

2.4km run and Static Pushup and

2.4km run (Australian Defence Force minimum requirements)

Age	Male	Female
25 and under	11:18	13:30
26-30	11:48	14:00
31-35	12:18	14:30
36-40	12:42	15:00
41-45	13:12	15:30
46-50	13:48	16:00
51 and over	14:30	16:30

The Static Push-Up.



This requires most body muscles to tense for a period of time, so this exercise/test is a good indicator of core strength. If you have reached reasonable levels using the Shuttle, Situp and Pushup tests, then you should be able to hold the static position for 30-60 seconds. But the ability to

hold this position will decrease the harder you exercise beforehand (i.e. times will be shorter if you are tired.)

This is an indicator exercise, rather than a strengthening exercise. **Do NOT try to hold for too long.** Like push-ups, most leverage/strain applies to (and is felt in) the back. So STOP as soon as you can no longer hold the position with strength and in comfort.