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# Federal Bureau of Investigation

## Physical Fitness Test (PFT) Protocol



**FIDELITY / BRAVERY / INTEGRITY**



## PFT Overview

The Physical Fitness Test (PFT) is administered according to very strict FBI protocols. Pay close attention to the protocols described below. To attain a passing score on the PFT, you must earn at least 1 point in every event and **at least** a cumulative score of 12. Participants **will not** receive credit for repetitions during an event which do not meet the established protocols.

Special Agent applicants will take a self-administered Self-PFT (prior to submitting their Special Agent application) and take an official PFT at least **two** times during the application period and/or at the FBI Academy, specifically:

- At the processing FBI field office shortly after passing Phase II and accepting a Conditional Job Offer (CJO)
- On an annual basis thereafter to keep your application active
- Within 60 days before reporting to New Agents' Training Class at the FBI Academy
- Once at the FBI Academy, beginning the week you report. The test, scoring scale, and protocol are exactly the same, except a fifth event is added: standard pull-ups. The score on pull-ups is not used for pass/fail purposes but is considered for fitness awards at the Academy.
  - Students who do not pass this first PFT must take a second PFT and pass in order to graduate from the Academy.

The PFT test consists of four mandatory events that are administered in the following order with no more than five minutes of rest in between each event. There is a strictly defined scoring scale and protocol for each event. Applicants entering under the Tactical Recruitment Program (TRP) must also complete the pull-up event.

1. Maximum number of sit-ups in one minute
2. Timed 300-meter sprint
3. Maximum number of continuous push-ups (untimed)
4. Timed one and one-half mile (1.5 mile) run
5. Pull-ups (TRP applicants only)\*

**Passing Score:** Applicants must achieve a **minimum** cumulative score of **12** points, with at least 1 point in each of the four events.

**TRP applicants:** TRP applicants must achieve a total of **20** points, with at least 1 point in each of five events (including pull-ups).

**This document provides instructions, tips, guidance, and scoring scales for each component of the PFT.**



## PFT Tips and Guidance

The Physical Fitness Test (PFT) measures muscular strength and endurance (sit-ups, push-ups and pull-ups), anaerobic power (300-meter sprint), and aerobic power (1.5 mile run) with limited amounts of recovery time between events. To best prepare, applicants should adhere to the following principles of exercise training to maximize their results and to avoid injuries.

### Training Principles

- **Overload:** to increase physical fitness, one must exercise at a level that challenges the body beyond its current capacity. Overload is often expressed in terms of training frequency (how often), training intensity (how demanding), and training duration (how long).
- **Progression:** For continued fitness improvements, the overload must be gradually increased.
- **Specificity:** To best prepare for the Physical Fitness Test, applicants should devote most of their training time to sprints and sustained runs, as well as sit-ups, push-ups, and pull-ups performed to protocol. Applicants should also avoid training each event in isolation.
- **Reversibility:** If physical training ceases, fitness levels will return to pre-training levels. Use it or lose it.

### Warm Up and Cool Down

Each workout should begin with a dynamic warm-up period of at least five (5) to ten (10) minutes. This will increase core body temperature, lubricate the joints, and prime the nervous system for the workout that follows. The warm-up should include moderate intensity aerobic activities (i.e., cycling, jogging), and limited amounts of the specific movements to be trained that day (i.e., push-ups, sit-ups). You should already be sweating before the workout begins! Once the workout is completed, perform five (5) to ten (10) minutes of moderate physical activity as a cool down and transition back to rest.

### Reasonable Accommodations

Applicants requesting a reasonable accommodation during the PFT must submit written medical documentation to their Applicant Coordinator from a certified medical provider, describing the medical disability and the need for reasonable accommodation during the PFT. The applicant or the health care professional should propose the specific accommodation needed by the applicant to take the PFT. All reasonable accommodation requests are reviewed on a case-by-case basis.



# PFT Sample Workout Program

The FBI recommends that all applicants follow a disciplined workout program in preparation for the PFT. To assist you with this, we have provided a sample Physical Training Planner. The Physical Training Planner includes four different types of workout programs in addition to the warm-up/cool-down:

- Muscular strength and endurance
- Aerobic power
- Anaerobic power
- Circuit training

## Muscular Strength and Endurance

This type of workout will increase a muscle group's ability to exert force and resist fatigue. Since strength and endurance are specific to certain muscle groups, we strongly recommend that you perform push-ups, sit-ups, and pull-ups, in conformance with the criteria used to score the FBI Physical Fitness Test, as your primary strength and endurance exercises.

## Aerobic Power

This type of workout will increase the capacity of the cardiovascular, respiratory, and musculoskeletal systems to deliver and utilize oxygen for energy. Sustained running should be your primary mode of aerobic training. Exertion should be heavy throughout the workout (i.e., you should be working hard enough that it is impossible to carry on a conversation).

## Anaerobic Power

This type of workout will increase the body's capacity to perform high-intensity work and should consist of short bursts (30-90 seconds) of maximum exertion. We recommend sprint running, as this will best prepare you for the 300-meter sprint on the Physical Fitness Test.

## Circuit Training

Circuit training combines elements of aerobic, anaerobic, and muscular strength and endurance exercises with limited rest periods. Rather than always training for these fitness components in isolation, we recommend that applicants perform at least one circuit workout per week to prepare for the multi-stage PFT. Listed below is a sample circuit workout:

1. Run for 90 seconds
2. Maximum sit-ups in 30 seconds
3. Run for 90 seconds
4. Maximum continuous push-ups
5. Run for 90 seconds
6. Maximum continuous pull-ups
7. Run for 90 seconds
8. Maximum body weight squats or lunges in 30 seconds

*Note: Repeat entire circuit three to five times with one minute of rest in between repetitions.*



# PFT General Training Guidelines

The general guidelines for training to improve muscular strength & endurance, aerobic power, and anaerobic power are provided in the table below. Applicants should use these guidelines to help structure their workouts appropriately. Special consideration should be given to circuit training as this type of workout best replicates the PFT.

## General Guidelines for PFT Training

	Muscular Strength & Endurance	Anaerobic Power	Aerobic Power
Frequency	2-3 days per week; non-consecutive days	1-2 days per week	3-5 days per week
Intensity	2-3 days per week; non-consecutive days	1-2 days per week	3-5 days per week
Time	2-3 days per week; non-consecutive days	1-2 days per week	3-5 days per week

***While a sample training program is provided for reference purposes only, the FBI strongly recommends consulting with a doctor or physician to create a personalized fitness plan.***



# PFT Protocol and Scoring Scales: Sit-Ups

Trainee lies back with tops of shoulder blades touching the floor; hands behind the head with fingers interlaced. The knees are bent at a 90-degree angle with the feet placed flat on the floor (feet are held in place by a partner with partner's hands at the tongue of the trainee's shoes and knees on the trainee's toes). Trainee raises upper body until the base of the neck is in line with the base of the spine (back is perpendicular to the floor); trainee then returns to the starting position (i.e., the tops of both shoulder blades must touch the floor). This is a timed one-minute continuous motion exercise.

## Scoring Scale for 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



# PFT Protocol and Scoring Scales: 300-Meter Sprint

The 300-meter sprint event usually takes place on a 1/4 mile oval track (although this may change based on individual circumstances). Trainees will start from a standing position and run 300 meters (3/4 of one lap).

## Scoring Scale for Timed 300-Meter Sprint (in seconds)

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



# PFT Protocol and Scoring Scales: Push-Ups

Trainees begin in front leaning rest position (i.e. hands on the floor one to two hand widths beyond the shoulders with elbows away from the body, arms fully extended, and body held straight, with the feet no more than three inches apart and the toes touching the floor). As the arms are flexed, the body is lowered toward the floor until the upper arms are parallel to the floor (straight line from center axis of elbow to center axis of shoulder). Trainees complete the exercise after returning to the starting position. This is a continuous motion exercise.

## Scoring Scale for Push-Ups (untimed)

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



# PFT Protocol and Scoring Scales: 1.5 Mile Run

The 1.5 mile run event most often takes place on a 1/4 mile oval track (although this may change based on individual circumstances). Trainees run six laps around the track.

## Scoring Scale for 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



# PFT Protocol and Scoring Scales: Pull-Ups\*

\*Note: Only candidates in the Tactical Recruiting Program (TRP) will complete this event.

The candidate hangs from a horizontal bar, hands and least shoulder width apart (but no more than twenty-three inches apart as measured from the outsides of the hands) with palms turned away from face and arms fully extended. As the candidate flexes their arms, they pull their body upward until the candidate’s chin is higher than the bar.

There can be no swinging or jerking of the body or use of the legs in an effort to propel the body upward.

The candidate then lowers their body back to the hanging position with their arms fully extended. This is a continuous motion exercise.

## Scoring Scale for Pull-Ups (untimed)

Score	Female Range	Male Range
0	0	0-1
1	1	2-3
2	2	4-5
3	3	6-7
4	4	8-9
5	5	10-11
6	6	12-13
7	7	14-15
8	8	16-17
9	9	18-19
10	10 and over	20 and over