

# FIREFIGHTER PHYSICAL FITNESS TEST



## BOISE FIRE DEPARTMENT



### TEST EVENTS + STANDARDS

#### DEADLIFT (195 lbs)

**Objective:** 7-15 reps in 1 minute

**Method:** Regular Deadlift using a hex bar

**Standard:** Continuous reps, correct form

**Failure:** Less than 7 reps or dropping the bar

#### PUSH-UPS

**Objective:** 30-75 reps in 2 minutes

**Method:** Traditional push-up, maintaining form

**Standard:** Full extension, correct alignment

**Failure:** Less than 30 reps

#### SPRINT DRAG CARRY

**Objective:** Complete tasks in 2:15 minutes

**Method:** Shuttle run, Sled drag (115 lbs.),  
Farmer's carry (35 lbs.)

**Standard:** Correct completion of each task

**Failure:** Task errors not corrected

#### PLANK HOLD

**Objective:** Hold for minimum 1:20 minutes, maximum  
2:30 minutes

**Standard:** Maintain form

**Failure:** Breaking form or resting on the ground

#### 1.5 MILE RUN

**Objective:** Complete within 13 minutes

**Standard:** Continuous run on designated route

### ABOUT THE TEST

The purpose of the **FIREFIGHTER PHYSICAL FITNESS TEST** is to assess general fitness relevant to firefighting.

- Timely arrival and check-in are crucial
- Complete 5 events in order

### SAFETY CONSIDERATIONS

- Follow standard routines for warm-up/cool-down
- Use proper lifting and movement techniques

### ATTIRE + EQUIPMENT

**Required:** Shirt, shorts, closed-toe shoes

**Optional:** Watch, sweatshirt, hat/beanie, gloves

**Prohibited:** Lifting aids (e.g., belts, wraps), music devices

### TEST DAY FLOW

**Total Time:** 55 minutes (20 minute intro, 21 minutes work,  
14 minutes rest)

**Sequence:** Deadlift, 2 minute rest  
Push-ups, 2 minute rest  
Sprint Drag Carry, 2 minute rest  
Plank Hold, 8 minute rest  
1.5 Mile Run



### CONTACT US

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