

new army pt test score chart

soldiers move to the lane with a hex bar loaded with the soldiers target wait for the three repetition maximum deadlift event a grader takes a soldier scoring card Department of the army form 7:05 on the command of get set the soldier steps into the bar and assumes the straddle stance with ankle centered inside the hex bar and aligned with the midpoint of the hex bar handles the soldier will bend at the knees and hips reaching down to grasp the center of the handles arms should be straight back flat head in line with the spine or neck slightly extended and feet flat on the floor any preparatory movements are performed at this point to include setting shoulder hand and foot positions while firmly gripping the bar and while keeping the spine straight the soldier will straighten the knees hips and trunk lifting the weight until reaching an upright stance after a short pause in the upright position the soldier lowers the weight under control until it rests on the ground this movement is repeated two more times to complete the event if the soldier fails to lift three times successfully he or she will move to a lighter weight for one more attempt start the exercise in the straddle stance holding a weighted ball in both hands face away from the direction of the throw the greater checks that both of the soldiers feet will remain behind the start line throughout the event the greater checks that the lane is clear and the score is ready the soldier performs several preparation movements prior to throwing the ball these movements may include flexing the knees and hips while lowering the ball towards the ground before moving it overhead while firmly gripping the ball forcefully extend the legs and trunk and arms before throwing the ball backwards over the head the soldier's feet may leave the ground but they cannot cross the start line the start line is where the zero point on the tape measure is positioned and from where the throw is measured after one practice throw the soldier repeats the throw two more times the longest throw counts for record a starting position for the hand release push up is the prone position with hands flat on the ground beneath the shoulders feet will be together or up to boot width apart head will be off the ground arms may be away from the trunk on the command go the first movement performed is a push up from the ground and to the front leaning rest this movement ends when both elbows are fully extended the legs and the trunk must leave the ground at the same time as one unit the legs trunk and head must remain in a straight line throughout the exercise the second movement is a return to the starting position the third movement is the hand release without moving the head body or legs the soldier will lift both hands from the ground at the same time a clear gap between the palms and the ground must be visible to the grader so that the greater knows that the soldier has released his or her hands from the ground the fourth movement occurs as the hands returned to the ground under the shoulders this fourth movement completes one repetition of the hand release push-up here is the exercise conducted to standard in real-time illustrating the authorized rest position and changes in speed you on the command of go the soldier moves quickly from the prone starting position to sprint down to the turnaround line at the turnaround line the soldier must touch at or beyond the line with a hand before sprinting back to the start line to complete the first lap the second lap is a backward drag of a 90 pound sled at the start line the soldier grasps the sled strap handles and moves backwards quickly down to the turnaround line at the turnaround line the whole sled must cross the line before the soldier is allowed to move back to the start line the third lap is the lateral the same exercise performed in military movement drill one the soldier will move to the left going out on the lap and to the right when coming back the soldier must remain slightly crouched with the hands positioned palms out in front of the chest the soldier's feet must not cross and must remain parallel to each other and perpendicular to the direction of travel the soldier can move quickly bounding from the ground but must maintain hand and feet positions at the turnaround line the soldier must touch the line with the left hand before performing the lateral to the right to return to the start line the fourth lap is a loaded carry with a 40 pound kettlebell in each hand the soldier moves quickly down the lane before touching the turnaround line with either the left or right foot the soldier returns to the start line with the kettlebells placing not dropping them on the ground to complete the fourth lap the fifth and final lap is a sprint touching with either hand at the turnaround line before sprinting back to complete the 250 meter event soldiers times are taken as they cross the line the starting position for the leg TOC is the straight arm hang using the alternating grip with the body perpendicular to the bar feet are off the ground and uncrossed so that the soldier is prepared to land safely on the ground if he or she drops from the bar the soldier must return under control to the start position in order for the repetition to count the soldier's body should remain perpendicular to the bar throughout the motion body movement or swinging should be controlled to a minimum to replicate actual rope walk or run controlled movement improves strength skill and safety if the soldier drops from the bar without pausing in the starting position the straight arm hang that final attempt will not count soldiers will complete the mandated rest period before they begin the two-mile run