

# Line Apprentice

## Physical Ability Requirements



### Aerobic Bicycle Test

We use this test to determine your aerobic power. Pedal at 50 RPM for three stages of two to three minutes. Each stage is progressively more difficult with an increase of 50 to 75 watts of resistance per stage.

### Chin Ups

Maximum: 9      Standard: 5      Minimum: 2

Start with your hands shoulder width apart and palms toward your face. Extend your arms fully with your feet off the ground. Bring your chin completely over the bar. Don't allow your body to swing.

### Arm Curl (60 lbs.)

Maximum: 23      Standard: 16      Minimum: 11

Stand with straight posture, your feet shoulder width apart, and your arms down straight holding the bar. Lift the bar to your breastbone with your elbows higher than your wrists, then back to a straight-arm position.

### Squats (100 lbs.)

Maximum: 17      Standard: 11      Minimum: 6

Stand with straight posture and your feet shoulder-width apart. Rest pads comfortably on your shoulders. Bend at the knees until your thighs are parallel to the ground, then stand again.

### Shoulder Press (50 lbs.)

Maximum: 22      Standard: 15      Minimum: 10

Sit with straight posture, hands shoulder-width apart. Place the bar in front of your shoulders. Push the bar directly overhead until your arms are fully extended, then bring them back to shoulder level.

The physical ability test only assesses one aspect of the abilities necessary to perform the duties of a Line Apprentice. Passing or even achieving the maximum score doesn't guarantee success in the workplace setting.