

Fitness Recognition Program Testing Options

Test Option #1

400 meter Farmers Carry (35 pounds women / 53 pounds men carried in each hand)
50 burpees

Expert- under 6 minutes
Advanced- 6:01- 8 minutes
Intermediate - 8:01- 10 minutes
Basic- over 10 minutes

Test Option #2

On a 7:00 minute clock

400 meter run
Followed by AMRAP (as many rounds as possible)
5 pull ups (banded or Kipping pull-ups allowed)
10 pushups
15 squats

| | |
|--------------|----------------------------|
| Expert | 6 or more rounds completed |
| Advanced | 5-6 rounds |
| Intermediate | 4-5 rounds |
| Basic | less than 4 |

Test Option #3

6 mile or 3 mile run. (3 mile run will only achieve intermediate or basic level)

| | |
|--------------|--|
| Expert | 6 miles in 42 minutes or less |
| Advanced | 42:01- 46 minutes |
| Intermediate | 6 miles in more than 46 minutes 3 miles in less than 24 minutes |
| Basic | 3 miles in more than 24 minutes |