

MAX Out, Volume II, APFT changes, update 1

Until the Army transitions to the proposed APRT now estimated to be in April 2012, the current APFT composed of 3 events (push-ups, sit-ups, and 2 mile run) remains the standard.

Corrections to MAX Out, Volume II due to this delayed implementation deal with the push-up performance, authorized rest positions, and test taking strategy:

Page 11, HOW TO CORRECTLY PERFORM A PUSH-UP states to “lower your body down as a complete unit by bending your arms (elbows pointing rearward and your arms close to the sides of your chest*) until your arms are parallel or lower to the ground...” This is true for the proposed APRT.

Correction- The current APFT does not require arms to be close to the body. Text should read “lower your body down as a complete unit by bending your arms until your arms are parallel or lower to the ground...”

Page 10, PUSH-UP IMPROVEMENT states “Resting like this is only allowed for training purposes.”



Rest position 1

Rest position 2

This is true for the proposed APRT.

Correction- The rest pictures on the preceding page represent the two authorized rest positions allowed in the current APFT. This is important since the test current test of push-ups is 2 minutes long versus 1 minute as in the proposed APRT.

Page 65, bullet 10 of PT/CFT TEST TIPS AND TRICKS states “To perform an extra 5-10 push-ups during your PT test, knock out some predetermined number of push-ups you can perform before you start getting out of breath or your arms get tired. As you return to the start position on this last push-up, continue to exhale and rest 1 second, then inhale as you drop down and perform 5 more push-ups as previously taught. Repeat the extended exhale process every 5th push-up.” This is true for the proposed APFT.

Correction- There is a better strategy for the current APFT. Perform push-ups during the PT test the smart way. Knock out some predetermined number of push-ups that you can perform before you start getting out of breath or your arms get tired. Go to the authorized rest position for one breath to inhale and exhale quickly. Get back to the front leaning rest position and knock out 5-10 more repetitions then follow the same procedure until time runs out.

EXAMPLE: Knock out 40 push-ups. Go to rest position, take one deep breath, and exhale quickly. Get back to front leaning rest position and knock out 10 more push-ups (now at 50). Go to rest position, take one deep breath, and exhale quickly. Get back to front leaning rest position and knock out 10 more push-ups (now at 60). Continue this pattern until time is up.