



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 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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