

September 03, 2014 NMLEA Board meeting.

The NMLEA Board has finalized the Physical Fitness Entrance and Exit Standards. The new approved NMLEA Board fitness standards were approved and are posted on the NMLEA website.

The Entrance Standards are as follows:

Aerobic Power – 1.5 Mile Run has to be completed under 15:54 seconds

Anaerobic Power – 300 Meter Run has to be completed under 71.0 seconds

Muscular Endurance – Sit-ups 27 or more sit-ups in 1 minute

Upper Body Strength – Push-ups 15 or more push-ups in 1 minute