



PR_eP

PERFORMANCE READINESS PROGRAM

STRENGTH

POWER

SPEED

AGILITY

ENDURANCE

CANDIDATES

CADETS

SWORN
RESPONDERS

- Replace outdated and antiquated fitness and performance tests.
- Includes 7 tests that gauge the exact physical attributes specific to maximizing operational performance.
- Minimal equipment, time, and cost to implement.

Online Courses and In-Person Training for Instructors

Self-paced online courses and in-person training give the professional the practical knowledge, skills, and confidence to effectively administer, instruct, and implement the PReP tests, assess data, and analyze programs based on individual and group grading and scoring criteria.

Administer Tests

Assess Data

Analyze Programs



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