

# PHYSICAL READINESS TEST

Applicants will be tested via the Physical Readiness Test. You will complete a battery of physical readiness or fitness tests. These tests measure the underlying factors necessary to perform the essential and critical physical performance job task simulation test.

## 5 Elements

### 1 - Bench Press

Measures the amount of force the upper body can generate. Applicant must push 64% (or more) of body weight from bench press position.

### 2 - Illinois Agility Run

Measures coordinated movement and speed. Applicant will be required to sprint, and run via a pre-determined course in 23.40 (or less) seconds.

### 3 - One Minute Sit Ups

Measures muscular endurance for many physical tasks. Applicant will be required to perform 21 (or more) "correct sit-ups" within one minute.

### 4 - 300 Meter Run

Measures anaerobic capacity. Applicant will be required to run from starting point to finish line within 92.00 seconds (or less).

### 5 - 1.5 Mile Run

Measures cardiovascular endurance or aerobic power. Applicant will be required to complete a 1.5-mile run within the time of 21:56.00 (or less).

