

BASELINE FITNESS ASSESSMENT

The baseline fitness assessment is designed to measure the physical capacity of candidates without having to utilize equipment. The assessment consists of four basic movements in sequential order: pull-up, push-up, air-squats, and burpee, followed by a mile and a half run. Your ability to perform at the recommended levels has proven to significantly increase your chances of success in the Los Angeles Fire Department Recruit Training Academy. The candidate will perform the following:

Pull – Ups

Recommended: 8 reps

As many pull-ups as possible in one minute

1. Standards

- Thumbs around the bar
- Palms facing away from face
- Arms fully extended at the bottom of each rep
- Chin over the bar at the top

2. Rest two minutes

Common mistakes

- Palms facing in
- Kicking, kipping, butterfly
- Jumping pull-up
- Not moving through full range of motion

Push – Ups

Recommended: 35 reps

As many push-ups as possible in one minute

1. Standards

- Hands directly under shoulders
- Fingers facing forward
- Arms fully extended at the top
- Descend to a target no more than 3 inches from floor
- Chest must touch target
- Body must move up and down as one unit

2. Rest two minutes

Common mistakes

- Elbows flaring wide
- Feet too far apart
- Upper body moving independently of lower body
- Incomplete range of motion
- Body not rigid throughout entire movement
- Piked body (elevated hips)

Air - Squats

Recommended: 45 reps

As many squats as possible in one minute

1. Standards

- Feet just outside the shoulders
- Knees and hips fully open at the top
- Hip slightly below the knee at the bottom

2. Rest two minutes

Common mistakes

- Not making contact with ball
- Hips not fully extended at top
- Heels coming off ground

Burpees

Recommended: 20 reps

As many burpees as possible in one minute

1. Standards

- Chest to the floor at the bottom
- Jump off the floor with knees and hips fully open at the top
- Clap above head when jumping
- Chest does not touch the ground

2. Rest 15 minutes

Common mistakes

- No clap above the head
- No jump
- Body not vertical at top

Beep Test

Recommended: Stage 7.1

See next page

Los Angeles *City* Fire Department

20 Meter Multistage Fitness Test (Beep Test)

The Beep Test is a multi-stage fitness test (MSFT) used to measure cardiorespiratory fitness and estimate maximum oxygen uptake (VO₂ max). The test requires participants to run 20 meters back and forth across a marked course keeping time with beeps. Every minute or so, the next level commences: the time between beeps gets shorter; participants must run faster. The Beep Test is used by sporting organizations around the world along with schools, the military, and others interested in gauging cardiorespiratory endurance, an important component of overall fitness. The test is also known as the Bleep Test, Pacer Test, 20m Shuttle Run Test or Léger Test.

Equipment:

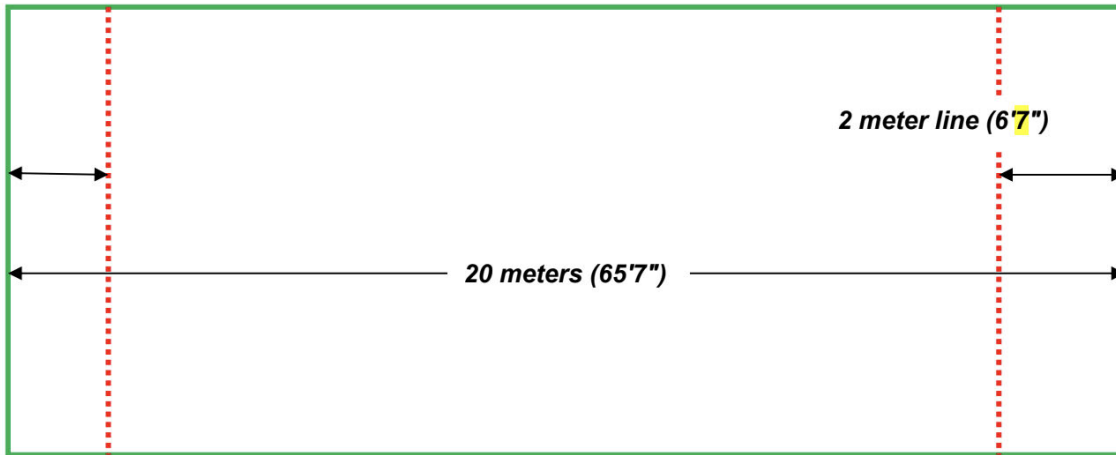
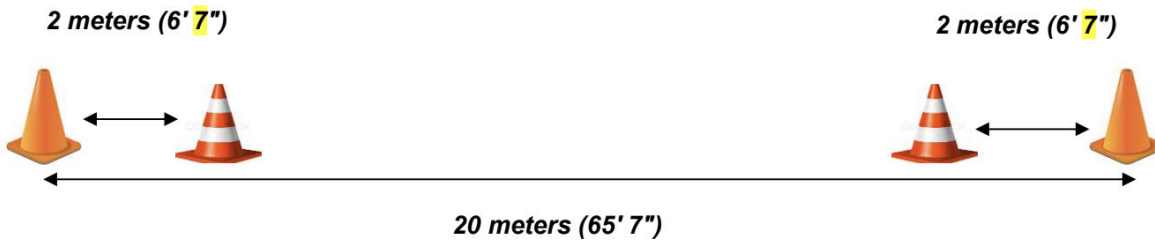
- Flat, non-slip surface suitable for running, which is at least 20m long with adequate space at each end for coming to a stop. Candidates are advised to wear supportive shoes that are made for lateral movements.
- Marking cones and/or tape
- 20m measuring tape
- Beep test audio (App can be downloaded from google play or the app store)
- Music player
- Recording sheets

Procedure:

- Start on the designated line.
- Proctors will be positioned on both sides of the course.
- Press the start button using the downloaded app. The candidate will start following the 5 second countdown.
- Candidates will run 20 meters to the opposite marker, crossing the 2 meter line before the next beep sounds.
- Wait there until the beep sounds before running back to the other marker
- Repeat this process for each shuttle until you are unable to keep up with the beeps. Remember, you must wait for the beep before starting the next shuttle.
- When you miss a beep you must continue to run to the marker in front of you, turn at the end, and try to catch up with the pace. The test ends when you fail to reach the opposite marker for two consecutive beeps.
- The candidate is given a warning the first time they fail to reach the line (within 2 meters); the test will conclude after the second fault.
- Your final score is the last level and shuttle you completed before missing a beep







The speed at the start of the test is quite slow; however it will increase with each level. A level lasts approximately 1 minute.

Beep Test Layout



The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive runs.

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The Standard! Simple, Accurate

★★★★☆ 1