

Central Shenandoah Criminal Justice Training Academy

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NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGENCY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE: \_\_\_­­­­\_\_

PHYSICAL ASSESSMENT

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Height | Weight | Body Fat | Push-ups(to failure) | Sit-Ups(1 min) | Sit and Reach(centimeters) | 1.5 mile run | Law fitCourse |
| Date: |  |  |  |  |  |  |  |  |
| Date: |  |  |  |  |  |  |  |  |
| Date: |  |  |  |  |  |  |  |  |