HFD CADET FITNESS TEST

ATTIRE AND EQUIPMENT

Required: Shirt, shorts, closed-toe athletic shoes

Optional: Watch, sweatshirt, hat/beanie, gloves (if weather permits)

Prohibited: Lifting aids (e.g. belts, wraps), music devices

SAFETY CONSIDERATIONS

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

PHYSICAL FITNESS TEST PROCESS

Total Test Time: 30 minutes

- 18 minutes: work
- 12 minutes: rest

Sequence of Events

1. Ball Clean and Toss + Burpee Circuit
2. 2-minute rest; Deadlift
3. 2-minute rest; Hand Release Push-ups
4. 2-minute rest; Elbow Plank
5. 6-minute rest; 1 Mile Run

Ball Clean and Toss + Burpee Circuit

Requirement: 5 ball cleans over shoulder using 40lb slam ball, 20 burpees, then 5 ball cleans over shoulder using 40lb slam ball with no breaks in between

Expectation: Continuous reps

Failure: Not completing all reps in 2 minutes 30

FITNESS TEST REQUIREMENTS

Deadlift (135 lbs)

Requirement: Complete 10 deadlift reps using a hex bar in 2 minutes

Expectation: Utilizing full range of motion and correct form

Failure: Less than 10 reps utilizing range of motion and correct form in 2 minutes

Hand Release Push-ups

Requirement: 30 Hand Release Push-Ups

Expectation: Full extension and correct alignment

Failure: Less than 30 reps in 2 minutes

Elbow Plank

Requirement: Hold elbow plank for 1 minute

Expectation: Maintain form and correct body alignment

Failure: Breaking form or resting on the ground prior to 1 minute

1 Mile Run

Requirement: Complete run within 10 minutes 30 seconds

Expectation: Continuous run on designated route

Failure: Not completing 1 mile within 10.5 minutes