

USAF HG Pallbearer Tier II Fitness Test Score Sheet

Name: _____ Rank: _____ Test Date: _____

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

Conduct dynamic warm-up prior to testing

1. Grip Strength (Plate Pinch)	Attempt 1	Attempt 2	
Member must hold both plates simultaneously for 45 secs. Pass/Fail	<input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 35 lbs Plates: 45 Secs

2. Bicep Curl 45 lb Metronome 60 bpm (reps)	Reps	
Member must stay on beat with metronome.	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 30 Reps

3. Deadlift 5 RM (lbs/reps)	Attempt 1	Attempt 2	
Member must intend to accomplish 5 RM	lbs: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 260lbs
	reps: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	

4. Bench Press 5 RM (lbs/reps)	Attempt 1	Attempt 2	
Member must intend to accomplish 5 RM	lbs: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	Minimum 190lbs
	reps: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	

5. Squat 5 RM (lbs/reps)	Attempt 1	Attempt 2	
Member must intend to accomplish 5 RM	lbs: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 230lbs
	reps: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	

6. Incline Shoulder Press 5 RM (lbs/reps)	Attempt 1	Attempt 2	
Member must intend to accomplish 5 RM	lbs: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 145lbs
	reps: <input style="width: 80px; height: 25px;" type="text"/>	<input style="width: 80px; height: 25px;" type="text"/>	

7. Barbell Carry 95 lb (yds)	Distance	
Member must keep bar level	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 50Yds

8. Plank (min:secs)	Time	
Watch for back swaying or arching	<input style="width: 80px; height: 25px;" type="text"/>	Minimum: 2:00 Min

9. Row Ergometer 500 (min:secs)	Time	
Damper set at 5.5 for approx. 130 ± 1 drag factor	<input style="width: 80px; height: 25px;" type="text"/>	Maximum 1:52 Min

UFPM Name/Rank: _____ UFPM Signature : _____ Date: _____

Note: The Tier II Fitness Test MUST be completed within 120 min.