

# DOWNLOAD THE FBI PHYSICAL FITNESS TEST APP TODAY



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Federal Bureau of Investigation



# FBI PHYSICAL FITNESS TEST APP

LEARN WHAT IT'S LIKE TO  
TRAIN LIKE AN AGENT



# DO YOU HAVE WHAT IT TAKES?

The FBI's Physical Fitness Test app is an informative and interactive way to train like an agent. Whether you're an aspiring agent hoping to see if you have what it takes or a fitness enthusiast curious about agent training, this mobile application will help you learn the benchmarks of the official FBI Physical Fitness Test (PFT).



## KEY FEATURES



Watch videos that demonstrate proper form and procedures for each component of the test



Try the full Physical Fitness Test with the latest FBI scoring system and protocol used for applicants



Use your phone's GPS and accelerometer for a more realistic PFT experience

# TAKE THE FITNESS CHALLENGE ON THE GO

Whether you are at the gym, on the track, at home, or on the run, you can use the FBI Physical Fitness Test app anywhere.



### Sit-Up Demonstration

