

Sporttest:

„Cooper-Test“ Lauffest 3.000 m - Limit 14 Minuten

6er – Test:

- .) Klimmzüge
- .) Standweitsprung
- .) Gewandtheitsparcours
- .) Sit up
- .) Treppensteigen
- .) Liegestütz

What Is the Army Physical Fitness Test? (APFT)

Each branch of the US Military has a specific set of criteria used to assess the fitness of its candidates. The Army Physical Fitness Test helps determine [the health status](#) and physical fitness of prospective candidates as well as current soldiers. The standard Army fitness test consists of:

- A two-mile run
- Maximum sit-ups in 2 minutes
- Maximum push-ups in 2 minutes

Complete the 2-mile run in at least 12 to 14 minutes

- 100 sit-ups in 2 minutes.

- 100 push-ups in 2 minutes.

US Marine Corps Physical Fitness Test

Physical Fitness Test (PFT) Assessment

The Physical Fitness Test is administered every six months. The test is designed to test the strength and stamina of the upper body (shoulder girdle), the midsection, and the lower body. Additionally, the run measures the efficiency of the cardiovascular system. The three tests are:

- [pull-ups / chin-ups](#) (for males)
- [flexed arm hang](#) (for females, the minimum is 15 seconds; a perfect score for lasting 70 seconds) (the flexed arm hang for females is to be replaced with pull ups. Starting in 2014, all female Marines were supposed to be able to do at least three pull-ups on their annual physical fitness test and eight for a perfect score, though this was delayed when more than half of those tested were unable to pass the test.)
- [bent-knee sit-ups](#)
- [3-mile run](#)

There is a new Special Forces / Special Operations fitness test making its way around the Team areas and creating a fun and competitive event for many of our Army, Navy, Air Force, USMC Special Operators. It is called the Upper body Round Robin (UBRR). The test consists of seven upper body exercises, a speed and long distance run. The UBRR provides a minimum standard for passing which are reasonable scores as you see below, BUT if you want to be competitive with the best of the best you have to push yourself far above the minimums. See events and grading scale below:

The UBRR (Upper Body Round Robin) Events:

Event	Min. Standard	Grading Scale for Min. Plus
1 Minute of Pushups	40	2 Pts Each Rep Above Min
1 Minute of Situps	40	3 Pts Each Rep Above Min
Pullups	6 - Not Timed	3 Pts Each Rep Above Min
Dips	6 - Not Timed	2 Pts Each Rep Above Min
Bench Press 80% Body Weight	6 - Not Timed	3 Pts Each Rep Above Min
20 ft. Rope Climb in Body Armor or Weight Vest - 25#	1	Pass / Fail
1 Minute Kip-ups (Pullup with a Kip)	6	2 Pts Every Rep Above Min
4 x 25 M Shuttle Run	Max 24 Secs	2 Pts Every 1/10 of a Sec Under
5 Mile Run or 5 Mile Ruck March w/ 45# Dry Weight	Run - Max 40 Mins, Ruck - 75 Min	2 Pts Every Full 15 Sec from 35 to 30 Min

* Minimal rest in between events < 1 min

If you do not meet the minimum standards in EVERY event you will fail the entire test. The least you can score is 900 points. By adding your extra repetitions / time per exercise you can create a team competition or have a way to grade prospective candidates seeking to enter

these Special Operations Teams. A good score is considered 1300 and above with some scores getting about 1500 in many of the Spec Ops units.

Common Issues and Tips for Performance:

Pushups - Regular pushups. Do not lift your hands / feet off the floor. Once the time runs out or your knee touches the floor the event is over.

Situps -- Place your hands interlocked behind your head. The up position is when your elbows touch your knees and down position is when your forearms touch the floor next to your head.

Pullups - Regular grip with palms facing away from you. Chin must go over the bar and arms must be straight in the down position. These are dead hang pullups -- no kipping / cheating with lower body movement.

Dips -- Elbows must form a 90 degree angle for each repetition to count in the down position and arm locked / straight in the up position.

Bench Press -- 80% of your body weight for max reps. No bridging with your hips. Keep feet flat on the floor. Bar must touch your chest in the down position and elbows must be fully straightened in the up position.

Rope Climb -- Climb a rope in body armor / weight vest of 25#. If you do not have a rope available, try doing a rope pull-up by hanging a piece of rope over a pull-up bar and performing six rope pullups to simulate the rope climb.

Kip ups -- These are pullups anyway you can get them without touching the ground. Use your body to build momentum to get your chin over the bar. These are basically "cheating pullups" but require a full-body athletic movement to perform. By this point your grip is severely weakened so practice grip exercises to score better on this one as well as the cheating pull-up motion.

4 x 25m shuttle run can be done with blocks to pick up at the 25m marks. Pick up and drop blocks at each change of direction as you run four -- 25m sprints in a shuttle run method. Every 1/10 of a second counts!

5 mile run under 40 minutes is not a horribly fast pace but if you are not prepared for a 5 mile run it can be tough and potentially injurious so build up to get 5 miles of running at sub 8 min mile pace.

Or you can opt for the **5 mile ruck** with 75#. Get it done in less than 75 minutes and you are good to go.

Whether you are a future Special Operator or looking for a fun and challenging workout plan that ranks your counterparts, the UBRR is a tool to put in your backpack. Enjoy adding this to your fitness maintenance / testing program.

1 Swim 50 meters while wearing uniform and boots. Simple, right? "At the end of the swim test," writes Schwalm, "about 60 men were told to pack their gear."

2 Push-ups, sit-ups, and a two-mile run. Around 40 students failed this. “I remember thinking their failure was borderline immoral,” Schwalm writes. “Later, I found out that some of the candidates had come from assignments in Turkey and Korea; they were running on less than four hours of sleep in the last two days.”

3 The candidates were required to run “until you’re told to stop.” Schwalm estimates he ran for about an hour, covering more than seven miles.

4 Calisthenics. “We performed every manner of calisthenics known,” he writes. “By the end, my arms and legs were involuntarily twitching like a horse’s after a race.”

5 An obstacle course that included getting over a 7-foot wall and rope climbing. “The secret [for climbing] is to use the legs,” writes Schwalm, who learned this lesson later than he would have liked.

6 Land navigation. In the days before GPS, the candidates were made to “navigate with map and compass through the pines and scrub oaks for five to six days,” carrying their rucksacks on their backs the whole way.

PART 2

The events for team week (candidates did two events per day, one in the morning, one in the afternoon) included:

7 The rescue. The soldiers walked to a spot where they found “what first appeared to be two men sleeping near a trash pile,” Schwalm writes. “There were eight steel pipes 10 feet long, each about 4 inches in diameter, lengths of nylon rope, a pair of mannequins dressed in olive green coveralls . . . and two cloth litters, obviously intended to be slid over the poles somehow to be used as a stretcher.”

The mannequins were meant to represent guerrilla fighters who had been injured and needed to be evacuated to a medical facility. The team of nine needed to use every bit of equipment there to transport the “men” — who weighed 150 pounds each — six miles by foot in three hours. If the team failed, the men were dead.

And, this was to be done while at all times remaining 10 meters away from the men’s “guerrilla leader,” who screamed at the team at they constructed the stretchers.

“If they die, we will know that you do not care for our cause,” screamed the man, “that America has sent us the weak and stupid.”

Schwalm’s team took 20 minutes to build two stretchers and divided itself into two teams of four with an extra man helping each to carry them.

They arrived an hour late, with the simulated guerrilla leader screaming, “You are indeed very weak and stupid. You do not care about our noble struggle. They are dead, thanks to you.”

8 Four ammunition crates needed to be carried five miles in three hours. With rotating two-man groups, Schwalm’s team did it in 2 1/2.

9 Moving vehicles. They were presented with a Jeep without any wheels attached. Three wheels sat off to the side, as did some lug nuts, ropes and pipes. There was no fourth wheel. The team (now eight, as one man had quit), had to move the Jeep to a designated location.

10 Log carrying. They were brought to two logs that weighed 450 pounds each and told they needed to carry them six miles within three hours. They put four men on each log, with “two carrying and two resting,” and switched positions every minute, which still required them to put the log down every 10 minutes or so. They made it in time, and Schwalm writes that he was “sure I was an inch shorter after this event.”

11 The ice crossing. Schwalm calls this “the most significant psychological challenge we had yet encountered.”

The soldiers were brought to a lake “about two football fields across” that was covered by a very thin sheet of December ice (which was about to be broken), and charged with constructing several rafts using rucksacks and ponchos. Then, they needed to swim an injured soldier across the lake on the raft. The injured soldier was required to remain dry, while those swimming him across, in order not to wet their clothes, had to do so naked in the freezing water.

The crossing took 20 agonizing minutes. “As our bodies became submerged in the water, my stomach muscles went into spasm and began contracting uncontrollably,” he writes. “I clenched my jaw and tried to stop shaking.”

12 Finally, a road march. Carrying their rucksacks on their backs with instructions to make sure they weighed “no less than 55 pounds,” they were simply told to march on their own until they were told to stop. Schwalm walked for six hours and 45 minutes.

AND IF YOU SURVIVE ALL THAT — THE ‘Q-COURSE’

If you made it safely through all this and were found to have passed, you were then allowed to move on to the actual Special Forces qualification training.

The “Q-course,” as it’s known, is a six-month course partially consisting of “survival, evasion, resistance and escape training.” This included a simulated, days-long capture experience during which Schwalm was beaten, imprisoned in a 4-foot-cubed box, forced to burn an American flag to save another soldier’s life and subjected to round-the-clock propaganda recordings that included children “begging for Daddy to help Mommy.”

Schwalm earned his green beret in 1993 and eventually became the commander responsible for training officers on the Q-course. He hopes that this book brings across the dedication and sacrifice made by the soldiers who earn the right to wear the green beret.

“Sometimes we succeed. Sometimes we fail,” he writes. “But we will die trying.”