

## PRT Procedures

The PRT consists of three events conducted in sequence to test muscular endurance and aerobic capacity. The events shall be conducted in the following order, with a five minute rest period between events.

First event: Maximum push-ups completed to standard in two minutes.

Second event: Maximum sit-ups completed to standard in two minutes.

Third event: 1.5 mile run.

## Two Minute Push-up Guidance

- Participants shall begin in the front leaning rest position, with their palms or fists placed on the floor directly beneath their shoulders or slightly wider than their shoulders. Both of the participant's feet shall be together on the floor.
- Participant's neck, back, butt, and legs shall be straight from head to heel. Participant's toes and palms/fists shall remain in contact with the floor for the duration of the test.
- Participant's feet shall not be in contact with a wall or other vertical support surface unless the test is being performed in a mat room where the participant is required to remove their shoes.
- At the command "Go," participant shall lower their entire body as a single unit by bending the elbows until the chest/chin makes contact with the provided block. The block shall be 3 inches tall. Male participants will touch chest to block, female participants will touch chin to block.
- Immediately upon making contact with the block, participant shall return to the starting position by extending the elbows and raising their body as a single unit until the arms are fully extended at lock-out.
- One repetition will be counted each time the arms are fully extended after touching the block.
- Once the test has begun, participants may rest in the front leaning rest position with arms extended. Participants may briefly move to a downward dog position to stretch, maintaining straight arms and legs, after locking the arms out to complete the repetition, and must return completely to the front leaning rest position before attempting the next repetition.
- Push-ups are repeated correctly as many times as possible in two minutes.

### ***Test termination***

The test will terminate under any of the following conditions:

- After the passage of two minutes.
- If the participant touches the floor with any part of the body other than the hands and feet.
- If the participant raises one of both hands or feet off the floor.
- If the participant rotates the body to the left or right.

## Two minute Sit-ups

- Participant shall start by lying flat on their back with knees bent and feet flat on the floor. Participant's feet will be held in place by a set of dumbbells no lighter than 60 lbs for the

duration of the test. Participant's heel will be positioned so that the knees are bent approximately 90 degrees. The buttocks will remain in contact with the floor at all times during the test.

- Participant's arms shall be folded across the chest, with arms touching each other and bottom arm in contact with the body. Participant's hands will touch the upper chest or shoulders and must be above the crease of the elbow.
- At the command "Go," participant shall curl their body up and touch their elbows to the bottom of the thighs. Participant must keep their hands in contact with their chest, shoulders, or upper arms at all times.
- After touching the elbows to the bottom of the thighs, participant will lie back, touching the bottom edge of the shoulder blade to the floor. Participant may touch their shoulders to the floor without penalty.
- One repetition will be counted each time the participant touches the thighs after making contact with the floor with the bottom edge of the shoulder blades.
- Participant may rest in the down position with the back flat on the floor. There is no limit to the length of rest other than the time limit of the test itself.
- Sit-ups are repeated as many times as possible in two minutes.

#### ***Test Termination***

The test will terminate under any of the following conditions:

- After the passage of two minutes.
- If the participant lowers the legs.
- If the participant raises feet off the floor or removes feet from under the anchor.

#### **1.5 Mile Run**

The 1.5 Mile Run shall be conducted on a track, outdoor course, or treadmill.

- Participant shall stand at the designated start line.
- At the command of "Go," participant shall begin running. Participant will complete the prescribed 1.5 mile course.