Candidate Physical Ability Test © (CPAT)

Orientation Guide

This Candidate Physical Ability Test (CPAT) consists of eight separate events. This test is a sequence of events that requires the candidate to progress along a predetermined path from event to event in a continuous manner. This test was developed to allow fire departments to obtain pools of trainable candidates who are physically able to perform essential job tasks at fire scenes.
This is a pass/fail test based on a validated maximum total time of 10 minutes and 20 seconds.

Test Forms

You must present valid identification and sign a number of forms before taking the CPAT. Prior to the start of the CPAT you must complete the sign-in Form and waiver. You are provided an opportunity to review a video detailing the CPAT and failure points. It is your responsibility to ask questions if you do not understand any parts of the test events or procedures. At the conclusion of the CPAT, you must sign the CPAT Evaluation Form. Additionally, prior to leaving the rehabilitation area, you must complete and sign the Rehabilitation Form. If you fail to complete and sign any of these forms you fail the CPAT.

Weights and Clothing

In these events, you wear a 50-pound (22.68-kg) vest to simulate the weight of a self-contained breathing apparatus (SCBA) and fire fighter protective clothing. An additional 25 pounds (11.34 kg), using two 12.5-pound (5.67-kg) weights that simulate a high-rise pack (hose bundle), are added for the stair climb event. Throughout all events, you must wear long pants, a hard hat with chinstrap, work gloves and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted.

Tools and Equipment

All props are designed to obtain the necessary information regarding your physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety and validity in measuring your physical abilities.

Sequence and Timing Procedures

The events are placed in a sequence that best stimulates fire scene events while allowing an 85-foot (25.91-m) walk between events. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk allows you approximately 20 seconds to recover and regroup before each event.
To ensure scoring accuracy by eliminating timer failure, two stopwatches are used to time the CPAT. One stopwatch is designated as the official test time stopwatch; the second is the backup stopwatch. If mechanical failure occurs, the time on the backup stopwatch is used. The stopwatches are set to a pass/fail time and count down from 10 minutes and 20 seconds. If time elapses prior to the completion of the test, the test is concluded and you fail the test.

Preparing for the CPAT

Being a career firefighter is one of the most physically demanding jobs a person can have, and our hiring standards reflect situations you are likely to encounter on the job. Candidates who attend the CPAT timed session and who participate in some form of physical training prior to taking the test have a higher pass rate.

CPAT Event 1: Stair Climb

Equipment

This event uses a StepMill stair-climbing machine. The machine is positioned with one side up against a wall and an elevated proctor platform on the opposite wall. A single handrail on the wall side is available for you to grasp while mounting and dismounting the StepMill. Additional steps are placed at the base of the StepMill to assist you in mounting the StepMill.

Purpose of Evaluation

This event is designed to stimulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (hose bundle) and climbing stairs in full protective clothing while carrying firefighter equipment. This event challenges your aerobic capacity, lower body muscular endurance, and ability to balance.

This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event

For this event, you must wear two 12.5-pound (5.67 kg) weights on your shoulders to simulate the weight of a high-rise pack. Prior to the initiation of the timed CPAT, there is a 20-second warm-up on the StepMill at a set stepping rate of 50 steps per minute. During this warm-up period, you are permitted to dismount, grasp the rail, or hold the wall to establish balance and cadence.

If you fall or dismount during the 20-second warm up period, you must remount the StepMill and restart the entire 20-second warm-up period. You are allowed to restart the warm-up period twice. The timing of the test begins at the end of this warm-up period when the proctor calls the word "START." There is no break in time between the warm-up period and the actual timing of the test.

For the test, you must walk on the StepMill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the event. The two 12.5 pound (5.67 kg) weights are removed from your shoulders. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you fall or dismount the StepMill three times during the warm-up period, you fail the test. If you fall, grasp any of the test equipment or dismount the StepMill after the timed CPAT begins, the test is concluded and you fail the test.

During the test, you are permitted to touch the wall or handrail for balance only momentarily. However, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, you are warned. Only two warnings are given. The third constitutes an infraction.

CPAT Event 2: Hose Drag

Equipment
This event uses an uncharged fire hose with a hoseline nozzle. The hoseline is marked at 8 feet (2.24 m) past the coupling to indicate a maximum amount of hose you are permitted to drape across your shoulder or chest. The hoseline is also marked at 50 feet (15.24 m) past the coupling at the nozzle to indicate the amount of hoseline that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation
This event is designed to stimulate the critical tasks of dragging an uncharged hoseline from the fire apparatus to the fire occupancy and pulling an uncharged hoseline around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance, and anaerobic endurance.

This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event
For this event, you must grasp a hoseline nozzle attached to 200 feet (60 m) of 1-¾ inch (44 m) hose. Place the hoseline over your shoulder or across your chest, not exceeding the 8-foot (2.24 m) mark. You are permitted to run during the hose drag.
Drag the hose 75 feet (22.86 m) to a pre-positioned drum, make a 90 degree turn around the drum, and continue an additional 25 feet (7.62 m).
Stop within the marked 5-foot x 7 foot box (1.52 m x 2.13 m), drop to at least one knee and pull the hoseline until the hoseline's 50-foot (15.24 m) mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and your knee(s) must remain within the marked boundary lines. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground.
The second infraction constitutes a failure, the test time is concluded, and you fail the test. During the hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded and you fail the test.

CPAT Event 3: Equipment Carry

Equipment
This event uses two saws and a tool cabinet replicating a storage cabinet on a fire truck.

Purpose of Evaluation
This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance.
This event affects your aerobic energy system as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event
For this event, you must remove the two saws from the tool cabinet, one at a time, and place them on the ground. Pick up both saws, one in each hand, and carry them while walking 75 feet (22.86 m) around the drum, then back to the starting point.
You are permitted to place the saw(s) on the ground and adjust your grip. Upon return to the tool cabinet, place the saws on the ground, pick up each saw one at a time, and replace the saw in the designated space in the cabinet. This concludes the event. Walk 85 feet (25.91 m) within the established boundary to the next event.

Failures
If you drop either saw on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

CPAT Event 4: Ladder Raise and Extension

Equipment
This event uses two 24-foot (7.32 m) fire department ladders. For your safety, a retractable lanyard is attached to the ladder that you raise.

Purpose of Evaluation
This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event
For this event, you must walk to the top rung of the 24-foot (7.32 m) aluminum extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall.
You must not use the ladder rails to raise the ladder. Immediately proceed to the pre-positioned and secured 24-foot (7.32 m) aluminum extension ladder, stand with both feet within the marked box of 36 inches x 36 inches (91.44 cm x 91.44 cm), and extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you allow the ladder to fall to the ground or the safety lanyard is activated because you released your grip on the ladder, the test time is concluded and you fail the test. If during the ladder extension, your feet do not remain within the marked boundary lines, one warning is given.
The second infraction constitutes a failure, the test time is concluded and you fail the test. If you do not remain in control of the ladder in a hand over hand manner, or let the rope lanyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

CPAT Event 5: Forcible Entry

Equipment
This event uses a mechanized device located 39 inches (1 m) off the ground that measures a cumulative force and a 10-pound sledgehammer.

Purpose of Evaluation
This event is designed to simulate the critical tasks of using force to open a locked door or to breach a wall. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

Event
For this event, you must use a 10-pound (4.54 kg) sledgehammer to strike the measuring device in the target area until the buzzer is activated. During this event, you must keep your feet outside the toe-box at all times. After the buzzer is activated, place the sledgehammer on the ground. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure. The test time is concluded and you fail the test. If you step outside the toe-box, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

CPAT Event 6: Search

Equipment
This event uses an enclosed search maze that has obstacles and narrowed spaces.

Purpose of Evaluation
This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness.
This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

Event
For this event, you must crawl through a tunnel maze that is approximately 3 feet (91.44 cm) high, 4 feet (121.92 cm) wide and 64 feet (19.51 m) in length. At a number of locations in the tunnel, you must navigate around, over and under obstacles. In addition, at two locations, you must crawl through a narrowed space where the dimensions of the tunnel are reduced.
Your movement is monitored through the maze. If for any reason, you choose to end the event, call out or rap sharply on the wall or ceiling and you will be assisted out of the maze. Upon exit from the maze, the event is concluded. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
A request for assistance that requires the opening of the escape hatch or opening of the entrance/exit covers constitutes a failure, the test time is concluded and you fail the test.

CPAT Event 7: Rescue

Equipment
This event uses a weighted mannequin equipped with a harness with shoulder handles.

Purpose of Evaluation
This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy states as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

Event
For this event, you must grasp a 165 pound (74.84 kg) mannequin by the handle(s) on the shoulder(s) of the harness (either one or both handles are permitted), drag it 35 feet (10.67 m) to a pre-positioned drum, make a 180 degree turn around the drum, and continue and additional 35 feet (10.67 m) to the finish line. You are not permitted to grasp or rest on the drum. You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures
If you grasp or rest on the drum at any time, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

CPAT Event 8: Ceiling Breach and Pull

Equipment
This event uses a mechanized device that measures overhead push and pull forces and a pike pole. The pike pole is a commonly used piece of equipment that consists of a 6-foot long pole with a hook and point attached to one end.

Purpose of Evaluation
This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. This event challenges your aerobic capacity, upper and lower body strength and endurance, grip strength and endurance, and anaerobic endurance.
This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, deltoids, trapezius, biceps, and muscles of the forearm and hand (grip).

Event
For this event, you must remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the painted area of the hinged door in the ceiling. Fully push up the 60 pound hinged door in the ceiling with the pike pole three times. Then, hook the pike pole to the 80-pound ceiling device and pull the pole down five times. Each set consists of three pushes and five pulls.
Repeat the set four times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must push or pull the apparatus again to complete the repetition. This event and the total test time end when you complete the final stroke repetition as indicated by a proctor who calls out "TIME."

Failures
One warning is given if you drop the pike pole to the ground. If you drop the pike pole, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test. If your feet do not remain within the marked boundary lines, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test.

APPENDIX B
CPAT CANDIDATE PREPARATION GUIDE

The job of a fire fighter is one of the most physically demanding jobs in North America. It requires high levels of cardiopulmonary endurance, muscular strength and muscular endurance. The Candidate Physical Ability Test consists of eight critical physical tasks that simulate actual job duties on the fireground. This test is physically demanding and requires that you be physically fit to be successful. This guide was developed to assist you with physically preparing yourself for the test.

■ What is physical fitness in the Fire Service?

Physical fitness is the ability to perform physical activities, such as job tasks, with enough reserve for emergency situations and to enjoy normal activities when off duty.

■ What are the major areas of fitness?

The major areas of physical fitness include:
- flexibility
- cardiopulmonary endurance
- muscular strength
- muscular endurance

Body composition is also considered an area of physical fitness. It should be noted that excess body fat increases the workload placed upon the body and decreases the body's ability to dissipate heat.

A proper physical fitness program should be specific for the job of a fire fighter. It should include all of the major areas of physical fitness mentioned above and be a total body program. Although this is best accomplished at a gym with an array of equipment, this guide also includes exercises that require little or no equipment.

■ Hydration

Proper hydration is critical. All candidates should drink water before exercise, during exercise and after exercise. Additionally, you should drink at least one liter of water one hour before your CPAT.

■ Warm-up & Flexibility

A warm-up serves several functions, including:
- increased blood flow to working muscles and joints
- decreased likelihood of injury
- decrease in pre-event tension
- possible improved performance
- improved flexibility

A proper warm-up should begin with a few of minutes of the same type of activity you are about to do at a very light exertion level. For example, if you are preparing to go running you should run in place or for a short distance at a very easy pace.

The next step is to stretch to improve flexibility and further your warm-up. There are two phases of stretching. The first phase is the easy stretch. In this phase, you should hold the stretch for 10 seconds in a range of motion that produces only mild tension. This prepares you for the second phase, the developmental stretch. In this phase, you should move slightly farther to the point where you feel a little more tension. This should be held for another 10 seconds.

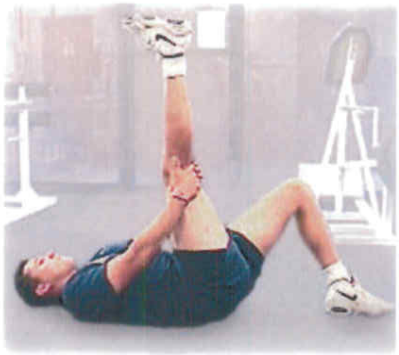
■ Flexibility

When stretching follow these basic rules:
- Stretch slowly
- No bouncing
- No pain
- Stretching is not competitive
- Breathe slowly to help you relax
- Stretching should feel good

1. Knee to Chest
Glutes, Low Back, Hamstrings, Quadriceps
- Lay flat on back with knees bent.
- Grab under right thigh and pull knee toward chest until you feel mild tension.
- Hold for 10 seconds, then pull slightly farther until you feel slightly more tension.

- Hold this position for 10 seconds.
- Repeat with other leg.
- Repeat sequence 2 or 3 times.

2. Knee to Chest - Leg Straight
Glutes, Low Back, Hamstrings, Quadriceps



- Lay flat on back with knees bent.
- Grab under right thigh and straighten right leg. Do not lock knee.
- Hold for 10 seconds, then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.

- Repeat with other leg.
- Repeat sequence 2 or 3 times.

3. Knee to Chest — Diagonal
Glutes, Low Back, Hamstrings, Quadriceps, Piriformis

- Lay flat on back with knees bent.
- Grab under right thigh and pull right knee toward left chest until you feel mild tension.
- Hold for 10 seconds, then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat with other leg.
- Repeat sequence 2 or 3 times.

4. Leg Cross
Piriformis, Glutes, Low Back

- Lay flat on back with knees bent.
- Place your right outer ankle on the top of right left thigh.
- Grab under left thigh and pull left knee toward chest until you feel mild tension.
- Hold for 10 seconds, then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat with other leg.
- Repeat sequence 2 or 3 times

5. Side Quadricep Stretch
Quadriceps, Hip Flexors, Abdominals

- Lay on left side.
- Grab right shin, just above your right ankle.
- Slowly pull right foot toward right buttocks while pushing right hip forward.
- At the same time, push right hip forward.
- Hold for 10 seconds, and then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat with other leg.
- Repeat sequence 2 or 3 times.

6. Butterfly Stretch
Groin, Low Back

- Sit upright with the bottoms of feet touching each other.
- Bend forward at the waist to a position where you feel mild tension.
- Elbows can be used to push down on thighs if you want more stretch.
- Hold for 10 seconds, then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat sequence 2 or 3 times.

7. Straddle Stretch
Groin, Hamstrings, Low Back

- Sit upright with legs straight.
- Spread legs as far as you can comfortably can.
- Keeping legs straight, but not locking knees, bend forward at the waist.
- Hold for 10 seconds then push down slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Return to starting position.
- Repeat sequence, but this time take chest toward left knee.
- Return to the starting position and repeat sequence toward right knee.
- Repeat entire sequence 2 or 3 times.

8. Cross Over Stretch
Glutes, Iliotibial Band

- Sit with legs straight in front of you.
- Bend right leg and cross it over so you can grab around the outside of right thigh.
- Slowly pull bent right leg toward chest until you feel mild tension.
- Hold for 10 seconds then push slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Return to starting position and switch legs.
- Repeat sequence on opposite leg.
- Repeat sequence 2 or 3 times.

■ **9. Calf Stretch**
Calves

- Squat down on ground with right foot slightly in front of left.
- Grasp right shin and rock forward until you feel mild tension.
- Hold for 10 seconds, then push slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat sequence on opposite leg.
- Repeat sequence 2 or 3 times.

■ **10. Upper Back Stretch**
Upper back, Posterior Deltoids

- Sit with legs straight in front.
- Twist your upper back crossing left arm across chest and place right hand on the floor.
- Slowly twist until you feel mild tension.
- Hold for 10 seconds, then twist slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Return to starting position and twist to the left side.
- Repeat sequence 2 or 3 times.

■ **11. Chest Stretch**
Chest, Shoulders, Biceps

- Stand with right shoulder against a wall.
- Place right palm on the wall.
- Slowly turn your body away from the wall until you feel mild tension.
- Hold for 10 seconds, then twist slightly farther until you feel slightly more tension.
- Return to starting position and repeat sequence with left arm.
- Repeat sequence 2 or 3 times.

■ **12. Triceps Stretch**
Triceps, Posterior Deltoids

- Stand upright and extend right arm over head.
- Grab right elbow with left hand and place right hand on right shoulder blade.
- Slowly push right elbow backward until mild tension is felt.
- Hold for ten seconds, then push slightly farther until you feel slightly more tension.
- Return to starting position and repeat sequence with left arm.
- Repeat sequence 2 or 3 times.

■ **13. Forearm Stretch**
Forearms

- Stand upright and grab right fingers with left hand.
- Slowly fold right wrist backwards until mild tension is felt.
- Hold for ten seconds, then push slightly farther until you feel slightly more tension.
- Repeat sequence, this time folding wrist forwards.
- Return to starting position and repeat sequence with left arm.
- Repeat entire sequence 2 or 3 times.

General Principles of Exercise

To maximize the results from your training program, several exercise principles should be understood.

■ **Adaptation**
Adaptation means that the body can adjust to any overload as long as it is done in small increments. The amount of progress the body can make depends on adequate rest, consistency of workouts, adequate nutrition, and genetic makeup.

■ **Overload**
Overload, in exercise training programs, means that a training program causes the body to adapt only when the demands are greater than what the body is accustomed to doing. This does not mean that the overload is greater than your maximum; rather overload is generally greater than 75% of your maximal effort.

■ **Progression**
The principle of progression states that as the body adapts to the exercise program you must gradually increase the overload to continue to adapt. It is critical that all progressions are gradual and small in nature to prevent over loading the body's ability to recover.

■ **Specificity**
Specificity of training is the principle that your body will adapt to whatever exercises you perform. This means that if you only perform bench presses, your body will not adapt to sit-ups. It may, therefore, be beneficial for you to alter your training to prepare for the Candidate Physical Ability Test.

Over-Training

Over-training addresses the body's need for adequate rest and nutrition following exercise to recuperate before the next exercise session. If recuperation is not adequate, over-training will occur. Signs of over training include: increased injury rate, increased resting heart rate, muscle soreness that does not subside after 48 hours, apathy, insomnia, loss of appetite, lack of adaptation to exercise, and loss of strength. Over-training must be avoided.

Balance

When developing a strength training program, it is important to balance muscle development by including exercises that train all major muscles groups of the body. This means that if the chest is trained so must the back; similarly if the upper body is trained so must the legs. When this principle is not followed, joints become imbalanced, and injuries occur.

Cardiopulmonary Endurance Program

Cardiopulmonary endurance is the ability of the cardiovascular and respiratory systems to deliver oxygen to working muscles. It consists of both aerobic and anaerobic energy systems.

Aerobic Fitness

During aerobic activities, the intensity of the exercise is low enough for the cardiopulmonary system to meet the oxygen demands of the working muscles. Aerobic activities include bicycling, hiking, swimming, climbing stairs, and running when performed at a low enough intensity.

Anaerobic Fitness

During anaerobic activities, the intensity of exercise is so high that the working muscle's demands for oxygen exceed the cardiopulmonary system's ability to deliver it. Because adequate oxygen is not available, waste products accumulate. This type of intense activity can only be short in duration. An example of an anaerobic activity is sprinting.

The CPAT Training Program

The CPAT Training program consists of two training programs. The first program is the aerobic training program and the interval program. Both of these programs complement each other and improve your aerobic and anaerobic fitness specific to the Candidate Physical Ability Test.

Aerobic Training

The cardiopulmonary endurance program should begin at a level that is considered "moderately difficult" but not "difficult." Your intensity should not be so high that you cannot speak during the exercise. The program below consists of a series of progressive levels. As you adapt to each step, you should move up to the next level. This program should be done 3 to 5 days per week.

Interval Training

Interval training involves a repeated series of exercise activities interspersed with rest or relief periods. This is an excellent tool for improving both aerobic and anaerobic endurance. In this program running intervals are performed on Tuesdays and Thursdays. It is important that interval days have at least one day of slow easy running between them. This provides the recovery necessary to prevent over training.

Phase One

	Monday	Tuesday	Wednesday	Thursday	Friday
Level1	Run 1 mile at an easy pace. Be able to talk the entire time.	Run 30 seconds at a somewhat hard pace then walk for 30 seconds. Repeat this for a total of 1 mile.	Run 1 mile at an easy pace. Be able to talk the entire time.	Run 30 seconds at a somewhat hard pace then walk for 30 seconds. Repeat this for a total of 1 mile.	Run 1 mile at an easy pace. Be able to talk the entire time.
Level2	Run 1.5 miles at an easy pace. Be able to talk the entire tim.	Run 30 seconds at a somewhat hard pace then walk for 30 seconds. Repeat this for a total of 1.5 miles.	Run 1.5 miles at an easy pace. Be able to talk the entire time.	Run 30 seconds at a somewhat hard pace then walk for 30 seconds. Repeat this for a total of 1.5 miles.	Run 1.5 miles at an easy pace. Be able to talk the entire time.
Level3	Run 2 miles at an easy pace. Be able to talk the entire time.	Run 60 seconds at a somewhat hard pace then walk for 60 seconds. Repeat this for a total of 2 miles.	Run 2 miles at an easy pace. Be able to talk the entire time.	Run 60 seconds at a somewhat hard pace then walk for 60 seconds. Repeat this for a total of 2 miles.	Run 2 miles at an easy pace. Be able to talk the entire time.
Level 4	Run 2.5 miles at an easy pace. Be .able to talk the entire time.	Run 60 seconds at a somewhat hard pace then walk for 60 seconds. Repeat this for a total of 2.5 miles.	Run 2.5 miles at an easy pace. Be able to talk the entire time.	Run 60 seconds at a somewhat hard pace then walk for 60 seconds. Repeat this for a total of 2.5 miles.	Run 2.5 miles at an easy pace. Be able to talk the entire time.
Level 5	Run 3 miles at an easy pace. Be able to talk the entire time.	Run 90 seconds at a somewhat hard pace then walk for 90 seconds. Repeat this for a total of 3 miles.	Run 3 miles at an easy pace. Be able to talk the entire time.	Run 90 seconds at a somewhat hard pace then walk for 90 seconds. Repeat this for a total of 3 miles.	Run 3 miles at an easy pace. Be able to talk the entire time.

Phase Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Level1	Run 3 miles at an easy pace. Be able to talk the entire time.	Run at an easy pace for 3 minutes then run stairs moderately hard for 1 minute.	Run 1.5 miles at an easy pace.	Run at an easy pace for 3 minutes then run stairs moderately hard for 1 minute.	Run 3 miles at an easy pace. Be able to talk the entire time.
Level2	Run 3 miles at an easy pace. Be able to talk the entire time.	Run at an easy pace for 3 minutes then run stairs moderately hard for 90 seconds.	Run 1.5 miles at an easy pace.	Run at an easy pace for 3 minutes then run stairs moderately hard for 90 seconds.	Run 3 miles at an easy pace. Be able to talk the entire time.
Level3	Run 3 miles at an easy pace. Be able to talk the entire time.	Run at an easy pace for 3 minutes then run stairs moderately hard for 2 minutes.	Run 1.5 miles at an easy pace.	Run at an easy pace for 3 minutes then run stairs moderately hard for 2 minutes.	Run 3 miles at an easy pace. Be able to talk the entire time.
Level 4	Run 3 miles at an easy pace. Be able to talk the entire time.	Run at an easy pace for 3 minutes then run stairs moderately hard for 2 minutes and 30 seconds.	Run 1.5 miles at an easy pace.	Run at an easy pace for 3 minutes then run stairs moderately hard for 2 minutes and 30 seconds.	Run 3 miles at an easy pace. Be able to talk the entire time.
Level 5	Run 3 miles at an easy pace. Be able to talk the entire time.	Run at an easy pace for 3 minutes then run stairs moderately hard for 3 minutes.	Run 1.5 miles at an easy pace.	Run at an easy pace for 3 minutes then run stairs moderately hard for 3 minutes.	Run 3 miles at an easy pace. Be able to talk the entire time.

Muscular Strength/Endurance Program

This is a resistance program designed to improve your total body strength and endurance. This is not a bodybuilding or a power-lifting program. It is designed to prepare you specifically for the Candidate Physical Ability Test. If you are not familiar with lifting programs, have any joint pain or feel uncomfortable performing these exercises, you should seek the advice of a professional trainer.

This program is designed to be performed three days a week. This means that you will not be lifting 4 days a week. These rest days are just as important as your workout days. A critical mistake made by some applicants is over training when preparing for the Candidate Physical Ability Test. If you feel you are over training, refer back to the exercise principles, slow down your progression, reduce your overload, and allow for adequate rest between workouts.

This workout should follow the previously mentioned warm-up and stretching program. This program is designed to be a circuit workout. Circuit training has been proven to be a very effective and efficient way to improve muscular strength, muscular endurance and cardiovascular endurance. Once you begin this workout, you will lift at each station for 10 repetitions and then move on to the next exercise. Rest between exercises should not exceed 30 seconds unless you are experiencing some discomfort. For safety purposes, it is recommended that you lift with a partner and spot each other when necessary.

General Safety Tips While Performing Resistance Training

- Always lift with a partner.
- Ask for help from an expert if you don't know what you are doing.
- Progress slowly to avoid injuries.
- Never show off by attempting to lift more weight than you normally lift.
- Use proper lifting technique when lifting weight plates and dumbbells.
- Never drink alcohol or take medications that may cause drowsiness prior to lifting weights.
- Do not lift too quickly; always control the weights.
- Always use strict form. Proper technique is more important than the amount of weight lifted.
- Keep head in a neutral position, looking straight ahead and not upwards or downwards.

Progression

Unless you are an experienced weightlifter, it is recommended that you begin by doing one complete cycle through this circuit. After the first week, if you are not still getting muscle soreness 24 to 48 hours after your workouts, you can progress to two cycles through the circuit. After the second week, if you are not still getting muscle soreness 24 to 48 hours after your workouts, you can progress to three cycles through the circuit. Although it is not critical, it is recommended that you follow the exercises in order. If, after progressing to the next level, you feel very sore, you many want to decrease the weights and the number of times you complete the circuit.

Weight Training Circuit Workout

1. Seated Leg Press

Quadriceps, Hamstrings, Glutes, Calves

CPAT Events: Stair Climb, Hose Drag, Ladder Raise, Forcible Entry, Rescue, Ceiling Breach and Pull

Set appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Place feet flat on push platform about shoulder width apart and toes pointed slightly outward.
- Adjust seat so knees are flexed at 90 degrees.
- Push weight up while exhaling.
- Stop just short of locking your knees.
- Keep knees in alignment with feet.
- Keep head in neutral position.

2. DB Military Press

Deltoids, Triceps, Trapezius

CPAT Events: Ladder Raise, Search, Ceiling Breach and Pull

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Raise two dumbbells to height of shoulders.
- With palms facing forward, alternate pressingeach dumbbell upward toward the ceiling, one at a time.
- Exhale while lifting.
- Keep head in neutral position.
- Using slight leg push is acceptable.
- Repeat with other arm.

3. Lat Pull Down

Latissimusdorsi, Rhomboids, Posterior Deltoids, Biceps

CPAT Events: Hose Drag, Ladder Extension Forcible Entry, Rescue, Ceiling Breach and Pull

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Adjust seat and leg hold to allow full range of motion.
- Hold bar in chin up grip with hands close together and palms toward face.
- Pull bar straight down to just below the chin.
- Exhale while pulling weight down.
- Return to starting position.

4. DB Split-Squats

Glutes, Quadriceps, Hamstrings, Calves

CPAT Events: Stair Climb, Hose Drag, Ladder Raise, Forcible Entry, Search, Rescue Ceiling Pull and Breach

Pick a light weight (many people can start with no weights at all). Do not start with more than 10 lbs.

- Stand with feet together than step backward with one foot about 26".
- Keep back straight and arms down at side with head neutral, slowly bend both legs.
- Lower yourself slowly until your left knee barely touches the floor.
- Forward leg should remain vertical throughout motion with knee directly over ankle. If knee tends to move forward over the toes, adjust back foot further backward.

- Return to the starting position.
- Inhale while lowering and exhale while pushing back up into upright position.
- Repeat with opposite leg.

5. Bench Press

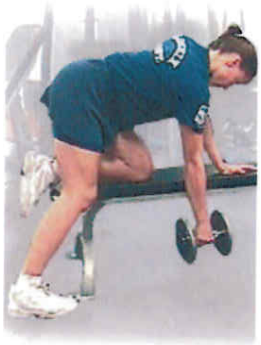
Pectorals, Deltoids, Triceps

CPAT Events: Ladder Raise, Forcible Entry, Search, Ceiling Breach and Pull

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Lie on bench, feet flat on floor.
- Hold bar with arms shoulder width apart or slightly wider.
- Lower bar to middle of chest.
- Push bar up to starting position.
- Inhale while lowering and exhale while pushing back up.

■ **6. DB Row**
Latisimussdorsi, Rhomboids, Posterior Deltoids, Trapezius, Biceps



CPAT Events: Hose Pull, Ladder Extension, Forcible Entry, Rescue, Ceiling Breach and Pull

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Standing to right of bench, place left knee on bench and support upper body with left (nonlifting) arm.
- Keep head in neutral position.
- Pull DB from ground into waist area with right arm.
- Lower DB back to starting position.
- Avoid twisting at waist.
- Inhale while lowering weight and exhale while lifting weight.
- Repeat sequence on opposite side.

■ **7. Leg Extension**
Quadriceps

CPAT Events: Stair Climb, Hose Pull, Ladder Raise, Forcible Entry, Search, Rescue

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Adjust machine so that backs of knees are against pad and back pad is supporting lower back.
- Extend knees stopping just before the knees lock.
- Slowly lower weight to starting position.
- Exhale while pushing weight and inhale while lowering weight.

Note: This exercise should not be performed by individuals who have undergone reconstructive knee surgery.

■ **8. Leg Curl**
Hamstrings

CPAT Events: Stair Climb, Hose Pull, Ladder Raise, Forcible Entry, Rescue

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Lie flat on machine with top of knees just off the pad and ankle roller situated above the heels.
- Flex the knee until ankle roller reaches the buttocks. Keep hips down and stomach in contact with pad throughout the motion.
- Slowly lower weight to starting position.
- Inhale while pulling weight up and exhale while lowering weight down.

■ **9. DB Curl**
Biceps, Forearms

CPAT Events: Hose Drag, Ladder Extension, Forcible Entry, Rescue, Ceiling Breach and Pull

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Stand up with knees slightly bent.
- Begin with arms down at sides.
- Bend right elbow bringing the dumbbell toward right shoulder.
- Slowly lower dumbbell to starting position.
- Exhale while raising weight and inhale while lowering weight.
- Repeat sequence on opposite side.

■ **10. Tricep Extension**
Triceps

CPAT Events: Ladder Raise, Forcible Entry, Search, Ceiling Breach and Pull

Pick appropriate weight to overload above muscles but not so heavy as to cause injury or failure.

- Stand up with knees slightly bent.
- Place hands on bar about 6" apart.
- Keeping upper arms at sides, extend the elbows until arms are almost straight and bar is at mid-thigh.
- Slowly return bar to an elbow flexed position at mid-chest level. Upper arms should remain in contact with sides. Do not allow elbows to move forward, away from body.
- Exhale while pushing bar down and inhale while returning bar back up.

■ **11. Abdominal Curls**
Abdominal Muscles

CPAT Events: All Events

- Sit on ground with knees bent at 90 degrees.
- Keeping feet flat on floor and hands at your side, slowly curl your torso so chin approaches your chest.
- Do not raise torso to more than a 45-degree angle off the floor.
- Slowly return to slightly above your starting position, keeping tension on abdominal muscles at all times.
- Exhale while curling up and inhale while lowering torso back down.

■ **12. Swimmers**
Erector Spinae (Lower back), Glutes

CPAT Events: All Events

- Lie face down on ground with feet together.
- Place arms straight out in front.
- Move the right arm and left leg up at the same time.
- As you return the right arm and left leg, move the left arm and right leg up at the same time.
- Continue alternating in a moderate cadence.

■ **13. Wrist Rollers**
Forearm muscles

CPAT Events: Hose Drag, Equipment Carry, Ladder Extension,

Forcible Entry, Rescue, Ceiling Breach and Pull

- Stand erect
- Set machine to "somewhat difficult" resistance
- Grab machine with both palms facing the floor
- Alternately roll each wrist towards the ceiling
- Repeat with palms upward when done

■ **14. Hand Grippers**
Forearm muscles

CPAT Events: Hose Drag, Equipment Carry, Ladder Extension,

Forcible Entry, Rescue, Ceiling Breach and Pull

- Stand erect
- Set machine to "somewhat difficult" resistance
- Grab machine with both hands
- Alternately close grip to squeeze machine

■ **Exercises without Weights**

Although it is easier to improve muscular strength and endurance with weight equipment, it is also possible to accomplish this with some simple exercises. These exercises require minimum equipment and can be done almost anywhere. Perform these exercises in a circuit. Move from one exercise to the next with minimal rest. Initially, work in the somewhat hard range. This means do not exercise to failure. Start by going through the circuit one time and then gradually progress until you can complete this circuit three times in a row.

■ **Calisthenics Circuit Workout**

■ **1. Chair Squats**
Glutes, Quadriceps, Hamstrings

CPAT Events: Stair Climb, Hose Drag, Ladder Raise, Forcible Entry, Search, Rescue Ceiling Pull and Breach

- Stand in front of a sturdy and stable chair with legs shoulder width apart and toes pointing slightly outward.
- Hold arms out straight in front of you.
- Slowly lower your buttocks into the chair.
- As soon as you feel the slightest contact with the chair, slowly stand back up to the starting position.
- Keep your head in a neutral position.
- Inhale while lowering yourself and exhale while standing up.

■ **2. Push Ups**
Pectorals, Deltoids, Triceps, Abdominals, Low Back)

CPAT Events: Ladder Raise, Forcible Entry, Search, Ceiling Breach and Pull

- Place hands on ground shoulder width apart or slightly more.
- Keep feet together and back straight throughout the exercise.
- Lower the body until the upper arms are at least parallel to the ground.
- Push yourself up to the initial position by completely straightening arms.
- Inhale while lowering and exhale while pushing.

■ **3. Split-Squats**
Glutes, Quadriceps, Hamstrings, Calves

CPAT Events: Stair Climb, Hose Drag, Ladder Raise, Forcible Entry, Search, Rescue, Ceiling Pull and Breach

- Stand with feet together then step backward with foot about 26" behind left foot.
- Keep back straight and arms down at sidewith head neutral, slowly lower right knee straight down onto the floor.
- Inhale while lowering and exhale while pushing back up into upright position.
- Forward leg should remain vertical throughout motion, with knee directly over ankle. If knee tends to move forward over the toes, adjust back foot further backward.
- Repeat with other leg.

■ **4. Chin Ups**
Latissimusdoris, Rhomboids, Posterior Delts, Biceps

CPAT Events: Hose Drag, Ladder Extension, Forcible Entry, Rescue, Ceiling Pull and Breach

- Grasp horizontal bar with palms facing you and hands 6" apart.
- Hang from bar with arms fully extended.
- Pull yourself upward until your chin is above the bar.
- Do not kick or swing your legs.
- Return to the starting position.
- Inhale while lowering yourself and exhale while pulling yourself up.
- If unable to complete 3 chin ups, elevate yourself to the bar with a stool or a partner, and slowly lower yourself down in a slow and controlled fashion.

■ **5. Bench Steps**
Glutes, Quadriceps, Hamstrings, Calves

CPAT Events: Stair Climb, Hose Drag, Ladder Raise, Forcible Entry, Search, Rescue, Ceiling Pull and Breach

This requires good balance, so initially set the step next to a wall or use a partner for safety.

- Use a step or bench 6" to 18" high.
- Place right foot flat on the bench with the left foot flat on the floor.
- Push down with the foot on the bench and step up until both legs are straight.
- Slowly lower yourself back down to the starting position.
- Exhale while pushing up and inhale while lowering down.
- Repeat entire sequence with other leg.
- Start with a smaller step and progressively increase the height. Do not exceed 18" high.

■ **6. Dips**
Pectorals, Deltoids, Triceps

CPAT Events: Ladder Raise, Forcible Entry, Search, Ceiling Pull and Breach

- Place hands behind you on dip bar or chair with feet straight in front.
- Bend arms and lower body in a controlled manner until the upper arms are parallel with the floor.
- Straighten the arms to return to the starting position.
- Legs can be bent to keep feet from touching the floor.
- If unable to perform 3 dips, use a stool or a partner to help you up and then lower yourself down slowly.
- Inhale while lowering yourself and exhale while pushing up.

■ **7. Squat Thrusts**
Pectorals, Deltoids, Triceps, Abdominals, Glutes, Quadriceps

CPAT Events: Stair Climb, Hose Pull, Ladder Raise, Forcible Entry, Search

- Stand erect with feet together.
- Quickly bend knees until palms touch the floor just slightly in front of you.
- Supporting weight with arms, tighten your abdominal muscles, and throw your feet backwards until you are in the push up starting position.
- Reverse sequence until you are back at the starting position. This is one repetition.
- Inhale and exhale evenly throughout the exercise

■ **8. Abdominal Curls**
Abdominal Muscles

CPAT Events: All Events

■ Sit on ground with knees bent at 90 degrees.
■ Keeping feet flat on floor and hands at side, slowly curl torso so chin approaches your chest. Do not raise torso to more than a 45-degree angle off the floor.
■ Slowly return to slightly above your starting position, keeping tension on abdominal muscles at all times.
■ Exhale while curling up and inhale while lowering torso back down.

■ **9. Swimmers**
Erector Spinae (Lower back), Glutes

CPAT Events: All Events

■ Lie face down on ground with feet together.
■ Place arms straight out in front of you.
■ Move the right arm and left leg up at the same time.
■ As you return the right arm and left leg, move the left arm and right leg up at the same time.
■ Continue alternating in a moderate cadence.

■ **10. Hand Grippers**
Forearm muscles

CPAT Events: Hose Drag, Equipment Carry, Ladder Extension, Forcible Entry, Rescue, Ceiling Breach and Pull

■ Stand erect
■ Place tennis ball in palm of hand
■ Slowly squeeze hand compressing tennis ball
■ Repeat with other hand

Supplemental Task-Specific Exercise Training

INTRODUCTION

The supplementary exercise program presented in the following sections not only makes use of the overload principal of training but also applies the all-important principal of training specificity. Exercise training specificity means that performance improvements occur most readily when training closely resembles the specific physical activity for which improved performance is desired. When training for specific activities requiring high levels of muscular strength and muscular power (e.g. hose drag and pull from kneeling position, ladder raise and extension, sledge hammer swing, dummy drag, and ceiling breach and pull) task-specific muscular overload should accompany a general strength training program. Practice and training in the specific activity becomes crucial because much of the improvement in muscular strength/power performance depends upon skill learning and new muscular adaptations (i.e., coordination of specific muscle actions) required for the physical task. In most instances, training in the actual task proves most effective.

The following program provides examples for applying your general training program to actually performing CPAT tasks. As with your other preparation training, you must progressively upgrade the duration, frequency, and intensity of exercise to continually improve your performance. This will maximize your improvement in performing the CPAT.

In the beginning phase of this training, progress slowly so that you can safely learn the skill and coordination required for the movements. As you become confident in your ability to successfully complete a specific exercise task with relative ease, redirect your training energies to those activities that pose the greatest difficulty. For many people, the stair climb with full weights, forcible entry, and rescue prove the most difficult.

■ Stair Climb

Exercise

You can readily modify aerobic training to more closely resemble the 3-minute stair climb in the CPAT by performing actual stair-stepping exercise on any conveniently located first step of a staircase, preferably at least 8 inches in height. Step at a rate that permits completion of 24 complete stepping cycles within a one-minute period. A stepping cycle consists of stepping up with one foot, then the other and down with one foot, then the other in a rhythm "up-up, down-down." Strive to complete two stepping cycles within a 5-second period.

Progression

Begin training by stepping continuously (unweighted) for 5 minutes. As your fitness improves, complete a second and then third 5 minute exercise bout interspersed with several minutes of recovery. Once you can complete three intervals of 5-minutes of stepping, add weight to your torso in the form of a knapsack to which weights, sand, dirt or rocks have been added. Continue to perform three 5-minute intervals of stepping; progressively add weight to the knapsack as your fitness improves so that you can step with 50 pounds of additional weight. (This 50-pound knapsack and work gloves should be worn in training for all subsequent events of the CPAT.) In addition, carry 10-15 pounds (dumbbell, sand filled plastic container) in each hand while stepping. The total weight carried (knapsack plus handheld weights) should equal approximately 75 pounds. At this stage, reduce the duration of the exercise interval to 3 minutes. This task-specific training not only improves aerobic fitness for continuous stepping but it also improves your leg power for stepping in the weighted condition, which represents a unique component of this CPAT item.

Hose Drag

Exercise

Attach 50 feet of rope to a duffel bag to which weight has been added. Tires or cement blocks can also be used for resistance. Choose an initial resistance that enables you to perform 8 to 10 repetitions (2-minute recovery between repetitions) of the exercise sequence. This generally represents an effort that you would rate as feeling "somewhat hard."

Progression

Progressively increase the resistance to 60 to 80 pounds as fitness improves. Place the rope over your shoulder and drag the resistance a distance of 75 feet. (You should run during this phase of the event.) Immediately drop to one knee and steadily and briskly pull the rope hand-over-hand to bring the resistance into your body. A parking lot, school yard, driveway, or sidewalk can be used for training on this event.

Equipment Carry

Exercise

Use two dumbbells or plastic containers filled with sand so that each weighs approximately 30 pounds. Place the weights on a shelf four feet above ground level. Remove the weights, one at a time, and place them on the ground. Then pick up the weights and carry them a distance of 40 feet out and 40 feet back and replace them on the shelf.

Progression

If the initial weight feels too heavy, choose a lighter weight for your initial practice. Continue to practice this test item until it can be performed with 30 pounds with relative ease.

Ladder Rise and Extension

Exercise

Ladder Raise. The ideal training for this task requires an actual 12-foot aluminum extension ladder. If this size ladder is unavailable, you can use a single ladder or smaller extension ladder to practice the skill required raising the ladder. Practice of the ladder raise sequence requires the assistance of two adults to "foot" the ladder at its base to prevent it form sliding forward and/or falling during the raise. In practicing this component (as described in the test directions) it is important to initially move slowly so as to develop the skill and confidence to safely complete the required movements. Be sure to use each rung when raising the ladder to develop the coordination and timing necessary on the CPAT.

Exercise

Ladder Extension. Task-specific training of the muscles required in the ladder extension can be provided by attaching a rope to a weighted duffel bag or knapsack. Place the rope over a tree branch (or horizontal bar support above a row of playground swings) eight to ten feet above the ground. With hand-over-hand movements steadily raise the bag to the top of the branch or bar and then slowly lower it to the ground.

Progression

Start with a weight that you would rate as feeling "somewhat hard," and perform eight to ten repetitions of the movement. Rest two minutes and repeat the exercise-rest sequence two more times. As your strength improves progressively add more resistance until you can exercise with 40 to 50 pounds of weight.

Forcible Entry

Exercise

Borrow or purchase a ten-pound sledgehammer. Wrap padding around a large tree or vertical pole at a level of 39 inches above the ground with a circular target in the center. Stand sideways and swing the sledgehammer in a level manner so the head strikes the center of the target area. Focus on using your legs and hips to initiate the swinging motion.

Progression

The initial phase of this task-specific training should focus on learning the coordinated movement of your arms and legs to accurately hit the target. Repeat the swing 15 times and rest for two minutes. Repeat this exercise-rest sequence twice again. Strive to increase the velocity (power) of each swing without sacrificing accuracy as your comfort level and skill on this test item improve.

Search

Exercise

Practice crawling on hands and knees (wearing sweat pants and/or kneepads) at least 70 feet while making several right angle turns during the crawl. For the major portion of the crawl keep low enough so as not to contact an object three feet above the ground. Periodically, drop your stomach and crawl ten feet along the ground.

Progression

Once you are comfortable crawling as above repeat the sequence with a knapsack on. Gradually increase the weight within the knapsack until it equals 50 pounds.

Rescue

Exercise

Attach a short handle to a duffel bag to which rocks, sand, or other appropriate weight can be progressively added. Start with a weight that feels "somewhat heavy." You can grasp the handle with (a) one hand and drag the "victim" in a cross-over, side-stepping manner, or (b) two hands while facing the "victim" and moving directly backwards while taking short, rapid stagger steps. Drag the weight 35 to 50 feet in one direction turn around and drag it back to the starting point. Complete eight to ten repetitions of this task with a two-minute rest interval between each trial.

Progression
Gradually increase the resistance until you can successfully complete 4 repetitions (with rest interval) with 165 pounds.

■ Ceiling Breach and Pull

Exercise
Ceiling Breach. Tie a rope to a dumbbell or weighted knapsack placed between your legs, shoulder width apart. Grasp the rope, arms slightly away from the body with one hand at upper-thigh level and the other hand at chest level. Lift upwards and out from the body in an action that simulates thrusting a pole through an overhead ceiling. Use a resistance that feels "somewhat hard," yet enables you to complete three sets of eight repetitions with two minutes of rest between sets.

Progression
Continually add weight as strength improves. Practice coordinating upward arm movements with an upward extension of the legs to provide a more powerful thrusting action.

Exercise
Ceiling Pull. The training set-up for this simulation is the same as that used in training for the ladder extension. However, unlike the hand-over-hand movement that is required for the ladder extension the ceiling pull requires exerting power in single, repeated downward thrusts. Grasp the rope attached to the weighted knapsack or duffel bag with hands spaced about one-foot apart and the bottom hand at chin level. In a powerful movement simultaneously pull arms down and lower your body to raise weight several feet above the ground. Repeat eight to ten consecutive repetitions of the movement with a resistance that feels "somewhat hard." Complete three sets with a two-minute recovery interval interspersed.

Progression
Progressively add resistance as fitness improves.

As your fitness improves you should begin to link the various test components. For example, immediately upon finishing the stair climb move directly to the hose drag and then to the equipment carry. Eventually you will be able to simulate all of the task components in the CPAT in a continuous exercise sequence. ■