

Professional Firefighter Profiles™

Physical Ability Evaluation

Name: _____

Test Period: 1 2 3 15 mo.

Date: _____

• SIZE PROFILE •			• STRENGTH PROFILE •			• FITNESS PROFILE •						
Height	Body Weight	Lean Weight		Bench Press	Lat Pulldown	Hand Grip		5-Min. Step Test	1-Min. Sit-Ups	% Fat		
Very High	79.0	265	210.7	100	340	315	203	100	16.4	66	4.5	Very High
	78.5	261	207.5	98	330	310	200	98	16.2	65	5.3	
	78.0	257	204.4	95	325	305	196	95	15.9	64	6.0	
	77.5	252	201.2	93	315	300	192	93	15.7	63	6.8	
	77.0	248	198.1	90	305	290	189	90	15.4	62	7.5	
	—	244	194.9	88	300	285	185	88	15.2	60	8.3	
	76.5	240	191.7	85	290	280	182	85	15.0	59	9.1	High
	76.0	236	188.6	83	280	275	178	83	14.7	58	9.8	
	75.5	232	185.4	80	275	270	174	80	14.5	57	10.6	
	75.0	228	182.2	78	265	265	171	78	14.2	56	11.3	
	74.5	224	179.1	75	255	255	167	75	14.0	55	12.1	
	74.0	220	175.9	73	250	250	164	73	13.7	54	12.8	
	73.5	216	172.7	70	240	245	160	70	13.5	53	13.6	Normal
	73.0	212	169.6	68	230	240	156	68	13.3	51	14.4	
	72.5	208	166.4	65	225	235	153	65	13.0	50	15.1	
	72.0	204	163.2	63	215	230	149	63	12.8	49	15.9	
	—	200	160.1	60	205	220	146	60	12.5	48	16.6	
	71.5	196	156.9	58	200	215	142	58	12.3	47	17.4	
	71.0	192	153.7	55	190	210	138	55	12.0	46	18.1	Below Normal
	70.5	188	150.6	53	180	205	135	53	11.8	45	18.9	
	70.0	183	147.4	50	175	200	131	50	11.6	44	19.7	
	69.5	179	144.2	48	165	195	127	48	11.3	42	20.4	
	69.0	175	141.1	45	155	185	124	45	11.1	41	21.2	
	68.5	171	137.9	43	150	180	120	43	10.8	40	21.9	
	68.0	167	134.8	40	140	175	117	40	10.6	39	22.7	Low
	67.5	163	131.6	38	130	170	113	38	10.4	38	23.4	
	67.0	159	128.4	35	125	165	109	35	10.1	37	24.2	
	—	155	125.3	33	115	155	106	33	9.9	36	25.0	
	66.5	151	122.1	30	105	150	102	30	9.6	34	25.7	
	66.0	147	118.9	28	100	145	99	28	9.4	33	26.5	
	65.5	143	115.8	25	90	140	95	25	9.1	32	27.2	Very Low
	65.0	139	112.6	23	80	135	91	23	8.9	31	28.0	
	64.5	135	109.4	20	75	130	88	20	8.7	30	28.8	
	64.0	131	106.3	18	65	120	84	18	8.4	29	29.5	
	63.5	127	103.1	15	55	115	81	15	8.2	28	30.3	
	63.0	123	99.9	13	50	110	77	13	7.9	27	31.0	
	62.5	119	96.8	10	40	105	73	10	7.7	25	31.8	Very Low
	—	115	93.6	8	30	100	70	8	7.4	24	32.5	
	62.0	110	90.4	5	25	95	66	5	7.2	23	33.3	
	61.5	106	87.3	3	15	85	63	3	7.0	22	34.1	
	(inches)	(lbs.)	(lbs.)	pts.	(lbs.)	(lbs.)	(lbs.)	pts.	(MET's)	(reps)	(percent)	

Size Score _____ + Strength Score _____ + Fitness Score _____ ÷ 0.3 = Fire•Power•Index™ _____

— Refer to the Professional Firefighter Profiles™ Percentile Norms for interpretation of each sub-score and the Fire•Power•Index™ —