No one is saying that initial training in the ADF is easy, but the fitter you are, the easier you’ll find it. That’s why it pays to be as fit as you can be before you join.

Don’t worry though. Once you enlist, expert Physical Training Instructors will help you reach a level of fitness that is more than adequate. If you are joining the Army, you will also need to complete sit-ups and push-ups as well as the Pre-enlistment Fitness Assessment. However, if you are joining the Navy or the Air Force, completing these two exercises will assist you in your preparation for initial training.

**SIT-UPS.**

For Army entry, both males and females must be able to do 45 sit-ups. The correct sit-up technique is as follows:

1. To start, your legs must be bent at 90 degrees and your feet are either flat or with heels on the ground. Your feet can be either held or anchored.
2. Keep your arms straight with the palms of your hands on top of your legs. Your chin should be as close to your chest bone as comfortable.
3. To sit-up, keep your hands in contact with your legs until your wrists come to the top of your knee caps. When your wrists reach this position, lower to the start position. This should take 3 seconds and is counted as one sit-up.

**PUSH-UPS.**

For Army entry, males must be able to complete 15 push-ups, females must be able to complete 8. The correct push-up technique is as follows:

1. To start, your toes should be on the ground, feet together or shoulder width apart and palms flat. Your back should be straight and you can either look forward or down. Your arms should be in the lock position.
2. To reach the down position, keep your body straight then bend your arms to a 90 degree angle from shoulder to elbow. After this has been achieved, push your body back to the full arm lock position. This is one push-up.
3. You can rest in either the full arm lock position or in the 90 degree position.

Call 13 19 01 or visit www.defencejobs.gov.au for more information and a video demonstration of the Pre-enlistment Fitness Assessment visit www.defencejobs.gov.au/crc
The ADF uses the “Multistage Fitness Test”, produced by the Australian Coaching Council as its Pre-enlistment Fitness Assessment. It measures your maximum aerobic capacity. In other words, it measures how effectively your heart and lungs are working.

Here is how it works:
You run to and fro—a shuttle test—along a 20 metre track, keeping up with a series of beeps on a cassette.

The timing of the beeps starts off slowly and gradually gets faster, so it gets harder and harder to keep up the required speed.

When you can no longer keep up the required speed you stop, and this provides a good indication of your maximum aerobic fitness level.

The minimum requirement for each service differs slightly. For Army, the level for both male and female is Level 6.5. This equals 46 shuttles or a total of 920 metres in 6 minutes 30 seconds. For Navy and Air Force the level for both male and female is Level 7.5. This equals 56 shuttles or a total of 1120 metres in 6 minutes 30 seconds.

For each service, the assessment is made up of two parts. Part one is called the shuttle run test. In this test, you run 20 metres in 11.2 seconds and work up to the maximum or 920 metres in 6 minutes 30 seconds. This part of the assessment is designed to test your aerobic endurance.

Part two of the assessment consists of a set of sit-ups and push-ups. These are called the sit-up and the push-up tests. These tests are designed to test your muscular endurance.

The shuttle run test and the sit-up and the push-up tests are both designed to provide a good indication of your current aerobic fitness level. The shuttle run test provides a good indication of your maximum aerobic capacity. In other words, it measures how effectively your heart and lungs are working.

The ADF recommends that people consult with their doctor and/or a qualified fitness instructor prior to commencing any exercise programs.

The correct procedures for sit-ups and push-ups are shown.

NOTES.

- Sets are the number of groups of repetitions of an exercise.
- Walking should be brisk and you should be able to sustain the same pace for the whole time.
- Running should be slightly increased in speed each session.
- Bike riding should be spinning light gears, no grinding.

Warm-up procedure.
Every exercise session should be preceded by a period of 5 to 10 minutes of warm-up and stretching, where the body is gradually prepared for the effort to come. The warm-up should be gentle and rhythmic and preferably use the muscles to be involved in the major activity.

After the warm-up you should complete a number of stretching exercises to prepare your muscles for the activity. Stretching exercises should be held for 5 to 10 seconds with no bouncing or pain.

It is strongly advised to see a qualified fitness instructor for a stretching program.

Cool-down procedure.
As with the warm-up, a cool-down period is a vital component of an exercise program. This involves a gradual decrease in the intensity of the exercise, until the body’s physiological functions return to the resting state. Stretching should also be done during this cool-down phase.