

## GUIDE 5

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# PHYSICAL READINESS TEST (PRT)

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## Section 1: PRT Guidelines

1. Purpose. The PRT provides Commanding Officers/Officers in Charge (COs/OICs) a means to assess the general fitness of their Sailors and complies with DoDI 1308.03, *DoD Physical Fitness/Body Composition Program Procedures* policy to develop and administer a physical fitness test that promotes combat readiness by ensuring necessary physical capabilities, minimizes injuries, and meets operational mission requirements.

2. PRT Components. The PRT components consist of a series of physical modalities that assess cardiorespiratory fitness and muscular endurance.

a. Cardiorespiratory fitness. Cardiorespiratory fitness, or aerobic capacity, is the ability of the heart and lungs to deliver oxygen to working muscles. It is associated with the ability to carry out strenuous work for long durations without undue fatigue. The 1.5 mile run/walk test is an indicator of cardiorespiratory endurance. The alternate cardio options - stationary bike, treadmill, Concept 2 rower, and swim tests - are also indicators, but inclusion of these events in the command PRT are at the CO's discretion.

b. Muscular endurance. Muscular endurance is the ability to sustain muscle contractions over a period of time without undue fatigue. The push-ups and forearm plank events are indicators of muscular endurance. Although there is no single test that measures the endurance of all muscles, the forearm plank serves as a measure of abdominal muscle endurance while the push-up measures upper body muscular endurance. In addition, the forearm plank, when performed properly, can develop core strength and endurance, which are important factors in preventing low-back injuries.

3. Testing Sequence. Testing of each required PRT modality must be completed on the same day, with at least 5 minutes but no more than 15 minutes between each modality test and in the following sequence:

a. Push-ups, forearm plank, then cardiorespiratory (or alternate cardio) modality.

b. Due to the limited number of alternate cardio equipment available or the maximum amount of swimmers allowed in a pool, extra coordination may be required to ensure Sailors do not exceed the maximum time of 15 minutes between the forearm plank and alternate-cardio modality test.

c. Example of Sequencing and Command Fitness Leader (CFL) Ratios. The following is **an example** of a command with 200 Sailors, which requires a minimum of eight trained, designated in writing CFL/Assistant CFLs (ACFLs) (1-ACFL per 25 members). With eight ACFLs, four PFA sessions can be administered simultaneously. The key elements are 1-Official (ACFL) Timekeeper, 1-Official Observer (ACFL), 8-Participants (Group A), and 8-Partners (Group B). Upon completion of each PRT modality, Groups A and B are to switch from participant to partner before participating in the next modality. Four PFA

sessions, which consist of 64 participants and partners (Groups A, B, C, and D), can be successfully completed at one time. Based on this example, the command could complete four rounds of PRT sessions for 200 Sailors.

POSITION	GROUP A	GROUP B	GROUP C	GROUP D
Official TimeKeeper	CFL	ACFL	ACFL	ACFL
Official Observer	ACFL	ACFL	ACFL	ACFL
Participants	Sailors = 8	Sailors = 8	Sailors = 8	Sailors = 8
Partners	Sailors = 8	Sailors = 8	Sailors = 8	Sailors = 8
Round 1	16	16	16	16
Round 2	16	16	16	16
Round 3	16	16	16	16
Round 4	8	-	-	-
200 Sailors Tested	56	48	48	48

4. PRT Scoring. The PRT is broken down into five scoring categories. Within the Outstanding, Excellent, and Good categories there are High, Medium, and Low levels. Satisfactory has High and Medium. Probationary is the lowest passing category and has no additional level. The following explains the categories:

- a. Outstanding: Performance above or equal to top 10th percentile.
- b. Excellent: Performance in top 25th percentile, but less than Outstanding.
- c. Good: Performance better than or equal to lowest 25th percentile, but less than Excellent.
- d. Satisfactory/Probationary: Performance in bottom 25th percentile, but above lowest 10th percentile.
- e. Failure: Performance in lowest 10th percentile.
- f. Partial Pass: Scoring used by PRIMS-2 to indicate that the Sailor passed the PRT, but was waived from one or more PRT events.
- g. BCA Pass: Scoring used by PRIMS-2 to indicate that the Sailor passed the BCA, but was authorized a non-participation status for the PRT.

5. Overall PRT Score. The overall PRT score is a category-level performance corresponding to the average of points accumulated from the individual PRT modality test results. PRT results are deemed official once recorded on the NAVPERS 6110/11 and entered in PRIMS-2.

## Section 2: Safety Concerns

1. Prior to Conducting PRT. CFL/ACFLs are to complete an Operational Risk Management (ORM) analysis at least 24 hours prior to the PRT. Ensure a “change analysis” is conducted anytime there is a significant change in any portion of the PRT. Guidelines on conducting a successful ORM analysis may be found in OPNAVINST 3500.39D, *Operational Risk Management*, and the Commander, Naval Safety Command (COMNAVSAFECOM) website. Additionally, all Sailors will eliminate all known risks to the maximum extent possible. Controls shall be put in place to reduce, to an acceptable level, any remaining risks. It is recommended that the ORM process be documented and the appropriate level of authority within the chain of command be given the opportunity to make risk decisions.

2. Conditioning and Test Site Safety. There is a natural risk of injury for all personnel participating in physical activity, even those related to improving health. The environment and the characteristics of the participants also contribute to the overall injury risk. Sailors must be informed of these risks and informed of how to minimize the possibility of injury. To reduce the potential for injury, commands are responsible to ensure a Sailor’s level of physical fitness, including acclimatization to environment, is appropriate for the physical demands required of Physical Training, PRT, and other physical activities.

a. Acclimatization. CO/OICs have the authority to set acclimatization periods, with consultation from medical personnel (i.e., Authorized Medical Department Representative – AMDR; See Guide 1 for details).

b. Support Personnel. The CFL/ACFLs will ensure at least two Cardiopulmonary Resuscitation (CPR) certified personnel are present for every 25 members participating in a PRT. CPR-certified personnel cannot be test participants and do not have to be members of the medical staff. (Examples: CFL and ACFL, 2 ACFLs, CFL/ACFL and CPR-certified observer.)

c. Medical Emergency Assistance. A safety plan must be in place for summoning emergency assistance. At a minimum, the plan must include telephone numbers and procedures for summoning aid, as well as clear directions for emergency response personnel to avoid confusion and ensure prompt arrival. Include guidance for contacting base security personnel to assist with rapid access of emergency personnel to test site.

d. Emergency Drill. The safety plan will include an emergency drill which will be conducted prior to the PRT by the CFL with ACFLs, support personnel, and PRT monitors. The emergency drill will assess skills and review emergency procedures. The drill will include various scenarios and will be practiced until the desired results are obtained.

e. Test Site Selection and/or Certification. The CFL will select the most level 1.5-mile course available. The course will be free of steep inclines and declines, surface irregularities, and sharp turns. Verify or measure course distance with measuring wheel (usually available from recreation services). A bike odometer may only be used if a measuring wheel is not available. Do not use automobile or motorcycle odometers or Global Positioning System (GPS) devices.

f. Cardiopulmonary Resuscitation (CPR)-certified personnel locations. The CFL/ACFLs must ensure CPR-certified personnel who are serving as monitors are in place at appropriate intervals so that the entire course is in view. The test site must be accessible to emergency vehicles and provide for telephone access for notification of emergency services if needed. Cellular phones, walkie-talkies, and other two-way communication devices are acceptable. When conducting the Swim PRT modality, at least one certified lifeguard must be present.

g. Weather Safety Concerns. The PRT is not to be conducted under harsh environmental conditions. Specifically, the PRT should not be conducted outdoors when wind chill is 20°F or lower, or when hot weather “black flag” conditions exist (wet bulb globe temperature [WBGT] of 90°F or higher).

3. Increased Elevation. Increased elevation is defined as greater than 5,000 feet above sea level. Elevation adjustment in the PRT scoring standards reflects research based on an acclimatization period of 30 days. The following guidance is provided:

a. Sailors permanently assigned or on Temporary Additional Duty (TEMADD) to locations at increased elevation will participate in a physical readiness program, including official PFAs.

b. PRTs will be conducted at nearest suitable site with lower or equal elevation. PRT procedures will not be modified due to increased elevation. Commands will institute all appropriate safety measures to minimize risk of injury to Sailors exercising at increased elevation.

c. See [Table 4-2](#) of this guide for the approved increased elevation PRT scoring standards.

4. Pre-Physical Activity Questions (PPAQ). Sailors recovering from a recent illness or reporting a change in health or risk factors (specifically, a tightness or discomfort in the chest, arms, or neck associated with activity or exercise) are not to participate in PT or the PRT. Sailors reporting a change in risk factors must be referred to medical for an evaluation and medical clearance. The CFL/ACFLs will direct Sailors to withdraw from PT if these symptoms occur and contact emergency services immediately.

a. Prior to the PRT or any organized group PT, CFL/ACFLs must ask the following PPAQ:

**(1) Do you have a current PHA? If no, you are prohibited from participation today.**

**(2) Do you have chest pain (with or without exertion), bone or joint pain, high blood pressure or high cholesterol? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.**

**(3) Do you have Sickle Cell Trait (SCT)? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.**

**(4) Have you had a change in your medical status since the last time you were asked these questions? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.**

**(5) Are you ill today or know of any medical condition that may prevent you from participating in physical activity today? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.**

**(6) (For PRT Only): Did you complete the PARFQ (NAVPERS 6110/3)? If yes, have you been medically cleared to participate in the PRT today? If not, you are prohibited from participation in the PRT today.**

b. Sailors with any negative responses to the questions listed above must be evaluated by an AMDR/Health Care Provider (HCP) before participating in physical activity.

c. During the PRT, CFL/ACFLs are also responsible for directing any member who experiences chest pain, shortness of breath, arm and/or neck pain to withdraw from the test and call or escort the member to medical.

5. Warm-Up. The CFL/ACFLs must lead participants in the standardized PRT warm-up (see Appendix A) at the start of the PRT events. The warm-up session is not designed to tire Sailors.

6. Clothing. Ensure all members are dressed appropriately and wearing proper footwear. All members are required to wear the Basic Navy PTU or the Optional PTU (i.e., “Forged by the Sea”) as prescribed in Navy Uniform Regulations (NAVPERS 15665J), during the

PRT. The Navy Fitness Suit is a mandatory Seabag item and when worn, must be worn over the Basic Navy PTU or Optional PTU.

7. Hydration. Adequate fluid intake is vital to safe participation in the PRT and physical exercise. Ensure drinking water is readily available at the test site. Sailors are encouraged to, and members with SCT **must**, drink water before, during, and after the PRT and physical activity, especially in hot weather.

8. Cool-down. At end of the PRT, Sailors are required to participate in a cool down period to allow their heart rate to decline gradually. Cool down should last at least ten minutes. Without cool-down, Sailors may become dizzy or light-headed. See Guide 9 for standard stretches to be conducted during the cool-down period prior to releasing members from the testing site.

9. Injury Reporting. The CFL is responsible for reporting any injuries incurred during organized group PT or the PRT to the Command Safety Officer. The Safety Officer will report the injury to COMNAVSAFECOM. If a death occurs during or within one hour upon completion of the PRT or organized group PT, COMNAVSAFECOM must be notified within 24 hours.



### Section 3: PRT Modalities and Procedures

1. Push-Ups. The push-up modality must be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the Sailor must be entirely on or off the padding (i.e., Sailor's upper body cannot be on the padding with feet off). Sailors are required to wear shoes.

a. Push-ups procedure:

(1) Sailor will begin in leaning-rest position on the deck so that body forms a straight line through the head, shoulders, back, buttocks, and legs. Weight is supported only with the toes and palms of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(2) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.



(3) Sailor shall lower entire body until arms bend to at least 90 degrees while keeping head, shoulders, back, buttocks, and legs aligned and parallel to the deck.

(4) Sailor pushes entire body upward and returns to starting position, ensuring arms are fully extended, without locking elbows.

(5) Sailor may rest only in the up position maintaining a straight line with head, shoulders, back, buttocks and legs.

(6) CFL/ACFL will announce the start as well as 15-second intervals until the 2 minutes have elapsed.

b. Push-ups are repeated as many times as possible with correct form in 2 minutes. CFL/ACFLs must monitor Sailors for correct form and count only the number of properly performed push-ups. Push-ups performed incorrectly will not be counted.

c. Push-ups event is ended when the Sailor:

(1) Touches deck with any part of body except hands and feet.

(2) Raises one hand or foot off the deck.

(3) Fails to maintain proper body alignment (i.e., head, shoulders, back, buttocks, and legs in a straight line with head and heels).

2. Forearm Plank. To properly execute the forearm plank modality of the PRT, there will be no more than eight (8) participants and eight (8) partners per one (1) official timekeeper (CFL/ACFL) and one official observer (ACFL) (and required CPR personnel). For Recruit and Officer Training Commands, the training commands have the authority to determine the correct monitor to recruit/candidate ratio, which must effectively ensure the integrity of the event, given the number of recruits/candidates participating and the drill instructor staff available.

a. Forearm plank procedures:

(1) The forearm plank will be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. The Sailor must be entirely on or off the padding, (i.e., upper body of the Sailor cannot be on the padding with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.

(2) The Official Timekeeper (CFL/ACFL) will record time with a stopwatch to the nearest second and will give the preparatory command "**EVERYBODY UP**", which will prompt participants to assume the forearm plank position. Immediately afterward, the execution command "**START**" will be given, which prompts the official timekeeper to start the stopwatch. Once the time has begun, the official timekeeper will also announce 15-

second intervals until the last participant is finished. Note: Cellphone stopwatches are prohibited.

(3) Sailor will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.

(4) Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Forearms may be parallel or angled inward, but the hands cannot be clasped together. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Sailors may switch between the two hand positions, but hands and forearms cannot be lifted from the deck.

(5) Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands, and toes on the deck.

(6) Knees are straight, pelvis in a neutral position, and back flat. The back, buttocks, and legs must be straight from head to heels and must remain so throughout the test.

(7) The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.

(8) Toes, forearms, and fists or palms must remain in contact with the deck at all times and clasping of hands is not permitted. No part of the body of the Sailor may contact a vertical support surface.



(9) Involuntary muscle spasms (i.e., shaking, trembling, or quivering) resulting from maximum exertion during the exercise are anticipated and permitted as long as the proper forearm plank position is maintained.

c. Forearm plank ends when:

(1) Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.

(2) Any part of the body other than hands (fists/palms), forearms, or feet touch the deck.

(3) Sailor lowers head to hands.

(4) Sailor lifts hands, forearms, or feet off the deck.

(5) Sailor does not maintain 90 degrees at the elbow (i.e., Sailor shifts weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).

(6) Sailor receives more than two corrections on form. On the third correction, the CFL/ACFL will stop the Sailor and record the time. This will be the official forearm plank time (score) of the Sailor.

3. 1.5-mile Run and/or Walk. This cardio modality test consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the test.

a. Run/Walk Procedures:

(1) Conduct on a flat and solid surface track or outdoor course.

(2) Sailor will stand at start line.

(3) Timer will signal start and call out time intervals until completion of test.

(4) Time is recorded with stopwatch to nearest second.

b. 1.5 Mile Run and/or Walk Event is ended when:

(1) Sailor completes the 1.5 mile. CFL will record the time. The Sailor must remain in the area of the designated course to participate in the post PFA cool-down.

(2) Sailor takes a short cut or does not complete the entire 1.5 mile course. If not complete (other than for injury), the cardio portion of the PRT will be scored a **59:59** in PRIMIS-2, resulting in a failed test.

4. Alternate Cardio. Although the 1.5 mile run/walk is the primary modality for testing cardiorespiratory fitness, CO/OICs have the authority to allow (or not allow) Sailors to

conduct cardiorespiratory testing on approved alternate cardio options (i.e. Concept-2 rower, stationary bike, treadmill, or swim). Testing conducted on other models not discussed below is strictly prohibited.

a. CO/OICs are strongly encouraged to include whether or not alternate cardio options are authorized in the 10 week PFA notification.

b. CFL/ACFLs must verify the safety/start/stop and testing procedures work accurately on each machine prior to the test day.

c. CFL/ACFLs must ask the Sailor if they have practiced on that alternate cardio specific machine or model. If Sailor has not practiced prior to day of test, the CFL/ACFL will not administer the alternate cardio and reschedule the Sailor to participate in the entire PRT another day.

5. Alternate Cardio Testing Procedures. CFL/ACFLs must have authorization from the CO/OIC for the current PFA cycle for alternate cardio options.

a. 2000-meter Row. Sailors who intend to test on the rower for the PRT are required to train and familiarize themselves on the approved Concept-2 rower (RowErg is the new name). The following guidance is provided to assist CFL/ACFLs in successfully conducting the PRT for the 2000-meter row on approved Concept-2 rowers (Models D and E only with Performance Monitor 3, 4, or 5):

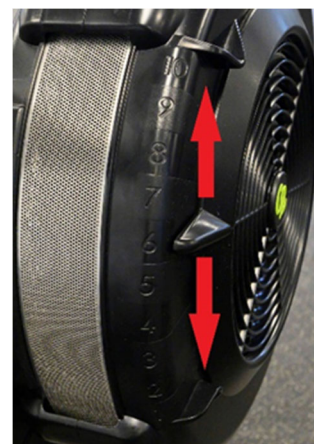
(1) Instruct Sailor to set damper setting on the flywheel of their choosing. Sailor will not be able to adjust the damper setting during the test.

(2) Instruct Sailor to sit on rower machine then adjust the footplate placements and secure feet using adjustable straps. The foot straps should be secured at the widest portion of the foot to permit freedom of movement of the heel during rowing. Additionally, the back of the rower must not be placed near or against any vertical surfaces that would restrict the member's range of motion while rowing.

(3) Sailor should grasp the handle with both hands placed along the outer edge of the handle. Once the Sailor begins pulling on the handle, they should remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which would result in a test graded as a failure) until the 2000-meter test is complete.

(4) CFL/ACFLs will program the rowing machine performance monitor with the following items:

(a) From the main menu of the performance monitor, press the **"Select Workout"** button.



(b) Press the **"Standard List"** button and then select **"2000 m"**.

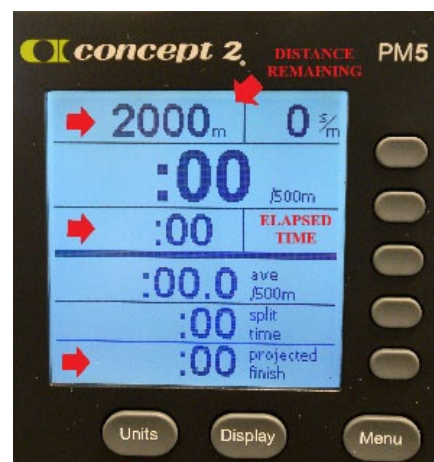
(c) Press **"Display"** until the top line shows **"2000m|0 s/m"**, the third line will show the overall elapsed time (00:00) and the bottom line will show the projected finish time.



(5) The event begins when the CFL/ACFL gives the command **"START"**. Time starts automatically on the rowing performance monitor display when the Sailor starts rowing. The rowing distance display counts down from **"2000 m"** to **"0 m"**.

(6) The Sailor begins the test by pressing with their legs and moving entire body back away from the performance monitor.

(7) Once Sailor reaches **"0 m"**, the CFL/ACFL announces and records elapsed time from performance monitor, rounding the time to the nearest whole second (0.4 and lower, round down; 0.5 and higher, round up).



(8) The rower event ends when the Sailor:

(a) Completes 2000-meters.

(b) Stops rowing for a period long enough that the monitor turns off.

(9) If Sailor does not complete the rower portion of the PRT (other than for injury) the time will be recorded as 59:59 and scored as **"FAILED"**.

b. Treadmill. The treadmill must have a motor-driven running surface belt with an emergency stop button, adjustable speed displayed in miles per hour, inclination adjustment, and odometer that accurately measures distance traveled in miles.

(1) The following procedures are provided to successfully conduct the PRT on an approved treadmill:

(a) Sailor will stand on the belt with treadmill inclination set at 1.0 percent. Neither the treadmill belt nor stopwatch is running.

(b) CFL/ACFL will signal start and Sailor will start the treadmill at desired speed. Sailor is required to step onto the belt as soon as it starts moving (i.e., not wait until the belt has reached its programmed speed). As soon as the belt moves, the CFL or ACFL will start the official time using a stopwatch.

(c) CFL/ACFL will announce the start and call time within two minute intervals until the Sailor has traveled 1.5 miles.

(d) Treadmill speed may be adjusted to Sailor's comfort anytime during test.

(e) Sailor may momentarily touch the treadmill's safety bar with fingertips or open palm for safety to recover balance. Sailor may not, however, grab or hold onto the bar for any reason other than to recover balance.

(f) Sailor is allowed to briefly pause the treadmill to retie a shoelace. No distance shall be counted towards the Sailor's score during the pause. The stopwatch, however, will continue to run.

(g) Time is recorded with a stopwatch to nearest second. Although most treadmills are equipped with an accurate time display, only the time recorded by the stopwatch shall be used for official scoring. This is done to account for the time during a pause.

(2) Treadmill event is ended when the Sailor:

(a) Completes 1.5 miles.

(b) Stops running or walking other than to retie shoelace or to remove a foreign object from their shoe (for safety purposes). If this should occur, the Sailor must pause the machine.

(c) Supports body weight by holding onto or leaning against the treadmill support bar other than to momentarily regain balance.

(d) Changes treadmill inclination from 1.0.

c. 500-yard or 450-meter Swim. The swim event may be conducted if facilities are reasonably available. The swim event consists of swimming 500 yards or 450 meters in fastest time possible. Any swim stroke and turn may be used and will only be conducted in a standard 25 or 50 yard/meter swimming pool. For safety purposes, no more than 3 swimmers per CFL/ACFL are authorized in the water at a time.

(1) The follow procedures are provided to successfully conduct the PRT Swim:

(a) Swimmer will begin test in water. No diving starts.

(b) CFL/ACFL will announce the start as well as number of pool lengths and associated times until Sailor has completed either 500 yards or 450 meters.

(c) Time will be recorded with a stopwatch to nearest second.

(d) Swimmer may push off from sides with hands and feet after each pool length.

(e) Resting is permitted by holding side of pool, standing, or treading water.

(f) Sailors may use goggles, facemasks, swim caps, and/or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion devices are strictly prohibited.

(2) Swim event is ended when Sailor:

(a) Completes prescribed distance.

(b) Receives or requires physical assistance from CFL/ACFL, lifeguard, or another person.

d. Stationary Bike (Non-Life Fitness Inc. Models). The following procedures are provided to successfully conduct the PRT on the non-Life Fitness, Inc. stationary bike:

(1) Ensure machine data is cleared prior to programming for the test.

(2) Instruct Sailor to sit on the bike.

(3) Program the following items in the order required by specific machine:

(a) Manual program.

(b) Resistance level of Sailor's choice.

(c) Set the test duration time to 14 minutes (although the actual test duration is 12 minutes this accounts for machines that utilize automatic cool-down).



(4) Allow the Sailor to vary resistance/load as appropriate.

(5) At the 12 minute mark, read, announce, and record caloric output from stationary bike console. Test is complete when exactly 12 minutes is reached.

(6) Allow the Sailor to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.

(7) A caloric output of “20” will be entered into PRIMS if any of the following occur during the test:

- (a) Stops to rest.
- (b) Stops the machine.
- (c) Stands up.
- (d) Removes hands from handlebars (other than shortly required for comfort, i.e., to adjust the resistance, wipe off sweat, etc.).

e. Stationary Bike (Life Fitness Inc. Models). The following procedures are provided to successfully conduct the PRT on Life Fitness, Inc. stationary bike models:

(1) Ensure machine data is cleared prior to programming for the test.

(2) Instruct Sailor to sit on the bike.



1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	<b>GO</b>	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	<b>STOP</b>	Press to Stop a workout.
7	<b>UP</b> and <b>DOWN</b> arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

(3) Program the following items in the order required by specific machine:

(a) Using Item 4, select the first button on the left with this ( -- ) symbol. This is your **MANUAL** workout key.

(b) Select Item 7 for TIME, use the up/down arrow to select time. Enter 14 minutes (although the actual test duration is 12 minutes this accounts for automatic cool-down). Indicator 8 will illuminate for time.

(c) Select Item 7 to increase or decrease resistance LEVEL, use the up/down arrow to adjust resistance level.

(d) Select Item 7 to adjust Sailor's **WEIGHT**, use the up/down arrow to select weight for Sailor. Indicator (8) will illuminate for weight.

(e) Select Item 2 (GO) to start the PRT test.

\*NOTE: Not all Life Fitness, Inc. bike models have the same console. CFL/ACFLs must ensure that they are familiar with how to properly program the bikes being utilized for their command's PRT.

\*NOTE: All Life Fitness, Inc. bike models require the Sailor's weight to be programmed into the console in order to receive accurate caloric output for scoring this event.

(4) Allow the Sailor to vary resistance/load as appropriate.

(5) At the 12 minute mark, read, announce, and record caloric output from stationary bike console (Item 1). Test is complete when exactly 12 minutes is reached.

(6) Allow the Sailor to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.

(7) A caloric output of "20" will be entered into PRIMS if any of the following occur during the test:

(a) Stops to rest.

(b) Stops the machine.

(c) Stands up.

(d) Removes hands from handlebars (other than shortly required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).

6. Grading the PRT. The PRT is passed when a Sailor achieves a score of probationary or higher on all PRT modalities (push-ups, forearm plank, and one cardio or alternate cardio event). Failing one or more individual modalities will result in an overall PRT failure. In the event a Sailor is medically waived from any portion of the PRT, grading will be determined from the modalities which the Sailor participated in.

## Section 4-1

### PRT Standards for Altitudes Less Than 5000 Ft

Note: The official PFA mobile application provides calculation of PFA standards for the stationary bicycle modality based upon bike model and calorie burn.

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:24	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:19	8:45	7:10	6:45	6:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>86</b>	<b>3:14</b>	<b>9:00</b>	<b>7:20</b>	<b>7:15</b>	<b>7:05</b>
Excellent	High	85	82	3:04	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	2:53	9:30	7:40	8:15	8:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>76</b>	<b>2:43</b>	<b>9:45</b>	<b>7:50</b>	<b>8:30</b>	<b>8:20</b>
Good	High	70	68	2:23	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:02	10:30	8:30	10:30	10:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>51</b>	<b>1:42</b>	<b>11:00</b>	<b>8:50</b>	<b>11:15</b>	<b>11:05</b>
Satisfactory	High	55	49	1:32	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:22	12:15	9:10	12:15	12:05
Probationary		<b>45</b>	<b>42</b>	<b>1:11</b>	<b>12:45</b>	<b>9:20</b>	<b>12:45</b>	<b>12:35</b>
Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:14	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:09	11:15	8:10	7:45	7:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>47</b>	<b>3:04</b>	<b>11:30</b>	<b>8:20</b>	<b>8:30</b>	<b>8:20</b>
Excellent	High	85	45	2:53	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	2:43	12:00	8:40	9:30	9:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>42</b>	<b>2:33</b>	<b>12:30</b>	<b>8:50</b>	<b>9:45</b>	<b>9:35</b>
Good	High	70	36	2:13	12:45	9:10	10:45	10:35
Good	Medium	65	30	1:52	13:00	9:40	12:00	11:50
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>24</b>	<b>1:32</b>	<b>13:30</b>	<b>10:10</b>	<b>13:00</b>	<b>12:50</b>
Satisfactory	High	55	22	1:22	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:11	14:45	10:30	13:45	13:35
Probationary		<b>45</b>	<b>19</b>	<b>1:01</b>	<b>15:00</b>	<b>10:40</b>	<b>14:15</b>	<b>14:05</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:20	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:15	9:00	7:15	7:00	6:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>81</b>	<b>3:10</b>	<b>9:15</b>	<b>7:25</b>	<b>7:30</b>	<b>7:20</b>
Excellent	High	85	77	3:00	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	2:50	10:00	7:45	8:15	8:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>71</b>	<b>2:40</b>	<b>10:30</b>	<b>7:55</b>	<b>8:45</b>	<b>8:35</b>
Good	High	70	64	2:20	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:00	11:30	8:35	10:30	10:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>47</b>	<b>1:40</b>	<b>12:00</b>	<b>8:55</b>	<b>11:30</b>	<b>11:20</b>
Satisfactory	High	55	45	1:30	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:20	13:15	9:15	12:15	12:05
Probationary		<b>45</b>	<b>37</b>	<b>1:10</b>	<b>13:30</b>	<b>9:25</b>	<b>13:00</b>	<b>12:50</b>
Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:10	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:05	11:15	8:15	8:00	7:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>44</b>	<b>3:00</b>	<b>11:30</b>	<b>8:25</b>	<b>8:45</b>	<b>8:35</b>
Excellent	High	85	43	2:50	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	2:40	12:45	8:45	9:45	9:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>39</b>	<b>2:30</b>	<b>13:15</b>	<b>8:55</b>	<b>10:00</b>	<b>9:50</b>
Good	High	70	33	2:10	13:30	9:15	11:00	10:50
Good	Medium	65	28	1:50	13:45	9:45	12:15	12:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>21</b>	<b>1:30</b>	<b>14:15</b>	<b>10:15</b>	<b>13:15</b>	<b>13:05</b>
Satisfactory	High	55	20	1:20	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:10	15:15	10:35	14:00	13:50
Probationary		<b>45</b>	<b>16</b>	<b>1:00</b>	<b>15:30</b>	<b>10:45</b>	<b>14:30</b>	<b>14:20</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:11	9:23	7:20	7:08	6:58
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>77</b>	<b>3:06</b>	<b>9:38</b>	<b>7:30</b>	<b>7:38</b>	<b>7:28</b>
Excellent	High	85	73	2:56	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	2:47	10:30	7:50	8:23	8:13
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>67</b>	<b>2:37</b>	<b>10:52</b>	<b>8:00</b>	<b>8:53</b>	<b>8:43</b>
Good	High	70	60	2:17	11:23	8:20	9:38	9:28
Good	Medium	65	51	1:58	12:15	8:40	10:38	10:28
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>44</b>	<b>1:38</b>	<b>12:53</b>	<b>9:00</b>	<b>11:38</b>	<b>11:28</b>
Satisfactory	High	55	41	1:28	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:18	13:45	9:20	12:23	12:13
Probationary		<b>45</b>	<b>34</b>	<b>1:09</b>	<b>14:00</b>	<b>9:30</b>	<b>13:08</b>	<b>12:58</b>
Performance		Points	Females: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	46	3:06	10:17	8:10	7:23	7:13
Outstanding	Medium	95	45	3:01	11:30	8:20	8:15	7:58
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>43</b>	<b>2:56</b>	<b>11:45</b>	<b>8:30</b>	<b>9:00</b>	<b>8:50</b>
Excellent	High	85	41	2:47	12:30	8:40	9:30	9:20
Excellent	Medium	80	39	2:37	13:00	8:50	10:00	9:50
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>37</b>	<b>2:27</b>	<b>13:23</b>	<b>9:00</b>	<b>10:15</b>	<b>10:05</b>
Good	High	70	30	2:07	14:00	9:20	11:15	11:05
Good	Medium	65	26	1:48	14:30	9:50	12:30	12:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>19</b>	<b>1:28</b>	<b>14:53</b>	<b>10:20</b>	<b>13:30</b>	<b>13:20</b>
Satisfactory	High	55	18	1:18	15:23	10:30	13:53	13:43
Satisfactory	Medium	50	15	1:09	15:45	10:40	14:15	14:05
Probationary		<b>45</b>	<b>13</b>	<b>0:59</b>	<b>16:08</b>	<b>10:50</b>	<b>14:45</b>	<b>14:35</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	80	3:12	9:20	7:15	6:45	6:35
Outstanding	Medium	95	78	3:07	9:45	7:25	7:15	7:05
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>74</b>	<b>3:02</b>	<b>10:00</b>	<b>7:35</b>	<b>7:45</b>	<b>7:35</b>
Excellent	High	85	69	2:53	10:30	7:45	8:15	8:05
Excellent	Medium	80	67	2:43	11:00	7:55	8:30	8:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>64</b>	<b>2:34</b>	<b>11:15</b>	<b>8:05</b>	<b>9:00</b>	<b>8:50</b>
Good	High	70	57	2:14	12:00	8:25	9:45	9:35
Good	Medium	65	48	1:55	13:00	8:45	10:45	10:35
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>41</b>	<b>1:36</b>	<b>13:45</b>	<b>9:05</b>	<b>11:45</b>	<b>11:35</b>
Satisfactory	High	55	38	1:26	14:00	9:15	12:15	12:05
Satisfactory	Medium	50	35	1:17	14:15	9:25	12:30	12:20
Probationary		<b>45</b>	<b>31</b>	<b>1:07</b>	<b>14:30</b>	<b>9:35</b>	<b>13:15</b>	<b>13:05</b>
Performance		Points	Females: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	44	3:02	10:46	8:15	7:30	7:20
Outstanding	Medium	95	43	2:58	11:45	8:25	8:30	8:20
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>41</b>	<b>2:53</b>	<b>12:00</b>	<b>8:35</b>	<b>9:15</b>	<b>9:05</b>
Excellent	High	85	39	2:43	12:45	8:45	9:45	9:35
Excellent	Medium	80	37	2:34	13:15	8:55	10:15	10:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>35</b>	<b>2:24</b>	<b>13:30</b>	<b>9:05</b>	<b>10:30</b>	<b>10:20</b>
Good	High	70	28	2:05	14:30	9:25	11:30	11:20
Good	Medium	65	24	1:46	15:15	9:55	12:45	12:35
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>17</b>	<b>1:26</b>	<b>15:30</b>	<b>10:25</b>	<b>13:45</b>	<b>13:35</b>
Satisfactory	High	55	15	1:17	15:45	10:35	14:00	13:50
Satisfactory	Medium	50	13	1:07	16:15	10:45	14:30	14:20
Probationary		<b>45</b>	<b>11</b>	<b>0:58</b>	<b>16:45</b>	<b>10:55</b>	<b>15:00</b>	<b>14:50</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	76	3:08	9:25	7:20	6:53	6:43
Outstanding	Medium	95	74	3:04	9:53	7:30	7:23	7:13
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>70</b>	<b>2:59</b>	<b>10:08</b>	<b>7:40</b>	<b>7:53</b>	<b>7:43</b>
Excellent	High	85	65	2:49	10:38	7:50	8:23	8:13
Excellent	Medium	80	63	2:40	11:08	8:00	8:38	8:28
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>60</b>	<b>2:31</b>	<b>11:23</b>	<b>8:10</b>	<b>9:08</b>	<b>8:58</b>
Good	High	70	53	2:12	12:23	8:30	9:53	9:43
Good	Medium	65	44	1:53	13:23	8:50	10:53	10:43
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>37</b>	<b>1:34</b>	<b>14:08</b>	<b>9:10</b>	<b>11:53</b>	<b>11:43</b>
Satisfactory	High	55	35	1:25	14:23	9:20	12:23	12:13
Satisfactory	Medium	50	33	1:15	14:45	9:30	12:38	12:28
Probationary		<b>45</b>	<b>27</b>	<b>1:06</b>	<b>15:00</b>	<b>9:40</b>	<b>13:23</b>	<b>13:13</b>
Performance		Points	Females: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	43	2:59	10:51	8:20	7:45	7:35
Outstanding	Medium	95	42	2:54	11:53	8:30	8:38	8:28
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>39</b>	<b>2:49</b>	<b>12:08</b>	<b>8:40</b>	<b>9:30</b>	<b>9:20</b>
Excellent	High	85	37	2:40	12:53	8:50	10:00	9:50
Excellent	Medium	80	35	2:31	13:23	9:00	10:23	10:13
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>34</b>	<b>2:21</b>	<b>13:45</b>	<b>9:10</b>	<b>10:45</b>	<b>10:35</b>
Good	High	70	26	2:02	14:38	9:30	11:45	11:35
Good	Medium	65	22	1:44	15:30	10:00	12:53	12:43
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>14</b>	<b>1:25</b>	<b>15:53</b>	<b>10:30</b>	<b>14:00</b>	<b>13:50</b>
Satisfactory	High	55	13	1:15	16:15	10:40	14:15	14:05
Satisfactory	Medium	50	11	1:06	16:38	10:50	14:38	14:28
Probationary		<b>45</b>	<b>9</b>	<b>0:56</b>	<b>17:00</b>	<b>11:00</b>	<b>15:15</b>	<b>15:05</b>



Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	72	3:04	9:30	7:25	7:00	6:50
Outstanding	Medium	95	70	3:00	10:00	7:35	7:30	7:20
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>67</b>	<b>2:55</b>	<b>10:15</b>	<b>7:45</b>	<b>8:00</b>	<b>7:50</b>
Excellent	High	85	61	2:46	10:45	7:55	8:30	8:20
Excellent	Medium	80	59	2:37	11:15	8:05	8:45	8:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>56</b>	<b>2:28</b>	<b>11:45</b>	<b>8:15</b>	<b>9:15</b>	<b>9:05</b>
Good	High	70	50	2:09	12:45	8:35	10:00	9:50
Good	Medium	65	41	1:51	13:45	8:55	11:00	10:50
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>34</b>	<b>1:32</b>	<b>14:30</b>	<b>9:15</b>	<b>12:00</b>	<b>11:50</b>
Satisfactory	High	55	32	1:23	14:45	9:25	12:30	12:20
Satisfactory	Medium	50	29	1:14	15:15	9:35	12:45	12:35
Probationary		<b>45</b>	<b>24</b>	<b>1:05</b>	<b>15:30</b>	<b>9:45</b>	<b>13:30</b>	<b>13:20</b>
Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	2:55	10:56	8:25	8:00	7:50
Outstanding	Medium	95	40	2:51	12:00	8:35	8:45	8:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>37</b>	<b>2:46</b>	<b>12:15</b>	<b>8:45</b>	<b>9:45</b>	<b>9:35</b>
Excellent	High	85	35	2:37	13:00	8:55	10:15	10:05
Excellent	Medium	80	33	2:28	13:30	9:05	10:30	10:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>32</b>	<b>2:18</b>	<b>14:00</b>	<b>9:15</b>	<b>11:00</b>	<b>10:50</b>
Good	High	70	24	2:00	14:45	9:35	12:00	11:50
Good	Medium	65	20	1:41	15:45	10:05	13:00	12:50
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>12</b>	<b>1:23</b>	<b>16:15</b>	<b>10:35</b>	<b>14:15</b>	<b>14:05</b>
Satisfactory	High	55	11	1:14	16:45	10:45	14:30	14:20
Satisfactory	Medium	50	9	1:05	17:00	10:55	14:45	14:35
Probationary		<b>45</b>	<b>7</b>	<b>0:55</b>	<b>17:15</b>	<b>11:05</b>	<b>15:30</b>	<b>15:20</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	68	3:01	9:33	7:30	7:08	6:58
Outstanding	Medium	95	66	2:56	10:08	7:40	7:38	7:28
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>63</b>	<b>2:52</b>	<b>10:30</b>	<b>7:50</b>	<b>8:08</b>	<b>7:58</b>
Excellent	High	85	57	2:43	11:08	8:00	8:38	8:28
Excellent	Medium	80	54	2:34	11:38	8:10	8:53	8:43
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>52</b>	<b>2:25</b>	<b>12:08</b>	<b>8:20</b>	<b>9:23</b>	<b>9:13</b>
Good	High	70	46	2:07	13:00	8:40	10:08	9:58
Good	Medium	65	37	1:48	14:08	9:00	11:08	10:58
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>32</b>	<b>1:30</b>	<b>14:53</b>	<b>9:20</b>	<b>12:08</b>	<b>11:58</b>
Satisfactory	High	55	28	1:21	15:15	9:30	12:38	12:28
Satisfactory	Medium	50	25	1:12	15:45	9:40	12:53	12:43
Probationary		<b>45</b>	<b>21</b>	<b>1:03</b>	<b>16:08</b>	<b>9:50</b>	<b>13:38</b>	<b>13:28</b>
Performance		Points	Females: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	40	2:52	10:58	8:30	8:15	8:05
Outstanding	Medium	95	39	2:47	12:08	8:40	9:00	8:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>35</b>	<b>2:43</b>	<b>12:30</b>	<b>8:50</b>	<b>9:53</b>	<b>9:43</b>
Excellent	High	85	33	2:34	13:15	9:00	10:23	10:13
Excellent	Medium	80	32	2:25	13:45	9:10	10:45	10:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>30</b>	<b>2:16</b>	<b>14:08</b>	<b>9:20</b>	<b>11:08</b>	<b>10:58</b>
Good	High	70	22	1:58	15:00	9:40	12:15	12:05
Good	Medium	65	18	1:39	15:53	10:10	13:15	13:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>11</b>	<b>1:21</b>	<b>16:30</b>	<b>10:40</b>	<b>14:30</b>	<b>14:20</b>
Satisfactory	High	55	8	1:12	16:53	10:50	14:45	14:35
Satisfactory	Medium	50	7	1:03	17:08	11:00	15:00	14:50
Probationary		<b>45</b>	<b>5</b>	<b>0:54</b>	<b>17:23</b>	<b>11:10</b>	<b>15:38</b>	<b>15:28</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	64	2:57	9:35	7:35	7:15	7:05
Outstanding	Medium	95	62	2:53	10:15	7:45	7:45	7:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>59</b>	<b>2:48</b>	<b>10:45</b>	<b>7:55</b>	<b>8:15</b>	<b>8:05</b>
Excellent	High	85	53	2:39	11:30	8:05	8:45	8:35
Excellent	Medium	80	51	2:31	12:00	8:15	9:00	8:50
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>49</b>	<b>2:22</b>	<b>12:30</b>	<b>8:25</b>	<b>9:30</b>	<b>9:20</b>
Good	High	70	43	2:04	13:15	8:45	10:15	10:05
Good	Medium	65	34	1:46	14:30	9:05	11:15	11:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>30</b>	<b>1:29</b>	<b>15:15</b>	<b>9:25</b>	<b>12:15</b>	<b>12:05</b>
Satisfactory	High	55	25	1:20	15:45	9:35	12:45	12:35
Satisfactory	Medium	50	23	1:11	16:15	9:45	13:00	12:50
Probationary		<b>45</b>	<b>19</b>	<b>1:02</b>	<b>16:45</b>	<b>9:55</b>	<b>13:45</b>	<b>13:35</b>
Performance		Points	Females: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	38	2:48	11:00	8:35	8:30	8:20
Outstanding	Medium	95	37	2:44	12:15	8:45	9:15	9:05
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>33</b>	<b>2:39</b>	<b>12:45</b>	<b>8:55</b>	<b>10:00</b>	<b>9:50</b>
Excellent	High	85	31	2:31	13:30	9:05	10:30	10:20
Excellent	Medium	80	30	2:22	14:00	9:15	11:00	10:50
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>28</b>	<b>2:13</b>	<b>14:15</b>	<b>9:25</b>	<b>11:15</b>	<b>11:05</b>
Good	High	70	20	1:55	15:15	9:45	12:30	12:20
Good	Medium	65	16	1:37	16:00	10:15	13:30	13:20
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>10</b>	<b>1:20</b>	<b>16:45</b>	<b>10:45</b>	<b>14:45</b>	<b>14:35</b>
Satisfactory	High	55	6	1:11	17:00	10:55	15:00	14:50
Satisfactory	Medium	50	5	1:02	17:15	11:05	15:15	15:05
Probationary		<b>45</b>	<b>2</b>	<b>0:53</b>	<b>17:30</b>	<b>11:15</b>	<b>15:45</b>	<b>15:35</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	<b>100</b>	60	2:54	10:42	7:40	7:17	7:07
Outstanding	Medium	<b>95</b>	59	2:49	11:09	7:50	7:47	7:37
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>56</b>	<b>2:45</b>	<b>11:25</b>	<b>8:00</b>	<b>8:17</b>	<b>8:07</b>
Excellent	High	<b>85</b>	52	2:36	11:57	8:10	8:50	8:40
Excellent	Medium	<b>80</b>	48	2:28	12:29	8:20	9:15	9:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>46</b>	<b>2:19</b>	<b>13:12</b>	<b>8:30</b>	<b>9:47</b>	<b>9:37</b>
Good	High	<b>70</b>	38	2:02	14:13	8:50	10:40	10:30
Good	Medium	<b>65</b>	32	1:44	15:14	9:10	11:35	11:25
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>16</b>	<b>1:27</b>	<b>16:15</b>	<b>9:30</b>	<b>12:33</b>	<b>12:23</b>
Satisfactory	High	<b>55</b>	14	1:18	16:33	9:40	13:00	12:50
Satisfactory	Medium	<b>50</b>	12	1:09	16:51	9:50	13:25	13:15
Probationary		<b>45</b>	<b>10</b>	<b>1:01</b>	<b>17:09</b>	<b>10:00</b>	<b>13:55</b>	<b>13:45</b>
Performance		Points	Females: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	30	2:45	12:23	8:40	8:45	8:35
Outstanding	Medium	95	28	2:41	13:39	8:50	9:30	9:20
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>26</b>	<b>2:36</b>	<b>13:57</b>	<b>9:00</b>	<b>10:07</b>	<b>9:57</b>
Excellent	High	85	24	2:28	14:25	9:10	10:37	10:27
Excellent	Medium	80	22	2:19	14:53	9:20	11:15	11:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>20</b>	<b>2:10</b>	<b>15:20</b>	<b>9:30</b>	<b>11:25</b>	<b>11:15</b>
Good	High	70	16	1:53	16:09	9:50	12:45	12:35
Good	Medium	65	10	1:35	16:58	10:20	13:45	13:35
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>6</b>	<b>1:18</b>	<b>17:48</b>	<b>10:50</b>	<b>15:00</b>	<b>14:50</b>
Satisfactory	High	55	5	1:09	18:03	11:00	15:15	15:05
Satisfactory	Medium	50	3	1:01	18:18	11:10	15:30	15:20
Probationary		<b>45</b>	<b>2</b>	<b>0:52</b>	<b>18:34</b>	<b>11:20</b>	<b>16:00</b>	<b>15:50</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 60 - 64 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	57	2:50	11:21	7:45	7:20	7:10
Outstanding	Medium	95	56	2:46	11:48	7:55	7:50	7:40
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>52</b>	<b>2:42</b>	<b>12:04</b>	<b>8:05</b>	<b>8:20</b>	<b>8:10</b>
Excellent	High	85	48	2:33	12:40	8:15	8:55	8:45
Excellent	Medium	80	46	2:25	13:16	8:25	9:30	9:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>44</b>	<b>2:16</b>	<b>13:53</b>	<b>8:35</b>	<b>10:05</b>	<b>9:55</b>
Good	High	70	32	1:59	15:00	8:55	11:00	10:50
Good	Medium	65	23	1:42	16:07	9:15	11:55	11:45
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>14</b>	<b>1:25</b>	<b>17:14</b>	<b>9:35</b>	<b>12:50</b>	<b>12:40</b>
Satisfactory	High	55	12	1:17	17:47	9:45	13:15	13:05
Satisfactory	Medium	50	10	1:08	18:20	9:55	13:40	13:30
Probationary		<b>45</b>	<b>8</b>	<b>1:00</b>	<b>18:52</b>	<b>10:05</b>	<b>14:05</b>	<b>13:55</b>
Performance		Points	Females: Age 60 - 64 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	26	2:42	13:34	8:45	9:00	8:50
Outstanding	Medium	95	24	2:37	14:50	8:55	9:45	9:35
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>22</b>	<b>2:33</b>	<b>15:08</b>	<b>9:05</b>	<b>10:15</b>	<b>10:05</b>
Excellent	High	85	20	2:25	15:34	9:15	10:45	10:35
Excellent	Medium	80	18	2:16	16:00	9:25	11:30	11:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>16</b>	<b>2:08</b>	<b>16:25</b>	<b>9:35</b>	<b>11:35</b>	<b>11:25</b>
Good	High	70	12	1:51	17:17	9:55	13:00	12:50
Good	Medium	65	8	1:34	18:06	10:25	14:00	13:50
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>5</b>	<b>1:17</b>	<b>18:51</b>	<b>10:55</b>	<b>15:15</b>	<b>15:05</b>
Satisfactory	High	55	4	1:08	19:08	11:05	15:30	15:20
Satisfactory	Medium	50	3	1:00	19:25	11:15	15:45	15:35
Probationary		<b>45</b>	<b>2</b>	<b>0:51</b>	<b>19:43</b>	<b>11:25</b>	<b>16:15</b>	<b>16:05</b>

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 65 + years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	2:47	11:41	7:50	7:25	7:15
Outstanding	Medium	95	46	2:43	12:13	8:00	7:55	7:45
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>44</b>	<b>2:38</b>	<b>12:43</b>	<b>8:10</b>	<b>8:25</b>	<b>8:15</b>
Excellent	High	85	41	2:30	13:20	8:20	9:05	8:55
Excellent	Medium	80	39	2:22	13:57	8:30	9:45	9:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>36</b>	<b>2:13</b>	<b>14:34</b>	<b>8:40</b>	<b>10:30</b>	<b>10:20</b>
Good	High	70	25	1:57	15:47	9:00	11:25	11:15
Good	Medium	65	18	1:40	17:00	9:20	12:20	12:10
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>10</b>	<b>1:23</b>	<b>18:13</b>	<b>9:40</b>	<b>13:20</b>	<b>13:10</b>
Satisfactory	High	55	8	1:15	19:00	9:50	13:40	13:30
Satisfactory	Medium	50	6	1:07	19:47	10:00	14:00	13:50
Probationary		<b>45</b>	<b>4</b>	<b>0:58</b>	<b>20:35</b>	<b>10:10</b>	<b>14:15</b>	<b>14:05</b>
Performance		Points	Females: Age 65 + years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	22	2:38	14:45	8:50	9:15	9:05
Outstanding	Medium	95	20	2:34	16:01	9:00	10:00	9:50
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>18</b>	<b>2:30</b>	<b>16:19</b>	<b>9:10</b>	<b>10:23</b>	<b>10:13</b>
Excellent	High	85	16	2:22	16:43	9:20	10:52	10:42
Excellent	Medium	80	14	2:13	17:07	9:30	11:45	11:35
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>12</b>	<b>2:05</b>	<b>17:30</b>	<b>9:40</b>	<b>11:50</b>	<b>11:40</b>
Good	High	70	9	1:48	18:18	10:00	13:15	13:05
Good	Medium	65	6	1:32	19:06	10:30	14:15	14:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>4</b>	<b>1:15</b>	<b>19:54</b>	<b>11:00</b>	<b>15:30</b>	<b>15:20</b>
Satisfactory	High	55	3	1:07	20:13	11:10	15:45	15:35
Satisfactory	Medium	50	2	0:58	20:31	11:20	16:00	15:50
Probationary		<b>45</b>	<b>1</b>	<b>0:50</b>	<b>20:52</b>	<b>11:30</b>	<b>16:30</b>	<b>16:20</b>

## Section 4-2

### PRT Standards for Altitudes Greater Than 5000 Ft

Note: The official PFA mobile application provides calculation of PFA standards for the stationary bicycle modality based upon bike model and calorie burn.

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:24	9:00	07:38	7:05	6:55
Outstanding	Medium	95	91	3:19	9:30	07:49	7:20	7:10
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>86</b>	<b>3:14</b>	<b>9:50</b>	<b>08:00</b>	<b>7:55</b>	<b>7:45</b>
Excellent	High	85	82	3:04	10:05	08:11	8:25	8:15
Excellent	Medium	80	79	2:53	10:20	08:21	9:00	8:50
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>76</b>	<b>2:43</b>	<b>10:40</b>	<b>08:32</b>	<b>9:15</b>	<b>9:05</b>
Good	High	70	68	2:23	10:55	08:54	10:05	9:55
Good	Medium	65	60	2:02	11:25	09:16	11:25	11:15
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>51</b>	<b>1:42</b>	<b>12:00</b>	<b>09:38</b>	<b>12:15</b>	<b>12:05</b>
Satisfactory	High	55	49	1:32	13:05	09:49	12:50	12:40
Satisfactory	Medium	50	46	1:22	13:20	10:00	13:20	13:10
Probationary		<b>45</b>	<b>42</b>	<b>1:11</b>	<b>13:40</b>	<b>10:10</b>	<b>13:55</b>	<b>13:40</b>
Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:14	10:20	08:43	7:20	7:10
Outstanding	Medium	95	50	3:09	12:15	08:54	8:25	8:15
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>47</b>	<b>3:04</b>	<b>12:30</b>	<b>09:05</b>	<b>9:15</b>	<b>9:05</b>
Excellent	High	85	45	2:53	12:50	09:16	9:50	9:40
Excellent	Medium	80	43	2:43	13:05	09:27	10:20	10:10
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>42</b>	<b>2:33</b>	<b>13:40</b>	<b>09:38</b>	<b>10:40</b>	<b>10:25</b>
Good	High	70	36	2:13	13:55	10:00	11:45	11:30
Good	Medium	65	30	1:52	14:10	10:32	13:05	12:55
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>24</b>	<b>1:32</b>	<b>14:45</b>	<b>11:05</b>	<b>14:10</b>	<b>14:00</b>
Satisfactory	High	55	22	1:22	15:30	11:16	14:25	14:15
Satisfactory	Medium	50	20	1:11	16:05	11:27	15:00	14:50
Probationary		<b>45</b>	<b>19</b>	<b>1:01</b>	<b>16:20</b>	<b>11:38</b>	<b>15:30</b>	<b>15:20</b>



Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:20	9:15	07:43	7:05	6:55
Outstanding	Medium	95	86	3:15	9:50	07:54	7:40	7:25
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>81</b>	<b>3:10</b>	<b>10:05</b>	<b>08:05</b>	<b>8:10</b>	<b>8:00</b>
Excellent	High	85	77	3:00	10:40	08:16	8:45	8:30
Excellent	Medium	80	74	2:50	10:55	08:27	9:00	8:50
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>71</b>	<b>2:40</b>	<b>11:25</b>	<b>08:38</b>	<b>9:30</b>	<b>9:20</b>
Good	High	70	64	2:20	11:45	09:00	10:20	10:10
Good	Medium	65	55	2:00	12:30	09:21	11:25	11:15
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>47</b>	<b>1:40</b>	<b>13:05</b>	<b>09:43</b>	<b>12:30</b>	<b>12:20</b>
Satisfactory	High	55	45	1:30	13:55	09:54	13:05	12:55
Satisfactory	Medium	50	42	1:20	14:25	10:05	13:20	13:10
Probationary		<b>45</b>	<b>37</b>	<b>1:10</b>	<b>14:45</b>	<b>10:16</b>	<b>14:10</b>	<b>14:00</b>
Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:10	10:40	08:49	7:55	7:45
Outstanding	Medium	95	47	3:05	12:15	09:00	8:45	8:30
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>44</b>	<b>3:00</b>	<b>12:30</b>	<b>09:10</b>	<b>9:30</b>	<b>9:20</b>
Excellent	High	85	43	2:50	13:20	09:21	10:05	9:55
Excellent	Medium	80	40	2:40	13:55	09:32	10:40	10:25
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>39</b>	<b>2:30</b>	<b>14:25</b>	<b>09:43</b>	<b>10:55</b>	<b>10:45</b>
Good	High	70	33	2:10	14:45	10:05	12:00	11:50
Good	Medium	65	28	1:50	15:00	10:38	13:20	13:10
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>21</b>	<b>1:30</b>	<b>15:30</b>	<b>11:10</b>	<b>14:25</b>	<b>14:15</b>
Satisfactory	High	55	20	1:20	16:20	11:21	15:00	14:50
Satisfactory	Medium	50	17	1:10	16:40	11:32	15:15	15:05
Probationary		<b>45</b>	<b>16</b>	<b>1:00</b>	<b>16:55</b>	<b>11:43</b>	<b>15:50</b>	<b>15:40</b>

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	9:43	07:49	7:13	7:06
Outstanding	Medium	95	82	3:11	10:15	08:00	7:48	7:40
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>77</b>	<b>3:06</b>	<b>10:30</b>	<b>08:11</b>	<b>8:18</b>	<b>8:10</b>
Excellent	High	85	73	2:56	11:13	08:21	8:53	8:44
Excellent	Medium	80	69	2:47	11:28	08:32	9:08	8:59
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>67</b>	<b>2:37</b>	<b>11:50</b>	<b>08:43</b>	<b>9:40</b>	<b>9:31</b>
Good	High	70	60	2:17	12:25	09:05	10:30	10:20
Good	Medium	65	51	1:58	13:20	09:27	11:35	11:24
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>44</b>	<b>1:38</b>	<b>14:03</b>	<b>09:49</b>	<b>12:40</b>	<b>12:28</b>
Satisfactory	High	55	41	1:28	14:35	10:00	13:13	13:00
Satisfactory	Medium	50	38	1:18	14:58	10:10	13:30	13:17
Probationary		<b>45</b>	<b>34</b>	<b>1:09</b>	<b>15:18</b>	<b>10:21</b>	<b>14:18</b>	<b>14:04</b>
		Points	Females: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	46	3:06	11:13	08:54	8:03	7:55
Outstanding	Medium	95	45	3:01	12:33	09:05	9:00	8:51
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>43</b>	<b>2:56</b>	<b>12:48</b>	<b>09:16</b>	<b>9:48</b>	<b>9:38</b>
Excellent	High	85	41	2:47	13:38	09:27	10:23	10:13
Excellent	Medium	80	39	2:37	14:10	09:38	10:55	10:45
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>37</b>	<b>2:27</b>	<b>14:35</b>	<b>09:49</b>	<b>11:10</b>	<b>10:59</b>
Good	High	70	30	2:07	15:18	10:10	12:15	12:03
Good	Medium	65	26	1:48	15:50	10:43	13:38	13:24
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>19</b>	<b>1:28</b>	<b>16:13</b>	<b>11:16</b>	<b>14:43</b>	<b>14:28</b>
Satisfactory	High	55	18	1:18	16:45	11:27	15:08	14:53
Satisfactory	Medium	50	15	1:09	17:13	11:38	15:33	15:18
Probationary		<b>45</b>	<b>13</b>	<b>0:59</b>	<b>17:35</b>	<b>11:48</b>	<b>16:05</b>	<b>15:50</b>

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	80	3:12	10:10	07:54	7:20	7:10
Outstanding	Medium	95	78	3:07	10:40	08:05	7:55	7:45
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>74</b>	<b>3:02</b>	<b>10:55</b>	<b>08:16</b>	<b>8:25</b>	<b>8:15</b>
Excellent	High	85	69	2:53	11:45	08:27	9:00	8:50
Excellent	Medium	80	67	2:43	12:00	08:38	9:15	9:05
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>64</b>	<b>2:34</b>	<b>12:15</b>	<b>08:49</b>	<b>9:50</b>	<b>9:40</b>
Good	High	70	57	2:14	13:05	09:10	10:40	10:25
Good	Medium	65	48	1:55	14:10	09:32	11:45	11:30
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>41</b>	<b>1:36</b>	<b>15:00</b>	<b>09:54</b>	<b>12:50</b>	<b>12:40</b>
Satisfactory	High	55	38	1:26	15:15	10:05	13:20	13:10
Satisfactory	Medium	50	35	1:17	15:30	10:16	13:40	13:25
Probationary		<b>45</b>	<b>31</b>	<b>1:07</b>	<b>15:50</b>	<b>10:27</b>	<b>14:25</b>	<b>14:15</b>
Performance		Points	Females: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	44	3:02	11:45	09:00	8:10	8:00
Outstanding	Medium	95	43	2:58	12:50	09:10	9:15	9:05
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>41</b>	<b>2:53</b>	<b>13:05</b>	<b>09:21</b>	<b>10:05</b>	<b>9:55</b>
Excellent	High	85	39	2:43	13:55	09:32	10:40	10:25
Excellent	Medium	80	37	2:34	14:25	09:43	11:10	11:00
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>35</b>	<b>2:24</b>	<b>14:45</b>	<b>09:54</b>	<b>11:25</b>	<b>11:15</b>
Good	High	70	28	2:05	15:50	10:16	12:30	12:20
Good	Medium	65	24	1:46	16:40	10:49	13:55	13:45
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>17</b>	<b>1:26</b>	<b>16:55</b>	<b>11:21</b>	<b>15:00</b>	<b>14:50</b>
Satisfactory	High	55	15	1:17	17:10	11:32	15:15	15:05
Satisfactory	Medium	50	13	1:07	17:45	11:43	15:50	15:40
Probationary		<b>45</b>	<b>11</b>	<b>0:58</b>	<b>18:15</b>	<b>11:54</b>	<b>16:20</b>	<b>16:10</b>

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	76	3:08	10:15	08:00	7:30	7:23
Outstanding	Medium	95	74	3:04	10:48	08:11	8:03	7:55
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>70</b>	<b>2:59</b>	<b>11:03</b>	<b>08:21</b>	<b>8:35</b>	<b>8:27</b>
Excellent	High	85	65	2:49	11:45	08:32	9:08	8:59
Excellent	Medium	80	63	2:40	12:08	08:43	9:23	9:14
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>60</b>	<b>2:31</b>	<b>12:33</b>	<b>08:54</b>	<b>9:58</b>	<b>9:48</b>
Good	High	70	53	2:12	13:30	09:16	10:48	10:37
Good	Medium	65	44	1:53	14:35	09:38	11:53	11:41
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>37</b>	<b>1:34</b>	<b>15:25</b>	<b>10:00</b>	<b>12:58</b>	<b>12:45</b>
Satisfactory	High	55	35	1:25	15:40	10:10	13:30	13:17
Satisfactory	Medium	50	33	1:15	16:05	10:21	13:48	13:34
Probationary		<b>45</b>	<b>27</b>	<b>1:06</b>	<b>16:23</b>	<b>10:32</b>	<b>14:35</b>	<b>14:21</b>

Performance		Points	Females: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	43	2:59	11:50	09:05	8:28	8:19
Outstanding	Medium	95	42	2:54	12:58	09:16	9:23	9:14
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>39</b>	<b>2:49</b>	<b>13:13</b>	<b>09:27</b>	<b>10:23</b>	<b>10:13</b>
Excellent	High	85	37	2:40	14:03	09:38	10:55	10:45
Excellent	Medium	80	35	2:31	14:35	09:49	11:18	11:07
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>34</b>	<b>2:21</b>	<b>15:00</b>	<b>10:00</b>	<b>11:43</b>	<b>11:31</b>
Good	High	70	26	2:02	15:58	10:21	12:48	12:35
Good	Medium	65	22	1:44	16:55	10:54	14:03	13:49
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>14</b>	<b>1:25</b>	<b>17:20</b>	<b>11:27</b>	<b>15:15</b>	<b>15:00</b>
Satisfactory	High	55	13	1:15	17:43	11:38	15:33	15:18
Satisfactory	Medium	50	11	1:06	18:08	11:48	15:40	15:42
Probationary		<b>45</b>	<b>9</b>	<b>0:56</b>	<b>18:33</b>	<b>11:59</b>	<b>15:58</b>	<b>16:22</b>

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Push- ups	Forearm Planks	1.5 - mile run	2-km	500 - yd swim	450 - m swim
Category	Level					row		
Outstanding	High	100	72	3:04	10:20	08:05	7:40	7:25
Outstanding	Medium	95	70	3:00	10:55	08:16	8:10	8:00
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>67</b>	<b>2:55</b>	<b>11:10</b>	<b>08:27</b>	<b>8:45</b>	<b>8:30</b>
Excellent	High	85	61	2:46	11:45	08:38	9:15	9:05
Excellent	Medium	80	59	2:37	12:15	08:49	9:30	9:20
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>56</b>	<b>2:28</b>	<b>12:50</b>	<b>09:00</b>	<b>10:05</b>	<b>9:55</b>
Good	High	70	50	2:09	13:55	09:21	10:55	10:45
Good	Medium	65	41	1:51	15:00	09:43	12:00	11:50
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>34</b>	<b>1:32</b>	<b>15:50</b>	<b>10:05</b>	<b>13:05</b>	<b>12:55</b>
Satisfactory	High	55	32	1:23	16:05	10:16	13:40	13:25
Satisfactory	Medium	50	29	1:14	16:40	10:27	13:55	13:45
Probationary		<b>45</b>	<b>24</b>	<b>1:05</b>	<b>16:55</b>	<b>10:38</b>	<b>14:45</b>	<b>14:30</b>
Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	2:55	11:55	09:10	8:45	8:30
Outstanding	Medium	95	40	2:51	13:05	09:21	9:30	9:20
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>37</b>	<b>2:46</b>	<b>13:20</b>	<b>09:32</b>	<b>10:40</b>	<b>10:25</b>
Excellent	High	85	35	2:37	14:10	09:43	11:10	11:00
Excellent	Medium	80	33	2:28	14:45	09:54	11:25	11:15
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>32</b>	<b>2:18</b>	<b>15:15</b>	<b>10:05</b>	<b>12:00</b>	<b>11:50</b>
Good	High	70	24	2:00	16:05	10:27	13:05	12:55
Good	Medium	65	20	1:41	17:10	10:59	14:10	14:00
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>12</b>	<b>1:23</b>	<b>17:45</b>	<b>11:32</b>	<b>15:30</b>	<b>15:20</b>
Satisfactory	High	55	11	1:14	18:15	11:43	15:50	15:40
Satisfactory	Medium	50	9	1:05	18:30	11:54	16:05	15:55
Probationary		<b>45</b>	<b>7</b>	<b>0:55</b>	<b>18:50</b>	<b>12:05</b>	<b>16:55</b>	<b>16:40</b>

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	68	3:01	10:23	08:11	7:48	7:40
Outstanding	Medium	95	66	2:56	11:03	08:21	8:18	8:10
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>63</b>	<b>2:52</b>	<b>11:28</b>	<b>08:32</b>	<b>8:53</b>	<b>8:44</b>
Excellent	High	85	57	2:43	12:08	08:43	9:23	9:14
Excellent	Medium	80	54	2:34	12:40	08:54	9:40	9:31
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>52</b>	<b>2:25</b>	<b>13:15</b>	<b>09:05</b>	<b>10:13</b>	<b>10:03</b>
Good	High	70	46	2:07	14:10	09:27	11:03	10:52
Good	Medium	65	37	1:48	15:25	09:49	12:08	11:56
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>32</b>	<b>1:30</b>	<b>16:15</b>	<b>10:10</b>	<b>13:13</b>	<b>12:59</b>
Satisfactory	High	55	28	1:21	16:38	10:21	13:48	13:34
Satisfactory	Medium	50	25	1:12	17:13	10:32	14:03	13:49
Probationary		<b>45</b>	<b>21</b>	<b>1:03</b>	<b>17:35</b>	<b>10:43</b>	<b>14:53</b>	<b>14:38</b>

Performance		Points	Females: Age 45 -49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	40	2:52	11:58	09:16	9:00	8:51
Outstanding	Medium	95	39	2:47	13:13	09:27	9:48	9:38
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>35</b>	<b>2:43</b>	<b>13:38</b>	<b>09:38</b>	<b>10:48</b>	<b>10:37</b>
Excellent	High	85	33	2:34	14:28	09:49	11:18	11:07
Excellent	Medium	80	32	2:25	15:00	10:00	11:43	11:31
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>30</b>	<b>2:16</b>	<b>15:23</b>	<b>10:10</b>	<b>12:08</b>	<b>11:56</b>
Good	High	70	22	1:58	16:23	10:32	13:23	13:10
Good	Medium	65	18	1:39	17:18	11:05	14:28	14:14
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>11</b>	<b>1:21</b>	<b>18:00</b>	<b>11:38</b>	<b>15:48</b>	<b>15:32</b>
Satisfactory	High	55	8	1:12	18:23	11:48	16:05	15:50
Satisfactory	Medium	50	7	1:03	18:40	11:59	16:23	16:07
Probationary		<b>45</b>	<b>5</b>	<b>0:54</b>	<b>18:58</b>	<b>12:10</b>	<b>17:03</b>	<b>16:46</b>

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	64	2:57	10:25	08:16	7:55	7:45
Outstanding	Medium	95	62	2:53	11:10	08:27	8:25	8:15
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>59</b>	<b>2:48</b>	<b>11:45</b>	<b>08:38</b>	<b>9:00</b>	<b>8:50</b>
Excellent	High	85	53	2:39	12:30	08:49	9:30	9:20
Excellent	Medium	80	51	2:31	13:05	09:00	9:50	9:40
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>49</b>	<b>2:22</b>	<b>13:40</b>	<b>09:10</b>	<b>10:20</b>	<b>10:10</b>
Good	High	70	43	2:04	14:25	09:32	11:10	11:00
Good	Medium	65	34	1:46	15:50	09:54	12:15	12:05
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>30</b>	<b>1:29</b>	<b>16:40</b>	<b>10:16</b>	<b>13:20</b>	<b>13:10</b>
Satisfactory	High	55	25	1:20	17:10	10:27	13:55	13:45
Satisfactory	Medium	50	23	1:11	17:45	10:38	14:10	14:00
Probationary		<b>45</b>	<b>19</b>	<b>1:02</b>	<b>18:15</b>	<b>10:49</b>	<b>15:00</b>	<b>14:50</b>
Performance		Points	Females: Age 50 -54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	38	2:48	12:00	09:21	9:15	9:05
Outstanding	Medium	95	37	2:44	13:20	09:32	10:05	9:55
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>33</b>	<b>2:39</b>	<b>13:55</b>	<b>09:43</b>	<b>10:55</b>	<b>10:45</b>
Excellent	High	85	31	2:31	14:45	09:54	11:25	11:15
Excellent	Medium	80	30	2:22	15:15	10:05	12:00	11:50
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>28</b>	<b>2:13</b>	<b>15:30</b>	<b>10:16</b>	<b>12:15</b>	<b>12:05</b>
Good	High	70	20	1:55	16:40	10:38	13:40	13:25
Good	Medium	65	16	1:37	17:25	11:10	14:45	14:30
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>10</b>	<b>1:20</b>	<b>18:15</b>	<b>11:43</b>	<b>16:05</b>	<b>15:55</b>
Satisfactory	High	55	6	1:11	18:30	11:54	16:20	16:10
Satisfactory	Medium	50	5	1:02	18:50	12:05	16:40	16:26
Probationary		<b>45</b>	<b>2</b>	<b>0:53</b>	<b>19:05</b>	<b>12:16</b>	<b>17:10</b>	<b>17:00</b>

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	60	2:54	11:46	08:26	8:01	7:50
Outstanding	Medium	95	59	2:49	12:16	08:37	8:34	8:23
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>56</b>	<b>2:45</b>	<b>12:34</b>	<b>08:48</b>	<b>9:07</b>	<b>8:56</b>
Excellent	High	85	52	2:36	13:09	08:59	9:43	9:32
Excellent	Medium	80	48	2:28	13:44	09:10	10:11	10:00
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>46</b>	<b>2:19</b>	<b>14:31</b>	<b>09:21</b>	<b>10:46</b>	<b>10:35</b>
Good	High	70	38	2:02	15:38	09:43	11:44	11:33
Good	Medium	65	32	1:44	16:45	10:05	12:45	12:34
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>16</b>	<b>1:27</b>	<b>17:53</b>	<b>10:27</b>	<b>13:48</b>	<b>13:37</b>
Satisfactory	High	55	14	1:18	18:12	10:38	14:18	14:07
Satisfactory	Medium	50	12	1:09	18:32	10:49	14:46	14:35
Probationary		<b>45</b>	<b>10</b>	<b>1:01</b>	<b>18:52</b>	<b>11:00</b>	<b>15:19</b>	<b>15:08</b>
Performance		Points	Females: Age 55 -59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	30	2:45	13:37	09:32	9:38	9:27
Outstanding	Medium	95	28	2:41	15:01	09:43	10:27	10:16
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>26</b>	<b>2:36</b>	<b>15:21</b>	<b>09:54</b>	<b>11:08</b>	<b>10:57</b>
Excellent	High	85	24	2:28	15:52	10:05	11:41	11:30
Excellent	Medium	80	22	2:19	16:22	10:16	12:23	12:12
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>20</b>	<b>2:10</b>	<b>16:52</b>	<b>10:27</b>	<b>12:34</b>	<b>12:23</b>
Good	High	70	16	1:53	17:46	10:49	14:02	13:51
Good	Medium	65	10	1:35	18:40	11:22	15:08	14:57
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>6</b>	<b>1:18</b>	<b>19:35</b>	<b>11:55</b>	<b>16:30</b>	<b>16:19</b>
Satisfactory	High	55	5	1:09	19:51	12:06	16:47	16:36
Satisfactory	Medium	50	3	1:01	20:08	12:17	17:03	16:52
Probationary		<b>45</b>	<b>2</b>	<b>0:52</b>	<b>20:25</b>	<b>12:28</b>	<b>17:36</b>	<b>17:25</b>



Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	57	2:50	12:29	08:31	8:04	7:53
Outstanding	Medium	95	56	2:46	12:59	08:42	8:37	8:26
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>52</b>	<b>2:42</b>	<b>13:16</b>	<b>08:54</b>	<b>9:10</b>	<b>8:59</b>
Excellent	High	85	48	2:33	13:56	09:04	9:49	9:38
Excellent	Medium	80	46	2:25	14:36	09:16	10:27	10:16
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>44</b>	<b>2:16</b>	<b>15:16</b>	<b>09:26</b>	<b>11:06</b>	<b>10:55</b>
Good	High	70	32	1:59	16:30	09:48	12:06	11:55
Good	Medium	65	23	1:42	17:44	10:11	13:07	12:56
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>14</b>	<b>1:25</b>	<b>18:57</b>	<b>10:32</b>	<b>14:07</b>	<b>13:56</b>
Satisfactory	High	55	12	1:17	19:34	10:43	14:35	14:24
Satisfactory	Medium	50	10	1:08	20:10	10:54	15:02	14:51
Probationary		<b>45</b>	<b>8</b>	<b>1:00</b>	<b>20:45</b>	<b>11:05</b>	<b>15:30</b>	<b>15:19</b>
Performance		Points	Females: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	26	2:42	14:55	09:37	9:54	9:43
Outstanding	Medium	95	24	2:37	16:19	09:48	10:44	10:33
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>22</b>	<b>2:33</b>	<b>16:39</b>	<b>10:00</b>	<b>11:17</b>	<b>11:06</b>
Excellent	High	85	20	2:25	17:07	10:11	11:50	11:39
Excellent	Medium	80	18	2:16	17:36	10:22	12:39	12:28
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>16</b>	<b>2:08</b>	<b>18:04</b>	<b>10:32</b>	<b>12:45</b>	<b>12:34</b>
Good	High	70	12	1:51	19:01	10:54	14:18	14:07
Good	Medium	65	8	1:34	19:55	11:28	15:24	15:13
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>5</b>	<b>1:17</b>	<b>20:44</b>	<b>12:00</b>	<b>16:47</b>	<b>16:36</b>
Satisfactory	High	55	4	1:08	21:03	12:11	17:03	16:52
Satisfactory	Medium	50	3	1:00	21:22	12:23	17:20	17:09
Probationary		<b>45</b>	<b>2</b>	<b>0:51</b>	<b>21:41</b>	<b>12:33</b>	<b>17:53</b>	<b>17:42</b>




Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet





Performance		Points	Males: Age 65+ years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	2:47	12:51	08:37	8:10	7:59
Outstanding	Medium	95	46	2:43	13:26	08:48	8:43	8:32
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>44</b>	<b>2:38</b>	<b>13:59</b>	<b>08:59</b>	<b>9:16</b>	<b>9:05</b>
Excellent	High	85	41	2:30	14:40	09:10	10:00	9:49
Excellent	Medium	80	39	2:22	15:21	09:21	10:44	10:33
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>36</b>	<b>2:13</b>	<b>16:01</b>	<b>09:32</b>	<b>11:33</b>	<b>11:22</b>
Good	High	70	25	1:57	17:22	09:54	12:34	12:23
Good	Medium	65	18	1:40	18:42	10:16	13:34	13:23
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>10</b>	<b>1:23</b>	<b>20:02</b>	<b>10:38</b>	<b>14:40</b>	<b>14:29</b>
Satisfactory	High	55	8	1:15	20:54	10:49	15:02	14:51
Satisfactory	Medium	50	6	1:07	21:46	11:00	15:24	15:13
Probationary		<b>45</b>	<b>4</b>	<b>0:58</b>	<b>22:39</b>	<b>11:11</b>	<b>15:41</b>	<b>15:30</b>


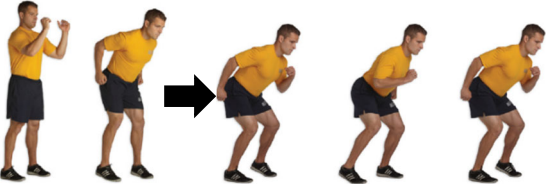

  





Performance		Points	Females: Age 65+ years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	22	2:38	16:14	09:43	10:11	10:00
Outstanding	Medium	95	20	2:34	17:37	09:54	11:00	10:49
<b>Outstanding</b>	<b>Low</b>	<b>90</b>	<b>18</b>	<b>2:30</b>	<b>17:57</b>	<b>10:05</b>	<b>11:25</b>	<b>11:14</b>
Excellent	High	85	16	2:22	18:23	10:16	11:57	11:46
Excellent	Medium	80	14	2:13	18:50	10:27	12:56	12:45
<b>Excellent</b>	<b>Low</b>	<b>75</b>	<b>12</b>	<b>2:05</b>	<b>19:15</b>	<b>10:38</b>	<b>13:01</b>	<b>12:50</b>
Good	High	70	9	1:48	20:08	11:00	14:35	14:24
Good	Medium	65	6	1:32	21:01	11:33	15:41	15:30
<b>Good</b>	<b>Low</b>	<b>60</b>	<b>4</b>	<b>1:15</b>	<b>21:53</b>	<b>12:06</b>	<b>17:03</b>	<b>16:52</b>
Satisfactory	High	55	3	1:07	22:14	12:17	17:20	17:09
Satisfactory	Medium	50	2	0:58	22:34	12:28	17:36	17:25
Probationary		<b>45</b>	<b>1</b>	<b>0:50</b>	<b>22:57</b>	<b>12:39</b>	<b>18:09</b>	<b>17:58</b>

### Appendix A: Standardized PRT Warm-Up

<u>Exercise</u>	<u>Picture</u>	<u>Description</u>	<u>Time/Repetitions</u>
90/90 Stretch		<ul style="list-style-type: none"> <li>• Lie on the deck on your left side in a fetal position, with your legs tucked up to your torso at a 90 degree angle (a rolled-up towel between your knees is acceptable). Keep both arms straight at a 90 degree angle to your torso.</li> <li>• Keeping your knees together and on the deck and your hips still, rotate your chest and right arm back to the right, trying to put your back on the deck. Exhale and hold for up to 3 seconds, then return to the starting position. Finish your repetitions, then switch sides and repeat.</li> </ul>	5 reps per side
Pillar Bridge		<ul style="list-style-type: none"> <li>• Push up tall on your elbows &amp; tuck chin so head is in line with body</li> <li>• Maintain a straight line from ears to ankle</li> <li>• Feet no wider than shoulder width apart</li> </ul>	20 sec or 10 echo count
Glute Bridge		<ul style="list-style-type: none"> <li>• Laying on your back with feet shoulder width apart, lift hips to create a straight line from knees, hips, and shoulders</li> <li>• Keep back flat &amp; torso engaged throughout the movement</li> <li>• Keep toes pulled up to your shins</li> <li>• Lower down and repeat</li> </ul>	10 reps or 5 military four-count

<p>T's Bent Over</p>		<ul style="list-style-type: none"> <li>• Stand in an athletic position with arms in front at shoulder height, palms facing up</li> <li>• Retract your scapula then reach arms out to your sides along an arc until you feel a gentle stretch in your chest, actively engaging your posterior</li> <li>• Hold for 2 seconds, relax, and return to starting position</li> </ul>	<p>10 reps or 5 military four-count</p>
<p>Knee Hug</p>		<ul style="list-style-type: none"> <li>• Lift one leg off the ground &amp; squat back &amp; down on the opposite leg</li> <li>• Take hold just below your knee &amp; pull towards your chest as you stand tall on the opposite leg</li> <li>• Keep your weight in the middle of your foot, chest up &amp; contract the glute of your stance leg</li> <li>• Move with control &amp; alternate sides each rep</li> <li>• Lower your leg to starting position and repeat with opposite leg to complete 1 rep</li> </ul>	<p>5 reps per side or 10 military four-count</p>
<p>Reverse Lunge with Rotation</p>		<ul style="list-style-type: none"> <li>• While standing tall, lunge backwards with the left leg.</li> <li>Contract your back glute at the bottom of the lunge</li> <li>• Rotate your torso towards the direction of your forward leg</li> <li>• Keep chest up, don't let your back knee touch the ground</li> <li>• Alternate sides each rep</li> </ul>	<p>5 reps per side or 10 military four-count</p>
<p>Heel-to-Glute with Reach</p>		<ul style="list-style-type: none"> <li>• Stand tall, lift one foot up and hold it with the same-side or opposite hand</li> <li>• Bring your heel to your glute as you reach overhead with the other arm, holding for 2-3 seconds</li> <li>• Lower your leg to starting position and repeat with opposite leg to complete 1 rep</li> </ul>	<p>5 reps per side or 10 military four-count</p>

<p>Squats</p>		<ul style="list-style-type: none"> <li>• Squat hips back and down until thighs are parallel with deck</li> <li>• Return to standing by pushing through your hips</li> <li>• Keep your weight on your arches, not allowing your knees to collapse during the movement</li> </ul>	<p>10 reps or 5 military four-count</p>
<p>Drop Squat to 2-inch Run</p>		<ul style="list-style-type: none"> <li>• Stand tall with arms bent 90 degrees, forearms pointed out</li> <li>• Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back</li> <li>• Move with speed and stick the landing</li> <li>• Run in place, moving your feet two inches off the ground as quickly as possible</li> <li>• Allow your arms to move slow and rhythmically</li> <li>• Continue for the prescribed number of reps</li> </ul>	<p>2 reps (3 sec 2-inch run)</p>
<p>Drop Squat to High Knees</p>		<ul style="list-style-type: none"> <li>• Stand tall with arms bent 90 degrees, forearms pointed out</li> <li>• Lift feet slightly off the floor, throw elbows back, and push hips back</li> <li>• Move with speed and stick the landing</li> <li>• Begin by lifting one knee up while you bring same side arm forward, opposite arm back</li> <li>• Drive your foot down, as opposite foot and knee lift and arms switch</li> <li>• Continue for the prescribed number of reps</li> </ul>	<p>2 reps (3 sec high knees)</p>

Additional Suggested Warm-Up Exercises Before Cardio Event			
Inverted Hamstring		<ul style="list-style-type: none"> <li>• Keep straight line from ear to ankle, hinge at the waist &amp; elevate your leg behind you</li> <li>• When you feel a stretch, return to the standing position by contracting glute &amp; hamstring</li> <li>• Keep stance leg slightly unlocked, back flat, &amp; shoulders &amp; hips parallel to ground</li> <li>• Complete reps, alternating sides</li> </ul>	5 reps per side or 10 military four-count resulting in 2 sec hold per rep
Leg Cradle		<ul style="list-style-type: none"> <li>• Actively lift knee to your chest, placing one hand on knee &amp; one under ankle</li> <li>• Pull leg to chest with both hands into a gentle stretch (up to 3-second hold)</li> <li>• During the movement, contract the glute of the stance leg</li> <li>• Complete reps, repeat on opposite side</li> </ul>	5 reps per side or 10 military four-count
Linear March		<ul style="list-style-type: none"> <li>• Stand tall, arms at your sides, elbows bent 90 degrees</li> <li>• March forward lifting one knee up as you drive same side arm forward, opposite arm back</li> <li>• Drive your foot down and repeat the move, lifting opposite knee and switching arms</li> <li>• Continue marching for 10 yards to complete 1 rep</li> </ul>	10 reps per side or 10 yards
Squat Jump Counter-movement to Stabilize		<ul style="list-style-type: none"> <li>• Stand with feet slightly wider than shoulder-width apart, hands behind head</li> <li>• Sit down into a squat and immediately jump, extending your hips</li> <li>• Land softly in a squat and reset to starting position</li> </ul>	5 reps