



Sacramento Metropolitan Fire District Academy Fitness Scoring

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ASSESSMENT	5	4	3	2	1
1 ½ Mile Run	≤ 9:30	9:31-10:30	10:31-11:30	11:31-12:30	≥12:30
Hex Bar DL Est 1RM	≥2*BW	1.5-1.9*BW	1-1.49*BW	.85-.99*BW	≤.84*BW
Push-Ups Metronome @ 80 bpm	≥55	45-54	33-44	21-32	≤20
Pull-Ups (M) (F)	≥19 ≥7	13-18 5-6	8-12 3-4	4-7 2	≤3 ≤1
Static Front Plank (min:sec)	≥4:00	3:20-3:59	2:00-3:19	1:59-1:00	≤:59
Modified Sit and Reach	≥17 in	17 -14 ½ in	14 ¼ -12 in	11 ¾ - 9 ½ in	≤9 ¼ in
Body Fat (M) (F)	≤ 9 % ≤16 %	9.1-12.0 % 16.1-19.0 %	12.1-15.0 % 19.1-22.0 %	15.1-18.9 % 22.1-25.9 %	≥19.0% ≥26.0%
Combat Challenge (min:sec)	< 2:40	2:41 – 3:10	3:11 - 3:40	3:41 – 4:10	≥ 4:11

*BW: Multiplied by “Body Weight (lb)” The hex bar deadlift is performed at 5 repetition maximum (RM), and the 1 RM is estimated.