



APFT EVENTS & STANDARDS

SCORING GUIDE

GOALS FOR NEW STUDENTS

PREPARATION TIPS

ARMY PHYSICAL FITNESS TEST



THE ARMY PHYSICAL FITNESS TEST (APFT)

PURPOSE: The APFT provides a measure of upper and lower body muscular endurance. It is a performance test that indicates a Soldier's ability to perform physically and handle his or her own body weight. APFT standards are adjusted for age and physiological differences between the genders.

EXECUTION: The APFT consists of push-ups, sit-ups, and a 2-mile run—done in that order—on the same day. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events (from the first push-up performed to the last Soldier crossing the finish line of the 2-mile run event).

SCORING: In accordance with AR 350-1, all Soldiers must attain a score of at least 60 points in each event and an overall score of at least 180 points. Soldiers in Basic Combat Training must attain 50 points in each event and an overall score of 150 points. The maximum score a Soldier can attain on the APFT is 300 points. The use of extended scale scoring is not authorized.

(TC 3-22.20)



2 MINUTES OF PUSH-UPS



STANDARDS:

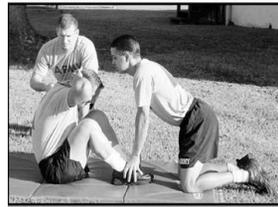
- 1) **Starting position** = Front-leaning rest position. Feet may be together or up to 12 inches apart. Body should form a straight line from shoulders to ankles. Hands placed where they are comfortable.
- 2) **Push-Up** = Bend elbows, lower body as a single unit until your upper arms are at least parallel to the ground and then return to the starting position until arms are fully extended.
- 3) **Rest position** = You may sag in the middle or flex your back, but then return to starting position before continuing with push-ups



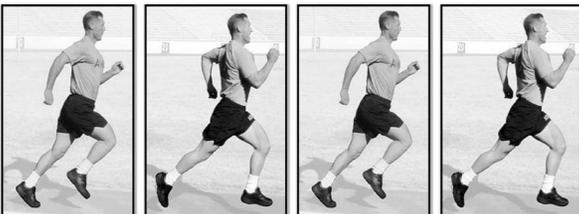
2 MINUTES OF SIT-UPS

STANDARDS:

- 1) **Starting position** = Lying on back with knees bent at 90-degree angle. Feet may be together or 12 inches apart. Another person holds feet or ankles the whole time you are performing the sit-up event.
- 2) **Up position** = Perform a sit-up, raising body to the point where the base of your neck is above the base of your spine.
- 3) **Rest position** = in the up position, not lying on back
- 4) **Take note** = Fingers must be interlocked at all times. You may not bow your back, lift your buttocks or let your knees exceed a 90-degree angle.



2-MILE RUN



STANDARDS:

- 1) You must complete the run without any physical help.
- 2) A pacer person is authorized as long as they do not pull, push, or carry runner.

APFT CALCULATOR

Male Scoring

Age	PU	SU	Run
19	60	80	1420
Raw Score	60	80	1420
Points	85	100	81
Total:	266	PASS	

Female Scoring

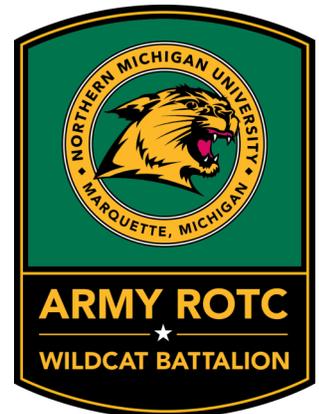
Age	PU	SU	Run
19	35	75	1700
Raw Score	35	75	1700
Points	88	95	83
Total:	266	PASS	

OPEN AS EXCEL SPREADSHEET
TO CALCULATE YOUR SCORE

Here are two sample Army Physical Fitness Test results for males and females between the ages of 17 and 21.

Earning a 265 or higher on the APFT makes you competitive for scholarships, tuition assistance, and accession into the Army Active Duty component. The numbers above reflect the scores needed in each event to accomplish this goal.

As incoming freshman, your **GOAL** should be to achieve a score of 180 or higher on the initial APFT at the beginning of the semester and a score of 200 or higher by the end of your first semester.



MALE

FOR AGES 17-21	MINIMUM REPS/TIME	POINTS	MAXIMUM REPS/TIME	POINTS
PUSH-UPS	42	60	71	100
SIT-UPS	53	60	78	100
2-MILE RUN	15:54	60	13:00	100
TOTAL		180 PASS		300 MAX.

SAMPLE APFT SCORING

FOR AGES 17-21	MINIMUM REPS/TIME	POINTS	MAXIMUM REPS/TIME	POINTS
PUSH-UPS	19	60	42	100
SIT-UPS	53	60	78	100
2-MILE RUN	18:54	60	15:36	100
TOTALS		180 PASS		300 MAX.

FEMALE

TIPS FOR SUCCESS

Just Getting Started?

Here are some general pieces of advice for those who are working to improve their overall physical fitness:

- 1) Get plenty of rest (6-8 hours of sleep/night)
- 2) Stay hydrated (8-10 glasses of water/day)
- 3) Eat a well-balanced diet (nutrition plays a HUGE role)
- 4) Incorporate stretching into your workouts
- 5) Warm-up, workout, cool down, & stretch!
- 6) Make a plan for yourself
 - A. Start slow and at a comfortable pace
 - B. Progressively work your way up
 - C. Consider ladder or circuit workouts
 - D. Gradually increase number of repetitions, weight/resistance of gear and run speed





One way to improve on **push-ups** and **sit-ups** is with ladder training. This is where an individual performs as many push-ups or sit-ups as he/she can possibly complete, followed by a short rest period and then perform fewer repetitions than before but enough where it is still difficult, and then repeat this sequence until the point of absolute muscle fatigue.

EXAMPLE:

If you are able to perform this many reps first...Round 1	Perform this many after rest...Round 2	Round 3	Round 4	Round 5	Round 6
100	50	40	30	20	10
75	35	30	25	20	10
50	25	20	20	10	10
25	20	15	10	10	5

ALTERNATIVE METHODS:

- 1) **PUSH-UPS:** Complete as many push-ups to standard as possible, then drop to knees and continue performing as many push-ups as physically able until fatigue, and then stand to perform as many wall push-ups until unable to perform any more.
- 2) **SIT-UPS:** Instead of focusing on the number of repetitions, perform as many sit-ups as physically able within a 2-minute timeframe, followed by a quick break, and then perform as many sit-ups within a 1-minute and 30-second timeframe with short rest periods in between.

ADDITIONAL TIPS FOR IMPROVING PHYSICAL FITNESS



1) RUNNING

- A. Interval Training: Designate a set distance or time and split workout into a reasonable/achievable goal
- B. Example 1: Specific distance = 2 miles
 - Run as fast as able for 1 mile
 - Jog/Walk for 0.25 mile
 - Run as fast as able for 0.5 mile
 - Jog/Walk last 0.25 mile
- C. Example 2: Specific time = 15 minutes
 - Sprint for 60 seconds
 - Walk for 30 seconds
 - Repeat for entire 15 minutes
- D. Create a workout routine that incorporates fast, short-distance runs with slower, long-distance runs and sprinting/agility exercises

2) CIRCUIT TRAINING

- A. Mix favorite upper and lower body and core exercises
- B. Perform as many repetitions as possible of each exercise in designated timeframe (usually 1 minute) and repeat until end-time (approximately 20 minutes)

3) MAKE TIME

- A. Knock out push-ups/sit-ups during TV commercials
- B. Take 5 minutes first thing in the morning and another 5 minutes right before bed to knock out a couple more
- C. Hold yourself accountable and take ownership of your fitness