



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	_____ PTS
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