

# Tips and Tricks: The APFT

Maintaining basic readiness is a requirement of the Commissioned Corps. One requirement tracked by the USPHS **Readiness and Deployment Branch (RDB)** is the [Annual Physical Fitness Test \(APFT\)](#).

- Manual on Instructions and Procedures: [Annual Physical Fitness Test Procedures \(psc.gov\)](#)
- Approved Testing Officials who may observe/verify APFT:
  - Any officer (any service) in person or virtually
  - A federal employee (non-officer) in person (i.e. coworker)
- All officers must report all weight information when submitting APFT ([PHS-7044](#))
  - [Corps Retention Weight Standards](#)
    - If BMI is **27.6 kg/m<sup>2</sup>** or greater, "Taping" must be completed and included
- There are 4 Categories:

Category	Exercises	Alternative Exercises
Cardio Endurance	Run ( <b>1.5 miles</b> )	Swim*, elliptical ( <b>12 min</b> ), stationary bike ( <b>12 min</b> )
Upper Body Endurance	Push-ups ( <b>2 min</b> )	
Core Endurance	Plank ( <b>ALAP**</b> )	Side bridge ( <b>ALAP</b> ), sit-ups ( <b>2 min</b> )
Flexibility	Seated toe touch	

**Levels:** Maximum (100), Outstanding (90), Excellent (75), Good (60), Satisfactory (45), Failure (0)

\*Swim **500 yards** or **450 meters** in fastest time possible, any stroke

\*\*ALAP= maintaining As Long As Possible

- If using a Treadmill for the Run:
  - Inclination needs to be set to **1.0 percent!**
- If using Elliptical or Stationary Bike (**12 minutes**):
  - Only *approved* machines can be used!
  - Must determine your "score" calculated by this formula:

$$\text{Calculation of Performance} = \frac{(\text{Calories from machine} + \text{Offset value for that machine})}{\text{Body Weight (lbs)}}$$

### Approved Stationary Bikes and Offset Values

Approved Stationary Bikes	Offset Value
Life Fitness 95Ci	0
Life Fitness 95CiXXL	0
Life Fitness Classic Series (CLCS)	0

### Approved elliptical machines and Offset Values

Approved Elliptical Machines	Offset Value
Life Fitness 91X/ Classic Series (CLSX)	-1.585
Life Fitness 91Xi	-1.585
Life Fitness 91Xi (Quiet Drive Version Only)	-20.743
Life Fitness 95X (Model may b inspire or engage)	22.980
Life Fitness CT 9500	-32.947
Life Fitness CT 9500 HR	-32.947
Nautilus (Model E9 16)	-12.855
Precor EFX-556NAVY / EFX-556iNAVY	-24.322
Precor EFX-556i	5.769
Precor EFX-576i / EFX-835	5.769
Technogym Excite Synchro 700 (Series)	-22.502

**\*\*Receiving an EXCELLENT or better on an APFT is one of the qualifications for the Field Readiness Badge!\*\***