

PORTLAND FIRE & RESCUE

FITNESS ASSESSMENT



The Portland Fire & Rescue annual Fitness Assessment is mandatory, non-punitive fitness testing. The assessment provides the opportunity to evaluate fitness and highlight areas for improvement. The Fitness Assessment includes body composition, muscular strength/endurance, core stability, flexibility/mobility, and aerobic fitness.

The assessment is conducted by Health & Wellness Program Coordinator, Jessica Cone, and approved proctors. Proctors ensure Fitness Assessment Standards are followed and they are trained on how to provide modification options.

A doctor's note is required for exempt from the annual Fitness Assessment. Doctor's notes must be submitted to jessica.cone@portlandoregon.gov prior to the end of the year. If you provided a doctor's note the past year, a new doctor's note must be submitted.

To prepare for the annual Fitness Assessment review the Fitness Assessment Standards and instructional videos. Videos on how to improve on assessment movements are also provided. Make sure to warm-up before performing Fitness Assessment movements.

PF&R FITNESS ASSESSMENT WARMUP & DIRECTIONS

[Fitness Assessment Directions \(youtube.com\)](https://www.youtube.com/watch?v=...)



JESSICA CONE – HEALTH & WELLNESS PROGRAM COORDINATOR

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FITNESS ASSESSMENT STANDARDS

CORE STRENGTH & ENDURANCE

SHOULDER MOBILITY



PRONE HOLD W/ DOWEL



2 Minute Test

*Recommended ability: 2-minute hold
Stop the Prone Hold if correct form
cannot be maintained.*

PRONE HOLD STANDARDS

- ✓ Place dowel on floor, lay on stomach with chest touching floor, dowel rod in front of head
- ✓ Reach arms out in a wide position, grab the dowel, look down, head off floor, neck inline
- ✓ Position arms and legs in an "X" position
- ✓ Raise limbs off floor (approx. 2 inches high)
- ✓ Maintain neutral spine alignment, keep chest touching floor, arms and legs extended (straight)
- ✓ If standards for Prone Hold cannot be performed, a T Position Hold will be allowed as an alternative option, for more details review the Prone Hold instructional video

INSTRUCTIONS



[LINK](#)

SHOULDER OVERHEAD MOBILITY W/ DOWEL



Attempt Raising Dowel 3 Times

Recommended ability: 4 or more inches

OVERHEAD STANDARDS

- ✓ Lay prone (on stomach), arms/legs straight
- ✓ Hold dowel shoulder width (narrow grip)
- ✓ Place your head on ground, face down, elbows extended (arms straight)
- ✓ Maintaining neutral spine alignment, chest touching floor, elbows extended, and wrists straight, raise dowel up as high as able
- ✓ Measure height of dowel, from floor to bottom of dowel, ensure chest and head are touching floor, elbows and wrists are straight

INSTRUCTIONS



[LINK](#)

HOW TO IMPROVE PRONE HOLD



[LINK](#)

HOW TO IMPROVE OVERHEAD MOBILITY



[LINK](#)



[LINK](#)

FITNESS ASSESSMENT STANDARDS

CORE STRENGTH & ENDURANCE



PLANK HOLD – BENT ARM



3 Minute Test (2023)

2 Minute Test (2022)

Recommended ability: 3–4-minute hold

Stop Plank Hold if correct form cannot be maintained.

PLANK HOLD STANDARDS

- ✓ Place elbows and forearms on ground, elbow under shoulder
- ✓ Hands elbow width apart
- ✓ Head up, neck inline
- ✓ Legs extended, heel over toe
- ✓ Feet hip width apart
- ✓ Keep straight line from head to heel
- ✓ Maintain neutral spine alignment

INSTRUCTIONS



[LINK](#)

SIDE PLANK HOLD – BENT ARM



1 Minute Test Per Side

Recommended ability: 2-minute hold (per side)

Stop Side Plank Hold if correct form cannot be maintained.

SIDE PLANK STANDARDS

- ✓ Place elbow and forearm on ground, elbow under shoulder
- ✓ Lay on side with hip and legs extended (hip and legs straight)
- ✓ Hips, feet, and shoulders stacked
- ✓ Keeping shoulders inline, extend arm straight up to ceiling
- ✓ Keep straight line from head to heel
- ✓ Maintain neutral spine alignment

INSTRUCTIONS



[LINK](#)

HOW TO IMPROVE CORE STRENGTH & ENDURANCE

Perform Core Strength 1 or 2 – 3-5x per week as part of a workout or an effective warmup.



[LINK](#)



[LINK](#)



FITNESS ASSESSMENT STANDARDS

LOWER BODY ENDURANCE & MOBILITY



SQUAT ASSESSMENT HOLD W/ DOWEL



2 Minute Test

Recommended ability: 2-minute hold
Stop Squat Hold if correct form cannot be maintained.

SQUAT ASSESSMENT STANDARDS

- ✓ Take shoes off, then stand with feet outside hip width, foot length distance from base of upright
- ✓ Keep feet flat on floor, toes pointed forward
- ✓ Hold dowel with a wide grip, elbows extended (so that dowel is at hip height), then move dowel overhead, keeping arms straight
- ✓ Maintain neutral spine alignment (try *not* to arch or round back)
- ✓ Begin to squat by pushing hips slightly back, then lower to a depth of hip crease below knee (no more than approx. 2 inches), keeping heel on ground
- ✓ If the standard for the Squat Assessment Hold cannot be performed, the Squat Stretch Hold will be allowed as an alternative option, for more details review the Squat Assessment Hold instructional video

INSTRUCTIONS



[LINK](#)

SQUAT MOBILITY (STRETCH) HOLD



2 Minute Test

Recommended ability: 2-minute hold

SQUAT MOBILITY STANDARDS

- ✓ Take shoes off, then stand with feet outside hip width, feet flat on floor, toes pointed forward
- ✓ Maintain neutral spine alignment
- ✓ Begin to squat by pushing hips slightly back, lower to hip crease below knee depth (no more than approx. 2 inches), keeping heels on floor
- ✓ Push knees out with arms (arms can be bent or straight), maintaining toe knee alignment
- ✓ Modify height of hip if needed to maintain feet straight and a back flat

INSTRUCTIONS



[LINK](#)

HOW TO IMPROVE SQUAT ASSESSMENT HOLD



[LINK](#)

HOW TO IMPROVE SQUAT STRETCH HOLD



[LINK](#)

HOW TO IMPROVE ANKLE & HIP FLEXOR/QUAD MOBILITY



[LINK](#)



[LINK](#)

FITNESS ASSESSMENT STANDARDS

MOBILITY –ANKLE & SHOULDER



ANKLE MOBILITY ASSESSMENT



Attempt 3 Times Per Side
Recommended ability: 4 or more inches knee-over-toe

ANKLE MOBILITY STANDARDS

- ✓ With shoes off, place foot on floor and tip of toe against base of the upright
- ✓ Kneel opposite leg back on floor (use padding)
- ✓ Keep foot flat, straight, and heel on floor
- ✓ Attempt to move front knee over toes towards the upright, maintaining heel on floor
- ✓ If knee can touch upright, reattempt with toes one inch further from upright base
- ✓ Continue attempts until knee can no longer touch upright without heel coming off floor
- ✓ If knee cannot touch upright, measure distance from knee to up right, with heel on floor (Ex: 2 inches from upright, is scored as -2 inches)
- ✓ If knee and toes can both touch the upright, a score of 0 inches will be given

INSTRUCTIONS



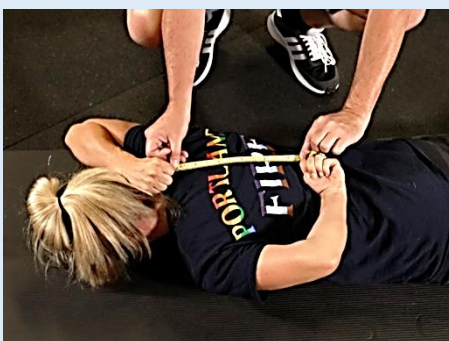
[LINK](#)

HOW TO IMPROVE



[LINK](#)

SHOULDER REACH BEHIND ASSESSEMNT



Attempt 3 Times Per Side
Recommended abilities: An individual's 1-2 hand lengths apart and equal measurements



[LINK](#)

REACH BEHIND STANDARDS

- ✓ From prone position (lay on stomach)
- ✓ Place head and chest on floor
- ✓ Maintain neutral spine alignment
- ✓ Extend arms to a T Position, place one palm on floor, rotate other palm up to ceiling
- ✓ Make a fist with both hands, hide thumb in fist
- ✓ Move hand facing the ground to 12 o'clock position (by ear) and move hand facing ceiling to 6 o'clock position (by side)
- ✓ Bend elbows attempting to reach fists behind back, moving fists as close to each other as able along the spine
- ✓ Ensure no rounding in shoulders (retract shoulder blades), keep elbows up off floor
- ✓ Measure distance from top to bottom fist
- ✓ Repeat with arms in opposite position

INSTRUCTIONS



[LINK](#)

HOW TO IMPROVE



[LINK](#)

FITNESS ASSESSMENT STANDARDS

UPPER BODY STRENGTH & ENDURANCE



PUSH-UP TEST



2 Minute Test

Recommended ability: 40 in 1-minute

Stop when correct form or the 80-beat pace can no longer be maintained.

PUSH-UP STANDARDS

- ✓ Place a 5-inch foam block on ground
- ✓ Position upper body with chest directly over foam block
- ✓ Place hands outside of shoulders
- ✓ Start in down position, chest on block
- ✓ Place wrists directly under elbows
- ✓ Keep head up, neck inline
- ✓ Place feet hip width apart
- ✓ Maintain straight line from head to toe
- ✓ Fully extended elbows at top of pushup
- ✓ Perform pushups to an 80 beat per minute metronome
- ✓ Pushing up on "up", lower down on "down" touching chest to foam block
- ✓ Count 1 rep for every "up" repetition

INSTRUCTIONS



[LINK](#)

80 BEAT METRONOME



[LINK](#)

INVERTED ROW TEST



2 Minute Test

Recommended ability: 40 in 1-minute

Stop when correct form or the 80-beat pace can no longer be maintained.

INVERTED ROW STANDARDS

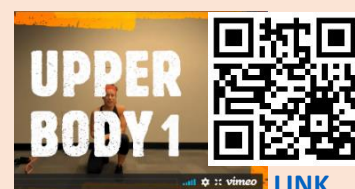
- ✓ Watch instructional video for inverted row equipment setup
- ✓ Sit down under bar, grip bar with hands placed outside shoulders
- ✓ Keeping feet flat on ground, lift hip up bending knee at 90 degrees
- ✓ Keep hip extended (hip straight)
- ✓ Maintain a straight line from knee to hip to shoulder
- ✓ Pull chest to the 5-inch foam block
- ✓ Bend arms with elbows directly under the wrists
- ✓ Perform inverted rows to an 80 beat per minute metronome
- ✓ Pull up on "up", touching chest to foam block, lower down on "down", fully extending elbows at bottom
- ✓ Count 1 rep for every "up" repetition

INSTRUCTIONS



[LINK](#)

HOW TO IMPROVE



[LINK](#)



[LINK](#)

FITNESS ASSESSMENT STANDARDS

AEROBIC FITNESS



5-MINUTE AIR BIKE TEST



SETUP & STANDARDS

- ✓ Setup Air Bike seat to fit leg length and comfort
- ✓ Press “Start” button, and ride Air Bike for 5 minutes
- ✓ Maintain heels down, knees inline, neutral spine
- ✓ Record three scores in 5 minutes
- ✓ **5-Minute Air Bike scores include:**
 - **Calories @ 2:30 minutes**
 - **Time @ 50 calories**
 - **Calories @ 5:00 minutes**
- ✓ *Recommended ability: 50 or more calories in 5 min.*

AIR BIKE SETUP & INSTRUCTIONS



[LINK](#)

HOW TO IMPROVE AEROBIC FITNESS



[LINK](#)



ADDITIONAL AIR BIKE VIDEOS

THE GYM IN THE NORTH - [Rogue Echo Bike Demo](#)

THE READY STATE - [Making the Assault Bike Easier](#)

WILLIAM CRISH - [FASTER ECHO BIKE - Learn how to use the Rogue Echo Bike more efficiently to get Calories faster](#)