



# FIREFIT - PHASE I

## PREPARING FOR CPAT

The Candidate Physical Ability Test (CPAT) is the Austin Fire Department's physical testing component of the hiring process. Each applicant must successfully complete the CPAT test which consists of eight critical physical tasks that simulate actual job duties on the fireground. During the CPAT you wear a 50lb weight vest and walk 85ft between each event. This test is physically demanding and requires that you be physically fit to be successful.

In preparation, you should train using movements that most closely resemble movements in the eight events of the CPAT. The following exercises are suggestions for these common movements and are also programmed into workouts used during FireFit Phase I

**Stair Climb: 3 minutes climbing on a Stair mill at a rate of one step per second with additional 25lbs**

Find a gym with a stair mill, nearby parking garage, or stadium to practice climbing steps with a vest or backpack with additional weight. Additional exercise recommendations include: Weighted lunges, cossack squat, sissy squats, weighted box step ups, banded lateral walks, and hill sprints.

**Hose Line Advance and Pull: Only event allowed to run**

Forward tire drags, forward sled Drag, cable or dumbbell rows, hip thrust, calve raises, and deadlift.

**Equipment Carry: Carry 2 differently weighted saws a set distance**

Farmers Walk with KB, Dumbbells, or sandbags of different weight, overhead dumbbell or kettlebell carry, front rack carry.

**Ladder Raise/Extension: Raise and extend a ladder without allowing the rope to slip through hands**

Narrow/wide grip lat pulldown, single arm lat pulldown, bent over barbell row, dead hangs, and scap pull-ups.

**Forcible Entry: Swing 10 lb sledge hammer striking a measuring device until buzzer is activated**

Rotational wall balls, cable or sandbag wood chop, pallof press, sledgehammer swings against a tire, plank dumbbell pull through, ab rollout, ant rotational band holds, and side plank hip drop.

**Search: Proceed through dark search maze with obstacles**

Bear crawl, weighted bear crawl, army crawl plank/knee to elbow plank, plank plate drag with hands or feet.

**Rescue: Drag a 165 lb dummy around a barrel and back**

Drag a weighted sled backwards, drag a tire backwards, deadlifts, hip thrust, leg press, eccentric hamstring slides, Romanian deadlift, and kettlebell or front rack squats.

**Ceiling Breach/Pull: Use a pike pole to both Push and pull the weighted prop**

**Overhead Pull:** Single arm cable pull down, bicep curls, face pulls, high rows, ball slams, pull-ups, and inverted row.

**Overhead Push:** Barbell pike pole thrust, push press, dumbbell thrusters, neutral grip shoulder press, bottoms up kettlebell press, DB floor chest press, and incline press.

Remember that proper warm-up and cool downs will aid in injury prevention and quicker strength gains. Additional Information may be found at <https://www.austintexas.gov/department/cadet-hiring-preparation>.