

Standards for Fitness Movements

Instructions

All evolutions are completed in traditional training attire (e.g., BDU style pants, training boots/shoes, t-shirt).

Running

Evolution One is run “slick” or no gear.

Evolution Two is run carrying a 25lb weight in each hand, and wearing a 20 lb. vest/carrier and donned gas mask (no filter).

Squat (or “Air Squat”)

Operator begins from the starting/standing position, hip must descend lower than the knees at the bottom (“below parallel”). Operator is wearing 20 lb. vest/carrier and donned gas mask (no filter).

Complete at the top with full hip and knee extension.

Burpee (Slick)

Operator begins from the starting/standing position, operator must lower chest and hips to the ground.

Complete with vertical jump and full hip and knee extension along with arms extended overhead.

Pull Up (Slick)

Forward or reverse grip is acceptable.

For the strict pull-up portion, the operator must begin with arms fully extended at the bottom hang and both feet off the ground.

Complete when chin is above the bar. Must maintain grip on the bar for all strict pull-ups (“unbroken”).

Once the 5 strict pull-up requirement is met, the operator may come off the bar as often as needed during the remaining time. Strict, kipping or butterfly pull-ups are acceptable as long as the operator’s chin comes above the bar.

SCORE CARD

| 800 Meters | 400 Meters | Burpees |
|--------------------------|--------------------------|---------------------|
| 3:14 or less = 10 points | 2:44 or less = 10 points | 50+ = 10 points |
| 3:15 - 3:29 = 8 | 2:45 - 2:59 = 8 | 46 - 49 = 8 |
| 3:30 - 3:44 = 6 | 3:00 - 3:14 = 6 | 43 - 45 = 6 |
| 3:45 - 3:59 = 4 | 3:15 - 3:29 = 4 | 40 - 43 = 4 |
| 4:00 - 4:29 = 2 | 3:30 - 3:44 = 2 | 38 - 39 = 2 |
| 4:30 or greater = 0 | 3:45 or greater = 0 | 37 or below = 0 |
| TOTAL SCORE: | TOTAL SCORE: | TOTAL SCORE: |

| Squats | Pull-Ups | Total Points |
|---------------------|---------------------|-----------------------|
| 75+ = 10 points | 20+ = 10 points | Extra Credit Detail |
| 73 - 74 = 8 | 18 - 19 = 8 | 800 Meter: |
| 70 - 72 = 6 | 16 - 17 = 6 | 400 Meter: |
| 67 - 69 = 4 | 13 - 14 = 4 | Burpees: |
| 64 - 66 = 2 | 12 - 13 = 2 | Squats: |
| 63 or below = 0 | 11 or below = 0 | Pull-Ups: |
| TOTAL SCORE: | TOTAL SCORE: | FINAL SCORE: |
| | | EXTRA CREDIT: |
| | | FINAL + EXTRA: |

NO PAPER SCORE CARDS ACCEPTED.