

- c. The Perfect Physical Fitness Ribbon is awarded to Young Marines earning a score of 500. Unit commanders should forward the name of the Young Marine to the Esprit Magazine for proper recognition.

4. Performing the Physical Fitness Test (PFT). The five basic exercises used in the PFT are Curl-ups, Pull-ups -Boys (13 & older), Flexed Arm hang - Girls, Shuttle Run, V-sit, 1 Mile (Endurance Run/Walk) or the 1/2 Mile Endurance Run/Walk for 8 and 9 year olds. **Boys 12 and under will perform the Flexed Arm Hang instead of pull-ups. The three Modified events include the following: Partial Curl-Ups, Right Angle Push-Ups and Sit and Reach.**

A. The PFT events are performed with the events below:

1. Ensure you have an even, clean, rock free area and equipment to perform the events listed below.

2. Males perform:

- a. Pull-ups or Flex-Arm Hang (12 & below)
- b. Right Angle Push-ups (this is a modified event to substitute for pull ups or Flex arm hang).
- c. Curl-ups
- d. Partial Curl-ups (this is a modified event to substitute for Curl ups).
- e. V-Sit
- f. Sit and Reach (This is a modified event to substitute for the V-sit) .
- g. 1 mile Endurance Run (for 10 year olds and older).
- h. ½ mile Endurance run (for 8 & 9 year olds year olds).
- i. Shuttle Run

3. Females perform:

- a. Flex Arm hang
- b. Right Angle Push-ups (This is a modified event to substitute for the Flex Arm Hang).
- c. Curl-ups
- d. Partial Curl-ups (this is a modified event to substitute for Curl ups).
- e. V-Sit
- f. Sit and Reach (This is a modified event to substitute for the V-sit).
- g. 1 mile Endurance Run (for 10 year olds and older).
- h. ½ mile Endurance run (for 8 & 9 year olds year olds).
- i. Shuttle Run

B. Example of performing a PFT:

1. Curl-ups or (Modified Partial Curl-Ups)
2. Pull-Ups, Flex Arm Hang or (Modified Right Angle Push- ups)
3. Shuttle Run
4. 1 mile & ½ mile endurance runs
5. V-sit or (Modified Sit and Reach)

- a. Curl-ups. The curl-up exercise strengthens abdominal muscles and as part of the PFT, it measures abdominal muscle strength.
- i. Starting Position. On a flat soft surface, lay on your back, with knees flexed and feet about 12 inches from the buttocks. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Helpers kneel in front of you and hold your feet in place. Helpers should count out loud each curl-up you perform.



- ii. Execution. Keeping this arm position, raise the trunk curling up to touch elbows to thighs and then lower yourself back to the floor so that the shoulder blades touch the floor, for one curl-up. To start, a timer calls out the signal “Ready? Go!” and begins timing for one minute. You stop when the timer says “Stop!”.
- iii. Administrative Note. You may rest in the down position as long as you maintain the correct body position while resting. “Bouncing” off the floor is not permitted. The curl-up will only be counted if performed correctly.
- iv. Time Limit. 1 minute.

- v. Scoring Table. Use the curl-up scoring table provided in section III of the PFT chapter in the Training Officers Manual. Modified Curl-Ups may be performed with the counter holding the head as shown above.

- b. Push Ups – Boys Only. This event measures upper body strength and endurance.

Right Angle Push-Ups (Modified)

- i. Starting Position. Lay face down on a flat soft surface in a push-up position with hands under shoulders and legs straight, parallel, and slightly apart, with the toes supporting you. Lift your body to full height by extending the arms up straight. Support will be on your hands and toes. Back and knees will remain straight. At this time you will lower your body until there is a 90 degree angle at the elbows with the upper arms parallel to the floor. Once you reach this 90 degree position, the counter will kneel before you and place their hands palm up, under your shoulders. This will mark how far down you will go when performing this exercise.



- ii. Execution. The push-up is done to a metronome (or audio tape, clapping, drums) with one complete push-up being performed every three seconds, and are continued until the student can do no more in rhythm (not in rhythm for three push-ups).

- iii. Administrative Note. Spend as little time in the starting position as possible in order to increase the number of repetitions.

- iv. Time Limit. None

- v. Use the Right Angle Push-Ups scoring table provided in section III of the PFT chapter in the Training Officers Manual.

- c. Flex Arm Hang (Boys 12 and under will perform the Flexed Arm Hang instead of pull-ups). The Flex Arm Hang exercise measures upper body strength and endurance.

Starting Position. Using either an overhand grasp (palms facing away from the body) or an underhand grip (palms facing toward the body), assume a flexed arm hang position with the chin clearing the bar. You should be lifted or assisted into this position.

- i. Execution. Hold your body straight with your chin above the bar and chest close to the bar for as long as possible. This is a time event. Time is started when your partner is no longer providing you support. When your chin touches or falls below the bar, time is called.
 - ii. Administrative Note. You are not permitted to rest your chin on the bar.
 - iii. Time Limit. Time begins when you are in position and you signal your partner to let you go. Time ends when your chin touches or falls below the bar.
 - iv. Scoring Table. Use the Flexed Arm Hang scoring table provided in section III of the PFT chapter in the Training Officers Manual.
- d. Pull-ups (Boys Only). The Pull-up exercise measures upper body strength and endurance.
- i. Starting Position. Hang from the bar at a height you can hang from with arms fully extended and feet free from the floor or ground, using either an overhand grasp (palms facing away from the body) or an underhand grip (palms facing toward the body). If needed, you may be lifted into position.



- ii. Execution. On the command “Begin!”, raise body until chin clears the bar and then lower the body to full-hang position. Repeat the procedure performing as many pull-ups as you can. Spend as little time as possible hanging from the bar beforehand. Kicking of the legs (kipping) or swinging of the body is not permitted.
- iii. Administrative Note. Pull-ups should be done in a smooth rather than jerky motion. There is no rest position for this exercise.
- iv. Time Limit. There is no time limit for this event.
- v. Scoring Table. Use the Pull-Ups scoring table provided in section III of the PFT chapter in the Training Officers Manual.

- e. V-sit and reach (or sit and reach- **Modified**). This event measures flexibility of the lower back and hamstrings.
- ia. V-sit testing Mark a straight line two feet long on the floor as the baseline. Draw a measuring line perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12" apart. Student clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.
 - ib. V-sit tip. Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.
 - ic. V-sit rules. Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.



- ii. Sit and reach testing. A specially constructed box (see below) with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.
- ii. Sit and reach tip. Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.
- ii. Sit and reach rules. Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter.



Constructing the Sit and Reach Box

1. Using any sturdy wood or comparable material (3/4" plywood is recommended), cut the following pieces:

- 2 pieces - 12" x 12"
- 2 pieces - 12" x 10"
- 1 piece - 12" x 21"

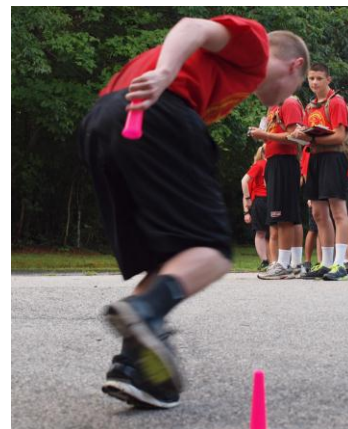
2. Assemble the pieces using nails or screws and wood glue.

3. Inscribe the top panel with 1 centimeter gradations. It is crucial that the 23 centimeter line be exactly in line with the vertical plane against which the subject's feet will be placed.

4. Cover the apparatus with two coats of polyurethane sealer or shellac.

5. For convenience, you can make a handle by cutting a 1" x 3" hole in the top panel.

6. The measuring scale should extend from 9 cm to 50 cm.



f. Shuttle Run. This event measures speed, quickness and agility.

- i. Shuttle run testing. Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Students start behind opposite line. On the signal

"Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.

- ii. Shuttle run tip. Be sure the participants understand the importance of running through the finish line.
- iii. Shuttle run scoring. Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

g. Endurance run/walk. This event measures heart/lung endurance.

- i. Endurance run/walk testing. On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.
- ii. Endurance run/walk tip. Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time. If you are not using a track that is measured in miles, then you will need to convert from that measurement into miles. Refer to the conversion chart below for converting to miles when using a 400 meter track or 440 yards.
- iii. Endurance run/walk scoring. Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test. Times are recorded in minutes and seconds. Alternative distance for 8 and 9 year old Young Marines is ½ mile. The same objective and testing procedure are used as with the mile run.

Conversion for Miles	
<p>On a 400 meter track</p> <p>1 mile = 4 laps + 9 meters</p> <p>3/4 mile = 3 laps + 6.75 meters</p> <p>1/2 mile = 2 laps + 4.5 meters</p> <p>1/4 mile = 1 lap + 2.25 meters</p>	<p>On a 440 yard track</p> <p>1 mile = 4 laps</p> <p>3/4 mile = 3 laps</p> <p>1/2 mile = 2 laps</p> <p>1/4 mile = 1 lap</p>

5. Warm-up and Cool-down. A 5-10 minute warm-up is an essential part of every fitness session. A warm-up routine has a number of benefits. It is beneficial because it:

- a. Prepares the body for action;
- b. Helps develop sports skills; and,
- c. Helps prevent injury. Muscles that are supple and strong become less prone to injury.

6. Warm-ups. Here are some guidelines for a warm-up session

:

- a. Start with three minutes of brisk walking or easy jogging;
- b. Do your stretching exercises slowly and smoothly;
- c. Stretch only until you feel tightness, not pain;
- d. Do strengthening exercises at a controlled speed;