

Role Fitness Test Entry (RFT(E)) PT Programme



EXERCISES

Click on the links below for a demonstration of the exercise



Side Plank



Plank



Squat Jump



Alt Squat Thrusts



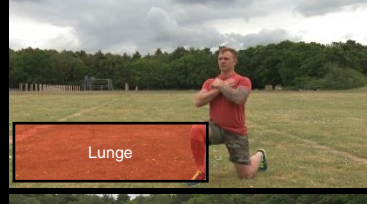
Squat Calf Raise



Ball Throw



Burpee



Lunge



Press Up



Glute Bridge

Warm Up



Cool Down



Week 1

Week 5

Week 2

Week 6

Week 3

Week 7

Week 4

Week 8

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**.



<i>Insert Date</i>	Week 1 Session 1
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[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Run – 2km best effort				Record Time
Squat with calf raise	3	10-15	30-60secs	
Glute bridge	3	10-15	30-60secs	
Ball throw	4	3-5	30-60secs	

[Cool down](#) post any physical activity

Rest Day

<i>Insert Date</i>	Week 1 Session 2
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[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Lunge	3	10 – 15	30-60secs	
Glute bridge	3	10 – 15	30-60secs	
Squat jump	3	10 – 15	30-60secs	
Alternate squat thrust	3	20	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Press up	3	8 - 10	30-60secs	

[Cool down](#) post any physical activity

Rest Day

<i>Insert Date</i>	Week 1 Session 3
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[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Walk/Run Programme				Refer to Cardio Table
Squat jump	3	10 – 15	30-60secs	
Burpee	3	10 – 15	30-60secs	
Press up	3	8 - 10	30-60secs	

[Cool down](#) post any physical activity

Insert Date		Week 2 Session 1		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	4	3 - 5	30-60secs	
Squat with calf raise	3	10 – 15	30-60secs	
Lunge	3	10 – 15	30-60secs	
Squat jump	3	10 – 15	30-60secs	
Alternate squat thrust	3	20	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 2 Session 2		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Walk/Run Programme				Refer to Cardio Table
Squat jump	3	10 – 15	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Burpee	3	10 – 15	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 2 Session 3		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	4	3 - 5	30-60secs	
Squat with calf raise	3	10 – 15	30-60secs	
Glute bridge	3	10 – 15	30-60secs	
Squat jump	3	10 – 15	30-60secs	
Press up	4	10 -12	30-60secs	
Burpee	3	10 – 15	30-60secs	
Cool down post any physical activity				

Insert Date

Week 3 Session 1

[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Walk/Run Programme				Refer to Cardio Table
Squat jump	3	10 – 15	30-60secs	
Alternate squat thrust	4	20	30-60secs	
Press up	4	10 - 12	30-60secs	

[Cool down](#) post any physical activity

Rest Day

Insert Date

Week 3 Session 2

[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Lunge	3	10 – 15	30-60secs	
Glute bridge	3	10 – 15	30-60secs	
Alternate squat thrust	4	20	30-60secs	
Press up	4	10 -12	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Burpee	4	10 – 15	30-60secs	

[Cool down](#) post any physical activity

Rest Day

Insert Date

Week 3 Session 3

[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Walk/Run Programme				Refer to Cardio Table
Squat with calf raise	4	10 – 15	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Glute bridge	4	10 – 15	30-60secs	

[Cool down](#) post any physical activity

Insert Date		Week 4 Session 1		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	3	30-60secs	
Squat with calf raise	4	10 – 15	30-60secs	
Glute bridge	4	10 – 15	30-60secs	
Alternate squat thrust	4	20	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Burpee	4	10 – 15	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 4 Session 2		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Run				Refer to Cardio table
Squat jump	3	10 – 15	30-60secs	
Plank - & - Side plank	3	30 secs	30-60secs	
Burpee	3	10 – 15	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 4 Session 3		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	3	30-60secs	
Lunge	4	10 – 15	30-60secs	
Glute bridge	4	10 – 15	30-60secs	
Squat jump	4	10 – 15	30-60secs	
Alternate squat thrust	4	20	30-60secs	
Plank - & - Side plank	5	30 secs	30-60secs	
Cool down post any physical activity				

Insert Date		Week 5 Session 1		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Intervals				Refer to Cardio Table
Cool down post any physical activity				
Rest Day				
Insert Date		Week 5 Session 2		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	3	30-60secs	
Squat with calf raise	4	10 - 15	30-60secs	
Glute bridge	4	10 – 15	30-60secs	
Squat jump	4	10 – 15	30-60secs	
Press up	4	10 – 12	30-60secs	
Ball throw	5	3	30-60secs	
Cool down post any physical activity				
Insert Date		Week 5 Session 3		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Run				Refer to Cardio Table
Glute bridge	4	10 – 15	30-60secs	
Squat jump	4	10 – 15	30-60secs	
Ball throw	5	3	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 5 Session 4		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Lunge	4	10 – 15	30-60secs	
Glute bridge	4	10 – 15	30-60secs	
Squat jump	4	10 – 15	30-60secs	
Alternate squat thrust	4	30	30-60secs	
Plank - & - Side plank	4	30 secs	30-60secs	
Press up	4	10 -12	30-60secs	
Cool down post any physical activity				

Insert Date		Week 6 Session 1		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	4	30-60secs	
Squat with calf raise	4	12 – 18	30-60secs	
Lunge	4	12 – 18	30-60secs	
Squat jump	4	12 – 18	30-60secs	
Alternate squat thrust	4	30	30-60secs	
Plank - & - Side plank	4	45 secs	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 6 Session 2		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Intervals				Refer to Cardio Table
Lunge	4	12 – 18	30-60secs	
Plank - & - Side plank	4	45 secs	30-60secs	
Burpee	4	12 – 18	30-60secs	
Cool down post any physical activity				
Insert Date		Week 6 Session 3		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	4	30-60secs	
Squat with calf raise	4	12 - 18	30-60secs	
Glute bridge	4	12 – 18	30-60secs	
Squat jump	4	12 – 18	30-60secs	
Burpee	4	12 – 18	30-60secs	
Press up	4	10 – 12	30-60secs	
Cool down post any physical activity				
Rest Day				
Insert Date		Week 6 Session 4		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Run				Refer to Cardio Table
Cool down post any physical activity				

<i>Insert Date</i>		Week 7 Session 1		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Intervals				Refer to Cardio Table
Squat jump	4	14 – 20	60-90secs	
Lunge	4	14 – 20	60-90secs	
Press up	4	12 – 14	60-90secs	
Cool down post any physical activity				
<i>Insert Date</i>		Week 7 Session 2		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Lunge	4	14 – 20	60-90secs	
Glute bridge	4	14 – 20	60-90secs	
Alternate squat thrust	5	30	60-90secs	
Press up	4	12 – 14	60-90secs	
Plank - & - Side plank	3	60 secs	60-90secs	
Burpee	4	14 – 20	60-90secs	
Cool down post any physical activity				
Rest Day				
<i>Insert Date</i>		Week 7 Session 3		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Run				Refer to Cardio Table
Glute bridge	4	10 – 15	60-90secs	
Squat jump	4	10 – 15	60-90secs	
Ball throw	5	3	60-90secs	
Cool down post any physical activity				
<i>Insert Date</i>		Week 7 Session 4		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Lunge	4	10 – 15	60-90secs	
Glute bridge	4	10 – 15	60-90secs	
Squat jump	4	10 – 15	60-90secs	
Alternate squat thrust	4	30	60-90secs	
Cool down post any physical activity				
Rest Day				
<i>Insert Date</i>		Week 7 Session 5		
Warm up prior to conducting any physical activity				
Exercise	Sets	Reps	Rest	Remarks
Intervals				Refer to Cardio Table
Cool down post any physical activity				

*Insert Date***Week 8 Session 1**[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	4	60-90secs	
Lunge	4	14 – 20	60-90secs	
Glute bridge	4	14 – 20	60-90secs	
Squat jump	4	14 – 20	60-90secs	
Alternate squat thrust	3	40	60-90secs	
Plank - & - Side plank	4	60 secs	60-90secs	

[Cool down](#) post any physical activity

Rest Day

*Insert Date***Week 8 Session 2**[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Run 2km Best Effort				Record Time
Squat with calf raise	4	14 – 20	60-90secs	
Squat jump	4	14 – 20	60-90secs	
Press up	4	12 – 16	60-90secs	

[Cool down](#) post any physical activity*Insert Date***Week 8 Session 3**[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	4	60-90secs	
Squat with calf raise	4	14 – 20	60-90secs	
Glute bridge	4	14 – 20	60-90secs	
Squat jump	4	14 – 20	60-90secs	
Press up	4	12 – 14	60-90secs	
Burpee	4	14 – 20	60-90secs	

[Cool down](#) post any physical activity

Rest Day

Week 8 Continued on next page.....

Insert Date

Week 8 Session 4

[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Intervals				Refer to Cardio Table
Lunge	4	14 – 20	60-90secs	
Burpee	4	14 – 20	60-90secs	
Plank - & - Side plank	4	60 secs	60-90secs	

[Cool down](#) post any physical activity*Insert Date*

Week 8 Session 5

[Warm up](#) prior to conducting any physical activity

Exercise	Sets	Reps	Rest	Remarks
Ball throw	5	4	60-90secs	
Squat with calf raise	4	14 – 20	60-90secs	
Lunge	4	14 – 20	60-90secs	
Squat jump	4	14 – 20	60-90secs	
Alternate squat thrust	4	40	60-90secs	

[Cool down](#) post any physical activity

Cardio Table								
	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
	Run Walk Programme			Run	Test	Intervals		Test
Level 1	2 x 5min walk, 10min run (M)	2 x 2min walk, 13min run (M)	2 x 1min walk, 14min run (M)	Run: 30 min (M)	Test 2km Best Effort. Interval: 5 x 200m (H) Run, 100m (M) Jog, 100m walk.	Interval: 5 x 250m (H) Run, 50m (M) Jog, 100 m Walk. Run: 35 mins (M)	Interval: 5 x 250m (H) Run, 50m (M) Jog, 50m Walk. Run: 40 mins (M)	Test 2km Best Effort. Interval: 6 x 250m (H) Run, 50m (M) Jog, 50m Walk
Level 2	2 x 2min walk, 13min run (M)	2 x 1min walk, 14min run (M)	2 x 1min walk, 16min run (M)	Run: 30 min (M)	Test 2km Best Effort Interval: 5 x 250m (H) Run, 100m (M) Jog, 100m walk.	Interval: 5 x 300m (H) Run, 50m (M) Jog, 100 m Walk Run: 35 mins (M)	Interval: 5 x 300m (H) Run, 50m (M) Jog, 50m Walk. Run: 45 mins (M)	Test 2km Best Effort. Interval: 7 x 250m (H) Run, 50m (M) Jog, 50m Walk
Level 3	2 x 1min walk, 14min run (M)	2 x 1min walk, 16min run (M)	2 x 1min walk 18min run (M)	Run: 30 min (M)	Test 2km Best Effort Interval: 5 x 300m (H) Run, 100m (M) Jog, 100m walk.	Interval: 5 x 350m (H) Run, 50m (M) Jog, 100 m Walk. Run: 40 mins (M)	Interval: 5 x 350m (H) Run, 50m (M) Jog, 50m Walk. Run: 40 mins (M)	Test 2km Best Effort. Interval: 7 x 300m (H) Run, 50m (M) Jog, 50m Walk

Level 1: New to training - **Level 2:** Relatively fit - **Level 3:** Push yourself

See Cardio Table Exertion Scale for definitions on - E, M, H.

Cardio Exertion Scale	
Easy (E)	Fells like you can maintain for hours. Easy to breathe and carry a conversation.
Moderate (M)	Borderline uncomfortable. Short of breath, can speak a sentence.
Hard (H)	Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.