



LONE PEAK HOTSHOTS

SELF-ADMINISTERED FITNESS TEST

2022

This document is provided to establish a consistent testing and documentation protocol. The test includes the elements outline in the Standards for Interagency Hotshot Crew Operations (SIHCO) page 11: mile and a half run, push-ups, sit-ups, and pull-ups. Please follow the format carefully to ensure consistent results. For questions, email LonePeakHotshots@gmail.com

You will need the following items to perform the test:

- Watch with seconds
- Assistant i.e. counter, witness, timer, etc.
- Running venue like a track or other measured location, a treadmill does not count
- Pull-up bar
- Flat surface for push-ups and sit-ups

After identifying the location for your test and assembling the needed items, document the following with the help of your assistant. Each exercise should be performed one-after-the-other.

1. Perform 1.5 mile Run

- a. Record location of track and the time of day: _____ : _____
- b. Warm-up, stretch and make any final preparations as you see fit to avoid injury.
- c. Record the time in minutes and seconds. 00: _____ : _____
- d. After five minute cool down/rest, move immediately to the next exercise.

2. Perform push-ups

- a. Start: Elbows fully extended, toes on ground, legs, hips, and back straight
- b. Assistant positions upright fist on the ground below the sternum of your chest
- c. Contact with the assistants fist against your sternum counts as $\frac{1}{2}$ repetition down.
- d. Full extension up with elbows straight at the top counts as one full repetition
- e. Failure to touch the fist on the way down or to fully extend at the top is a NO REP.
- f. Record the number of reps completed in ONE MINUTE: _____
- g. After a one minute rest, move immediately to the next exercise.

3. Perform sit-ups

- a. Start: Back flat against the ground, knees bent at 90°, feet flat and un-anchored, arms crossed with hands resting on the top of your shoulders.
- b. Contact with the knees counts as $\frac{1}{2}$ rep up.
- c. Back of shoulders making contact with the ground down is one full repetition.
- d. Failure to not touch your elbows to knees, hands being removed from shoulders, or should blades not touching the ground is a NO REP.
- e. Record the number of reps completed in ONE MINUTE: _____

4. Perform pull-ups

- a. Start: Hanging on a bar with palms facing away from your body.
- b. Pull body up until your chin passes above the bar for 1 repetition.
- c. Lower your body until arms and shoulders are fully extended down into a dead hang.
- d. Failure to move your chin above the bar or to not “dead hang” is a NO REP. No kipping.
- e. Remain on the bar. Perform as many reps until fatigue. Once you drop from the bar, the event is over. Record your Reps: _____

You've completed the self-administered fitness test. You will be performing the exact same test during critical training so train often and train according the rules outlined above. Retests are permitted.