ups	Push-ups	Sit-ups	Push-ups	Sit-ups	Push-ups	Sit-ups	Push-ups	Sit-ups	Push-ups
	# 2 Min	# No time	# 2 Min	# No time	# 2 Min	# No time	# 2 Min	# No time	# 2 Min	# No time	# 2 Min	# No time	# 2 Min	# No time
99%	86	66	82	64	78	64	76	62	73	62	71	60	68	59
98%	85	65	81	63	77	63	75	61	72	61	70	59	67	58
97%	85	64	81	62	77	62	75	60	72	60	70	58	67	57
96%	84	63	80	61	76	61	74	59	71	59	69	57	66	56
95%	84	62	80	60	76	60	74	58	71	58	69	56	66	55
94%	83	61	79	59	75	59	73	57	70	57	68	55	65	54
93%	83	60	79	58	75	58	73	56	70	56	68	54	65	53
92%	82	59	78	57	74	57	72	55	69	55	67	53	64	52
91%	82	58	78	56	74	56	72	54	69	54	67	52	64	51
90%	82	57	78	55	74	55	72	53	69	53	67	51	64	50
89%	81	56	77	54	73	54	71	52	68	52	66	50	63	49
88%	81	55	77	53	73	53	71	51	68	51	66	49	63	48
87%	80	54	76	52	72	52	70	50	67	50	65	48	62	47
86%	80	53	76	51	72	51	70	49	67	49	65	47	62	46
85%	79	52	75	50	71	50	69	48	66	48	64	46	61	45
84%	79	51	75	49	71	49	69	47	66	47	64	45	61	44
83%	79	50	75	48	71	48	69	46	66	46	64	44	61	43
82%	78	49	74	47	70	47	68	45	65	45	63	43	60	42
81%	78	48	74	46	70	46	68	44	65	44	63	42	60	41
80%	78	47	74	45	70	45	68	43	65	43	63	41	60	40
79%	77	46	73	44	69	44	67	42	64	42	62	40	59	39
78%	76	45	72	43	68	43	66	41	63	41	61	39	58	38
77%	76	44	72	42	68	42	66	40	63	40	61	38	58	37
76%	75	43	71	41	67	41	65	39	62	39	60	37	57	36
75%	75	42	71	40	67	40	65	38	62	38	60	36	57	35
74%	74	41	70	39	66	39	64	37	61	37	59	35	56	34
73%	74	40	70	38	66	38	64	36	61	36	59	34	56	33
72%	73	39	69	37	65	37	63	35	60	35	58	33	55	32
71%	73	38	69	36	65	36	63	34	60	34	58	32	55	31
70%	72	37	68	35	64	35	62	33	59	33	57	31	54	30
69%	71	36	67	34	63	34	61	32	58	32	56	30	53	29
68%	70	35	66	33	62	33	60	31	57	31	55	29	52	28
67%	69	34	65	32	61	32	59	30	56	30	54	28	51	27
66%	68	33	64	31	60	31	58	29	55	29	53	27	50	26
65%	67	32	63	30	59	30	57	28	54	28	52	26	49	25
64%	67	31	63	29	59	29	57	27	54	27	52	25	49	24
63%	66	30	62	28	58	28	56	26	53	26	51	24	48	23
62%	66	29	62	27	58	27	56	25	53	25	51	23	48	22
61%	65	28	61	26	57	26	55	24	52	24	50	22	47	21
60%	65	27	61	25	57	25	55	23	52	23	50	21	47	20
59%	64	26	60	24	56	24	54	22	51	22	49	20	46	19
58%	63	25	59	23	55	23	53	21	50	21	48	19	45	18
57%	62	24	58	22	54	22	52	20	49	20	47	18	44	17
56%	61	23	57	21	53	21	51	19	48	19	46	17	43	16
55%	60	22	56	20	52	20	50	18	47	18	45	16	42	15
54%	60	21	56	19	52	19	50	17	47	17	45	15	42	14
53%	59	20	55	18	51	18	49	16	46	16	44	14	41	13
52%	59	19	55	17	51	17	49	15	46	15	44	13	41	12
51%	58	18	54	16	50	16	48	14	45	14	43	12	40	11
50%	58	17	54	15	50	15	48	13	45	13	43	11	40	10

Performance Standards for Females by Age

Female Age	21-24		25-29		30-34		35-39		40-44		45-49		50 +	
	Sit-ups # 2 Min	Push-ups # No time	Sit-ups # 2 Min	Push-ups # No time	Sit-ups # 2 Min	Push-ups # No time	Sit-ups # 2 Min	Push-ups # No time	Sit-ups # 2 Min	Push-ups # No time	Sit-ups # 2 Min	Push-ups # No time	Sit-ups # 2 Min	Push-ups # No time
99%	82	60	78	60	74	58	72	58	69	57	67	57	64	56
98%	81	59	77	59	73	57	71	57	68	56	66	56	63	55
97%	81	58	77	58	73	56	71	56	68	55	66	55	63	54
96%	80	57	76	57	72	55	70	55	67	54	65	54	62	53
95%	80	56	76	56	72	54	70	54	67	53	65	53	62	52
94%	79	55	75	55	71	53	69	53	66	52	64	52	61	51
93%	79	54	75	54	71	52	69	52	66	51	64	51	61	50
92%	79	53	75	53	71	51	69	51	66	50	64	50	61	49
91%	78	52	74	52	70	50	68	50	65	49	63	49	60	48
90%	78	51	74	51	70	49	68	49	65	48	63	48	60	47
89%	77	50	73	50	69	48	67	48	64	47	62	47	59	46
88%	77	49	73	49	69	47	67	47	64	46	62	46	59	45
87%	76	48	72	48	68	46	66	46	63	45	61	45	58	44
86%	76	47	72	47	68	45	66	45	63	44	61	44	58	43
85%	75	46	71	46	67	44	65	44	62	43	60	43	57	42
84%	75	45	71	45	67	43	65	43	62	42	60	42	57	41
83%	75	44	71	44	67	42	65	42	62	41	60	41	57	40
82%	74	43	70	43	66	41	64	41	61	40	59	40	56	39
81%	74	42	70	42	66	40	64	40	61	39	59	39	56	38
80%	74	41	70	41	66	39	64	39	61	38	59	38	56	37
79%	73	40	69	40	65	38	63	38	60	37	58	37	55	36
78%	72	39	68	39	64	37	62	37	59	36	57	36	54	35
77%	72	38	68	38	64	36	62	36	59	35	57	35	54	34
76%	71	37	67	37	63	35	61	35	58	34	56	34	53	33
75%	71	36	67	36	63	34	61	34	58	33	56	33	53	32
74%	70	35	66	35	62	33	60	33	57	32	55	32	52	31
73%	70	34	66	34	62	32	60	32	57	31	55	31	52	30
72%	69	33	65	33	61	31	59	31	56	30	54	30	51	29
71%	69	32	65	32	61	30	59	30	56	29	54	29	51	28
70%	68	31	64	31	60	29	58	29	55	28	53	28	50	27
69%	67	30	63	30	59	28	57	28	54	27	52	27	49	26
68%	67	29	63	29	59	27	57	27	54	26	52	26	49	25
67%	66	28	62	28	58	26	56	26	53	25	51	25	48	24
66%	65	27	61	27	57	25	55	25	52	24	50	24	47	23
65%	65	26	61	26	57	24	55	24	52	23	50	23	47	22
64%	64	25	60	25	56	23	54	23	51	22	49	22	46	21
63%	63	24	59	24	55	22	53	22	50	21	48	21	45	20
62%	63	23	59	23	55	21	53	21	50	20	48	20	45	19
61%	62	22	58	22	54	20	52	20	49	19	47	19	44	18
60%	61	21	57	21	53	19	51	19	48	18	46	18	43	17
59%	60	20	56	20	52	18	50	18	47	17	45	17	42	16
58%	60	19	56	19	52	17	50	17	47	16	45	16	42	15
57%	59	18	55	18	51	16	49	16	46	15	44	15	41	14
56%	58	17	54	17	50	15	48	15	45	14	43	14	40	13
55%	58	16	54	16	50	14	48	14	45	13	43	13	40	12
54%	57	15	53	15	49	13	47	13	44	12	42	12	39	11
53%	57	14	53	14	49	12	47	12	44	11	42	11	39	10
52%	56	13	52	13	48	11	46	11	43	10	41	10	38	9
51%	55	12	51	12	47	10	45	10	42	9	40	9	37	8
50%	54	11	50	11	46	9	44	9	41	8	39	8	36	7