HFD Physical Fitness Test

Attire and Equipment

Required: Shirt, shorts, closed-toe athletic shoes

Optional: Watch, sweatshirt, hat/beanie, gloves (if weather permits)

Prohibited: Lifting aids (e.g. belts, wraps), music devices

Safety Considerations

- Follow standard routines for warm-up/cool down
- Use proper lifting and movement techniques

Physical Fitness Test Process

Total Time: 55 minutes

- 20 minutes: intro
- 20 minutes 30 seconds: work
- 14 minutes 30 seconds: rest

Sequence of Events:

- Ball Clean and Toss Shuttle Run, 2-minute rest
- Deadlift, 2-minute rest
- Hand Release Push-ups, 2-minute rest
- Elbow Plank, 8-minute-30-second rest
- 1.5 Mile Run

Physical Fitness Test Requirements

Ball Clean and Toss Shuttle Run

Requirement: Complete 10 ball cleans over shoulder using 40lb slam ball, 10 shuttle sprints of 50 feet, then 10 ball cleans over the shoulder using 40lb slam ball with no breaks in between

Expectation: Continuous reps

Failure: Not completing all reps in 2 minutes

Deadlift (195 lbs)

Requirement: Complete 10 deadlift reps using a hex bar in 2 minutes

Expectation: Utilizing full range of motion and correct form

Failure: Less than 10 reps utilizing range of motion and correct form in 2 minutes

Hand Release Push-ups

Requirement: 45 Hand Release Push-Ups

Expectation: Full extension and correct alignment

Failure: Less than 45 reps in 2 minutes

Elbow Plank

Requirement: Hold elbow plank for 1 minute and 30 seconds

Expectation: Maintain form and correct body alignment

Failure: Breaking form or resting on the ground prior to 1 minute and 30 seconds

1.5 Mile Run

Requirement: Complete run within 13 minutes

Expectation: Continuous run on designated route

Failure: Not completing 1.5 miles within 13 minutes

HENDERSON