



Sacramento Metro Fire

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
Bench Press (5 repetitions)	≥225 lbs.	195-224 lbs.	165-194 lbs.	135-164 lbs.	<135 lbs.
Push-Ups w/Metronome @ 80 bpm (Up on a beat, down on a beat. 40 push-ups per min.)	≥55	45-54	33-44	21-32	≤20
Pull-Ups (Full hang)	≥19	13-18	8-12	4-7	≤3
Static Front Plank (secs)	≥180	140-179	100-139	61-99	≤60
Modified Sit and Reach (Reach past toes)	≥17 in	17 -14 ½ in	14 ¼ -12 in	11 ¾ - 9 ½ in	<9 ½ 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%