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Apft standards female sit ups

If you thought you knew what the perfect sit-up looked like, you're probably wrong—at least according to the military. The general technique for the U.S. Army sit-up standards are familiar—knees bent, feet on the floor, and a continual up-and-down motion—but a few adjustments make this the move of a soldier. The U.S. Army sit-up is slightly different in that with the military-approved technique the only part of your foot in contact with the ground is your heels and your feet should be 12 inches apart. The standards also require a very specific position body position at the top of the sit-up—or it doesn't count. The changes might seem small, but once you perform the exercise like a soldier, the difference is very clear. How to perform proper U.S. Army sit-ups Lie down with your legs bent at a 90-degree angle and only your heels touching the floor. Keep your feet 12 inches apart. Lock your fingers behind your head and keep your elbows down. Raise your body up into a sit-up, hovering your elbows above your knees. Don't allow them to touch. Make sure the base of your neck passes the base of your spine. Lower back down until the bottom of your shoulder blades touch the ground. Keeping your form—and without cheating!—see how many sit-ups you can perform in two minutes. To meet U.S. Army sit-up standards, you must score at least 50 points (as part of the Army Physical Fitness Test Standards). For example, if you are female between the ages 32 and 36, you must do at least 34 sit ups in two minutes in order to pass this event; a perfect score requires at least 76 sit-ups in two minutes. (See how many sit-ups you need to complete based on your age using this chart.) {{ truncate(post.title, 12) }} Now that you know how to perform the perfect sit-up, make sure you have the right technique for bicycle kicks. Or if you're a plank-lover, this seven-minute flow is for you. (adsbygoogle = window.adsbygoogle || []).push({}); Use the Female Situp Standards scoresheet below to get your score, or to see how many situps you need to do to get a 100% score in this APFT event! To learn the APFT rules and standards for performing a proper Situp, see our “Army PT Test” page. Female Situp Standards Scoresheet The situp measures strength of abdominal muscles. Lower your body until the bottom of your shoulder blades touch the ground. Soldiers must not bounce off the ground, allow his or her feet to break contact with the ground, or remove hands from the back of his or her head. Number of Situps POINTS 17 – 21 22 – 26 27 – 31 32 – 36 37 – 41 42-46 47-51 52-56 Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female Male/Female 82 100 81 99 80 100 98 79 99 97 78 100 97 96 77 98 96 95 76 97 95 94 100 100 75 95 93 92 99 99 74 94 92 91 98 98 73 92 91 90 96 97 72 90 89 89 95 96 100 71 89 88 88 94 95 99 70 88 87 87 93 94 98 69 87 85 86 92 93 97 68 84 84 85 91 92 96 67 82 83 84 89 91 95 66 81 81 83 88 89 94 100 100 65 79 80 82 87 88 93 99 99 64 78 79 81 86 87 92 98 98 63 76 77 79 85 86 91 97 97 62 74 76 78 84 85 90 96 96 61 73 75 77 82 84 89 94 95 60 71 73 76 81 83 88 93 94 59 70 72 75 80 82 87 92 93 58 68 71 74 79 81 86 91 92 57 66 69 73 78 80 85 90 91 56 65 68 72 76 79 84 89 89 55 63 67 71 75 78 83 88 88 54 62 65 70 74 77 82 87 87 53 60 64 69 73 76 81 86 86 52 58 63 68 72 75 80 84 85 51 57 61 66 71 74 79 83 84 50 55 60 65 69 73 78 82 83 49 54 59 64 68 72 77 81 82 48 52 57 63 67 71 76 80 81 47 50 56 62 66 69 75 79 80 46 49 55 61 65 68 74 78 79 45 47 53 60 64 67 73 77 78 44 45 52 59 62 66 72 76 77 43 44 50 58 61 65 71 74 76 42 42 49 57 60 64 70 73 75 41 41 48 56 59 63 69 72 74 40 39 47 55 58 62 68 71 73 39 38 45 54 56 61 67 70 72 38 36 44 52 55 60 66 69 71 37 34 43 51 54 59 65 68 69 36 33 41 50 53 58 64 67 68 35 31 40 49 52 57 63 66 67 34 30 39 48 50 56 62 54 66 33 28 37 47 49 55 61 53 65 32 26 36 46 48 54 60 52 64 31 25 35 45 47 53 59 51 63 30 23 33 44 46 52 58 50 62 29 22 32 43 45 50 57 49 61 28 20 31 42 44 49 56 48 60 27 18 29 41 42 48 55 47 59 26 17 28 39 41 47 54 46 58 25 15 27 38 40 46 53 54 57 24 14 25 37 39 45 52 53 56 23 12 24 36 38 44 51 52 55 22 10 23 35 36 43 50 51 54 21 9 21 34 35 42 49 50 53 If you’re considering joining the United States Army, you’ll be required to meet a variety of standards throughout the duration of your training, and career. One of the tests you will take upon arriving at basic training is the Army Physical Fitness Test (APFT), commonly referred to as the Army PT test. To help you pass we’ve broken down all you need to know about the test and the APFT Standards. The APFT is a fitness test designed to test the muscular strength, endurance, and cardiovascular respiratory fitness of Soldiers in the United States Army. The APFT is administered beginning at basic training and continued on throughout a Soldier’s military career. How is the APFT scored? The Army PT Test (APFT) score is rated by gender and age. A 300 is the best possible score one can achieve, but all you need is a passing score. The APFT standards require Soldiers to achieve at least 60 points per event in order to pass. What are the APFT standards for basic training? In order to graduate from basic training, you will need to receive a minimum of 50 points for each event. You can not receive a score lower than 150. While you won’t need to pass the APFT before you enter Basic Training, you will need to be able to perform the following (often referred to as “1-1-1”): Females: 3 Push-ups in 1 minute17 Sit-ups in 1 minute 1 mile run under 10:30 (10 minutes, 30 seconds) Males: 13 Push-ups in one minute17 Sit-ups in one minute1 mile run under 8:30 (8 minutes, 30 seconds) In addition, there is a standardized Occupation Physical Assessment Test (OPAT) that you must pass prior to entering Basic. Your recruiter will administer this test. It includes a standing long jump, a seated power throw, a strength deadlift, and an interval aerobic run. It’s scoring is a little to complex to discuss here, but your recruiter will let you know how you do. Sandboxx Tip: Strength and muscular endurance in your chest and shoulders are just one component of the push-up. So to work yourself up to a high number of push-ups with good form, you should do: Plank exercises (especially side and front plank)Upper back exercises (pull-ups and seated rows)Quadriceps and hip exercises (lunges and squats)Push-ups Preparing For Basic Training Basic training will consist of many physically and mentally challenging obstacles. Preparing your body now will help you be more successful when encountering the challenges of basic training. Learn more about what steps you can take to physically prepare for basic training with our Get Savage Workout Series. 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