



ARE YOU FRF?

Take the FRF 5 exercise bodyweight test to find out.



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How to perform the FRF 5 Exercise Bodyweight Test

You will perform 5 different exercises: the push-up, body row, prisoner squat, burpee, and the plank. The only equipment needed is a place to do body rows. You can use some webbing tied to the engine or truck or a squat rack. The object is to perform as many (good quality) reps as possible of each exercise for 1-minute with 1-minute of rest between exercises. For the plank test, hold the plank as long as you can (make sure your hips do not sag). The test should only take you around 15 minutes total. As with any workout you should perform an active movement warm-up to make sure your muscles are ready for the test.

Active Warm-ups and Prehab.

Before you start the tests, you want to do 2 circuits of these exercises. They will help warm the body to prepare you, not fatigue you, for the test.






- Y-squats (10 reps)
- Step forward toe reach (5 reps each leg)
- Spiders (5 reps each leg)
- Knees side to side. (5 reps each leg)

Perform the warm-up exercises in a circuit. You only need to perform them 2x each, go right from one exercise to the next. After completing the warm-up, perform the rest of the assessment.



The FRF 5 Exercise Bodyweight Test – Active Warm-up Exercises

Perform the active warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or “tight” from a previous shift or workout. Click on the [blue](#) exercise to see a video of it in action.

<p style="text-align: center;">Y Squats</p> <p style="text-align: center;">(10 reps)</p> <p><i>Click on the blue exercise to see a video of it in action</i></p>	<p>Coaching Tips: Stand with your feet shoulder-width apart then raise your hands wider than shoulder width above your head. Keep your neck and shoulders relaxed, draw your belly button inward toward your spine. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, then push yourself back up to the start. Be sure to stand up straight between reps.</p>	
<p style="text-align: center;">Step Forward Toe Touch</p> <p style="text-align: center;">(5 reps each side)</p>	<p>Coaching Tips: Start in a standing position, head and shoulders back, abs tight. Step forward with one leg (the further you step the more stretch you get) bend forward at the waist and reach both arms toward the forward foot. Be sure to keep your back straight (do not round your back), core “tight” and front knee slightly bent. Hold the stretch for 2-3 seconds then return to the standing position. Repeat the other leg.</p>	
<p style="text-align: center;">Spiderman’s</p> <p style="text-align: center;">(5 resp each side)</p>	<p>Coaching Tips: Start in a push-up position, take one large step forward with your foot, aiming for the outside of your hand. Make sure the head and shoulders stay straight and be sure to not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position. Repeat on the other side. You should alternate between sides.</p>	
<p style="text-align: center;">Knees Side to Side</p> <p style="text-align: center;">(5 reps each side)</p>	<p>Coaching Tips: Lie on your back with your feet up (shins parallel to the floor), knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. Hold the stretched position for a few seconds and return knees to the starting position. Do not force or bounce into the stretch. Repeat as directed.</p>	
<p style="text-align: center;">Foam Roll</p> <p style="text-align: center;">(10x over trouble spots)</p>	<p>Coaching Tips: Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It’s a good hurt.</p>	

Test #1. Push-ups - Assessing your level of fitness isn't just about lifting as much weight as possible, it's also about how strong you are relative to your body weight. The push-up test is a basic fitness test used by coaches, trainers and athletes to assess upper body fitness and to monitor progress during strength and fitness training. This simple test helps you compare your own upper body muscular endurance to others of your age and gender, and track your fitness program over time. This simple exercise engages muscles throughout the entire body -- from head to toe -- to maintain a rigid position.

How to Test

To perform the test, simply execute as many good-form push-ups as you can. Don't cut corners and please don't cheat. Get on the floor and position your hands slightly wider than your shoulders. Raise up onto your toes so you are balanced on your hands and toes. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. Starting from the up position, lower your body until your upper arms are parallel to the ground (chest is about 2 inches above the floor) in the down position. You will then return to the up (starting) position. In the up position, your elbows must be extended, to count. This is one repetition. The total number of correct push-ups in one minute is your score.



Push-ups FRF Score

31 reps (or more) = 3 points
21-30 reps = 2 points
10-20 reps = 1 point
9 reps and below = 0 points

Test #2. Body Rows- As mentioned above, a great measure of an athletes' true functional strength is their ability to move their own body weight. Body rows are one of the functionally best ways to measure the upper body strength of the "pulling muscles". The

body row is a great testing option because it also challenges grip strength and endurance, two needed traits on the fireground.

How to Test

You can perform this exercise with TRX suspension equipment, webbing, or from a squat rack. Adjust the bar or straps to mid-thigh height so when starting the exercise, your body will be at a 45-degree angle to the ground. After you adjust the bar/ suspension height, grab the handles or bar, draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar or handles keeping your traps as relaxed as possible. Don't let your legs push you up, pull yourself, pause at the top of the motion, then lower back to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed. The number of times you pull your chest to the bar or handles (while in the correct posture) in one minute is your score.



Body Rows FRF Score

26 and over = 3 points

16-25 reps = 2 points

6-15 reps = 1 point

5 reps or below = 0 points

Test #3. Prisoner Squats - The bodyweight squat is a lower body movement that measures lower body strength and endurance- two traits that fire rescue athletes need on any fire or rescue scene. It's a highly functional movement working all the major muscles of the legs. How many squats can you do in a minute?

How to Test

Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Keeping your back naturally arched, push your hips back, bend your knees and lower your body until the tops of your thighs are at least parallel to the floor. Focus on keeping your elbows pulled back and your chest up.

Pause, then push yourself back up to the start. Be sure to stand up straight between reps. Keep doing this until you're fatigued or until the minute ends. Record the number of complete squats you complete in one minute.



Prisoner Squat FRF Score

31 and over = 3 points

21-30 reps = 2 points

10-20 reps = 1 point

9 reps or below = 0 points

Test #4. Burpees - Burpees may be the one exercise everyone loves to hate, but they are certainly effective. This move works your entire body. The burpee not only increases and improves muscle strength, but heart and lung strength, agility, flexibility, fast-twitch muscles, endurance, and stamina. It can be one of the ultimate fitness tests.

How to Test

The standard starting position for the burpee is standing erect with the arms by the side. From the standing position, squat down and place the hands on the floor in front of the feet. Putting the bodyweight on the hands, the legs are thrust back to a push up position with a straight line from the shoulders to the heels. Next pull the legs back and return to the squatting position. From the squat position, in one explosive movement, jump up as you reach your arms overhead. Both feet must leave the ground in order for the rep to count. Repeat as many as possible for 1 minute.



Burpees FRF Score

26 and over = 3 points

16-25 reps = 2 points

6-15 reps = 1 point

5 reps or below = 0 points

Test #5. Plank (Core Strength)- A strong core transfers to a stronger athlete. All movement starts and is supported by the core. Most people think of a strong core as having a nice six-pack, or toned abs, but the truth is that the abdominal muscles are a very small part of the core. The core consists of many different muscles that run the entire length of the torso. When these muscles contract, they stabilize the spine, pelvis and shoulder girdle and create a solid base of support to generate powerful movements. A strong core distributes the forces of stressful movements and protects the back. You can't be fire rescue fit (FRF) if you don't have a strong core.

How to Test

Lay on the ground with your elbows directly below your shoulders. Lift your hips and put your weight on your toes and forearms. Your body should form a straight line from your shoulders to ankles. Prepare your core by contracting your abs as if you were about to be punched. Hold this position for as long as you can. When your hips sag or your knees touch the floor...you're done. Record the time that you can hold the plank (with proper form).



Plank FRF Score

Hold the plank 121 seconds (or more) = 3 points

91 to 120 seconds = 2 points

30 to 90 seconds = 1 point

Less than 30 seconds = 0 points

How did you do? Are You FRF?

If you scored 14 or 15 you are in the Elite FRF category. A score of 10-13 means you are FRF and fit for duty (but could improve). A score of 9 and below means you need to hit the gym and improve your level of fitness--try to incorporate more intervals and full-body resistance training. Remember, it does not matter where you begin, this program [\(click here for the FRF Foundations Workout Program\)](#) is going to improve your score!

*Please note. * If you just took the test for the first time and you feel like you are way out of shape, I got you covered. If it's been a long, long time since you followed a program you may want to start with the FRF Foundations Workout Program (40-days to Get Fire Rescue Fit). It will progress you from the couch to a Fire Rescue Athlete.

[Click Here to Get Started Today with the FRF Foundations Program.](#)



For more information and to get the 40-day program click the link below.

[Click here to get FRF!](#)

