

8. STANDARDS OF PERFORMANCE:

a. All Fourth Air Force Personnel below the age of 40 should maintain a condition of strength and endurance sufficient to achieve the average standards listed below.

b. All Fourth Air Force personnel above the age of 40 should maintain physical condition adequate to achieve the minimum standards for personnel over 40 years of age, listed below.

T E S T	S T A N D A R D S (with G.I. shoes) A B O V E			M I N I M U M (over 40 Yrs.)
	A V E R A G E	A V E R A G E	S U P E R I O R	
Pull-up	9	13	18	6
Standing Broad Jump	7-2	7-8	8-4	6-6
Burpee - 20 seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	47	44	41	52
(with tennis shoes or street shoes)				
Pull-up	9	13	18	6
Standing Broad Jump	7-8	8-2	8-10	6-6
Burpee - 20 seconds	9	11	13	8
Sit-up	50	75	100	25
Push-up	25	33	40	20
300-Yard Dash	45	42	39	51

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