**AIR FORCE Physical Fitness Test**

*(includes 3 components)*

The PFT is to be completed as follows: The aerobic and muscular strength components of the test are to be conducted consecutively. The sequence of these components is at the discretion of the PTI. However, pass each component of the test to achieve a pass of the PFT. You may be given the opportunity to reattempt any failed component of the PFT immediately following that initial attempt of all components, as per the sequence, where it is deemed by the PFT that any such reattempt will not adversely affect the validity of the test and the member ability to be considered as ready for deployment. Each person undergoing the PFT is to be adequately instructed regarding time and interval standards applicable to each component of the test, prior to the test commencement.

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### Flexed Arm Hang or Push Ups Test

**Flexed arm hang**

**Push Ups**

**START**

- Group the bar poles or beams with the hands in a comfortable width apart facing either forward, to the rear or with an alternate grip. The arms are to be fully flexed with the chin above the bar. You may be assisted to the 'start' position.

**ACTION**

- Keep your body in a generally straight line from the shoulders to the ankles. The start position is also the ‘up’ position.

**FINISH**

- The component is a time activity.
- Once any leg support is removed, the member must maintain the starting position. The legs may be crossed and/or slightly bent, but the knees must remain below waist level. Excessive swinging of the individual’s body is to be prevented by the placement of another person’s hands on the shoulders or waist. The member may be assisted to the ‘start’ position.

**Notes:**

- The body must be fully flexed with the chin above the bar. You may be assisted to the ‘start’ position.
- Hold your body in a generally straight line from the shoulders to the ankles. The start position is also the ‘up’ position.
- The component is a time activity.
- Once any leg support is removed, the member must maintain the starting position. The legs may be crossed and/or slightly bent, but the knees must remain below waist level. Excessive swinging of the individual’s body is to be prevented by the placement of another person’s hands on the shoulders or waist. The member may be assisted to the ‘start’ position.

**The Sit-Up Test**

The procedure for the sit-up test is as follows:

Members can choose either sit-up one second or one second and a pause position. The individual shall face the floor, both arms and both hands on the floor (or off the floor) which is to be not more than 5 cm (2 inches) thick. Both hands and knees should be as close as shoulder width apart. The angle of the knees is 90 degrees. The chest of the sit-up test is placed with the palms resting on the floor and the arms are extended straight throughout the activity. The hand shall be on the floor and held off the floor in a comfortable position. The head is to remain in this position during the entire test.

**START**

- On the ground assume a position with:
  - Your hands and feet comfortable widths apart
  - Your arms fully extended
  - Hold your body in a generally straight line from the shoulders to the ankles. The start position is also the ‘up’ position.

**ACTION**

- Keeping your body in a generally straight line, bend your elbows by lowering the body until the upper arms become parallel to the ground. This is the ‘down’ position. The body may be lowered farther but may not rest on the ground.

**FINISH**

- Extend your arms so that the body returns to the ‘up’ position. This constitutes one repetition.

**Notes:**

- The sit-up test provides an indication of the minimum standard of abdominal strength and endurance. It indicates that your pelvic girdle posture is well supported by your abdominal muscles group. Maintenance of good posture around the pelvis and lower back is an important contributor in performing a range of military tasks. A strong and balanced abdominal region will assist in reducing the incidence of back injuries. The abdominal muscles should not be held in constant eccentric contraction during the sit-up test. Further support is only to be applied through the use of medical advice that the member has a permanent medical condition that may be exacerbated by the sit-up activity and/or after the member has undergone remedial training for a period of up to 90 days.

**The Chin-Up Test**

The procedure for the chin-up test is as follows:

- The chin bar may be grasped with the hands facing either forward or to the rear, or with an alternate grip, and the body is to be fully extended to a hanging position with the feet free of the ground.

**START**

- The member raises either hand or foot from the ground or rests on the ground; or
- The member performs three repetitions incorrectly at which time a fail will be recorded;
- The member performs two repetitions incorrectly at which time a fail will be recorded;
- The member raises either hand or foot from the ground or rests on the ground; or
- The member has not fully extended the body from the ‘down’ position.

**ACTION**

- With the body fully extended, the member raises either hand or foot from the ground or rests on the ground; or
- The member performs three repetitions incorrectly at which time a fail will be recorded;
- The member performs two repetitions incorrectly at which time a fail will be recorded;
- The member raises either hand or foot from the ground or rests on the ground; or
- The member has not fully extended the body from the ‘down’ position.

**FINISH**

- The chin-up test provides an indication of the minimum standard of abdominal strength and endurance. It indicates that your pelvic girdle posture is well supported by your abdominal muscles group. Maintenance of good posture around the pelvis and lower back is an important contributor in performing a range of military tasks. A strong and balanced abdominal region will assist in reducing the incidence of back injuries. The abdominal muscles should not be held in constant eccentric contraction during the chin-up test. Further support is only to be applied through the use of medical advice that the member has a permanent medical condition that may be exacerbated by the chin-up activity and/or after the member has undergone remedial training for a period of up to 90 days.

**The Run or Walk Test**

**START**

- The run or walk test is to be conducted over a distance of 2.4 km or 5 km. You will be informed of the split time after passing the 400-metre mark (or other distance determined by the PTI). If you are observed to be labouring and not meeting the split-time requirements, you will be withdrawn from the test and replaced.

**ACTION**

- You should attempt to cover the distance in the minimum time required for your age group.
- You should be assisted by a ‘pacer’ to achieve the required standard but no form of physical assistance is permitted.
- The walk is to be conducted with no running allowed; for example, at least one foot is to be in contact with the ground at all times.

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**PFT Pass Standards**

To pass the PFT, you must achieve at least the minimum PFT Pass standard for your age and gender in each activity.

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<tr>
<th>AGE</th>
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<th>FEMALES</th>
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<td>24 186</td>
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<tr>
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**Specialist Physical Fitness Standards**

The aerobic and muscular strength components of the test are to be conducted consecutively. The sequence of these components is at the discretion of the PTI. However, pass each component of the test to achieve a pass of the PFT. You may be given the opportunity to reattempt any failed component of the PFT immediately following that initial attempt of all components as per the sequence, where it is deemed by the PFT that any such reattempt will not adversely affect the validity of the test and the member ability to be considered as ready for deployment. Each person undergoing the PFT is to be adequately instructed regarding time and interval standards applicable to each component of the test, prior to the test commencement.

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**Warning:**

- A member is permitted only one warning. The member may be assisted to the ‘start’ position.
- Hold your body in a generally straight line from the shoulders to the ankles. The start position is also the ‘up’ position.
- The member has achieved the standard; or
- The member performs two repetitions incorrectly at which time a fail will be recorded;
- The member raises either hand or foot from the ground or rests on the ground; or
- The member performs three repetitions incorrectly at which time a fail will be recorded;