



Academy PT Entry Level Standard

Overview: The following is a guide for candidates and new recruits that allows them to self-evaluate how they will perform in the first few weeks of the CCFD Fire Academy. In the first 2 weeks of the academy, there is an introduction to the movements that will be performed on a regular basis. Then the physical training builds in a progressive format, increasing in repetitions and weight.

If a candidate is able to perform the following without difficulty, they should have no trouble performing the basic PT standards of the academy as the cadre takes them through the planned progression of the program.

Cardio/Endurance

1. Running: Run 3 miles at a 10 min/mile pace (3-5 times a week)
2. Stair climbing: 2 rounds of 50 flights @ 60 steps/min (5 min break in between rounds) **OR** 30 mins of consistent up/down climbing on bleachers at your local high school. (1-2 times a week)

Strength/Calisthenics

1. Upper Body:
 - 2x10 assisted pull-ups
 - 2x10 push-ups
 - 3x10 sit-ups (legs in butterfly position)
 - 2x10 incline push-ups (feet elevated)
 - 2x10 barbell presses
 - 2x10 barbell upright row
 - 2x10 barbell curl
 - 2x10 diamond push-ups (thumbs touching)
 - 1x100 yards farmer carry with 40# kettlebells or dumbbells (or 5 min standing hold of 40# kettlebells of dumbbells)
2. Lower Body:
 - 2x10 body weight squats
 - 2x10 body weight alternating lunges (count to 10)
 - 2x10 40# kettlebell deadlifts
 - 2x30 crunches (legs crossed, hands behind the head)
 - 2x20 second planks (20 seconds each: left side, middle, right side)
 - 2x1 minute step-ups (10-12 inch height)
 - 2x1 minute wall sit