FIREFIGHTER PHYSICAL FITNESS TEST

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

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, farmer’s carry
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

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