

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

Run 1.5 miles

Recommended: < 12 minutes