

FIREFIGHTER PHYSICAL FITNESS TEST



ABOUT THE TEST

The **FIREFIGHTER PHYSICAL FITNESS TEST** is designed to evaluate overall fitness levels pertinent to the demands of firefighting.

- Timely arrival & check-in are crucial
- Complete 5 events in order

ATTIRE + EQUIPMENT

Required: Shirt, shorts, closed-toe shoes
Optional: Watch, sweatshirt, hat/beanie, gloves
Prohibited: Lifting aids (e.g., belts, wraps), music devices

SAFETY CONSIDERATIONS

- Follow standard routines for warm-up/cool-downs
- Use proper lifting and movement techniques

TEST DAY FLOW

Total Time:
(55 minutes)

- 20 min intro
- 21 min work
- 14 min rest

Sequence:

- Deadlifts, 2 min rest
- Push-ups, 2 min rest
- Sprint Drag Carry, 2 min rest
- Plank Hold, 8 min rest
- 1.5 Mile Run

TEST EVENTS + STANDARDS

1 DEADLIFT (195 lbs)

Objective: 7-15 reps in 1 min.
Method: Regular Deadlift using a hex bar
Standard: Continuous reps, correct form
Failure: Less than 7 reps or dropping the bar

2 PUSH-UPS

Objective: 30-75 reps in 2 min.
Method: Traditional push-up, maintaining form
Standard: Full extension, correct alignment
Failure: Less than 30 reps

3 SPRINT DRAG CARRY

Objective: Complete tasks in 2:15 min
Method: Shuttle run, Sled drag (115 lbs.), Farmer's carry (35 lbs. per hand)
Standard: Correct completion of each task
Failure: Task errors not corrected

4 PLANK HOLD

Objective: Minimum time 1:20, Max time 2:30
Standard: Maintain form
Failure: Breaking form or resting on the ground

5 1.5 MILE RUN

Objective: Complete within 13 minutes
Standard: Continuous run on designated route

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