



# Hartford Police Department

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DAVID A. GROVES  
Chief of Police  
F.B.I.N.A. Session 232

## TEST EVENTS

YES NO

- TWELVE MINUTE COOPER RUN:** To determine cardiovascular/respiratory endurance.
- SKIN FOLD CALIPER ASSESSMENT:** To determine percent of body fat.
- BENT KNEE SIT-UPS:** To determine back stability and abdominal endurance.
- TRUNK FLEXION (Sit & Reach):** To determine lower back/hamstring flexibility.
- TRUNK EXTENSION:** To determine overall back flexibility.
- PUSH-UPS:** To determine upper body muscular endurance.
- PULL-UPS:** To determine arm and shoulder strength.
- SQUAT THRUSTS:** To determine lower body muscular endurance.
- BENCH PRESS:** To determine overall upper body muscular strength.
- STANDING BROAD JUMP:** To determine explosive power.
- STANDING VERTICAL LEAP:** To determine explosive power.

Are you aware of any medical condition that this candidate may have that could be aggravated by this testing?  NO  YES

I certify that this candidate is fit to participate in the preceding health-fitness and motor-fitness test events.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Referring Physician

Printed Name: \_\_\_\_\_ Telephone: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Address: \_\_\_\_\_ ZIP: \_\_\_\_\_