

## **CPAT PRACTICE SESSIONS**

### **REASON:**

We are finding that some people that wish to participate in CPAT are highly intimidated or very nervous about the CPAT test. These things could be enough to slow a person down and receive a time greater than the 10:20 that is allowed to pass. CPAT is a combination of cardiovascular endurance, muscular strength, and technique. To have a successful test you will need all three of those aspects. One or two may not be enough to get a successful time.

### **WHAT YOU WILL GET OUT OF A SESSION:**

Participating in this practice session will give a person one-on-one time with a trainer (that knows the CPAT test inside and out) to answer any questions you have, show time saving tricks to the course, and will conduct a coached-run through of the entire CPAT test. If weaknesses are shown, they will be able to give you some exercises to help you get ready to take the official CPAT timed test. The whole session should last about 30 minutes. After this session a person should feel confident enough to pass the CPAT, or know where they stand and what they need to do to prepare to pass the CPAT.

### **THINGS THE PRACTICE SESSION WILL NOT HELP WITH:**

The first station in the CPAT test is the stair machine. You will be given an additional 75 pounds (50# vest and two 10# weights added to each shoulder.) before you get on the machine. We can give you exercises to help you prepare, but there are no tricks to this station. You have to be able to last 3 minutes and 20 seconds on the stair machine.

### **COST AND SCHEDULING:**

**\$30.00 per session**

Call, Text or Email, Lead Instructor, Christopher George at 317-775-1703 or [firefighter885george@gmail.com](mailto:firefighter885george@gmail.com) to schedule a practice session date and time.