



# The Strength & treadmill test

**FIT 4 FIRE PT**



# Information

If you are able to complete the following workout from start to finish, it is a good indicator that you are potentially strong enough to pass the Firefighter physical tests. DO NOT however take this as certain, as it is just a guide to help you prepare.

The treadmill test is usually not part of the physical test day, but a part of the medical assessment of the selection process. We have included it to ensure you are also physically ready and capable of passing the chester treadmill test which tests your aerobic capacity which the minimum standard is 42 VO2 Max.

Below you will find both tests, good luck!

# Strength test

Exercise	Reps	Sets	Rest (secs)	Load (kg)
Shoulder press	5	2	60	35
Repeated cable rope pull down (hand over hand grip)	23+ per minute	2	60	28
Cable rope down	1	2	60	60
DB carry at chest height	100 metres	2	60	12.5
DB farmers walk (1 side at a time)	50 metres each side (100 metres total)	2	60	25
DB Deadlift	16	2	60	20 - 1st set 33 - 2nd set

# Treadmill walk test

Get the treadmill to a constant speed of 3.85mph or 6.2kph. The speed does not change throughout the test, the gradient is the only thing that increases every 2 minutes. You are not allowed to hold onto the rails as support, but can touch them briefly to regain balance. Completing this shows you have the minimum required VO<sub>2</sub> max score to pass the test.

Gradient	Time
0%	0-2 minutes
3%	2-4 minutes
6%	4-6 minutes
9%	6-8 minutes
12%	8-10 minutes
15%	10-12 minutes