

The Federal Bureau of Investigation's physical fitness test and how to prepare.



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Introduction

The FBI requires all new agents to pass a rigorous physical fitness test before being accepted into the Special Agent Training Program. In order to pass the Physical Fitness Test, applicants must achieve a minimum cumulative score of twelve points with at least one point in each of the four events:

- Maximum number of sit-ups in one minute
- Timed 300-meter sprint
- Maximum number of push-ups (untimed)
- Timed one and one half mile (1.5 mile) run

The FBI does not provide any training course or program to prepare for the test. Applicants do not have second chances if they do not pass with the required criteria. Future agents will be able to use this manual to prepare for the test and its' requirements. Existing agents will also be able to refer to this manual about the physical fitness test in order to pass re-evaluations.

This manual will help prepare future and existing agents for the strenuous test, and provide vital information on passing with at least the minimum requirements. The FBI provides scoring scales that are great tools to use when preparing and training for the test.

One-Minute Sit-Ups

Score	Female Range	Male Range
-2	29 and below	31 and below
0	30-34	32-37
1	35-36	38
2	37-40	39-42
3	41-42	43-44
4	43-46	45-47
5	47-48	48-49
6	49-50	50-51
7	51-52	52-53
8	53-54	54-55
9	55-56	56-57
10	57 and over	58 and over

Scoring Scale for Push-Ups

Score	Female Range	Male Range
-2	4 and below	19 and below
0	5-13	20-29
1	14-18	30-32
2	19-21	33-39
3	22-26	40-43
4	27-29	44-49
5	30-32	50-53
6	33-35	54-56
7	36-38	57-60
8	39-41	61-64
9	42-44	65-70
10	45 and over	71 and over

1.5 Mile Run (in minutes: seconds)

Score	Female Range	Male Range
-2	15:00 and over	13:30 and over
0	14:59-14:00	13:29-12:25
1	13:59-13:35	12:24-12:15
2	13:34-13:00	12:14-11:35
3	12:59-12:30	11:34-11:10
4	12:29-11:57	11:09-10:35
5	11:56-11:35	10:34-10:15
6	11:34-11:15	10:14-9:55
7	11:14-11:06	9:54-9:35
8	11:05-10:45	9:34-9:20
9	10:44-10:35	9:19-9:00
10	10:34 and below	8:59 and below

Timed 300 meter sprint

Score	Female Range	Male Range
-2	67.5 and over	55.1 and over
0	67.4-65.0	55.0-52.5
1	64.9-62.5	52.4-51.1
2	62.4-60.0	51.0-49.5
3	59.9-57.5	49.4-48.0
4	57.4-56.0	47.9-46.1
5	55.9-54.0	46.0-45.0
6	53.9-53.0	44.9-44.0
7	52.9-52.0	43.9-43.0
8	51.9-51.0	42.9-42.0
9	50.9-50.0	41.9-41.0
10	49.9 and below	40.9 and below

Chapter 1

Changing your Lifestyle

What do I do now?

This is the first question you need to ask yourself. If you do not believe that you are eating healthy and exercising regularly, then you probably are not. After you ask yourself this question, you need to assess what you are doing along the lines of, daily calorie intake based on gender and weight. Also based upon daily exercise. Below are charts for average calorie intake based on weight and gender as well as an adjustment chart for basic activity.

Daily Calorie Requirement Women

Weight	Age 18 to 35	Age 36 to 55	Age over 55
45 kg - 100 lbs.	1760 cal	1570 cal	1430 cal
50 kg - 110 lbs.	1860	1660	1500
55 kg - 121 lbs.	1950	1760	1550
60 kg - 132 lbs.	2050	1860	1600
65 kg - 143 lbs.	2150	1960	1630
70 kg - 154 lbs.	2250	2050	1660
75 kg - 165 lbs. (and above)	2400	2150	1720

Daily Calorie Requirement Men

Weight	Age 18 to 35	Age 36 to 55	Age over 55
60 kg - 132 lbs.	2480	2300	1900
65 kg - 143 lbs.	2620	2400	2000
70 kg - 154 lbs.	2760	2480	2100
75 kg - 165 lbs.	2900	2560	2200
80 kg - 176 lbs.	3050	2670	2300
85 kg - 187 lbs.	3200	2760	2400
90 kg - 198 lbs. (and above)	3500	3000	2600

Activity Adjustments

Body Weight	Inactive Office Worker Bed Ridden	Moderate Activity Golf Gardening	Strenuous Activity Physical Labor High Energy Sports
50 kg - 110 lbs.	Minus 480 cal	+ 240 cal	+ 480 cal
60 kg - 132 lbs.	Minus 570	+ 290	+ 570
70 kg - 154 lbs.	Minus 670	+ 340	+ 670
80 kg - 176 lbs.	Minus 760	+ 380	+ 760
90 kg - 198 lbs. (and above)	Minus 960	+ 430	+ 860

Eating right and staying healthy

The tables provided are a good starting point if you are not eating and exercising within these parameters. Although this is not the only option to start eating right it is a very effective method and I recommend it over blindly eating and exercising hoping for results.

Once you commit to something like this the hard part is to stay committed, it is so easy to just stray off course and start back to old habits and that is where mental toughness comes in. Once you develop good eating habits and your body becomes use to them, you will be able to take more steps toward a healthier lifestyle.

Chapter 2

Exercise (Technique)

Exercise is a much-needed activity in staying health and training. Once a person develops his or her own workout routine it becomes imbedded in your daily routine, so it is no longer an extra out of the way responsibility. It should become a responsibility, something that you are required to do, for your future and your health.

REMEMBER ALWAYS STAY HYDRATED!

Drink plenty of water before, during, and after workout to keep healthy and avoid risk of injury.

Before I discuss developing a routine and getting yourself into the gym, we should first talk about proper techniques. Proper technique is the most important part of exercise, just like if you had a house without a proper foundation, your body must have a strong foundation to base itself upon. Without proper technique, you open yourself up for injury, so lets talk through the basics.

There are three things you must base your technique on.

- 1) Body alignment and posture
- 2) Breathing
- 3) Tempo

We will look at these three in greater detail.

Body alignment and posture

The correct body alignment and posture will decrease the amount unnecessary stress placed on muscles and joints, and will ensure that you specifically work the muscle group being targeted.

Here are some important points to keep in mind when it comes to correct body alignment and posture during weight training exercises:

- Refrain from excessive joint flexion or extension - Locking or over flexing your joints can damage delicate cartilage and cause irreversible damage. The knee joints are particularly vulnerable to damage, since they are placed under tremendous amounts of stress during exercises like leg presses and squats. Be sure not exceed a comfortable range of motion at the end of the concentric (lifting) phase, and at end of the eccentric (lowering) phase.
- Do not excessively flex or extend the lower back - The lower back is highly susceptible to injury during many weight-training exercises. Never excessively flex or extend the back, and make sure that it is not exposed to excessive amounts of weight in these positions.
- Maintain the natural curvature of the spine - With the exception of abdominal or lower back exercises, it is important to tighten the muscles in the core and maintain the natural curvature of the spine during all exercises. This minimizes the risk of lower back injury, and will increase your bodies overall strength.

- Always lift weights with your legs, not your back - When picking up or lowering weights from the floor, never lift at the lower back. Always lift with correct posture, bending down as if performing a squat or lunge.
- Never subject your ligaments to a weight load - Always make sure your muscles are supporting the weight load, and not the ligaments. Never relax your muscles during exercises, especially at the end of the movement.

Breathing

Getting in the habit of breathing correctly during weight training exercises can take a little bit of time, but it will eventually become second nature. It is important to breathe out during the concentric (lifting) phase of each exercise, and breathe in during the eccentric (lowering) phase of each exercise. So if for example you are performing a pull-up, you should be exhaling as you pull your body up, and inhaling as you lower your body back to the starting position.

Many beginners hold their breath during the concentric phase of the lift. Although this can increase your strength slightly, it also increases the bodies' blood pressure and puts tremendous strain on the heart and arteries. It can also lead to the valsalva phenomenon, which increases pressure within the chest cavity and prevents blood from returning to the heart, leading to blackouts, headaches, and dizziness.

It is also important to remember that the muscles need oxygen to perform properly. By holding your breath you could be robbing them of the valuable oxygen they need to help you lift!

Tempo

Performing each repetition at the correct weight lifting tempo is important not only to minimize the risk of injury, but also to allow maximal muscle fiber stimulation.

There are a number of different tempos that you can choose, however, it is generally best to start lifting slowly with something like a 3-1-2 tempo. That means that the eccentric (lowering) phase lasts three seconds, then a pause for one second at the bottom of the exercises, and finally two seconds to lift the weight back up to the starting position (concentric phase).

Beginners commonly perform repetitions too quickly which increases the amount of momentum during the movement. This means that there will be fewer loads on the muscles. Increased speed can also make it more difficult to maintain correct range of motion and posture, increasing the risk of muscle and connective tissue strains or tears.

Chapter 3

Exercise (Body weight, Machines, or Free Weights)

After you have developed proper technique, you are ready to start working your muscles. You want to start off with just using your body as a tool. This can be the most effective way to work your body. Let's run through just a few exercises before we move on to machines or free weights.

Perform each exercise for 30 seconds to two minutes depending upon your conditioning and interest. Move to the next exercise smoothly, but quickly. You can continue the routine as long as you like (a twenty minute workout or an hour or more). Cool down with five or more minutes of stretching.

- **Push Ups**

Begin in push up position, on knees or toes. Perform 4 push-ups, abs in and back straight. On the 5th push up, lower halfway down and hold for 4 counts. Push back up and repeat the series - 4 regular push-ups and 1 halfway--5 or more times.

- **Pull Ups**

The pull up exercise does require some basic equipment, or some creativity (go to a playground or find a low hanging tree branch, for example), but it's a great, simple way to build upper body strength.

- **One-Leg Balance / Squat / Reach**

Stand on one leg and balance it as long as you can. If this is too easy, add a slight squat motion. Still too easy? Place an object on the floor, several feet in front of you (a book, perhaps), and slowly squat down, and reach out with one arm and touch the object and slowly return to an upright position. Stay on one leg at all times. Repeat on the other leg after a minute or so.

- **Tuck Jump**

The tuck jump exercise ranks near the top of the list for developing explosive power using only an athlete's body weight.

- **Chair Dips**

You'll need two chairs, (or a bed and a chair or a counter, etc.) for this great tricep exercise. Place two chairs facing each other, about 3 feet apart. Sit on one chair with your hands palm down and gripping the edge of the chair. Place your heels on the edge of the other chair and hold yourself up using your triceps. Slide forward just far enough that your behind clears the edge of the chair and lower yourself so your elbows are at 90 degrees. Do as many repetitions as you can.

- **Wall Sit**

With your back against a wall, and your feet about 2 feet away from the wall, slide down until your knees are at a 90-degree angle. Hold the position as long as you can. This is great for ski conditioning.

- **Abdominal Crunches**

Lie on your back with your knees bent and feet flat on the floor. Place your fingertips to the side of your head just behind your ears. Push your lower back into the floor flattening

the arch and hold. Curl up slowly so both your shoulders lift off the floor a few inches. Hold for a count of 2 and return to the start position. Tip: Don't tuck your chin to your chest; keep your head up.

Machines or Free weights

You should stick with simple body weight exercises for the most part until you are ready to move on to machines or free weights. Using machines or free weight is a preference to the person. There are many pros and cons for both, and limitless exercises to do with them. So I will run through the pros and cons so you can choose what to use and then move into using them yourself since it would be much to extensive to run down all of the exercises involved in both.

The Pros and Cons of Weight Machines

Weight machines can be a good choice, especially if you're just getting started with strength training.

- They're supportive. Most machines provide support, which is great for people who need help when learning new exercises. It can also be good for people rehabbing injuries or those who want to lift heavy weights without a spotter.
- They're easy to use. Because most machines work on a fixed path and have instructions and diagrams posted, it's easier to use good form.
- They save time. It usually doesn't take as much time to change weights on machines as it would for many free weight exercises.
- They're less intimidating. Trying to figure out what to do with a bunch of dumbbells can seem impossible. With machines, you know exactly what muscles you're working and how to do the exercise correctly.

On the other hand, machines do have disadvantages such as:

- They're too supportive. Because you have so much support, you use fewer muscle groups at the same time. This means you burn less calories and work the body in a less functional way.
- They're limited. Most machines offer one exercise for one part of the body, which means having to use multiple machines for a total body workout.
- They don't allow you to work on weaknesses. Many machines require you to use both arms and legs to move the weight, so if one side is stronger than the other, that side may do more work than the weaker side.
- They don't allow the body to work naturally. Because many machines work on a fixed path,

there's not much room for working the body throughout different planes of motion. Of course, not all weight machines are created equally and many gyms now offer a variety of machines including plate-loaded, free motion and cable machines, which can offer more variety and functional training. These types of machines often have a higher learning curve and require more skill and coordination than the average machine.

The Pros and Cons of Free Weights

Free weights are probably my favorite way to strength train because they offer effective, time-efficient workouts. Other advantages include:

- **Versatility.** Free weights can be used for a variety of exercises for the entire body, so you don't have to move from machine to machine to work different muscle groups.
- **Functionality.** With free weights, you're able to move the body through natural motions as well as through a variety of planes allowing you to mimic movements you do in real life like squatting, lifting things over your head and rotating the body.
- **Building whole body strength.** Because you're supporting your own body, you can work on specific muscles while involving smaller stabilizer muscles that can get neglected with machine training...this can also help you burn more calories during your workout.

Like machines, free weights also have some disadvantages:

- **They're hard to learn.** Using free weights requires skill and coordination, so you may need some instruction when using them for the first time. Good form is harder to achieve without the added support from machines, so there's a higher learning curve with free weights.
- **Risk of injury.** Because there isn't a fixed path when using free weights, it's easier to put your body in the wrong position, which could lead to injury. There's also the risk of dropping the weights, especially if you're lifting heavy.
- **Confusion.** With machines, you know exactly what exercise you're doing and what muscle you're working. With dumbbells, there are so many exercises you can do; it's easy to get confused about where to start.

With strength training, a variety of tools is often the best way to get an effective workout. When choosing your own resistance, consider the following:

- **If you're a beginner:** stick with machines until you feel more comfortable with the movements.
- **If you're in a hurry:** go with machines. Workouts are generally more time-efficient when machines are used. If you have to wait in line, however, choose free weights.
- **If you're working out at home:** stick with free weights. Machines are expensive, take up a lot

of room and offer limited exercises. Free weights are cheaper, versatile and take up less room.

- If you hate lifting weight: you might find machines are easiest to use.

To get the most out of each workout in the fastest possible time: stick with free weights. You can incorporate more muscle groups at the same time.

Chapter 4

Specific Training for Exam

Once you start into as routine of eating right and exercising then you must specifically start training for the FBI's physical fitness test. Just like training for a marathon you must slowly move into training for it, you do not just run 26 miles the first day of training.

First you need to look at the requirements for your gender, and then start slowly doing the task until you reach the requirement. There are several ways you can approach training for the test such as isolating each category and training one at a time or you can train at all once and keep you body guessing. I recommend steering away from training one at a time; you want to keep you body fresh and ready for each event.

So when you train for the test you want to break up your workout into small increments daily. Examples of daily workout routines to prepare for the test

- Daily half mile run (for cardio)
- 10 push ups (add more as you progress)
- 10 sit ups (add more as you progress)

This is just an example of a daily workout, add or subtract exercises to your liking but do not sell yourself short because you could find yourself unprepared for the test. Another example of a daily workout would be something like



- 150 meter sprint (for cardio)
- 10 push ups (add more as you progress)
- 10 push ups (add more as you progress)

So once you develop a routine for specifically training for the FBI physical test you will become even more prepared to pass the test with more than satisfactory results.

Conclusion

In conclusion this manual should help you successfully prepare for the FBI's physical fitness test by training your body to eat healthy and train accordingly for the specific test. If you follow this manual you should be more prepared than before to take the test head on and finish with satisfactory results. This manual can also be a vital tool for information on the test and what is required of a person who wants to pass the test provided. This manual will help prepare future and current agents of the FBI to pass the exam as well as provide information and training for the average person who wants to better their life and start towards a healthier lifestyle.

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