

Tier 2 Operator Fitness Test Standards

As of June 1, 2018

ALO-TACP	Grip Strength	Med Ball Toss	Two Cone Drill	Trap Bar DL 5RM	Pull up	Lunges Wtd	Ext Cross Knee Crunch	Farmer's Carry 4 x 25 yd	Row 1000 m	Run 1.5 mile
Points	PSI	ft	secs	lbs	reps	reps	reps	secs	min:secs	min:secs
10	198	50.5	8.6	417	32	199	107	21.2	3:15	7:51
9	166	47.5	8.9	387	28	161	94	22.5	3:22	8:03
8	153	44.5	9.3	355	24	148	79	23.5	3:30	8:50
7	144	42.0	9.5	334	22	123	69	24.8	3:36	9:21
6	137	40.5	9.8	316	20	104	62	25.9	3:40	9:47
5	130	39.0	10.0	300	18	88	57	26.8	3:44	10:10
4	124	37.5	10.2	284	16	73	52	27.8	3:48	10:33
3	117	35.5	10.4	267	13	58	46	28.8	3:52	10:59
2	108	33.5	10.7	245	11	43	39	30.1	3:57	11:31
1	95	30.0	11.1	213	7	24	31	32.0	4:05	12:17

ALO-TACP - Component Minimums indicated in blue

Composite score requirement ≥ 46 of 100