



Atlantic Police Academy

Firefighter Cadet Fitness Test Results

Name: _____

Squad: _____

Sex: _____

Age: _____

Body Weight: _____

TEST RESULTS

1. Push-ups	# completed	_____	PTS	_____
2. Grip Strength	Left	_____ Right	_____ Total	_____
3. Flexibility	Total CM	_____	PTS	_____
4. Curl-ups	# Completed	_____	PTS	_____
5. Bench Press	Weight/Reps	_____	PTS	_____
6. 1.5 Mile Run	Time	_____	PTS	_____
7. Vertical Jump	Height Jumped	_____	PTS	_____
8. Broad Jump	Distance Jumped	_____	PTS	_____

TOTAL ACCUMULATED POINTS: _____

PASS

FAIL

Fitness Appraiser Signature

Date

2. Note: Average total score for final points.

REMEDIAL:

- Pushups
- Grip
- Flex
- Abdominal
- Bench

- 1.5 Run
- Vertical Jump
- Body Composition
- Strength Training
- Nutrition Log