

CPAT Training

The CPAT is a standardized test that assists fire departments recruit candidates who are physically capable of performing essential job tasks. All of these exercises must be completed in less than 10 minutes and 20 seconds. The test has 8 stations that test the overall fitness of the candidate. Below are several exercises to help prepare you for each stage of the CPAT. When training, you should try to prioritize exercising 3-4 times a week, involving both cardio and strength training, with rest days in-between.

Stair mill

- Lunges

Lunges are a great way to work on both leg strength and endurance for the stair mill. Focus on getting as many reps as you can in a set with short breaks in between. Slowly add weight to these workouts as you get farther in your training.



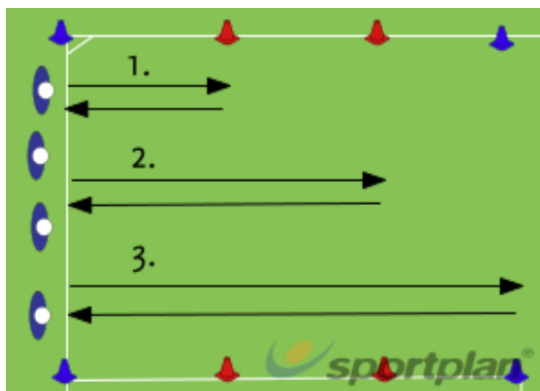
- Step-Ups

Step-ups really help with balance and strength. Focus on propelling yourself up and controlling your descent as you step down. Try to add heavier weights as you train to build the strength for the weight vest.

Hose Drag

- Single arm row

Rows will help build the strength for the hose pull portion of the test. Focus on lighter weights with fast paced reps to help speed up your time on this stage.



- Ladder runs

Ladder runs (aka suicide runs) involve short sprints and a change in direction with increasing distance. This will work on not only your cardio, but help condition you for the bursts of high intensity exercise you have for each stage of the test. Try to aim for 3 lengths with 30sec-1min of rest in-between sprints.

Equipment Carry

- Planks

Core strength is vital to a majority of exercise. Planks work on breathing control and stability that will help most other movements in the test. Similar to the other exercises try to focus on short holds with minimal rest in between. 30sec holds with ~15sec rest.





- Farmer carry

Having a dynamic weight as you move will help with stability. Farmer carries are great for overall endurance as well as strength for a majority of the test stations. Aim to do multiple sets of these as you plan your workouts.

Ladder Raise

- Shoulder press

Working above your head is a common occurrence with firefighting and shoulder health is very important. Using dumbbells helps not only with strength but stability as well. Start with lighter weights and steadily increase the weight as you feel more comfortable.



- Goblet squat

Another exercise that helps with both core stability and strength. Working with a weight in front of you is a great way to practice moving the ladder in front of you and raising above your head.

Forcible Entry

- Medball swings

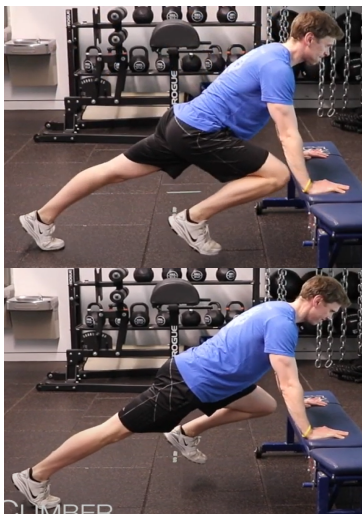
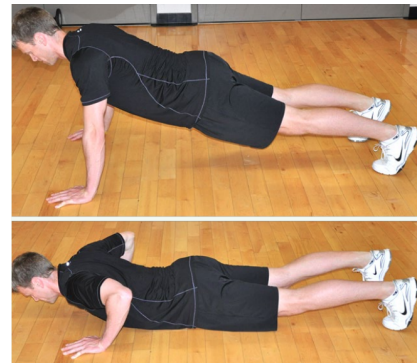
The forcible entry is one of the most technical of the stations. You have to be precise with your swings as well as put significant force behind each swing. Med ball swings will help build that strength and technique. Focus on driving the power from your legs as you rotate and throw the ball into a wall or some object that the ball can bounce back as you catch it. As you get more comfortable with the motion, begin to increase the distance from the wall to build more strength and power.



Maze

- Push ups

The maze station tests more confidence with low clearance and low visibility. However, strength and speed are still important aspects of getting through this station. Push ups and mountain climbers are great ways to help build stability and quickness for this station.



- Mountain Climbers

Similar to push ups these will help build speed for the maze station. Focus on keeping your hips lower to the ground and in line as you increase the speed. High knees and high reps will go a long way.

Dummy drag

- Deadlifts

The dummy drag station can be difficult as it is toward the end of the test and requires more strength than the others. The dummy weighs 165lbs, however you will not be lifting the full weight as you drag it. When doing deadlifts for the test, focus on keeping the core tight, the spine in line and bracing as you hold the weight upright for 5-10 sec holds.



Pike Pull/Extension

- Cable row

Core strength is one of the most important factors for the final stage of the test. Cables and bands will be best for pull downs. Focus on controlling the weight as it comes down and slowly letting it back up. This will help strengthen and condition the shoulders and core to finish the final stage and pass your CPAT.



- Vertical Barbell Extension

Pike pole extensions are one of the more unique movements of the fire service. Using a barbell is a great way to train the grip and shoulder strength required for this station. Using your legs, try to drive as much force behind the barbell as you move your arms to full extension. This is a heavier weight, so aim for 5-8 reps.