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The Navy's Physical Readiness Tests, which include associated height/weight/body fat measurements, are conducted twice each year for active duty and reservist sailors. It is also tested at boot camp for recruits upon arrival into the Navy. The test is designed to measure core stability, muscular strength-endurance and aerobic capacity. The Navy physical fitness test consists of a 1.5-mile run, plank pose and push-ups. Rowing 2,000 meters for time also is an option for the 1.5-mile run once you are active duty. The new PT test replaced crunches with the plank pose in 2021. The adjusted charts for the age groups are found in these charts: Navy PRT standards – male (ages 17-19) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:40 9:2 8:15 7:00 Outstanding 90 3:25 8:10 7:00 Outstanding 90 3:30 8:6 9:00 Excellent 75 3:05 7:40 6:50 Good 60 2:10 5:11 6:10 Satisfactory 50 1:30 4:16 6:10 Probationary 45 1:10 4:12 6:10 Navy PRT standards – male (ages 20-24) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:35 8:7 7:05 Outstanding 90 3:25 8:11 9:15 Excellent 75 3:05 7:10 7:55 Good 60 2:05 4:17 12:00 Satisfactory 50 1:25 4:12 13:15 Probationary 45 1:05 3:17 13:30 Navy PRT standards – male (ages 25-29) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:30 8:4 8:55 7:10 Outstanding 90 3:20 7:17 9:38 7:35 Excellent 75 3:00 6:17 10:52 8:00 Good 60 2:00 4:12 9:30 Satisfactory 50 1:20 3:18 13:45 Probationary 45 1:00 3:14 14:00 Navy PRT standards – male (ages 30-34) 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PRT standards – female (ages 35-39) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:20 7:45 9:25 Outstanding 90 3:10 7:00 9:20 Excellent 75 2:50 6:10 11:23 8:10 Good 60 1:50 3:17 14:08 9:10 Satisfactory 50 1:10 3:13 14:45 Probationary 45 1:00 3:13 15:00 Navy PRT standards – female (ages 40-44) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:15 7:20 9:30 Outstanding 90 3:05 6:10 10:15 Excellent 75 2:45 5:16 11:45 8:15 Good 60 1:45 3:14 14:30 9:15 Satisfactory 50 1:05 2:19 15:15 9:35 Probationary 45 1:05 2:14 15:30 9:45 Female standards charts Navy PRT standards – female (ages 17-19) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:40 9:12 9:28 9:00 Outstanding 90 3:20 8:10 9:28 9:00 Excellent 75 3:05 7:10 9:28 9:00 Good 60 2:10 4:12 9:30 Satisfactory 50 1:20 3:18 13:45 Probationary 45 1:00 3:14 14:00 Navy PRT standards – female (ages 20-24) Performance grades Points Forearm 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Performance		Females: Age 20-24 years						
	Points	Curly	Push	1.5-mile	500-yd	450-m		
Category	Level	ups	ups	run	swim	swim		
Outstanding	High	100	85	2:15	7:00	1:50		
	Medium	95	103	47	11:15	8:00	1:50	
Outstanding	Low	90	98	44	21:30	8:45	8:35	
Excellent	High	85	94	43	12:15	9:15	9:05	
Excellent	Medium	80	90	40	12:45	9:15	9:05	
Excellent	Low	75	87	39	13:15	10:00	9:50	
Good	High	70	78	35	13:30	11:00	10:50	
Good	Medium	65	66	28	13:45	12:15	12:05	
Good	Low	60	58	21	14:15	13:15	13:05	
Satisfactory	High	55	54	20	14:30	14:00	13:50	
Satisfactory	Medium	50	50	17	15:15	14:00	13:50	
Probationary		45	46	16	15:30	14:30	14:20	

rowing 2,000 meters for time also is an option for the 1.5-mile run once you are active duty. into The new PPT test replaced crunches with the plank pose in 2021. 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standards – male (ages 30-34) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:20 8:0 9:20 7:15 Outstanding 90 3:15 7:4 10:00 7:35 Excellent 75 2:55 6:4 11:1:00 7:40 Good 60 1:55 4:1 13:45 9:05 Satisfactory 50 1:15 3:4 14:15 9:25 Probationary 45 55 3:1 14:30 9:35 Navy PRT standards – female (ages 35-39) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:20 7:6 9:25 7:20 Outstanding 90 3:10 7:0 10:08 7:40 Excellent 75 2:50 6:0 11:23 8:10 Good 60 1:50 3:7 14:08 9:10 Satisfactory 50 1:10 3:3 14:45 9:30 Probationary 45 50 2:7 15:00 9:40 Navy PRT standards – male (ages 40-44) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:15 7:2 9:30 7:25 Outstanding 90 3:05 6:7 10:15 7:45 Excellent 75 2:45 5:6 11:45 8:15 Good 60 1:45 3:4 14:09 9:15 Satisfactory 50 1:05 2:9 15:05 9:35 Probationary 45 45 2:4 15:30 9:45 Female standards charts Navy PRT standards – female (ages 17-19) Performance 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3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 50-54) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 55-59) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 60-64) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 65-69) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 70-74) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 75-79) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 80-84) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 85-89) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55 Probationary 45 50 1:0 17:00 11:00 Navy PRT standards – female (ages 90-94) Performance grades Points Forearm Planks Push-Ups 1.5 Mile Run 2-km Row Maximum 100 3:10 4:3 10:55 8:25 Outstanding 90 3:05 3:8 12:25 8:45 Excellent 75 2:45 3:4 13:45 9:15 Good 60 1:45 1:3 16:15 10:45 Satisfactory 50 1:05 1:0 16:45 10:55

APN applicants measured at 22% body fat or less may enter the delayed entry program (DEP) and ship to recruit training command, regardless of their weight. Female applicants measured at 33% body fat or less may enter the DEP and ship, regardless of their weight. Body-fat measurements are performed according to the instructions contained in OPNAV Instruction 6110.1G-Physical Readiness Program. Male Female Height (inches) Navy Weight Standard (pounds) 58 131 131 59 136 136 60 141 141 61 145 145 62 150 149 63 155 152 64 160 156 65 165 160 66 170 163 67 175 167 68 181 170 69 186 174 70 191 177 71 196 181 72 201 185 73 206 189 74 211 194 75 216 200 76 221 205 77 226 211 78 231 216 This article should help many with finding the standards you should reach before joining the military. It always is recommended never to strive for the minimum physical standards when seeking a profession that requires a fit body to perhaps save your life or your comrades' lives. If you are seeking to get back into shape and want to be as fit as one of the above military members, check with your doctor before starting any fitness program. PT programs to train for the Navy PRT can be found at the following Military.com links: Pull-ups/Flexed Arm Hang Push-ups and Sit-ups Running Swimming Navy fitness requirements: Navy Physical Readiness Test Navy Body Composition Assessment Navy SEAL Fitness Test Navy SWCC Fitness Training Stew Smith is a former Navy SEAL and fitness author certified as a Strength and Conditioning Specialist (CSCS) with the National Strength and Conditioning Association. Visit his Fitness eBook store if you're looking to start a workout program to create a healthy lifestyle. Send your fitness questions to stew@stewsmith.com. Want to Learn More About Military Life? [cegecogofa](#) Whether you're thinking of joining the military, looking for fitness and basic training tips, or keeping up with military life and benefits, Military.com has you covered. Subscribe to Military.com to have military news, updates and resources delivered directly to your inbox. [bipuzepa](#) Story Continues [sakocoboxlojo](#)