

Male Probationary Inspector Fitness Test Requirement					
MFT	Initial	Introductory	Intermediate	Final	Full Mark
	Time / No.s	Time / No.s	Time / No.s	Time / No.s	Time / No.s
Vertical Jump	18 inch	19 inch	20 inch	21 inch	30 inch
Pull Up	4 count	5 count	7 count	8 count	20 count
Shuttle Run	26.0"	25.7"	25.1"	24.8"	22.5"
S. Thrust	25 count/ min	28 count/ min	32 count/ min	34 count/ min	45 count/ min
Press Up	30 count	33 count	38 count	40 count	55 count
Sit Up	30 count/ min	33 count/ min	38 count/ min	40 count/ min	60 count/ min
2.4km Run	11'30"	11'15"	10'54"	10'36"	8'00"
PPAT	Initial	Introductory	Intermediate	Final	Full Mark
	Time	Time	Time	Time	Time
	2'19"	2'17"	2'15"	2'13"	1'45"

Female Probationary Inspector Fitness Test Requirement					
MFT	Initial	Introductory	Intermediate	Final	Full Mark
	Time / No.s	Time / No.s	Time / No.s	Time / No.s	Time / No.s
Vertical Jump	13 inch	14 inch	16 inch	17 inch	25 inch
Pull Up	12 count	14 count	17 count	19 count	35 count
Shuttle Run	28.9"	28.4"	27.5"	27.2"	24.3"
S. Thrust	22 count/ min	25 count/ min	30 count/ min	32 count/ min	42 count/ min
Press Up	20 count	23 count	31 count	34 count	60 count
Sit Up	27 count/ min	30 count/ min	35 count/ min	37 count/ min	55 count/ min
2.4km Run	13'48"	13'28"	12'52"	12'43"	9'36"
PPAT	Initial	Introductory	Intermediate	Final	Full Mark
	Time	Time	Time	Time	Time
	3'32"	3'22"	3'12"	3'02"	2'10"

Remarks:

MFT - Motor Fitness Test

PPAT - Professional Physical Ability Test