

GUIDE-5A

PHYSICAL READINESS TEST (PRT)

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Section 1: PRT Guidelines

1. **Purpose.** The PRT provides Commanding Officers/Officers in Charge (CO/OICs) a means to assess the general fitness of their Sailors. The PRT 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 standard test of cardiorespiratory endurance in the Navy PRT. The alternate cardio options - stationary bike, treadmill, Concept 2 rower, and swim tests - are also available. Inclusion of these options in the command PRT is 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-ups measure 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 must be administered by qualified Command Fitness Leader (CFL) and/or Assistant CFLs (ACFLs). Private (one-on-one) testing is strictly prohibited. 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, if authorized).

b. Due to limited 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 CFL Ratios.** The following is an example of a command with 200 Sailors, which requires a minimum of eight trained, designated in writing CFL/ ACFLs (1-ACFL per 25 members). With eight CFL/ACFLs, four PFA sessions can be administered simultaneously. Personnel are 1-Official Timekeeper

(ACFL), 1-Official Observer (ACFL), 8-Participants, and 8-Partners per group. Upon completion of each PRT modality, participants and partners must switch 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. Probationary is the lowest passing category. 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 Physical Readiness Information Management System (PRIMS) to indicate that the Sailor passed the PRT, but was waived from one or more PRT events.
- g. **BCA-Pass**: Scoring used by PRIMS to indicate that the Sailor passed the Body Composition Assessment (BCA), but was authorized 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 tests. PRT results are deemed official once recorded on the NAVPERS 6110/11 and entered into PRIMS.

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 for conducting a successful ORM analysis may be found in OPNAVINST 3500.39D, *Operational Risk Management*, and the Commander, Naval Safety Command (NAVSAFECOM) 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 the environment, is appropriate for the physical demands required of 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]; Refer to Guide-1 for details).

b. **Support Personnel.** The CFL/ACFLs will ensure at least two Cardiopulmonary Resuscitation (CPR) certified personnel are present for every 16 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 for the run/walk. 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. **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 Physical Fitness Assessments (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. Refer to Table 4-2 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 physical training (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 official Navy PRT, USMC Physical Fitness Test (PFT), or organized PT, CFL/ACFLs must ask the following PPAQ:

(1) Do you have a current Periodic Health Assessment (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 Sick 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 Physical Activity Risk Factor Questionnaire (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 PPAQs, Sailors must make their CFL/ACFLs aware of the presence and location of any required personal emergency medical equipment (epi pen, rescue inhaler, etc.).

d. 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 (refer to 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 Navy Physical Training Uniform (PTU) or the

Optional PTU (OPTU, 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 OPTU.

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. All Sailors are encouraged to, and members with SCT **must**, drink 8oz of water before, during, and after (total of 24oz) the PRT and physical activity, especially in hot weather. CFL/ACFLs should discourage the use of excess amounts of caffeine or other supplements (e.g., pre-workout) prior to the PRT that would result in an elevated heart rate during resting conditions.
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. Refer to Guide-9 for standard stretches (Navy 12) 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 NAVSAFECOM. A formal Safety Investigation Board (SIB) is mandated by the CNO for all mishaps involving a death that occurs during or within one hour upon completion of the PRT, or organized group PT. In these cases, NAVSAFECOM 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 and should be no more than hip-width apart.

(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 two minutes have elapsed.

b. Push-ups are repeated as many times as possible with correct form in two 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 ('Pulsing' push-ups are prohibited and will not be accepted as a valid form of execution).

c. **Push-ups event ends when:**

(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, with the face directed straight down toward the deck in line with the hands 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. The 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 event ends when:

(1) Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed (Males: 3:24/Females: 3:14).

(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. 1.5-mile Run/Walk procedures:

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

(2) Sailor will stand at start line.

(3) The timer shall commence when the first participant crosses the start line. The timer will signal the start of the event and announce time intervals until the test is complete.

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

b. 1.5-mile Run and/or Walk event ends when:

(1) Sailor completes the 1.5-mile course. 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, 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).

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 of their choosing on the flywheel. 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 an overhand grip, placing both hands along the outer edge of the handle. Once the Sailor begins pulling, they must remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which



would result in the test being graded as a failure) until the 2000-meter test is complete.

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

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

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

(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 **“2000m”** to **“0m”**

(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 **“0m”**, the CFL/ACFL announces and records completion 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 and is inactive 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, incline 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 inclined at 1.0 percent. Neither the treadmill belt nor stopwatch is running.

(b) CFL/ACFL will signal the start, and the Sailor will begin the treadmill at their desired speed. Simultaneously on the command of 'Start,' the CFL/ACFL will begin the official time using a stopwatch.

(c) CFL/ACFL will call out the elapsed time at two minute intervals until the Sailor has completed 1.5 miles.

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

(e) Sailor may briefly touch the treadmill's safety bar with fingertips or open palm to regain balance. The bar may not be grasped or held for any purpose other than momentary recovery of 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 shall be recorded with a stopwatch to the nearest second. Although most treadmills display accurate time, only the stopwatch time will be used for official scoring, as this accounts for any pauses during the event.

(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 incline from 1.0 percent.

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 the 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 following 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 of the event and call out the number of pool lengths completed, along with associated times, until the Sailor finishes 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 are authorized to use goggles, facemasks, swim caps, and ear plugs. The use of fins, snorkels, flotation devices, wetsuits, or any form of propulsion device is 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 non-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.

(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 occurs during the test:

(a) Stops to rest.

(b) Stops the machine.

(c) Stands up.

(d) Removes hands from handlebars for reasons other than brief adjustments for comfort. (e.g., adjusting resistance, wiping sweat).

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

(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	GO	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	STOP	Press to Stop a workout.
7	UP and DOWN 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 marked with the (--) symbol. This serves as the MANUAL workout key.

(b) Select Item 7 (TIME) and use the up/down arrows to select time. Enter 14 minutes; although the test duration is 12 minutes, the additional 2 minutes accounts for the automatic cool-down. Indicator 8 will illuminate to confirm the time selection.

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

(d) Select Item 7 (WEIGHT) and use the up/down arrows to enter the Sailor's weight. Indicator 8 will illuminate to confirm the weight selection.

(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. If the console does not prompt you to enter the Sailor's weight prior to the start of the test, use the "Weight" button to program in the Sailor's weight to ensure calories burned are calculated properly. PRIMS is the official authority of the Sailors weight and PRT score.

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

(5) At the 12 minute mark, read, announce, and record the caloric output displayed on the stationary bike console (Item 1). The test concludes exactly at 12 minutes.

(6) Allow the Sailor to complete a cool-down as needed. Any additional calories burned during the cool-down period shall not be included in the official score.

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

(a) Stops to rest.

(b) Stops the machine.

(c) Stands up.

(d) Removes hands from handlebars for reasons other than brief adjustments for comfort (e.g., adjusting the resistance, wiping off sweat).

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 cardiorespiratory or approved 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, the Sailor will receive a score of "Partial-Pass".

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					
			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
Outstanding	Low	90	86	3:14	9:00	7:20	7:15	7:05
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
Excellent	Low	75	76	2:43	9:45	7:50	8:30	8:20
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
Good	Low	60	51	1:42	11:00	8:50	11:15	11:05
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		45	42	1:11	12:45	9:20	12:45	12:35
Performance		Points	Females: Age 17 - 19 years					
			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
Outstanding	Low	90	47	3:04	11:30	8:20	8:30	8:20
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
Excellent	Low	75	42	2:33	12:30	8:50	9:45	9:35
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
Good	Low	60	24	1:32	13:30	10:10	13:00	12:50
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		45	19	1:01	15:00	10:40	14:15	14:05

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

Performance		Points	Males: Age 20 - 24 years					
			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
Outstanding	Low	90	81	3:10	9:15	7:25	7:30	7:20
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
Excellent	Low	75	71	2:40	10:30	7:55	8:45	8:35
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
Good	Low	60	47	1:40	12:00	8:55	11:30	11:20
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		45	37	1:10	13:30	9:25	13:00	12:50
Performance		Points	Females: Age 20 - 24 years					
			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
Outstanding	Low	90	44	3:00	11:30	8:25	8:45	8:35
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
Excellent	Low	75	39	2:30	13:15	8:55	10:00	9:50
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
Good	Low	60	21	1:30	14:15	10:15	13:15	13:05
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		45	16	1:00	15:30	10:45	14:30	14:20

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

Performance		Points	Males: Age 25 - 29 years					
			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
Outstanding	Low	90	77	3:06	9:38	7:30	7:38	7:28
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
Excellent	Low	75	67	2:37	10:52	8:00	8:53	8:43
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
Good	Low	60	44	1:38	12:53	9:00	11:38	11:28
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		45	34	1:09	14:00	9:30	13:08	12:58
Performance		Points	Females: Age 25 - 29 years					
			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
Outstanding	Low	90	43	2:56	11:45	8:30	9:00	8:50
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
Excellent	Low	75	37	2:27	13:23	9:00	10:15	10:05
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
Good	Low	60	19	1:28	14:53	10:20	13:30	13:20
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		45	13	0:59	16:08	10:50	14:45	14:35

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
Outstanding	Low	90	74	3:02	10:00	7:35	7:45	7:35
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
Excellent	Low	75	64	2:34	11:15	8:05	9:00	8:50
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
Good	Low	60	41	1:36	13:45	9:05	11:45	11:35
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		45	31	1:07	14:30	9:35	13:15	13:05
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
Outstanding	Low	90	41	2:53	12:00	8:35	9:15	9:05
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
Excellent	Low	75	35	2:24	13:30	9:05	10:30	10:20
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
Good	Low	60	17	1:26	15:30	10:25	13:45	13:35
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		45	11	0:58	16:45	10:55	15:00	14:50

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
Outstanding	Low	90	70	2:59	10:08	7:40	7:53	7:43
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
Excellent	Low	75	60	2:31	11:23	8:10	9:08	8:58
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
Good	Low	60	37	1:34	14:08	9:10	11:53	11:43
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		45	27	1:06	15:00	9:40	13:23	13:13
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
Outstanding	Low	90	39	2:49	12:08	8:40	9:30	9:20
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
Excellent	Low	75	34	2:21	13:45	9:10	10:45	10:35
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
Good	Low	60	14	1:25	15:53	10:30	14:00	13:50
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		45	9	0:56	17:00	11:00	15:15	15:05

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
Outstanding	Low	90	67	2:55	10:15	7:45	8:00	7:50
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
Excellent	Low	75	56	2:28	11:45	8:15	9:15	9:05
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
Good	Low	60	34	1:32	14:30	9:15	12:00	11:50
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		45	24	1:05	15:30	9:45	13:30	13:20
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
Outstanding	Low	90	37	2:46	12:15	8:45	9:45	9:35
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
Excellent	Low	75	32	2:18	14:00	9:15	11:00	10:50
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
Good	Low	60	12	1:23	16:15	10:35	14:15	14:05
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		45	7	0:55	17:15	11:05	15:30	15:20

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

Performance		Points	Males: Age 45 - 49 years					
			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
Outstanding	Low	90	63	2:52	10:30	7:50	8:08	7:58
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
Excellent	Low	75	52	2:25	12:08	8:20	9:23	9:13
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
Good	Low	60	32	1:30	14:53	9:20	12:08	11:58
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		45	21	1:03	16:08	9:50	13:38	13:28
Performance		Points	Females: Age 45 - 49 years					
			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
Outstanding	Low	90	35	2:43	12:30	8:50	9:53	9:43
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
Excellent	Low	75	30	2:16	14:08	9:20	11:08	10:58
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
Good	Low	60	11	1:21	16:30	10:40	14:30	14:20
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		45	5	0:54	17:23	11:10	15:38	15:28

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
Outstanding	Low	90	59	2:48	10:45	7:55	8:15	8:05
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
Excellent	Low	75	49	2:22	12:30	8:25	9:30	9:20
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
Good	Low	60	30	1:29	15:15	9:25	12:15	12:05
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		45	19	1:02	16:45	9:55	13:45	13:35
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
Outstanding	Low	90	33	2:39	12:45	8:55	10:00	9:50
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
Excellent	Low	75	28	2:13	14:15	9:25	11:15	11:05
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
Good	Low	60	10	1:20	16:45	10:45	14:45	14:35
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		45	2	0:53	17:30	11:15	15:45	15:35

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	100	60	2:54	10:42	7:40	7:17	7:07
Outstanding	Medium	95	59	2:49	11:09	7:50	7:47	7:37
Outstanding	Low	90	56	2:45	11:25	8:00	8:17	8:07
Excellent	High	85	52	2:36	11:57	8:10	8:50	8:40
Excellent	Medium	80	48	2:28	12:29	8:20	9:15	9:05
Excellent	Low	75	46	2:19	13:12	8:30	9:47	9:37
Good	High	70	38	2:02	14:13	8:50	10:40	10:30
Good	Medium	65	32	1:44	15:14	9:10	11:35	11:25
Good	Low	60	16	1:27	16:15	9:30	12:33	12:23
Satisfactory	High	55	14	1:18	16:33	9:40	13:00	12:50
Satisfactory	Medium	50	12	1:09	16:51	9:50	13:25	13:15
Probationary		45	10	1:01	17:09	10:00	13:55	13:45
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
Outstanding	Low	90	26	2:36	13:57	9:00	10:07	9:57
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
Excellent	Low	75	20	2:10	15:20	9:30	11:25	11:15
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
Good	Low	60	6	1:18	17:48	10:50	15:00	14:50
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		45	2	0:52	18:34	11:20	16:00	15:50

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
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
Outstanding	Low	90	52	2:42	12:04	8:05	8:20	8:10
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
Excellent	Low	75	44	2:16	13:53	8:35	10:05	9:55
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
Good	Low	60	14	1:25	17:14	9:35	12:50	12:40
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		45	8	1:00	18:52	10:05	14:05	13:55
Performance		Points	Females: Age 60 - 64 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
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
Outstanding	Low	90	22	2:33	15:08	9:05	10:15	10:05
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
Excellent	Low	75	16	2:08	16:25	9:35	11:35	11:25
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
Good	Low	60	5	1:17	18:51	10:55	15:15	15:05
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		45	2	0:51	19:43	11:25	16:15	16:05

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
Outstanding	Low	90	44	2:38	12:43	8:10	8:25	8:15
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
Excellent	Low	75	36	2:13	14:34	8:40	10:30	10:20
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
Good	Low	60	10	1:23	18:13	9:40	13:20	13:10
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		45	4	0:58	20:35	10:10	14:15	14:05
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
Outstanding	Low	90	18	2:30	16:19	9:10	10:23	10:13
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
Excellent	Low	75	12	2:05	17:30	9:40	11:50	11:40
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
Good	Low	60	4	1:15	19:54	11:00	15:30	15:20
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		45	1	0:50	20:52	11:30	16:30	16:20

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					
			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
Outstanding	Low	90	86	3:14	9:50	08:00	7:55	7:45
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
Excellent	Low	75	76	2:43	10:40	08:32	9:15	9:05
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
Good	Low	60	51	1:42	12:00	09:38	12:15	12:05
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		45	42	1:11	13:40	10:10	13:55	13:40
Performance		Points	Females: Age 17 - 19 years					
			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
Outstanding	Low	90	47	3:04	12:30	09:05	9:15	9:05
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
Excellent	Low	75	42	2:33	13:40	09:38	10:40	10:25
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
Good	Low	60	24	1:32	14:45	11:05	14:10	14:00
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		45	19	1:01	16:20	11:38	15:30	15:20

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

Performance		Points	Males: Age 20 - 24 years					
			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
Outstanding	Low	90	81	3:10	10:05	08:05	8:10	8:00
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
Excellent	Low	75	71	2:40	11:25	08:38	9:30	9:20
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
Good	Low	60	47	1:40	13:05	09:43	12:30	12:20
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		45	37	1:10	14:45	10:16	14:10	14:00
Performance		Points	Females: Age 20 - 24 years					
			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
Outstanding	Low	90	44	3:00	12:30	09:10	9:30	9:20
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
Excellent	Low	75	39	2:30	14:25	09:43	10:55	10:45
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
Good	Low	60	21	1:30	15:30	11:10	14:25	14:15
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		45	16	1:00	16:55	11:43	15:50	15:40

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

Performance		Points	Males: Age 25 - 29 years					
			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
Outstanding	Low	90	77	3:06	10:30	08:11	8:18	8:10
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
Excellent	Low	75	67	2:37	11:50	08:43	9:40	9:31
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
Good	Low	60	44	1:38	14:03	09:49	12:40	12:28
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		45	34	1:09	15:18	10:21	14:18	14:04
		Points	Females: Age 25 - 29 years					
			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
Outstanding	Low	90	43	2:56	12:48	09:16	9:48	9:38
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
Excellent	Low	75	37	2:27	14:35	09:49	11:10	10:59
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
Good	Low	60	19	1:28	16:13	11:16	14:43	14:28
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		45	13	0:59	17:35	11:48	16:05	15:50

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

Performance		Points	Males: Age 30 - 34 years					
			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
Outstanding	Low	90	74	3:02	10:55	08:16	8:25	8:15
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
Excellent	Low	75	64	2:34	12:15	08:49	9:50	9:40
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
Good	Low	60	41	1:36	15:00	09:54	12:50	12:40
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		45	31	1:07	15:50	10:27	14:25	14:15
Performance		Points	Females: Age 30 - 34 years					
			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
Outstanding	Low	90	41	2:53	13:05	09:21	10:05	9:55
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
Excellent	Low	75	35	2:24	14:45	09:54	11:25	11:15
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
Good	Low	60	17	1:26	16:55	11:21	15:00	14:50
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		45	11	0:58	18:15	11:54	16:20	16:10

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

Performance		Points	Males: Age 35 - 39 years					
			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
Outstanding	Low	90	70	2:59	11:03	08:21	8:35	8:27
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
Excellent	Low	75	60	2:31	12:33	08:54	9:58	9:48
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
Good	Low	60	37	1:34	15:25	10:00	12:58	12:45
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		45	27	1:06	16:23	10:32	14:35	14:21
Performance		Points	Females: Age 35 - 39 years					
			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
Outstanding	Low	90	39	2:49	13:13	09:27	10:23	10:13
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
Excellent	Low	75	34	2:21	15:00	10:00	11:43	11:31
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
Good	Low	60	14	1:25	17:20	11:27	15:15	15:00
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		45	9	0:56	18:33	11:59	15:58	16:22

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

Performance		Points	Males: Age 40 - 44 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
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
Outstanding	Low	90	67	2:55	11:10	08:27	8:45	8:30
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
Excellent	Low	75	56	2:28	12:50	09:00	10:05	9:55
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
Good	Low	60	34	1:32	15:50	10:05	13:05	12:55
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		45	24	1:05	16:55	10:38	14:45	14:30
Performance		Points	Females: Age 40 - 44 years					
			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
Outstanding	Low	90	37	2:46	13:20	09:32	10:40	10:25
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
Excellent	Low	75	32	2:18	15:15	10:05	12:00	11:50
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
Good	Low	60	12	1:23	17:45	11:32	15:30	15:20
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		45	7	0:55	18:50	12:05	16:55	16:40

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

Performance		Points	Males: Age 45 - 49 years					
			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
Outstanding	Low	90	63	2:52	11:28	08:32	8:53	8:44
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
Excellent	Low	75	52	2:25	13:15	09:05	10:13	10:03
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
Good	Low	60	32	1:30	16:15	10:10	13:13	12:59
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		45	21	1:03	17:35	10:43	14:53	14:38
Performance		Points	Females: Age 45 -49 years					
			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
Outstanding	Low	90	35	2:43	13:38	09:38	10:48	10:37
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
Excellent	Low	75	30	2:16	15:23	10:10	12:08	11:56
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
Good	Low	60	11	1:21	18:00	11:38	15:48	15:32
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		45	5	0:54	18:58	12:10	17:03	16:46

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

Performance		Points	Males: Age 50 - 54 years					
			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
Outstanding	Low	90	59	2:48	11:45	08:38	9:00	8:50
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
Excellent	Low	75	49	2:22	13:40	09:10	10:20	10:10
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
Good	Low	60	30	1:29	16:40	10:16	13:20	13:10
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		45	19	1:02	18:15	10:49	15:00	14:50
Performance		Points	Females: Age 50 -54 years					
			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
Outstanding	Low	90	33	2:39	13:55	09:43	10:55	10:45
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
Excellent	Low	75	28	2:13	15:30	10:16	12:15	12:05
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
Good	Low	60	10	1:20	18:15	11:43	16:05	15:55
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		45	2	0:53	19:05	12:16	17:10	17:00

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

Performance		Points	Males: Age 55 - 59 years					
			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
Outstanding	Low	90	56	2:45	12:34	08:48	9:07	8:56
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
Excellent	Low	75	46	2:19	14:31	09:21	10:46	10:35
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
Good	Low	60	16	1:27	17:53	10:27	13:48	13:37
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		45	10	1:01	18:52	11:00	15:19	15:08
Performance		Points	Females: Age 55 -59 years					
			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
Outstanding	Low	90	26	2:36	15:21	09:54	11:08	10:57
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
Excellent	Low	75	20	2:10	16:52	10:27	12:34	12:23
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
Good	Low	60	6	1:18	19:35	11:55	16:30	16:19
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		45	2	0:52	20:25	12:28	17:36	17:25




Table 4-2: PRT Standards Altitudes Greater 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
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
Outstanding	Low	90	52	2:42	13:16	08:54	9:10	8:59
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
Excellent	Low	75	44	2:16	15:16	09:26	11:06	10:55
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
Good	Low	60	14	1:25	18:57	10:32	14:07	13:56
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		45	8	1:00	20:45	11:05	15:30	15:19
Performance		Points	Females: Age 60 - 64 years					
			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
Outstanding	Low	90	22	2:33	16:39	10:00	11:17	11:06
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
Excellent	Low	75	16	2:08	18:04	10:32	12:45	12:34
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
Good	Low	60	5	1:17	20:44	12:00	16:47	16:36
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		45	2	0:51	21:41	12:33	17:53	17:42




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
Outstanding	Low	90	44	2:38	13:59	08:59	9:16	9:05
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
Excellent	Low	75	36	2:13	16:01	09:32	11:33	11:22
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
Good	Low	60	10	1:23	20:02	10:38	14:40	14:29
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		45	4	0:58	22:39	11:11	15:41	15:30
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
Outstanding	Low	90	18	2:30	17:57	10:05	11:25	11:14
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
Excellent	Low	75	12	2:05	19:15	10:38	13:01	12:50
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
Good	Low	60	4	1:15	21:53	12:06	17:03	16:52
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		45	1	0:50	22:57	12:39	18:09	17:58

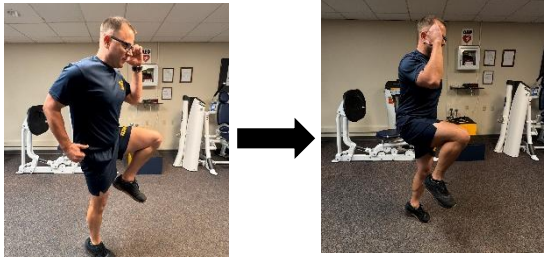
Appendix A: Standardized PRT Warm-Up


<u>Exercise</u>	<u>Picture</u>	<u>Description</u>	<u>Time/Repetitions</u>
90/90 Stretch		<ul style="list-style-type: none"> • Lie on the deck with your knees bent and feet flat. Rotate onto your left side into a fetal position with your legs at a 90-degree angle. Your knees should remain aligned with your hips (a rolled-up towel between the knees is acceptable). Keep both arms straight out in front of your body, in line with your shoulders. • Keeping your knees together and on the deck with your hips still, rotate your right arm back to the right, opening your chest and trying to place the back of your hand on the deck. Exhale and hold for up to 3 seconds, then return to the starting position. Complete the required repetitions, then switch sides and repeat. 	5 reps per side
Pillar Bridge		<ul style="list-style-type: none"> • Start laying face down on the deck • Push up tall on your elbows and tuck your chin so your head stays in line with your body, maintaining a neutral spine (look at hands not feet). • Maintain a straight, neutral line from ears to ankles—no sagging or arching. • Feet no wider than shoulder width apart 	20 sec or 10 echo count
Glute Bridge		<ul style="list-style-type: none"> • Lying on your back with your feet shoulder-width apart, lift your hips to create a straight line from your knees, hips, and shoulders. • Keep your back flat and your torso engaged throughout the movement. • Keep your toes pulled up toward your shins (dorsiflexed). • Lower your hips down and repeat. 	10 reps or 5 military four-count




T's Bent Over		<ul style="list-style-type: none"> • Stand with your feet shoulder-width apart and hinge forward at the hips, keeping a neutral spine. Let your arms hang straight down from your shoulders, palms facing up. • Retract your scapula to initiate the movement. Raise both arms out to your sides in a wide “T” shape, following a smooth arc until you feel a gentle stretch across your chest. Control the movement as you lower your arms back to the starting position. • Hold for 2 seconds, then lower your arms back to the starting position with control. 	5 military four-count
Knee Hug		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart. • Shift weight to the stance leg and lower slightly into a quarter-squat position. • Grasp the front of the opposite shin just below the knee with both hands. Maintaining control of the shin, extend through the stance leg to return to a tall position. • Gently pull the knee toward the chest while keeping the ankle flexed (toes up) and posture upright. • With controlled movement, lower the leg back to the starting position. • Alternate sides while maintaining a tall posture, keeping your weight centered through the mid-foot, and engaging the glute of the stance leg throughout the movement. 	5 reps per side or 10 military four-count

Reverse Lunge with Rotation		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart. Step backward into a lunge, keeping the front knee aligned over the mid-foot and the back glute engaged at the bottom of the movement. • Rotate your torso toward the front leg while keeping the hips square and the front foot stable. The opposite hand chops across the outside of the front leg. The same-side arm opens and reaches back in line with the shoulders, allowing the eyes to follow the rotation. • Keep the chest up and avoid letting the back knee touch the deck. • Return to standing and alternate sides each repetition. 	5 reps per side or 10 military four-count
Heel-to-Glute with Reach		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart. Shift weight to the stance leg and lower slightly into a quarter-squat position. lift one foot behind you and grasp the ankle with the same-side hand or opposite hand. • Pull the heel toward the glute as you rise tall and simultaneously reach the opposite arm overhead. Hold for 2-3 seconds • Lower the leg back to the starting position. • Repeat with opposite leg to complete 1 rep • Maintain balance and an upright posture throughout the movement. 	5 reps per side or 10 military four-count
Squats		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart. Sit your hips back and down, lowering until your thighs are parallel to the deck while keeping your chest up and eyes forward. • Drive through the hips to return to a standing position. • Keep weight centered over the arches and maintain knee alignment, avoiding inward collapse throughout the movement. 	10 reps or 5 military four-count

Drop Squat to 2-inch Run		<ul style="list-style-type: none"> • Begin standing tall with feet hip-width apart. • On the command “Up,” rise into triple extension: fully extend your body upward. Heels rise off the deck, knees straighten, and hips come forward as you reach tall, creating a straight line from head to toe. This should feel like an athletic, powerful “up” position—not a jump. • On the command “Drop,” briefly lift your feet, drive your elbows back, and quickly drop into a squat—hips back, knees bent, chest up. Stick the landing with control. • On the command “Go,” run in place by lifting your feet approximately 2 inches off the deck as quickly as possible. • Allow the arms to move slowly in a controlled rhythm — FAST FEET, SLOW ARMS. • Continue for the prescribed number of repetitions. 	2 reps (3 sec 2-inch run)
Drop Squat to High Knees		<ul style="list-style-type: none"> • Begin standing tall with feet hip-width apart. • On the command “Up,” rise into triple extension: fully extend your body upward. Heels rise off the deck, knees straighten, and hips come forward as you reach tall, creating a straight line from head to toe. This should feel like an athletic, powerful “up” position—not a jump. • On the command “Drop,” lift the feet slightly, throw the elbows back, and drop into a squat by pushing the hips back and bending the knees. Stick the landing. • On the command “Go,” transition into high knees: lift one knee toward the chest as the same-side arm swings forward and the opposite arm swings back. 	2 reps (3 sec high knees)

Drop Squat to High Knees (continued)		<ul style="list-style-type: none"> • Drive the foot down, switch sides, and continue alternating knees in a tall, controlled posture. • Maintain quick, crisp knee drive with fast feet, disciplined arms, for the prescribed reps. 	2 reps (3 sec high knees)
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Additional Suggested Warm-Up Exercises Before Cardio Event			
Inverted Hamstring		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart. • Shift weight to one leg, keeping the stance knee soft (not locked). • Hinge at the hips, sending the free leg straight back with the foot dorsiflexed, maintaining a straight line from ear to ankle. • Reach both arms forward with biceps near the ears as the torso lowers, keeping hips and shoulders square to the deck. maintaining a neutral spine by looking straight down. • When a stretch is felt in the stance leg, return to standing by contracting the glute and hamstring. • Maintain a flat back and controlled movement throughout. • Alternate sides for the prescribed repetitions. 	5 reps perside or 10 military four-count resulting in 2 sec hold per rep

Leg Cradle		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart. Shift weight to one leg and soften the stance knee (not locked). • Slightly bend down as you lift the opposite knee toward the chest, placing one hand on the knee and the other under the ankle. • Pull the leg gently toward the chest for up to a 3-second stretch. • Maintain a tall posture and contract the glute of the stance leg throughout the movement. • Lower the leg back to the starting position and repeat on the opposite side. 	5 reps per side or 10 military four-count
Linear March		<ul style="list-style-type: none"> • Stand tall with feet hip-width apart, arms at your sides with elbows bent to 90 degrees. • Lift one knee to hip height while driving the same-side arm forward and the opposite arm back. • Drive the foot down under your center of mass as the opposite knee lifts and arms switch. • Maintain an upright posture, dorsiflex the ankle (toes up), and keep steps rhythmic and controlled. • Continue marching forward for the prescribed distance (e.g., 10 yards). 	10 reps per side or 10 yards
Squat Jump Countermovement to Stabilize		<ul style="list-style-type: none"> • Stand tall with feet slightly wider than shoulder-width, hands placed behind the head. • Sit hips back and down into a squat, then immediately drive upward into a vertical jump. • Extend hips fully in the air, keeping chest up and core engaged. • Land softly in a controlled squat, absorbing the force through the hips. • Stabilize the landing before returning to the starting position and repeating for the prescribed reps. 	5 reps