**BEAT CPAT**

The Fairfax County Fire and Rescue Department wants you to be successful in your application process with the department. The following links contain information to prepare for the Candidate Physical Abilities Test (CPAT). They are not links to Fairfax County Fire and Rescue Department products or procedures.

Links to YouTube videos:

Part 1 BEAT CPAT Video:

<https://youtu.be/SQnNdlGsfIs?list=PLxZ1uoKV6I1ImejHuvpg1av7ZDu1UugR4>

Part 2 BEAT CPAT VIDEO, Practice Test:

<https://youtu.be/ACvlaiQttUY?list=PLxZ1uoKV6I1ImejHuvpg1av7ZDu1UugR4>

Different Video of Beat CPAT Workout:

<https://youtu.be/Et9OF0WyceY?list=PLxZ1uoKV6I1ImejHuvpg1av7ZDu1UugR4>

IAFF CPAT Orientation Video:

<https://youtu.be/SqeVJPclOy0>

Video with tips and tricks about CPAT:

<https://youtu.be/rkWILor3kYw>