



TRAINING FOR THE PFA

Prepare your fitness for a career in the
Navy, Army and Air Force



NAVY



ARMY



AIR FORCE

Pre-Entry Fitness Assessment

Fitness is a big part of serving in the Australian Defence Force. It's important for ADF personnel to be fit enough to carry out their duties effectively, so keeping fit will be an integral part of your job. The Pre-entry Fitness Assessment (PFA) is the minimum standard for entry and the requirements are different for each Service and some job roles. There is also a minimum BMI (Body Mass Index) you will have to meet in order to qualify.

You will need to pass the PFA within 6 weeks of your Enlistment or Appointment Day.

This guide was designed by the Australian Defence Force, to help you to reach the PFA standards for entry into the ADF.



NAVY

Under 35 years*

20 sit-ups (feet held)

Choice of cardio exercise

16min - 2.4km run or

44min - 5km walk or

5.5 shuttle run score or

14:30min - 500m swim

**Fitness standards differ for 35 years and over.*

Once you join, a basic swim test, consisting of a 3-metre platform jump, a 50-metre swim, a 10-metre underwater swim and a 15-minute treading water exercise



ARMY

General Entry Combat roles & Officer Entry roles

8 push-ups

45 sit-ups (feet held)

7.5 shuttle run score

General Entry Non-Combat roles

4 push-ups

20 sit-ups (feet held)

6.1 shuttle run score



AIR FORCE

4 push-ups

20 sit-ups (feet held)

6.5 shuttle run score

Body Mass Index:

To join the ADF you need a Body Mass Index (BMI) of between 18.5 and 32.9 (29.9 for Pilots). Outside of those ranges you could be unsafe for training. It will be measured on Assessment Day and again on your day of entry to the ADF. You can find a BMI calculator on the ADF Active app.

Tips to help you get started:

- Download the free ADF Active app for a personalised exercise program plus technique tips that together, will prepare you for success. You'll be able to take the Pre-Entry Fitness Assessment to see how close you are to ADF requirements and can also check out your Body Mass Index. You'll be shown the correct way to do push ups and sit ups, and complete a shuttle run (beep test), with step-by-step instructional videos.
- We also recommend you download other fitness related apps to help track your fitness and get you motivated. You may also benefit from finding a local fitness or running group in your area.

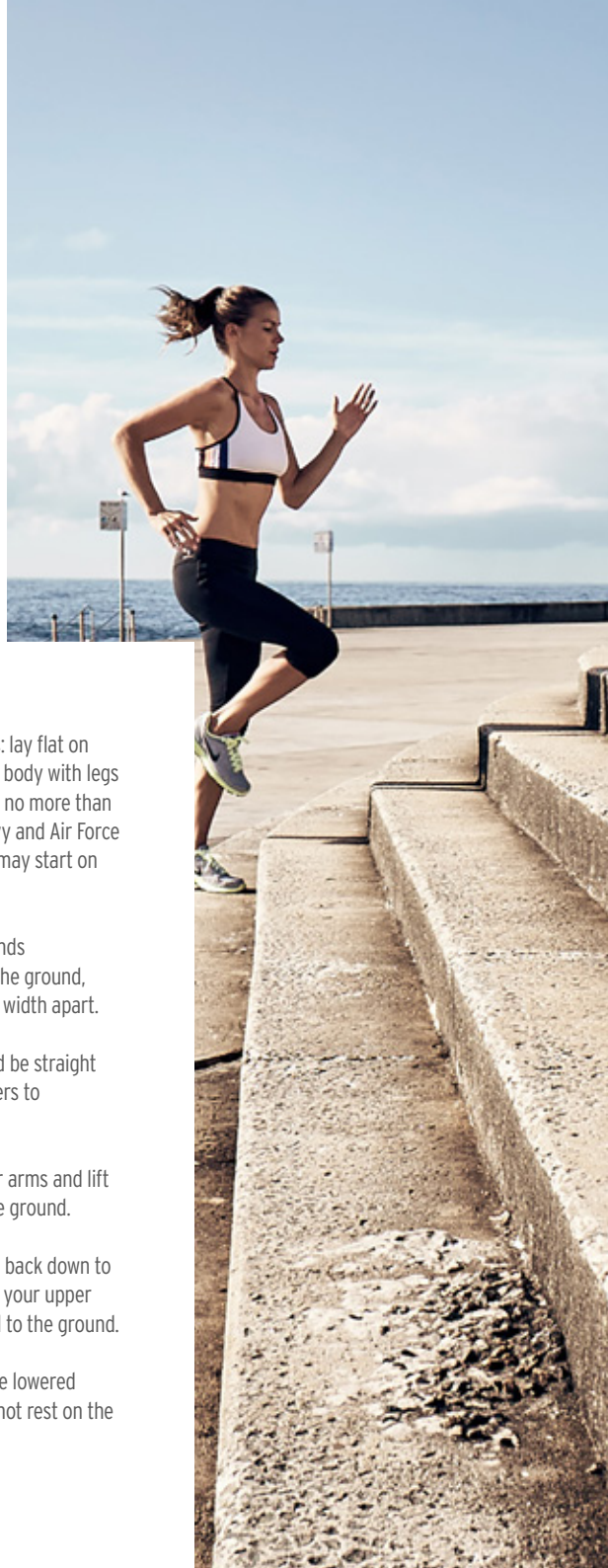
Correct technique

Push ups



- 1 Army candidates: lay flat on the front of your body with legs straight and feet no more than 30 cm apart. Navy and Air Force candidates: you may start on one knee.
- 2 Position your hands comfortably on the ground, usually shoulder width apart.
- 3 Your body should be straight from the shoulders to your ankles.
- 4 Fully extend your arms and lift your body off the ground.
- 5 Lower your body back down to a position where your upper arms are parallel to the ground.

*Your body can be lowered further, but may not rest on the ground.



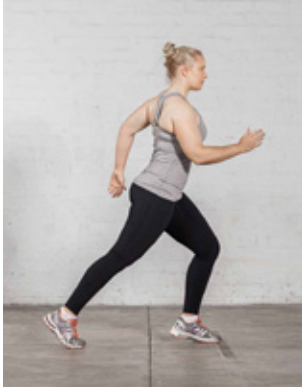
Sit ups



- 1 Lay flat on your back with feet resting flat on the ground. Your legs should be bent to form a 90 degree angle at the knees.
- 2 Hold your arms straight with your palms resting on the top of the thighs.
- 3 Your feet can be held or anchored in place.
- 4 As your upper body is raised to the 'up' position, your hands should slide up over the knees until your wrists touch your knees.
- 5 Your chin should be as close to your body as possible when you're in the 'up' position.
- 6 Then lower your body until your shoulder blades touch the floor and your back in the start position.
- 7 Army candidates: you may rest your head in between repetitions. Navy and Air Force candidates: you may not rest your head during the test.

Correct technique

The beep test



- 1 Find a 20 metre track.
- 2 Run to and fro while keeping up with the beep.
- 3 The speed of the beeps will increase at each level (this is not every beep). You can treat the first few levels as a warm up and an opportunity to practice your technique, helping you reach the higher levels.
- 4 Try your hardest to keep up with the beep as long as possible.
- 5 When you are running make sure you are always thinking about your breathing.
- 6 Remember that at a certain level (between 3 and 5), you may find it difficult to breathe and want to stop the test. If you can push through this feeling, the next few beeps will be much easier.



Tips for success

Running

The best way to improve your running endurance is to practice running as often as possible. Consider joining a running group or running with a friend or family member.

- Aim to run a minimum of 2-3kms at least once a week.
- Run as far as you can and the next time try to run further.
- Use a running app to track your distance and time so you can keep track of your progress.
- Join a local gym to improve your overall fitness.

Beep test

You can train for the beep test by using the ADF Active app.

- Try training with a friend to keep you motivated.
- If you stop before you've reached the level you need, have a short break and then keep going from where you left off.
- Remember, the only way to get better at the Beep Test is to practice the Beep Test!

Push ups

Incorporate strength sessions into your weekly fitness regime. If you need to, progress your push ups from performing on an elevated surface such as a box or a table to having your hands positioned on the ground.

- Practice the push ups as often as you can, this is the best way to improve.
- Watch yourself in a mirror to ensure you're following the correct technique, or have a friend or family member check for you.
- Focus on quality over quantity and your strength will improve over time.

Sit ups

- Focus on core workouts during your weekly strength sessions.
- Regularly performing a practice test will help you see progress as you get stronger.
- Push yourself to complete a few additional repetitions to gradually build up strength.
- When you feel ready, add a weight such as a dumbbell or plate.





Ready to get started?


Included in this guide is an example fitness program you can use to help you to help get you started on your fitness journey. If you have any questions, reach out to your Military Mentor or your local SRT-W.


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