



RESTRICTED

**BASIC FITNESS TEST
SERVICEMEN UNDER 40 YEARS**

Ser	Performance	Conditions	Standards
1	Push-ups	Dress: PT shirt, shorts and shoes.	All ages 30 push-ups in 1 minute.
2	Sit-ups	Dress: As per serial 1 and to be completed 5 minutes after serial 1.	All ages 30 sit-ups in 1 minute.
3	Pull/chin-ups	Dress: As per serial 1 and to be completed 5 minutes after serial 2.	29 yrs and under – 6 pull-ups 30-34yrs - 5 pull-ups 35-39 yrs – 4 pull-ups
4	The Run Part 1: Squadded run and walk for 1.5 miles (2.4km). Part 2: Best effort individual run for 1.5 miles (2.4km).	Dress: PT shirt, shorts and shoes. Part 1: Squadded run will be controlled by PTI: running and walking to arrive at the 1.5-mile (2.4km) mark in 15 minutes. Part 2: Best effort individual run immediately after squadded run.	Both parts of the test are to be completed in the times indicated. Part 1: 15 minutes Part 2: 29 yrs and under – 11 ½ minutes or less 30-34yrs - 12 minutes or less 35-39 yrs - 13 minutes or less.



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**BASIC FITNESS TEST
SERVICEMEN OVER 40 YEARS**

Ser	Performance	Conditions	Standards
1	Push-ups	Dress: PT shirt, shorts and shoes.	Ages 40-49 yrs 20 push-ups in 1 minute.
2	Sit-ups	Dress: As per serial 1 and to be completed 5 minutes after serial 1.	Ages 40-49 yrs 20 sit-ups in 1 minute.
3	Pull/chin-ups	Dress: As per serial 1 and to be completed 5 minutes after serial 2.	Ages 40-44 yrs 3 pull-ups in 1 minute. Ages 45-49 yrs 2 pull-ups in 1 minute.
4	The Run Part 1: Squadded run and walk for 1.5 miles (2.4km). Part 2: Best effort individual run for 1.5 miles (2.4km).	Dress: PT shirt, shorts and shoes. Part 1: Squadded run will be controlled by PTI: running and walking to arrive at the 1.5-mile (2.4km) mark in 15 minutes. Part 2: Best effort individual run immediately after squadded run.	Both parts of the test are to be completed in the times indicated. Part 1: 15 minutes Part 2: 40-44yrs - 16 minutes or less. 45-49 yrs - 20 minutes or less.



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**BASIC FITNESS TEST 2
SERVICEMEN OVER 40 YEARS**

Ser	Performance	Conditions	Standards
1	Push-ups	Dress: PT shirt, shorts and shoes.	Ages 40-49 yrs 20 push-ups in 1 minute.
2	Sit-ups	Dress: As per serial 1 and to be completed 5 minutes after serial 1.	Ages 40-49 yrs 20 sit-ups in 1 minute.
3	Pull/chin-ups	Dress: As per serial 1 and to be completed 5 minutes after serial 2.	Ages 40-44 yrs 3 pull-ups in 1 minute. Ages 45-49 yrs 2 pull-ups in 1 minute.
4	Walk and Run	Dress: PT shirt, shorts and shoes. Individual walk and run for 3 miles (4.8km).	Timings 40-44yrs - 33 minutes or less 45-49 yrs - 36 minutes or less.



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BASIC FITNESS TEST
SERVICEWOMEN UNDER 40 YEARS

Ser	Performance	Conditions	Standards
1	Push-ups	<u>Dress:</u> PT shirt, shorts and shoes.	<u>All ages</u> 20 push-ups in 1 minute.
2	Sit-ups	<u>Dress:</u> As per serial 1 and to be completed 5 minutes after serial 1.	<u>All ages</u> 30 sit-ups in 1 minute.
3	<p><u>The Run</u></p> <p><u>Part 1:</u> Squadded run and walk for 1.5 miles (2.4km).</p> <p><u>Part 2:</u> Best effort individual run for 1.5 miles (2.4km).</p>	<p><u>Dress:</u> PT shirt, shorts and shoes.</p> <p><u>Part 1:</u> Squadded run will be controlled by PTI: running and walking to arrive at the 1.5-mile (2.4km) mark in 18 minutes.</p> <p><u>Part 2:</u> Best effort individual run immediately after squadded run.</p>	<p>Both parts of the test are to be completed in the times indicated.</p> <p><u>Part 1:</u> 18 minutes</p> <p><u>Part 2:</u> 29 yrs and under – 13 ½ minutes or less 30-34yrs – 14 ¼ minutes or less 35-39 yrs - 15 minutes or less.</p>



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**BASIC FITNESS TEST
SERVICEWOMEN OVER 40 YEARS**

Ser	Performance	Conditions	Standards
1	Push-ups	<u>Dress:</u> PT shirt, shorts and shoes.	10 push-ups in 1 minute.
2	Sit-ups	<u>Dress:</u> As per serial 1 and to be completed 5 minutes after serial 1.	20 sit-ups in 1 minute.
3	The Walk and Run Walk and Run for 3 miles (4.8km).	<u>Dress:</u> PT shirt, shorts and shoes. Individual walk and run for 3 miles (4.8km).	<u>Timings</u> 40-44yrs - 36 minutes or less. 45-49 yrs - 39 minutes or less.