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GUIDE 5 PHYSICAL**

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READINESS TEST (PRT)

physical training (PT) is the official Navy Physical Training Uniform (PTU). 7. Hydration. Adequate fluid intake is vital to safe participation in

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*the PRT and physical exercise.
Sailors are encouraged to drink
water before and after the PRT and
physical activity, especially in hot*

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weather. 8. Cool-down.

Updated NAVY PRT standards -

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US Navy PRT

*2/2/2021 · Uncategorized. Updated
NAVY PRT standards. February 2,
2021 February 2, 2021 John0
Comments. In November the Navy*

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released new PRT standards including the scores for planking. We have the new numbers listed below! 5000 Feet and Under. Navy PRT standard Male 17-19. Navy PRT

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*standard Female 17-19. Navy PRT
standard Male 20-24.*

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The New Navy PRT Standards | Requirements & Changes

What is the Navy Physical Readiness Test? The PRT measures muscular endurance and aerobic capacity. It

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also includes a body composition assessment measuring height/weight, abdominal circumference and body fat. The PRT is conducted twice a year for all active-duty and reserve

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sailors, and recruits at boot camp are also tested. The PRT has three events: curl-ups, push-ups and a 1.5

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mile timed run.

Navy PRT Standards For Males &

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Females For 2021

21/8/2019 · The U.S. Navy is a demanding branch of the military that requires peak physical condition. In order to determine if

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new recruits are prepared for service they must pass what is known as the Physical Readiness Test (PRT). Navy PRT standards are baseline numbers for the minimum you should be able

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to accomplish for each designated activity.

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Performance Evaluation System**

From: Chief of Naval Personnel

Subj: NAVY PERFORMANCE

EVALUATION SYSTEM Ref: (a)

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*OPNAVINST 6110.1J (b) NAVPERS
15560D, Naval Military Personnel
Manual (MILPERSMAN) (c)
BUPERSINST 1430.16G (d)
SECNAVINST 1650.1H (e)*

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OPNAVINST 1412.14 (f)

OPNAVINST 5354.1G (g)

BUPERSINST 1001.39F Encl: (1)

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System Overview for

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States Navy

In line with reference (c) and PRP Guides, Service Members medically cleared for the Navy PFA will participate in the BCA and PRT. a.

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**PHYSICAL READINESS
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In line with reference (d) and PRP Guides, Sailors medically cleared for the Navy PFA will participate in the BCA and PRT. a. The new PRT event

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sequence will be as follows: (1) push-ups (2 ...

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Navy PRT Charts & DEP Physical Fitness Readiness

The chart below is the actual Physical Readiness Test (PRT) requirements for members of the

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United States Navy. It should be used as a guide by you to ensure you meet the minimum fitness requirements of those serving. To graduate Navy boot-camp, an overall score of a

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Satisfactory - Medium must be obtained for your age group.

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**Everything You Need To Know
About Navy Physical ...**

*3/3/2021 · The Navy Physical
Readiness Test—also known as the
PRT—is a fitness assessment given to*

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recruits during boot camp, as well as to active Navy sailors. Recruits must pass the test in order to graduate from boot camp and become sailors.

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Navy members, ...

The New BUPERS 1610.10E -

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Here are the changes you need to ...

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*1610.10E – Here are the changes
you need to know about. The Navy's
New FITREP and Evaluation*

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reporting instruction was recently published in December 2019. It contains significant changes on the following topics. Wherever possible, existing fitness report & counseling

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10/4/2021 · Chief Petty Officers wearing the Navy Khaki service uniform. Image: Wikipedia.org

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Weight Standards The Navy service uniform is authorized to be worn for such things as office work, standing watch, for liberty, business onshore, and when prescribed by commanders

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3/3/2021 · The Navy Physical Readiness Test—also known as the PRT—is a fitness assessment given to recruits during boot camp, as well as

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to active Navy sailors. Recruits must pass the test in order to graduate from boot camp and become sailors.

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2021 and Beyond

10/4/2021 · Chief Petty Officers wearing the Navy Khaki service uniform. Image: Wikipedia.org

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Weight Standards The Navy service uniform is authorized to be worn for such things as office work, standing watch, for liberty, business onshore, and when prescribed by commanders

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meritorious, the project is ill-suited to the small public port agencies on the Great Lakes - some which have as few as four staff. Its cost (\$55,000) is beyond the budgetary

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Quick Reference Card (GTA 07-08-*

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1-2 Site Plans 1-3 Elevations 1-4
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Sections 1-7 Details 1-10 Wood*

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Chinese Navy H-6J bomber aircraft with YJ-12 anti-ship missiles is a threat to US Navy ships August 01, 2021 In July 2020, it was announced

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that the Chinese Navy has deployed its latest long-range bomber aircraft called H-6J, which is based on the Soviet-made Tupolev Tu-16 twin-engine jet bomber, and built under

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*license in China by the company
Xi'an Aircraft...*

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**Navy Physical Readiness Test
(PRT) Overview | Military.com**

PRT Scoring The Navy PFT score is found by averaging the scores of the three fitness events. For example,

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*let's say a 25-year-old female does
91 curl-ups (sit ups), 26 push-ups,*

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and completes the ...

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About Navy Physical ...

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to active Navy sailors. Recruits must pass the test in order to graduate from boot camp and become sailors.

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Management Manual

This manual implements the policy set forth in Secretary of the Navy Instruction (SECNAVINST) 5210.8D, Department of the Navy Records

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Morgan

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Navy – Kelly Beamsley

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