

GORUCK 

BASELINE

FUNCTIONAL

FITNESS TEST



GORUCK

BASELINE FUNCTIONAL FITNESS TEST

DATE COMPLETED: _____

aka BFF Test

EVENT	EQUIPMENT	SCORE
1 MILER - RUCK RUN/SHUFFLE	SCALED BY LEVEL, RUCK OR SANDBAG	
2 MINUTES SANDBAG BURPEES (OVERHEAD TOSS)	NO RUCK	
200 METERS SUITCASE CARRY	RUCK + SANDBAG	
2 MINUTES HR PUSH-UPS	NO RUCK	

	LEVEL	RUCKSACK	SANDBAG	1 MILER WEIGHT
PICK YOUR LEVEL TO DETERMINE YOUR WEIGHT:	HEAVY/PRO	45LB	80LB	100LB
	TOUGH	30LB	60LB	80LB
	BASIC	20LB	40LB	60LB
	LIGHT	10LB	30LB	30LB
	SLICK	0LB	0LB	20LB