

## Cadet Readiness Physical Fitness Standards

Fire fighting is a physically demanding profession that calls upon you to perform at a high physical level in a moments notice. The Austin Fire Department has a responsibility to prepare you for this high physical demand. One way we accomplish this is by instituting a rigorous physically demanding fitness program as part of the cadet training academy. Our goal is to instill a healthy physical fitness attitude and foundation for you to build upon during your career with AFD. To help you prepare for the physical fitness program we are providing fitness goals that we strongly recommend you be able to perform prior to starting the cadet training academy. Performing the recommended physical fitness standards will give you an initial foundation to begin the cadet training academy.

36 Pushups

2 minutes of Plank

10 Pull ups

30 Burpees

50 Air squats

Stair climb equivalent to 9 stories with a bundle (approximately 35 lbs)

Run 1.5 miles in less than 12 minutes

Run 3 miles in 30 minutes

Be able to touch floor with knees straight but not locked

\* These recommendations are based on the physical fitness abilities of the average Austin Fire Fighter.