

**IMPORTANT FITNESS INFORMATION
116th Police Academy Police Officer Selection Process**

If hired into the 116th Police Academy as a Port Authority Police Officer Recruit, you will be assessed on certain physical fitness standards and requirements, and execute certain physical activities, including physical conditioning, defensive tactics, physical restraint, and baton training.

Failure to achieve and maintain these or other physical standards and requirements can result in your termination as a Port Authority Police Officer Recruit.

The below list includes the above-mentioned physical fitness standards and requirements:

- 1.5-mile run in of 16:31 (minutes:seconds) or less
- 300 meter (approximately 328 yards or longer than 3 football fields) run 80 seconds or less
- 25 sit-ups in one minute (60 seconds) or less
- 20 push-ups or more
- 17-inch or higher vertical jump from standing position
- One repetition bench press 66% of your body weight [Example: if you weigh 150 pounds, you must bench press a minimum of 99 pounds at least one time]
- One repetition leg press 145% of your body weight [Example: if you weigh 150 pounds, you must leg press a minimum of 217.50 pounds at least one time]

We strongly recommend that you immediately begin to prepare both physically and mentally for one of the most rigorous police training programs in the nation.

Please consult with your treatment provider prior to initiating any new exercise regimen or physical activity.

