

Physical Agility Test

Staff will conduct resting heart rate and blood pressure readings. A three minute step test will be completed. Immediately after completion of the step test, heart rate and blood pressure readings will be obtained again. If blood pressure and heart rate readings are within acceptable limits, participants will proceed to one of four stations. Participants with blood pressure and heart rate readings that are not within the acceptable limits will be monitored by medical staff and not allowed to proceed further.

Station 1:

Participants will complete the following:

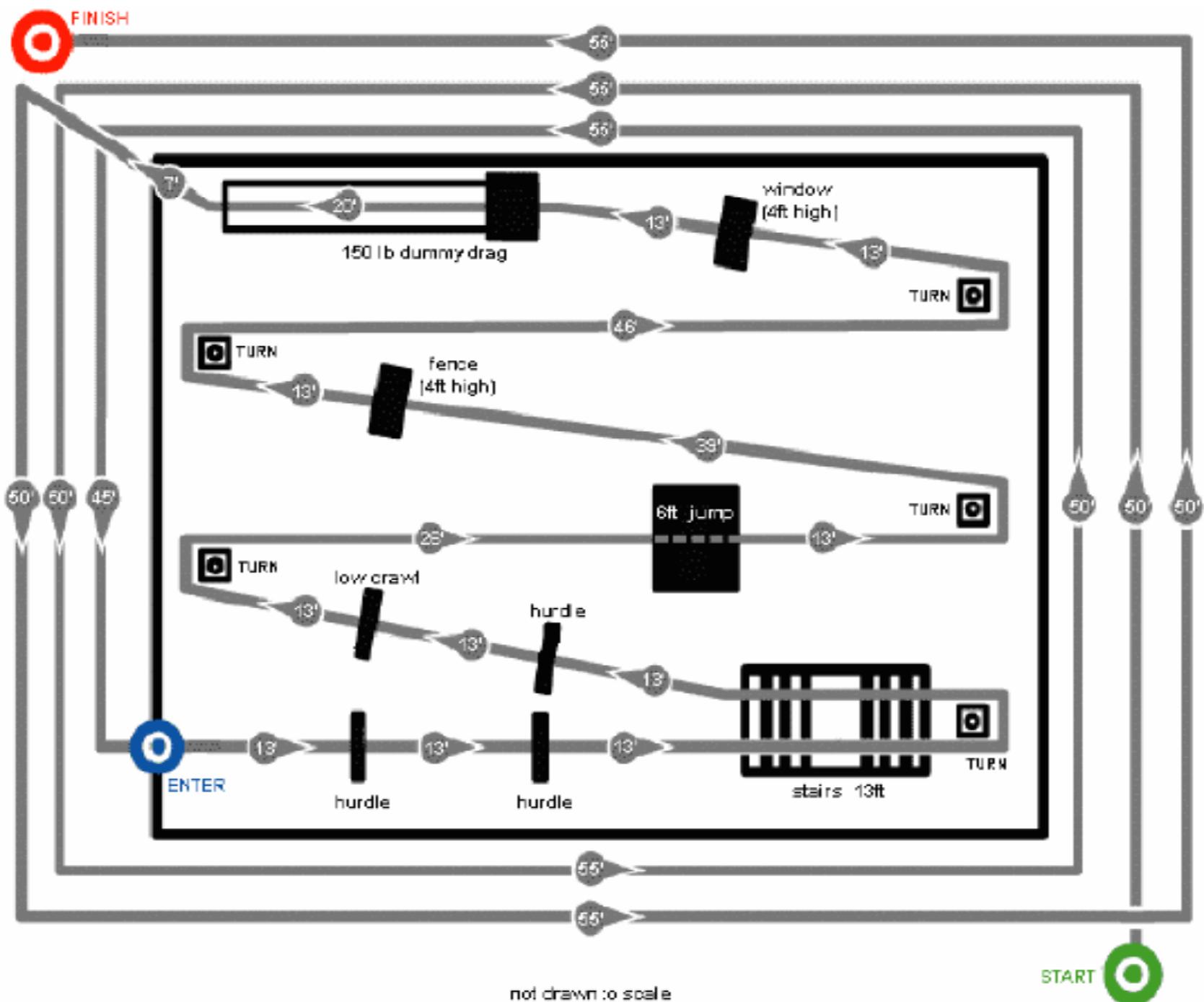
- A. Crunches (60 sec)
- B. Push-ups (60 sec)
- C. Squats (60 sec)

Station 2:

Participants will complete the SCCJA approved obstacle course. This will include running, jumping, climbing stairs, low crawling, climb over a 4 ft. wall, climbing through a window, moving/dragging a weight (Redman dummy), while changing direction on the run. *(See page 3)*

Station 3:

Ruck March – Approximately ½ mile walk carrying an approximately 25 pound back pack.



not drawn to scale