

**To pass the POPAT, the participant must perform all activities as per the defined protocol and complete the timed portion of the test within 4:15 minutes, and then demonstrate the ability to lift and carry the 100 lb torso bag a distance of 50'. We are looking for competitive scores of under 4 minutes.**

#### **Station 1: 400 metre Mobility/Agility Run**

This station tests both aerobic and anaerobic fitness. The participant will complete six (6) laps of the circuit for a total distance of 400 metres. The circuit involves running around cones, long-jumping a distance of 6 feet, running up and down 6 stairs, and jumping over 2 sticks placed 18" off the ground.

#### **Station 2: Power Training Machine (the Pull and Push Station)**

This station involves demonstrating the ability to control 80 lbs of resistance while moving through 180° arcs. This first part of this station is the Pull. The participant grasps a rope on the Power Training Machine (PTM) and pulls the weight stack (80 lbs total) off its resting position. While keeping the weight stack off the resting position, the participant moves through the machine-controlled, 180° arc 6 times.

Once the Pull is completed successfully, the participant grabs the bar on the PTM and pushes the weight stack off its resting position. With the weight off the resting position, the participant moves through six 180° arcs as in the Pull.

#### **Station 3: Modified Squat-Thrust-and-Stand and Vault Rail**

This station involves a modified Squat-Thrust-and-Stand (STAS) activity followed by jumping over a 3' (.91 m) vault rail. From the Pull-Push Station, the participant moves to Station 3 and begins by doing a STAS so that the chest and chin touch the mat. The participant then stands and vaults over the rail, touching the rail with only the hands. Landing on the feet, the participant then does a reverse STAS (to end up on your back) so that the shoulder blades, hips, and heels touch the mat. The participant then stands and vaults over the rail and repeats the activity until a total of 10 Squat-Thrust-and-Stands (5 to the front, 5 to the back) and 9 Vaults are completed. Once the participant finishes the last STAS and stands up in a balanced position, the time is stopped. This ends the timed portion of the test.

#### **Station 4: Weight Carry**

This station is not part of the timed portion of the test, but is necessary to successfully complete the test. A rest period of 30 seconds is given between the end of Station 3 and the start of this station.

The participant must pick up a torso bag weighing 100 lbs and carry the bag in a controlled manner a distance of 25'. The bag must be carried so that it is always in front of the participant, above the thighs, and must be grasped by the hands only.

**If you have not seen a POPAT before I encourage you to search online videos to get an understanding of what the test is like.**