

## ALO -TACP Tier 2 Operator Fitness Test Scoresheet

**Name:** \_\_\_\_\_ **Rank:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Unit:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Duty Phone:** \_\_\_\_\_ **Test Date:** \_\_\_\_\_

### TEST RESULTS : Administer test within time constraints and sequence listed below

|                                  |  |  |  |              |             |
|----------------------------------|--|--|--|--------------|-------------|
| Abdominal Circumference (inches) |  |  |  | Weight (lbs) | Height (in) |
|----------------------------------|--|--|--|--------------|-------------|

**Conduct dynamic warm-up prior to testing**

| 1 Grip Strength (psi)     | Trial 1  | Rest  | Trial 2   | Best | Points |
|---------------------------|----------|-------|-----------|------|--------|
| Alternate hands per trial | Rt Hand: | 1 min | Lft Hand: | Best | Points |
|                           |          |       |           |      |        |

*Rest time between test components: REST 1 minute minimum / 4 minutes maximum*

| 2 Medicine Ball Toss back and side 20 lb (ft) | Trial 1 | Rest  | Trial 2 | Rest  | Trial 3 | Best | Points |
|---|---------|-------|---------|-------|---------|------|--------|
| Alternate throws per trial                    | BACK    | 1 min | SIDE    | 1 min | Total   | +    | Points |
| Measure distance to the nearest half foot     |         |       |         |       |         |      | =      |

TOTAL = best back + best side

Total

*REST 1 minute minimum / 4 minutes maximum*

| 3 Two Cone Drill (secs)                     | Trial 1 | Rest  | Trial 2 | Rest  | Trial 3 | Best              | Points |
|---|---------|-------|---------|-------|---------|-------------------|--------|
| Begin in prone position / touch across line |         | 1 min |         | 1 min |         | Nearest 100th sec |        |

*REST 5 minutes minimum / 20 minutes maximum*

| 4 Trap Bar Deadlift 5 RM (lbs/reps)  | Trial 1 | Rest  | Trial 2 | Rest  | Trial 3 | Best | Points |
|--------------------------------------|---------|-------|---------|-------|---------|------|--------|
| Member must intend to accomplish 5RM | lbs     | 5 min | lbs     | 5 min | lbs     |      |        |
| Calculate total if less than 5 RM    | reps    |       | reps    |       | reps    |      |        |

*REST 5 minutes minimum / 20 minutes maximum*

| 5 Pull-up (reps)               | Reps | Points |
|--------------------------------|------|--------|
| To limit of muscular endurance |      |        |

*REST 5 minutes minimum / 20 minutes maximum*

| 6 Lunges Weighted 50 lb Metronome 56 bpm (reps)      | Reps | Points |
|--|------|--------|
| Ensure lead knee does not go beyond toes of lead leg |      |        |

*REST 5 minutes minimum / 20 minutes maximum*

| 7 Extended Cross Knee Crunch Metronome 56 bpm (reps) | Reps | Points |
|--|------|--------|
| Hands must remain in armpits, slide feet on surface  |      |        |

*REST 5 minutes minimum / 20 minutes maximum*

| 8 Farmer's Carry 50 lb 4 x 25 yd [100 yd] (secs)     | Time | Points |
|--|------|--------|
| Start with a bag handle in each hand, bags on ground |      |        |

*REST 5 minutes minimum / 20 minutes maximum*

| 9 Row Ergometer 1000 meter (mins:secs.tenths) | Time | Points |
|---|------|--------|
| Concept 2 drag factor set at 130 ± 1          |      |        |

*REST 15 minutes minimum / 60 minutes maximum*

| 10 Run 1.5 Mile (mins:secs)               | Date | Time of Day | Run Time | Points |
|---|------|-------------|----------|--------|
| Record run date, time of day, finish time |      |             | 24 hr    |        |

Note: members must complete the Run 1.5 Mile up to 72 hours prior to or after completing test components 1-9 above. One regular scheduled drill for ANG.

**TOTAL POINTS**