

# 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)

A forward or reverse grip is acceptable.

The first five (5) pullups must begin with arms fully extended at the bottom of the hang, with both feet off the ground. The pull up is complete when chin is above the bar. The operator must maintain their grip on the bar for the first five pull ups (unbroken).

Once the first five (5) consecutive pull-ups are completed, the operator may come off the bar as often as needed during the remaining time. Each additional pull-up (after the first five) will start with the arms fully extended at the bottom of the hang, feet off the ground, and end with the chin over the bar.

Kipping, jumping, or butterfly pull-ups are not acceptable.

# 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
<b>TOTAL SCORE:</b>	<b>TOTAL SCORE:</b>	<b>TOTAL SCORE:</b>

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:
<b>TOTAL SCORE:</b>	<b>TOTAL SCORE:</b>	<b>FINAL SCORE:</b>
		<b>EXTRA CREDIT:</b>
		<b>FINAL + EXTRA:</b>

**NO PAPER SCORE CARDS ACCEPTED.**