Section 3 - PRT Event Procedures / Testing

1. Push-Ups

Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, member must be entirely on the padding or off, i.e., member’s upper body cannot be on the padding with feet off. Members are required to wear shoes.

   a. Push-up procedures:

      (1) Member will begin in leaning rest position on the deck so that body forms a straight line through the head, shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

      (2) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.

      (3) CFL/ACFL will announce the start as well as 15-second intervals until the 2 minutes have elapsed.

      (4) Member shall lower entire body until arms bend to at least 90 degrees while keeping head, shoulders, back, buttocks, and legs aligned and parallel to the deck.
(5) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.

(6) Member may rest only in the up position maintaining a straight line with head, shoulders, back, buttocks and legs.

b. Push-ups are repeated correctly as many times as possible in 2 minutes. CFL or ACFL must monitor members for correct form and count only the number of correctly performed push-ups. Push-ups performed incorrectly shall not be counted. Results for an event that ended in less than 2 minutes shall be number of push-ups properly performed at time of termination.

c. Push-up event is ended when the member:

(1) Touches deck with any part of body except hands and feet.

(2) Raises one hand or foot off the deck.

(3) Fails to maintain proper body alignment (i.e., head, shoulders, back, buttocks, and legs in a straight line with head and heels).

2. Forearm Plank

There will be no more than eight (8) Sailors to one Command Fitness Leader (CFL)/Assistant Command Fitness Leader (ACFL) when performing the forearm plank and with a partner who will monitor the Service Member for proper form.

For Recruit and Officer Training Commands, the training commands have the authority to determine the correct monitor to recruit/candidate ratio, which most effectively ensures the integrity of the event, given the number of recruits/candidates participating and the drill instructor staff available.

CFL/ACFL will record time with a stopwatch to the nearest second and will announce "Start", as well as 15-second intervals. Cellphone stopwatches are prohibited.
The forearm plank will be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the Service Member must be entirely on or off the padding, (i.e., upper body of the Service Member cannot be on the padding with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.

a. Forearm plank procedures:

(1) Service Member will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.

(2) Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Forearms may be parallel or angled inward, but the hands cannot be clasped together.

(3) Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.

(4) Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.

(5) The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.

(6) Toes, forearms and fists or palms must remain in contact with the deck at all times and folding of hands is not permitted. No part of the body of the Service Member may contact a vertical support surface.
(7) Involuntary muscle spasms (e.g., shaking, trembling, or quivering) resulting from maximum exertion during the exercise is anticipated and permitted as long as the proper forearm plank position is maintained.

b. Forearm plank event ends when:

(1) Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.

(2) Any part of the body other than hands (fists/palms) forearms, or feet touch the deck.

(3) Service Member lowers head to hands.

(4) Service Member lifts hands, forearms or feet off the deck.

(5) Service Member does not maintain 90 degrees at the elbow (i.e., Service Member shifts weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).

(6) Service Member receives more than two corrections on form. On the third correction on form, the CFL/ACFL will stop the Service Member and record the time. This will be the official forearm plank time (score) of the Service Member.

3. 1.5-mile Run and/or Walk

Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the event. Leaving the area of the event is not allowed.

a. Event Procedures:

(1) Conduct on a flat and solid surface track or outdoor course.

(2) Member will stand at start line.

(3) Timer will signal start and call out time intervals until completion of test.

(4) Time is recorded with stopwatch to nearest second.

b. 1.5 Mile Run and/or Walk Event is ended when:

(1) The member completes the 1.5 mile. CFL will record the time. The member must remain on the designated course until they complete the event.