



General SWAT/SRT Fitness Assessment

This 7-part SWAT/SRT fitness assessment is based on the most common events and demands found during general SWAT/SRT selection, training and operations. Unless otherwise noted, time between events should be less than 3 minutes. The assessment is designed to be completed in under one hour.

Part I: Strength

- (a) 1-Repetition Max (1RM) Front Squat
- (b) 1-Repetition Max (1RM) Bench Press
- (c) Max Reps Weighted Pull-Ups with 25# vest or kit

Part II: Muscular Endurance / Anaerobic Power

- (d) 2min Max Rep Sit-Ups
- (e) 2min Max Rep Push-Ups
- (f) Devil Dog Assessment with 25# vest or kit

Part II: Endurance

- (g) 1.5 Mile Run for Time

ADMINISTERING THE ASSESSMENT:

First, get on a scale and weigh yourself.

RECORD BODYWEIGHT _____ LBS

(1) Part I: Strength (Gym Based)

General Warm-Up.

- 4 Rounds
 - 8x Air Squats
 - 8x Push-Ups
 - 4x Pull-Ups
 - 4x Walking Lunge
 - Instep Stretch

(a) 1RM Front Squat

RECORD 1RM WEIGHT _____ LBS

The athlete may hold the barbell in the "front rack position" (in the "clean" position), or crossed in the "body building" from squat position. The front rack position is preferred but not required.

The athlete must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Then return to the standing position.

Protocol:

Rd	Reps	
1	5	Light
2	5	Moderate
3	3	Moderate-Heavy
4	1	Heavy

...continue adding weight until you reach your 1RM (Try not to exceed 8 total rounds)

(b) 1RM Bench Press

RECORD 1RM WEIGHT _____ LBS

The athlete must lower the bar to their chest, pause briefly (no bouncing), then press the bar upward until they reach a fully extended, "locked-out" position. While performing the lift the athlete must, keep their head, shoulders and butt on the bench while maintaining contact with the ground through their feet.

Protocol:

Rd	Reps	
1	5	Light
2	5	Moderate

3 3 Moderate-Heavy
 4 1 Heavy

...continue adding weight until you reach your 1RM (Try not to exceed 8 total rounds)

(c) Max Repetition Strict Pull-Ups with 25# vest or kit RECORD REPS _____ TOTAL

These are dead hang strict, chin above the bar pull-ups (no kipping).

The athlete can "rest" while hanging on the bar with both hands in the bottom position, but their feet cannot touch the ground or a bench.

***** 10-Minute Break *****

(2) Part II: Muscular Endurance / Anaerobic Power

(d) 2 min Max Rep Sit-Ups RECORD REPS _____ TOTAL

The athlete must interlock their fingers behind their head. A repetition will consist of the athlete raising their body to the vertical position (base of the neck is above their spine) and then lowering their body until the bottom of their shoulder blades touches the ground. Athletes may rest in the "up" or "down" position.

(e) 2 min Max Rep Push-Ups RECORD REPS _____ TOTAL

The athlete must lower their entire body, as a single unit until their arms are bent at least 90 degrees. Then the athlete will press themselves up into a fully extended, "locked-out" position. Athlete may not remove hands or feet from the ground. They may rest only in the "up" position.

(f) Devil Dog Assessment with 25# vest or kit

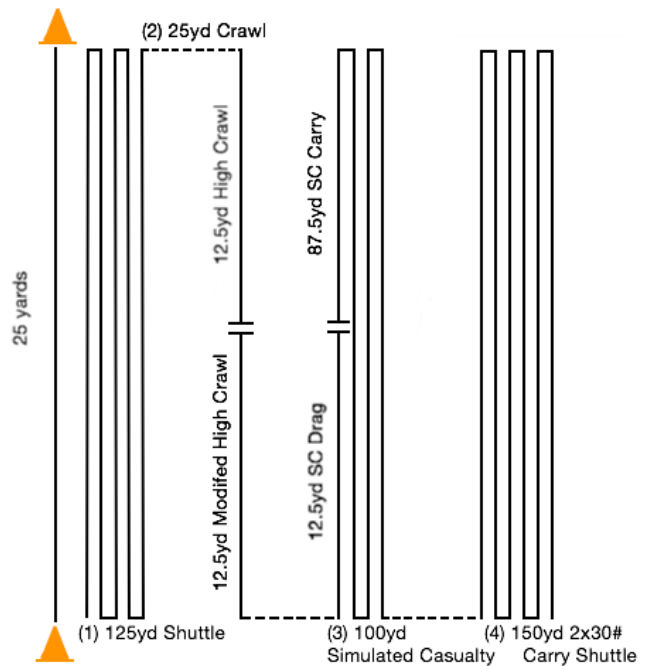
This assessment will be used as a stand-in for a general SWAT Obstacle/Agility Course.

The total assessment distance is 400 yards. The assessment consists of 16 x 25 yard continuous shuttles:

- (1) (000-125 yards) = **125yd Shuttle**
- (2) (125-150 yards) = **25yd Crawl**
 12.5yd High Crawl / 12.5yd Mod. High Crawl
- (3) (150-250 yards) = **100yd Simulated Casualty**
 12.5yd SC Drag / 87.5yd SC Carry
- (4) (250-400 yards) = **150yd Shuttle w/ 2x 30# Dumbbells**

Watch our video. To complete the assessment all you will need is: 2x cones (to mark the 25 yard course), a partner (or dummy or 80# sandbag) and 2x 30# Ammo Cans or Dumbbells. The assessment will be done with a 25# weight vest.

RECORD TIME _____ MM:SS



***** 10-Minute Break *****

(3) Part III: Endurance

(g) 1.5 Mile Run for Time RECORD TIME _____ MM:SS

Using a course of known distance or a track, the athlete will run 1.5 miles as fast as possible.

General SWAT/SRT Fitness Assessment - SCORE SHEET

SCORING STANDARDS:

TOTAL SCORE	Level
> 70	Great Score
69-55	Very Good Score
54-40	Good Score
39-25	Passing Score
< 24	Failing Score

< 2:00	10
2:01-2:10	9
2:11-2:20	8
2:21-2:30	7
2:31-2:40	6
2:41-2:50	5
2:51-3:00	4
3:01-3:10	3
3:11-3:20	2
3:21-3:30	1
> 3:31	FAIL

< 8:30	10
8:31-9:00	9
9:01-9:30	8
9:31-10:00	7
10:01-10:30	6
10:31-11:00	5
11:01-11:30	4
11:31-12:00	3
12:01-12:30	2
12:31-13:30	1
>13:31	FAIL

CALCULATE YOUR SCORE:

Event	Raw Score	Conversation	Final Score
Body Weight		N/A	N/A
1RM Front Squat		/ Body Weight x 5	
1RM Bench Press		/ Body Weight x 5	
Pull-Ups with 25#		(none)	
2-Minute Sit-Ups		/ 10	
2-Minute Push-Ups		/ 10	
Devil Dog Assessment		See TABLE 1	
1.5 Mile Run		See TABLE 2	
		TOTAL SCORE	<input style="border: 2px solid black; width: 80px; height: 20px;" type="text"/>

Example:

Event	Raw Score	Conversation	Final Score
Body Weight	170	N/A	N/A
(a) 1RM Front Squat	300	/ Body Weight x 5	8.8 = (300/170x5)
(b) 1RM Bench Press	300	/ Body Weight x 5	8.8 = (300/170x5)
(c) Pull-Ups with 25#	9	(none)	9
(d) 2-Minute Sit-Ups	80	/ 10	8 = (80/10)
(e) 2-Minute Push-Ups	85	/ 10	8.5 = (85/10)
(f) Devil Dog Assessment	2:32	See Table 1	6
(g) 1.5 Mile Run	9:27	See Table 2	8
		TOTAL SCORE	57