

MALE

Table 5A–1: Male Operational Readiness Physical Fitness Standard

Exercise	< 25 years	25–34 years	35–44 years	45–54 years	55–59 years	60 and over
Upper Body Strength Test						
Flexed arm hang	30 sec	25 sec	20 sec	15 sec	10 sec	5 sec
Push-ups	25	20	15	10	5	3
Sit-up Test						
Sit-up feet unsecured	30	25	20	15	10	5
Sit-ups feet secured	65	55	45	35	25	15
Cardiovascular Fitness Test						
MSFT (level/shuttle)	8.04	7.05	6.06	5.09	5.03	4.07
W/KG	2.52	2.43	2.30	2.20	2.11	2.02
A3 Level	8	7	6	5	4	3

**Table 5A–2: Male Specialist Physical Fitness Standard
(Physical Training Instructors) ²¹**

Exercise	< 25 years	25–34 years	35–44 years	45–54 years	55–59 years	60 and over
Upper Body Strength Test						
Chin-ups	10	8	6	4	2	2
Sit-up Test						
Sit-ups feet unsecured	40	35	30	25	20	15
Sit-ups feet secured	90	80	70	60	50	40
Cardiovascular Fitness Test						
MSFT (level/shuttle)	10.06	9.05	8.04	7.05	6.06	5.09

FEMALE

Table 5A-3: Female Operational Readiness Physical Fitness Standard

Exercise	< 25 years	25-34 years	35-44 years	45-54 years	55-59 years	60 and over
Upper Body Strength Test						
Flexed arm hang	30 sec	25 sec	20 sec	15 sec	10 sec	5 sec
Push-ups	10	8	6	4	3	1
Sit-up Test						
Sit-up feet unsecured	30	25	20	15	10	5
Sit-ups feet secured	65	55	45	35	25	15
Cardiovascular Fitness Test						
MSFT (level/shuttle)	7.05	6.06	5.09	5.03	4.07	4.02
W/KG	2.3	2.2	2.11	2.02	1.94	1.84
A3 Level	6	5	4	3	2	1

**Table 5A-4: Female Specialist Physical Fitness Standard
(Physical Training Instructors) ²¹**

Exercise	< 25 years	25-34 years	35-44 years	45-54 years	55-59 years	60 and over
Upper Body Strength Test						
Chin-ups	7	5	3	Nil	Nil	Nil
Flexed arm hang	Nil	Nil	Nil	25 sec	20 sec	15 sec
Sit-up Test						
Sit-ups feet unsecured	40	35	30	25	20	15
Sit-ups feet secured	90	80	70	60	50	40
Cardiovascular Fitness Test						
MSFT (level/shuttle)	8.04	7.05	6.06	5.09	5.03	4.07

The Multistage Fitness Test (MSFT) (maximum instructor/participant ratio 1:10)

11. The Multistage Fitness Test (MSFT) is to be conducted utilising the following guidelines: a. **Venue.** The preferred venue for conducting the test is a well-ventilated indoor facility but may be conducted outdoors when no indoor facility is available.

b. **Conduct.** Participants are to stand at the starting end. A triple beep is the signal for members to begin running along the shuttle track. The aim for participants is to run continuously between two lines 20 m apart placing one foot on or over the 20 m mark, so that their arrival at each end coincides with a single beep. If participants arrive at either end of the track prior to the beep, they must wait until the beep sounds before commencing the next level or shuttle.

c. **Warnings.** Participants are permitted only one warning if they fail to reach the 20 m line in time with the cadence.

d. **Pass.** For a 'Pass', the member must achieve the MSFT level and shuttle for their age and gender as detailed in Annex 5A.

e. **Failure.** If the member does not regain and maintain the pace within two more beeps, the test will be terminated. A fail and the last level and shuttle reached before receiving the warning is to be recorded.

The Alternative Aerobic Assessment (A3) Wattbike Test (maximum instructor/participant ratio 1:10)

13. The Alternative Aerobic Assessment (A3) Wattbike test is conducted on a Wattbike cycle ergometer and requires participant weight data to calculate performance (W/KG). The A3 test is to be conducted utilising the following guidelines: a. **Venue.** The preferred venue for conducting the test is a well-ventilated indoor facility but may be conducted outdoors when no indoor facility is available.

b. **Weight.** Personnel are required to be weighed by the testing PTI or Air Force ADFFL on the day of the assessment. 2kg is to be deducted from the measured weight to account for athletic clothing and footwear. This is to be conducted prior to commencement of the A3 test.

c. **Set up.** Personnel are to ensure that the bike is set up for the test with the following guidelines: (1) The saddle height is recommended to be in line with the top of the hip (anterior superior iliac spine) when standing next to the Wattbike

(2) The handlebar height is recommended to be parallel to the saddle height but may be adjusted for comfort. Participants with poor mobility and or long torso may benefit from a raised handlebar height

(3) The feet are to be strapped into the pedals. With the feet strapped in and pedals parallel to the floor, the kneecap (patella) should be vertically in line with the end of the big toe. To adjust this position, the saddle is to be moved forward or rearward as required

(4) Cycling shoes are not to be worn.

d. **Resistance recommendation.** The Wattbike requires air resistance to be adjusted via the air resistance lever on the left hand side of the Wattbike for each member. Minor adjustments may be made with the magnetic resistance knob on the right hand side of the Wattbike. The member will be prompted with the recommended resistance settings when they enter their weight, A3 standard and bike type (Pro or Trainer) details into the Wattbike console or phone application.

e. Recommended resistance is calculated utilising the formula (Standard [W/KG] x bodyweight) = resistance (W). Table 5B provides resistance recommendations based on Wattbike type working at 95 rpm. (1) Example: Standard 4 (2.11) x 75kg = 158.25 W. This equates to Wattbike Trainer air resistance level 4.

Table 5B: Recommended Resistance Level

Resistance	1	2	3	4	5	6	7	8	9	10
Wattbike Pro (W)	175	185	225	265	310	350	375	400	425	450
Wattbike Trainer (W)	100	110	130	155	175	200	215	230	245	260

f. **Conduct.** The member is to enter their weight, A3 standard and bike type details into the assessment platform (Wattbike console or phone application), adjust the resistance settings on the Wattbike and confirm with the assessing PTI or ADFFL once ready to commence the A3 test. The A3 test requires the member to cycle for 10 minutes.

g. **Pass.** For a 'Pass', the member must finish the test with an average performance equal to or above their watts per kilogram (W/KG) target value for their age and gender as detailed in Annex 5A.

h. **Failure.** If the member fails to achieve an average performance equal to or above their target value (W/KG) for their age and gender as detailed in Annex 5A, a failure and the average performance achieved is to be recorded.