

## FIT FOR LIFE.

No one is saying that initial training in the ADF is easy, but the fitter you are, the easier you'll find it. That's why it pays to be as fit as you can be before you join.

Don't worry though. Once you enlist, expert Physical Training Instructors will help you reach a level of fitness that is more than adequate.

## SIT-UPS.

The correct sit-up technique is as follows:

1. To start, your legs must be bent at 90 degrees and your feet are either flat or with heels on the ground. Your feet can be either held or anchored.
2. Keep your arms straight with the palms of your hands on top of your legs. Your chin should be as close to your chest bone as comfortable.



3. To sit-up, keep your hands in contact with your legs until your wrists come to the top of your knee caps. When your wrists reach this position, lower to the start position. This should take 3 seconds and is counted as one sit-up.



## PUSH-UPS.

The correct push-up technique is as follows:

1. To start, your toes should be on the ground, feet together or shoulder width apart and palms flat. Your back should be straight and you can either look forward or down. Your arms should be in the lock position.



2. To reach the down position, keep your body straight then bend your arms to a 90 degree angle from shoulder to elbow. After this has been achieved, push your body back to the full arm lock position. This is one push-up.

3. You can rest in the full arm lock position.



## PRE-ENLISTMENT PHYSICAL FITNESS ASSESSMENT.

All candidates who have been recommended for appointment or enlistment must undergo a Physical Fitness Assessment (PFA) prior to entry. This includes the Multistage Fitness Test (or shuttle run) to measure your aerobic capacity.

### NAVY

The PFA consists of a shuttle run, push-ups and sit-ups:

**Male requirement: Push-Ups: 15, Sit-Ups: 20 (with feet either held or not), Shuttle Run: 6.1.**

**Female requirement: Push-Ups: 6, Sit-Ups: 20 (with feet either held or not), Shuttle Run: 6.1.**

The only exceptions are Navy Clearance Diver and Naval Reserve Diver applicants, who must PFA at the following standards:

**Heaves (Chin-Ups): 6, Push-Ups: 30, Sit-Ups: 25, Shuttle Run: 10.1.**

### ARMY

The PFA consists of a shuttle run, push-ups and sit-ups:

**Male requirement: Push-Ups: 15, Sit-Ups: 45, Shuttle Run: 7.5.**

**Female requirement: Push-Ups: 8, Sit-Ups: 45, Shuttle Run: 7.5.**

For Special Forces Direct Recruiting Scheme (SFDRS) candidates, the PFA Standards are:

**Male requirement: Push-Ups: 30, Sit-Ups: 60, Shuttle Run: 10.1.**

### AIR FORCE

The PFA consists of a shuttle run, push-ups and sit-ups:

**Male requirement: Push-Ups: 10 (for candidates over 55 years: 5), Sit-Ups: 20 (with feet held), Shuttle Run: 6.5.**

**Female requirement: Push-Ups: 4 (for candidates over 55 years: 3), Sit-Ups: 20 (with feet held), Shuttle Run: 6.5.**

Once candidates commence their initial training, there are specific shuttle run, sit-up and push-up requirements for each service.

For more information and a video demonstration of the Pre-enlistment Fitness Assessment visit [defencejobs.gov.au/fit](https://defencejobs.gov.au/fit)

# ARE YOU FIT TO JOIN THE AUSTRALIAN DEFENCE FORCE?



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Not surprisingly, physical fitness plays a vital role in both the full-time and part-time Defence Forces, especially during initial training.

In fact, prior to your enlistment, you must pass a fitness assessment or you won't be accepted. So you can see just how important it is to be fit. But don't think you have to be a world-class athlete.

The fitness assessment is not a difficult one and most people have little trouble passing it. If you're an active person who walks, runs, swims or plays competitive sport, you should pass without a worry.

This brochure explains what you'll need to do to pass the Australian Defence Force's (ADF) pre-enlistment fitness assessment, and shows you how to perform other exercises which will assist you to prepare for the physical challenges of your initial training. There's also a detailed programme designed to help you improve your level of fitness in only four weeks. Remember, you must maintain your fitness before attending your training.

## THE PRE-ENLISTMENT FITNESS ASSESSMENT.

The ADF uses the "Multistage Fitness Test", produced by the Australian Coaching Council as its Pre-enlistment Fitness Assessment. It measures your maximum aerobic capacity. In other words, it measures how effectively your heart and lungs are working.

### Here is how it works:

You run to and fro - a shuttle test - along a 20 metre track, keeping up with a series of beeps.

The timing of the beeps starts off slowly and gradually gets faster, so it gets harder and harder to keep up the required speed.

When you can no longer keep up the required speed you stop, and this provides a good indication of your current aerobic fitness level.



# GET FIT FOR THE ADF IN JUST FOUR WEEKS.

## WEEK ONE

- Monday** Morning - Brisk Walk for 30-40 minutes.  
Afternoon - Push-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 2 minutes rest between sets.  
Sit-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 2 minutes rest between sets.
- Tuesday** Morning - Light run for 1.5 km.  
Afternoon - Bike Ride/Walk for 30-40 minutes.
- Wednesday** Push-up and Sit-up routine any time of day.  
Refer to Monday.
- Thursday** Morning - Walk for 30-40 minutes.
- Friday** Rest Day.
- Saturday** Morning - Push-up and Sit-up routine.  
Refer to Monday.
- Sunday** Rest Day.

## WEEK TWO

- Monday** Morning - Walk for 35-45 minutes.  
Afternoon - Run for 1.8 km.
- Tuesday** Morning - Push-ups. 12 Reps. 10 Reps. 8 Reps. 3 times through. 1 min 45 sec rest between sets.  
Sit-ups. 12 Reps. 10 Reps. 8 Reps. 3 times through. 1 minute 45 seconds rest between sets.  
Afternoon - Walk for 35-45 minutes.
- Wednesday** Rest Day.
- Thursday** Morning - 35-45 minute Bike Ride or Walk.  
Afternoon - Push-up and Sit-up routine.  
Refer to Tuesday.
- Friday** Rest Day.
- Saturday** Morning - Run for 1.8 km.  
Afternoon - Push-up and Sit-up routine.  
Refer to Tuesday.
- Sunday** Morning - Walk for 35-45 minutes.



## WEEK THREE

- Monday** Morning - Run for 2 km.  
Afternoon - Push-ups. 14 Reps. 12 Reps. 10 Reps. 3 times through.  
1 minute 30 seconds rest between sets.  
Sit-ups. 14 Reps. 12 Reps. 10 Reps. 3 times through. 1 minute 30 seconds rest between sets.
- Tuesday** Morning - Walk for 40-50 minutes.
- Wednesday** Morning - Run for 2 km.  
Afternoon - Push-up and Sit-up routine.  
Refer to Monday.
- Thursday** Morning - Walk for 40-50 minutes.
- Friday** Morning - Run for 2 km.  
Afternoon - Push-up and Sit-up routine.  
Refer to Monday.
- Saturday** Morning - Walk for 40-50 minutes.  
Afternoon - Push-up and Sit-up routine.  
Refer to Monday.
- Sunday** Rest Day.

## WEEK FOUR

- Monday** Morning - Walk for 45-55 minutes.  
Afternoon - Push-ups. 16 Reps. 14 Reps. 12 Reps. 3 times through.  
1 minute 15 seconds rest between sets.  
Sit-ups. 14 Reps. 12 Reps. 10 Reps. 3 times through. 1 minute 15 seconds rest between sets.
- Tuesday** Morning - Run for 2.3 km.  
Afternoon - Walk for 45-55 minutes.
- Wednesday** Rest Day.
- Thursday** Morning - Push-up and Sit-up routine.  
Refer to Monday.  
Afternoon - Walk for 45-55 minutes.
- Friday** Morning - Walk for 45-55 minutes.  
Afternoon - Run for 2.3 km.
- Saturday** Rest Day.
- Sunday** Morning - Run for 2.3 km.  
Afternoon - Push-up and Sit-up routine.  
Refer to Monday.



## GET FIT FOR THE ADF IN JUST FOUR WEEKS.

This programme is designed to assist you in getting fit enough to pass the ADF's pre-enlistment fitness assessment and to help you prepare for initial training. The ADF recommends that people consult with their doctor and/or a qualified fitness instructor prior to commencing any exercise programs.

### Notes.

Sets are the number of groups of repetitions of an exercise. Walking should be brisk and you should be able to sustain the same pace for the whole time.

Running should be slightly increased in speed each session.

Bike riding should be spinning light gears, no grinding.

The correct procedures for sit-ups and push-ups are shown.

## WARM-UP PROCEDURE.

Every exercise session should be preceded by a period of 5 to 10 minutes of warm-up and stretching, where the body is gradually prepared for the effort to come. The warm-up should be gentle and rhythmic and preferably use the muscles to be involved in the major activity.

After the warm-up you should complete a number of stretching exercises to prepare your muscles for the activity. Stretching exercises should be held for 5 to 10 seconds with no bouncing or pain.

It is strongly advised to see a qualified fitness instructor for a stretching program.

## COOL-DOWN PROCEDURE.

As with the warm-up, a cool-down period is a vital component of an exercise program. This involves a gradual decrease in the intensity of the exercise, until the body's physiological functions return to the resting state. Stretching should also be done during this cool-down phase.

