

Fitness Test Scores for new hire Firefighters

Cardiorespiratory Endurance		Body Composition				Muscle Fitness						
1.5 Mile Run		Health Risk Category	Points	Waist inches	Health Risk Category	Points	Push-Ups	Points	Sit-Ups New	Points	Pull-ups	Points
<=10:07		Low-Risk	60	<u>32.5</u>	Low-Risk	20	>=60	10	>=52	10	>=10	10
10:08:00	10:31:00	Low-Risk	59.7	33	Low-Risk	20	56	9.5	50	9.5	9	9
10:32:00	10:43:00	Low-Risk	59.3	33.5	Low-Risk	20	55	9.4	49	9.4	8	8
10:44:00	10:57:00	Low-Risk	58.9	34	Low-Risk	20	54	9.3	48	9.2	7	7
10:58:00	11:11:00	Low-Risk	58.5	34.5	Low-Risk	20	53	9.2	47	9	6	6
11:12:00	11:25:00	Low-Risk	57.9	35	Low-Risk	20	52	9.1	46	8.8	5	5
11:26:00	11:40:00	Low-Risk	57.3	35.5	Mod-Risk	17.6	51	9	45	8.7	4	4
11:41:00	11:56:00	Low-Risk	56.6	36	Mod-Risk	17	50	8.9	44	8.5	3	3
11:57:00	12:12:00	Low-Risk	55.8	36.5	Mod-Risk	16.4	50	8.8	43	8.3	2	2
12:13:00	12:30:00	Low-Risk	54.8	37	Mod-Risk	15.8	49	8.8	42	8	1	1
12:31:00	12:47:00	Low-Risk	53.7	37.5	Mod-Risk	15.1	48	8.7	41	7.5	0	0
12:48:00	13:07:00	Low-Risk	52.4	38	Mod-Risk	14.4	47	8.6	41	7		
13:08:00	13:27:00	Mod-Risk	50.9	38.5	Mod-Risk	13.5	46	8.5	40	6.5		
13:28:00	13:48:00	Mod-Risk	49.2	39	Mod-Risk	12.6	45	8.4	39	6.3		
13:49:00	14:10:00	Mod-Risk	47.2	39.5	High Risk	0	44	8.3	38	0		
14:11:00	14:33:00	Mod-Risk	44.9				43	8.1				
14:34:00	14:57:00	Mod-Risk	42.3				42	8				
14:58:00	15:24:00	High Risk	0				41	7.8				
							41	7.7				
							40	7.5				
							39	7.3				
							38	7.2				
							37	7				
							36	6.8				

35	6.5
34	6.3
33	6
32	5.8
32	5.5
31	5.3
30	5
29	0