
Appendix 3-1

CPAT -- Candidate Preparation Guide

Preparation Guide for the Candidate Physical Ability Test

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 recreational pursuits.

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 chance of injury,
- decrease in pre-event tension,
- possible improved performance, and
- 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 a fraction 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:

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- Stretch slowly
 - No bouncing
 - No pain
 - Stretching is not competitive
 - Breathe slowly to be sure to relax
 - Stretching should feel good

1. Knee to Chest

Glutes, Low Back, Hamstrings, Quadriceps

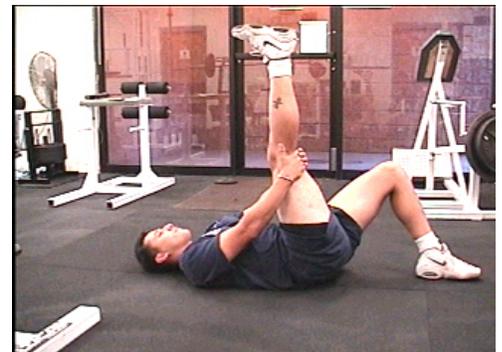
- Lay flat on your back with your knees bent.
- Grab under your right thigh and pull your knee towards your chest until you feel mild tension.
- Hold for 10 seconds then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat with other leg.
- Repeat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



2. Knee to Chest - Leg Straight

Glutes, Low Back, Hamstrings, Quadriceps

- Lay flat on your back with your knees bent.
- Grab under your right thigh and straighten your right leg out. Do not lock your 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

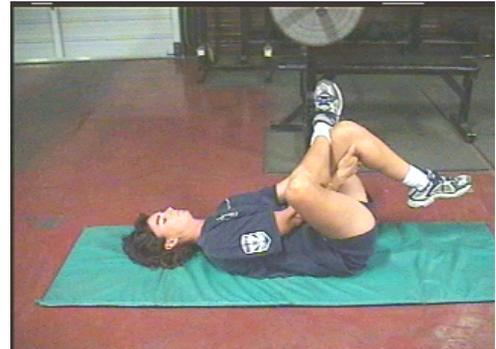
- Lay flat on your back with your knees bent.
- Grab under your right thigh and pull your knee towards your left chest until you feel mild tension.
- Hold for 10 seconds then pull slightly farther until you feel slightly more tension.
- Hold this position for 10 seconds.
- Repeat with other leg.
- Repeat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



4. Leg Cross

Piriformis, Glutes, Low Back

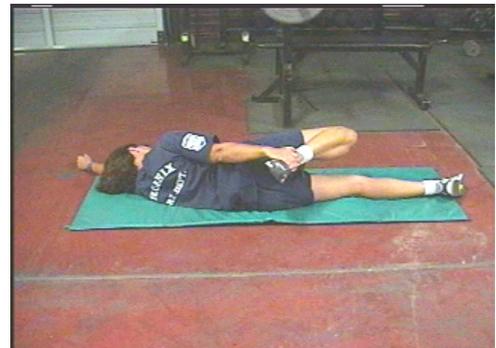
- Lay flat on your back with your knees bent.
- Place your left outer ankle on the top of your right thigh.
- Grab under your right thigh and pull your knee towards your chest until you feel mild tension.
- Hold for 10 seconds then pull slightly farther until you feel slightly more tension.
- Hold this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



5. Side Quadricep Stretch

Quadriceps, Hip Flexors, Abdominals

- Lay on your left side.
- Grab your shin, just above your right ankle.
- Slowly pull your right foot towards your right buttocks.
- At same time push right hip forward.
- Hold for 10 seconds then pull slightly farther until you feel slightly more tension.

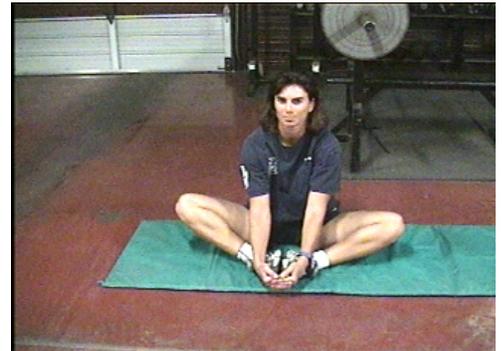


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- Hold this position for 10 seconds.
 - Repeat with other leg.
 - Repeat sequence 2 or 3 times.

6. Butterfly Stretch

Groin, Low Back

- Sit upright with the bottoms of your feet touching each other.
- Bend forward at the waist to a position where you feel mild tension.
- Your elbows can be used to push down on your 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 your 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 your chest towards your left knee.
- Return to the starting position and repeat sequence towards your 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 one leg and cross it over so you can grab the outside of your thigh.
- Slowly pull your bent leg towards your 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 side.
- Repeat sequence 2 or 3 times.



9. Calf Stretch

Calves

- Squat down on ground with right foot slight in front of the other.
- 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 side.
- Repeat sequence 2 or 3 times.



10. Upper Back Stretch

Upper back, posterior deltoids

- Sit with legs straight in front of you.
- Twist your upper back crossing your right arm across your chest and place your right hand on the ground.
- 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 other side.
- Repeat sequence 2 or 3 times.



11. Chest Stretch

Chest, Shoulders, Biceps

- Stand with right shoulder against a wall.
- Place your 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 your 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 twist slightly farther until you feel slightly more tension.
- Repeat to starting position and repeat sequence with left arm.
- Repeat sequence 2 or 3 times.



13. Forearm Stretch

Forearms

- Stand upright and grab your right palm 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.
- Repeat entire sequence 2 or 3 times.



General Principles of Exercise

In order to maximize the results from your training program several exercise principles should be understood.

Adaptation

The principle of adaptation states 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 is dependent on adequate rest, consistency of workouts, adequate nutrition, and genetic makeup.

Overload

The principle of overload states that for a training program to cause the body to adapt it must be greater than what the body is accustomed to doing. This does not mean that the overload is greater than your maximum but 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 overloading the body's ability to recover.

Specificity

The principle of specificity of training states 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. Because of this principle it may be beneficial for you to alter your training to prepare for the Candidate Physical Ability Test.

Over Training

The principle of over training states that once the body is stimulated with exercise it must have adequate rest and nutrition to recuperate before the next exercise session. If the recuperation is not adequate, over training will occur. Signs of over training include: increase 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

The principle of balance states that when developing a strength training program, it is important to include 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 is low enough for the cardiopulmonary system to meet the oxygen demands of the working muscles. When performed at a low enough intensity, examples of aerobic activities are bicycling, hiking, swimming, climbing stairs, and running.

Anaerobic Fitness

During anaerobic activities the intensity is so high that the working muscle's demands for oxygen exceed the cardiopulmonary system's ability to deliver it. Because inadequate oxygen is available, waste products will accumulate, and the duration of the activity will be limited. This type of intense activity must be short in duration. An example of an anaerobic activity would be sprinting.

The Program

This program consists of two training programs. The first program is the aerobic training program. The second program is the interval program. Both of these programs will compliment 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 can not 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 bouts interspersed with rest or relief periods. This is an excellent tool for improving both aerobic and anaerobic endurance. In this program running intervals will be performed on Tuesdays. 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
L e v e l 1	Run 1 mile at an easy pace being sure to be able to talk the entire time.	Run 30 seconds @ somewhat hard pace then walk for 30 seconds. Repeat this for a total of 1 mile.	Run 1 mile at an easy pace being sure to be able to talk the entire time.	Run 30 seconds @ somewhat hard pace then walk for 30 seconds. Repeat this for a total of 1 mile.	Run 1 mile at an easy pace being sure to be able to talk the entire time.
L e v e l 2	Run 1.5 miles at an easy pace being sure to be able to talk the entire time.	Run 30 seconds @ 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 being sure to be able to talk the entire time.	Run 30 seconds @ 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 being sure to be able to talk the entire time.
L e v e l 3	Run 2 miles at an easy pace being sure to be able to talk the entire time.	Run 60 seconds @ somewhat hard pace then walk for 60 seconds. Repeat this for a total of 2 miles.	Run 2 miles at an easy pace being sure to be able to talk the entire time.	Run 60 seconds @ somewhat hard pace then walk for 60 seconds. Repeat this for a total of 2 miles.	Run 2 miles at an easy pace being sure to be able to talk the entire time.
L e v e l 4	Run 2.5 miles at an easy pace being sure to be able to talk the entire time.	Run 60 seconds @ 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 being sure to be able to talk the entire time.	Run 60 seconds @ 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 being sure to be able to talk the entire time.
L e v e l 5	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run 90 seconds @ somewhat hard pace then walk for 90 seconds. Repeat this for a total of 3 miles.	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run 90 seconds @ somewhat hard pace then walk for 90 seconds. Repeat this for a total of 3 miles.	Run 3 miles at an easy pace being sure to be able to talk the entire time.

Phase Two

	Monday	Tuesday	Wednesday	Thursday	Friday
6	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run @ easy pace for 3 minutes then run stairs moderately hard for 1 minute	Run 1.5 miles easy pace	Run @ easy pace for 3 minutes then run stairs moderately hard for 1 minute.	Run 3 miles at an easy pace being sure to be able to talk the entire time.
7	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run @ easy pace for 3 minutes then run stairs moderately hard for 90 seconds	Run 1.5 miles easy pace	Run @ easy pace for 3 minutes then run stairs moderately hard for 90 seconds	Run 3 miles at an easy pace being sure to be able to talk the entire time.
8	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run @ easy pace for 3 minutes then run stairs moderately hard for 2 minutes	Run 1.5 miles easy pace	Run @ easy pace for 3 minutes then run stairs moderately hard for 2 minutes	Run 3 miles at an easy pace being sure to be able to talk the entire time.
9	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run @ easy pace for 3 minutes then run stairs moderately hard for 2 minutes and 30 seconds.	Run 1.5 miles easy pace	Run @ easy pace for 3 minutes then run stairs moderately hard for 2 minutes and 30 seconds.	Run 3 miles at an easy pace being sure to be able to talk the entire time.
10	Run 3 miles at an easy pace being sure to be able to talk the entire time.	Run @ easy pace for 3 minutes then run stairs moderately hard for 3 minutes	Run 1.5 miles easy pace	Run @ easy pace for 3 minutes then run stairs moderately hard for 3 minutes	Run 3 miles at an easy pace being sure to be able to talk the entire time.

Muscular Strength/Endurance Program

This is a resistance program suggested for improving 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 or 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 that some applicants make is that they over train 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 an efficient and very effective 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 would 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.**

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- **Do not lift too quickly, always control the weights.**
 - **Always use strict form. Proper technique is more important than the amount of weight lifted.**

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 may 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.
- 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.

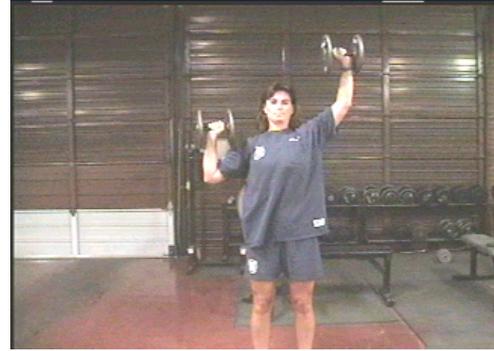


2. DB Military Press

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
- Clean two dumbbells to height of shoulders.
- With palms facing forward alternate pressing each dumbbell upward toward the ceiling, one at a time.
- Exhale while lifting.
- Keep head neutral by not looking upward or downward.
- Using slight leg push is acceptable.
- Repeat with other arm.



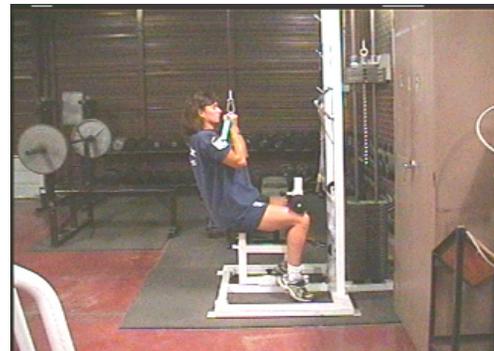
3. Lat Pull Down

Latissimus, 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 with palms towards 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 without weights at all). Do not start with more than 10 lbs. Stand with feet together then 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 back knee barely touches the floor.
- Return to the starting position.
- Inhale while lowering and exhale while pushing back up into upright position.
- Repeat with other leg.



5. Bench Press

Pectoralis, 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

Latisimuss, 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.

- Place inside knee on bench and support upper body with non-lifting arm.
- Keep head in neutral position.
- Pull DB from ground into waist area.
- Lower DB back to starting position.
- Avoid twisting at waist.
- Inhale while lowering weight and exhale while lifting weight.



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 back of knees is against pad and back pad is supporting lower back.
- Extend knee stopping just before the knee locks.
- Slowly lower weight to starting position.
- Exhale while pushing weight and inhale while lowering weight.



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.
- Keeping hips in the starting position, bend knees until the hips can no longer remain on pad.
- 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 one elbow bringing the dumbbell towards shoulder.
- Slowly lower dumbbell to starting position.
- Exhale while raising weight and inhale while lowering weight.



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 elbows at side extend the elbows until arms are almost straight.
- Slowly return bar to position where elbows can no longer remain fixed to side.
- Exhale while pushing bar down and inhale while returning bar back up.

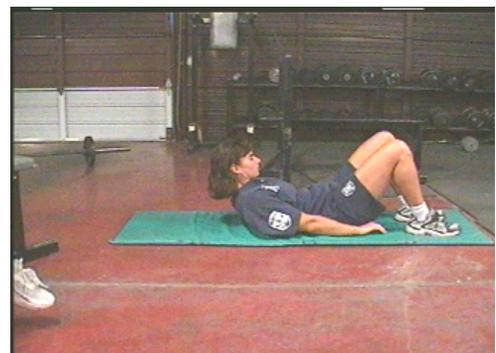


11. Abdominal Curls

Abdominal Muscles

CPAT Events (All Events)

- Sit on ground with knees bent at ninety degrees.
- Keeping feet flat on floor and hands on your side, slowly curl your torso so your chin approaches your chest.
- Raise your chest so your torso is no more than 45-degree angle off the floor.
- Slowly return almost to your starting position, keeping tension on abdominal muscles at all times.
- Exhale while curling up and inhale while lowering torso back down.

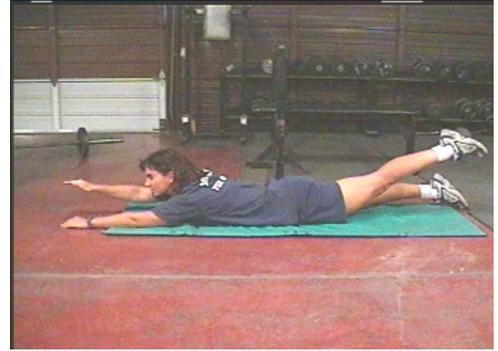


12. Swimmers

Erector Spinae (Lower back), Glutes

CPAT Events (All Events)

- Lie face down on ground with feet together.
- Place arms straight out in front 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.



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 remain 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 your 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, stand back up to the starting position.
- Keep your head in a neutral position, looking straight ahead.
- Inhale while lowering yourself and exhale while standing up.



2. Push Ups

Pectoralis, 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. Keeping 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 the 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 one foot about 26".

- Keep back straight and arms down at side with head neutral, slowly lower back knee straight down onto the floor.
- Inhale while lowering and exhale while pushing back up into upright position.
- Repeat with other leg.



4. Chin Ups

Latisimuss, 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 close together.
- 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.

- Get a step or bench 6" to 18" high.
- Place one foot flat on the chair with the other foot flat on the floor.
- Push down with the foot on the chair 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.
- 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 on dip bar.
- 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 you can 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.
- Variation if no dip bar is available is to use a chair and place your hands behind you on the chair.

7. Squat Thrusts

Pectoralis, Deltoids, Triceps, Abdominals, Glutes, Quadriceps

8. Abdominal Curls

Abdominal Muscles

CPAT Events (All Events)

- Sit on ground with knees bent at ninety degrees.
- Keeping feet flat on floor and hands on your side, slowly curl your torso so your chin approaches your chest.
- Raise your chest so your torso is no more than 45-degree angle off the floor.
- Slowly return almost to 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.

