

PHYSICAL FITNESS

● DELAYED ENTRY POOL PROGRAM

- RECRUITERS MENTOR POOLEES TO PREPARE THEM PHYSICALLY AND MENTALLY FOR RECRUIT TRAINING
- PERSONAL PHYSICAL FITNESS PROGRAM
- POOLEE FUNCTIONS

● RECRUIT TRAINING

- INITIAL STRENGTH TEST
- OBSTACLE COURSES
- CIRCUIT COURSES
- STRENGTH TRAINING

● PHYSICAL FITNESS TEST (PFT)

- MAX EFFORT PULLUPS / PUSHUPS
- 2 MINUTE TIMED MAX EFFORT CRUNCHES
- TIMED 3 MILE RUN

● COMBAT FITNESS TEST (CFT)

- TIMED 880M SPRINT IN UTILITIES
- 3 MINUTE TIMED 35LB AMMO CAN CHEST PRESS
- TIMED MANEUVER UNDER FIRE COURSE