

Wire 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.

Bent Over Row (60 lbs)

Maximum: 30 Standard: 22 Minimum: 16

Stand with your knees bent. Bend over at the hips with your arms straight down in front of you, shoulder-width apart. Pull the bar upward to the base of your breastbone.

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.

Upright Row (45 lbs)

Maximum: 23 Standard: 16 Minimum: 11

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

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