BBC Trainer Strength and Conditioning Assessment

# Male Trainers – All in 15 minutes or less

* 50 Full Burpees
* 50 Push Ups on Toes - 50 Reps (chest to the ground)
* 15 Pull Ups (no kipping, from dead hang, chin above bar)
* 50 Jump Squats (ilium below knee complex)
* .5 Mile Run
* 25 Double Unders

# Female Trainers – All in 15 minutes or less

* 25 Full Burpees
* 25 Push Ups on Toes (chest to the ground)
* 5 Pull Ups (no kipping, from dead hang, chin above bar)
* 75 Jump Squats (ilium below knee complex)
* .5 Mile Run
* 25 Double Unders

# Rules and Regulations

* The BBC Strength and Conditioning Test is the first step in the hiring process. Without a passing physical effort the hiring process will not continue. Prospective trainers can/should be encouraged to retest.
* There are no attempt limits, prospective personal trainers can attempt the SAC as many times as needed to pass.
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* A NCCA accredited CPT certificate must be issued to trainers as a prerequisite to attempting officially attempting
* A personal trainer is not qualified to train clients on the floor until SAC is completed in under 15 minutes and issued a “SAC Certified” certification from person of employment.
* BBC Semi-Absentee owners are not required to pass SAC, only their Head Trainer and any subsequent CPT’s.