

Combat Fitness Evaluation

- Five movements:** Wall Ball, Sumo Deadlift High Pull, Box Steps/Jumps, Push Press, Row
- Timing:** 1 minute each exercise for 3 rounds; 1 minute rest between rounds;
Total Time = 17 minutes
- Scoring:** Every Correct Repetition/Calorie is a point;
Must earn **one point** on every exercise, every round for a valid evaluation

Test Administration:

The Combat Fitness Evaluation must be completed at a Certified Combat Fitness Test Site
The Combat Fitness Evaluation requires two test administrators

- Primary: FWU, FI Graduate, or CFE tester
 - Safety & Form
 - Counting & Recording Points
 - Fitness Testing Documentation & Submission
- Secondary: FWU, FI Graduate, CFE Tester, Row Test Administrator
 - Safety & Form
 - Timing

Movement 1: Wall Ball

- Equipment:** Medicine Ball covered in Kevlar or other similar material – Men 20lbs., Female 14lbs.
18-inch step or box that will allow approximately a 90° angle at knee joint
- Scoring:** Must start with glutes touching the box and any portion of the medicine ball must clear the 10ft plane for a point to be granted.

Movement 2: Sumo Deadlift High Pull

- Equipment:** Kettlebell – Males 75lbs., Females 55lbs
- Scoring:** Must start with KB touching the ground, have full extension of the hips, and KB is raised to the mid-chest/nipple line for a point to be granted.

Movement 3: Box Steps/Jumps

- Equipment:** 20-inch box – for safety use a soft surface box to reduce risk of injury.
- Scoring:** Both feet must start touching ground, step/jump onto box with both feet touching the top of the box and full hip extension at top for a point to be granted. May **not** touch a wall or external support object during the box step/jump.

Movement 4: Push Press

- Equipment:** Barbell, Weight Plates (Prefer rubber bumper type), Collars, Rack
Weighted Barbell – Males 75lbs., Females 55lbs.
- Scoring:** Weighted bar must start at chest level below chin and bar must be raised to full elbow extension overhead with head through arms for proper extension for a point to be granted.

Movement 5: Row for Calories

- Equipment:** Concept 2 Rower (RowErg), Damper setting on 10. Monitor set to calories and reset to 0.
- Scoring:** For each calorie displayed on the monitor due to effort in the 1 minute of work a point is granted.

Full detailed instructions can be found: <https://www.dps.texas.gov/ETR/docs/combataFitnessEval.ppsx>