



AFD Academy PT Standards

In order to ensure a candidate is physically prepared to enter the academy they should be able to meet the following physical standards.

1. **35 push-ups**

- a. Performing at least 35 push-ups indicates an acceptable level of muscular endurance, core strength, and is on par with the average number of push-ups performed by members of AFD in the annual wellness assessments.

2. **4 pull-ups**

- a. Pull-ups are an important movement to master because they assess upper body strength and the ability of a candidate to lift their own bodyweight.

3. **1:00 side plank on each side**

- a. The ability to perform a side plank shows that the candidate has the necessary core strength to safely and effectively carry out the movements that comprise the PT program. This is also on par with the average plank time held by members of AFD in the annual wellness assessments.

4. **18-story stair climb with 35lbs additional weight (vest, dumbbells, etc.)**

- a. In both PT and skills work candidates will be required to walk the stairs of the training tower multiple times without a break, often while carrying a 35lb hose bundle. It is essential that the candidate is prepared for this type of strenuous physical activity.

5. **1.5 mile run in under 12-minutes**

- a. Completing 1.5 miles in less than 12 minutes (8:00/mile pace) demonstrates that the candidate has the necessary aerobic conditioning to complete the PT sessions without compromising their ability to safely perform skills work.

6. **Back squat with weight equivalent to 75% of bodyweight for 5 repetitions**

- a. Strength training is a large component of the cadet PT program and lower body strength is necessary to complete the majority of tasks in the weight room and on the drill field. The ability to squat 75% of their bodyweight 5 times shows that the candidate has the ability to begin an intermediate strength program when they enter the academy.

7. **Deadlift with weight equivalent to bodyweight for 5 repetitions**

- a. The deadlift is a movement pattern that is performed in nearly every aspect of cadet training. The ability to deadlift one's bodyweight indicates that the candidate is able to perform the required skills safely and effectively.

8. **Overhead press a weight equivalent to 35% of bodyweight for 5 repetitions**

- a. Many skills on the drill field involve lifting significant weight overhead. Developing the ability to safely perform this movement pattern under a weighted object will enable the candidate to perform essential skills with minimal risk of injury.

