FIT TO FIGHT
THE NEW ROLE FITNESS TEST ENTRY

WHAT IS PES

PES ensures the physical ability of Army personnel aligns to the physical requirements of their role. PES testing will be role-related, reflecting the essential, most physically demanding tasks required to perform the specific role successfully. PES standards reflect the acceptable physical standards required to safely and satisfactorily complete these essential tasks.

WHAT IS RFT ENTRY (E)

Role Fitness Test (Entry) (RFT(E)). Will be used as the selection standard to confirm that potential soldiers/officer cadets are at the appropriate level of fitness to commence Basic Training. RFT (E) will consist of: Seated Med Ball Throw, Mid Thigh Pull and a 2 km Run.

1: SEATED MED BALL THROW

A seated weighted throw with a 4kg Med Ball. To measure explosive upper body strength.

2: MID THIGH PULL

A basic deadlift using a mid thigh pull machine. To assess lower limb strength.

3: 2 KM RUN

A 2km best effort run following a group warm-up. To assess aerobic capacity.
FIT TO FIGHT
THE NEW ROLE FITNESS TEST
BASIC TRAINING

WHAT IS PES

PES ensures the physical ability of Army personnel aligns to the physical requirements of their role. PES testing will be role-related, reflecting the essential, most physically demanding tasks required to perform the specific role successfully. PES standards reflect the acceptable physical standards required to safely and satisfactorily complete these essential tasks.

WHAT IS RFT BASIC TRAINING (BT)

Role Fitness Test (Basic Training) (RFT(BT)) will be used at the end of Basic Training to ensure soldiers/officer cadets are at the appropriate level of fitness prior to commencing Initial Trade Training (ITT). RFT(BT) exercises consist of a Med Ball Throw, Mid Thigh Pull, 2 km Run and a Loaded March.

1: SEATED MED BALL THROW

A seated weighted throw with a 4kg Med Ball. To measure explosive upper body strength.

2: MID THIGH PULL

A basic deadlift using a mid thigh pull machine. To assess lower limb strength.

3: 2 KM RUN

A 2km best effort run following a group warm-up. To assess aerobic capacity.

4: LOADED MARCH

Infantry/RAC:
4km tab with 20kg within 50 mins followed by a further 2km with 15kg in 15 mins.
FIT TO FIGHT
THE NEW SOLDIER
CONDITIONING REVIEW

WHAT IS THE SCR

The Soldier Conditioning Review (SCR) is a gender & age free strength and conditioning diagnostic tool. It uses a series of gym-based exercises to indicate the overall physical conditioning of an individual across all the components of fitness.

As part of the Army Physical Training System, the SCR is designed to highlight strengths and weaknesses across all these components. Modernising the Army’s approach to physical training will enable PT Staff to adjust and optimise individual and unit strength and conditioning programmes to ensure the required standards are maintained to support military tasks and operations.

WHO MUST DO IT

All eligible personnel in the Army (Regular and Reserve) will undertake the SCR from 1 April 19. See MATT 2 for the details.

1: BROAD JUMP
A horizontal jump from a standing position. To assess lower limb explosive power.

2: SEATED MED BALL THROW
A seated weighted throw with a 4kg Med Ball. To measure explosive upper body strength.

3: HEX BAR DEADLIFT
A basic deadlift using a Hex bar. To assess lower limb strength.

4: 100M SHUTTLE SPRINTS
5 x 20m sprints. To assess lower body explosive power and anaerobic capacity.

5: PULL-UPS
Completed using over grasp grip. To assess upper body strength.

6: 2 KM RUN
2km best effort run following a group warm-up. To assess aerobic capacity.
FIT TO FIGHT
THE NEW GCC PHYSICAL EMPLOYMENT STANDARDS

WHAT IS GCC-PES

Ground Close Combat (GCC) Physical Employment Standards (PES) ensure the physical ability of Army personnel aligns to the physical requirement of the role. PES standards reflect the acceptable physical standards to safely and satisfactorily complete essential tasks.

WHAT IS RFT(S)

Role Fitness Test Soldier (RFT(S)) replaces the current AFT to become the in-Service test. RFT(S) testing will be role-related, gender and age free, reflecting the essential, most physically demanding task required to perform the specific role successfully - RFT(S) Consists of the following.

ROLE FITNESS TEST (SOLDIER) (ANNUALLY) 1 TO 6

1: LOADED MARCH

Infantry/RAC:

4km tab with 40kg within 50 mins followed by a further 2km with 25kg in 15 mins

2: FIRE & MOVEMENT

Twenty 7.5m tactical bounds controlled by a PTI, followed by a 15m crawl and 15m sprint in 55 secs

3: CASUALTY DRAG

110kg bag pulled over 20m in 35 secs

4: JERRY CAN CARRY

Simulates moving with a stretcher. Carry two 22kg cans over 240m in 4 mins

5: VEHICLE CASEVAC

70kg lift, hold for 3 secs

6: REPEATED LIFT & CARRY

Shifting bags weighing 20kg 20 times over a 30m distance in 14 mins
FIT TO FIGHT
THE NEW GCC PHYSICAL
EMPLOYMENT STANDARDS
FOR RESERVES

WHAT IS GCC-PES

Ground Close Combat (GCC) Physical Employment Standards (PES) ensure the physical ability of Army personnel aligns to the physical requirement of the role. PES standards reflect the acceptable physical standards to safely and satisfactorily complete essential tasks.

WHAT IS RFT(S) INTERIM

Reserve Role Fitness Test Soldier Interim (RFT(S) Interim) replaces the current Reserves AFT to become the Reserves in-Service test. RFT(S) Interim testing will be role-related, gender and age free, reflecting the essential, most physically demanding task required to perform the specific role successfully - RFT(S) Interim consists of the following:

ROLE FITNESS TEST (SOLDIER) INTERIM (ANNUALLY)

**RMT 1:**
**LOADED MARCH**

Infantry/RAC:
4km tab with 40kg
within 50 mins followed
by a further 2km with
25kg in 15 mins

**RMT 2:**
**FIRE & MOVEMENT**

Twenty 7.5m tactical bounds
controlled by a PTI, followed
by a 15m crawl and 15m
sprint in 55 secs

**RMT 4:**
**JERRY CAN CARRY**

Simulates moving with a stretcher.
Carry two 22kg cans
over 240m in 4 mins