

ADF Fitness Test Preparation Guide

Australian Defence Force Pre-Entry Fitness Assessment

This preparation guide has been created by FITRME Performance to help you understand the physical demands of your entry assessment and prepare effectively. Use this checklist to structure your training and track your progress.

Note: Standards may change. Always confirm current requirements with the relevant recruiting authority. This guide is for general preparation purposes only.

TEST OVERVIEW: ADF Pre-Entry Fitness Assessment (PFA)

The PFA is conducted approximately 12 weeks before your enlistment date. You must meet minimum standards in all components to progress. Standards vary by service (Navy, Army, Air Force), role, age and gender.

Test Components

Component	Description
Push-ups	Maximum repetitions in set time (standard varies by role)
Sit-ups	Maximum repetitions in set time (standard varies by role)
Beep Test (Shuttle Run)	Multi-stage 20m shuttle run measuring aerobic capacity
BMI Screening	Must fall within 18.5-32.9 (role dependent)

Example Minimum Standards (General Entry)

Service	Push-ups / Sit-ups / Beep Test
Army (Male, 17-25)	15 push-ups / 45 sit-ups / Level 7.5
Army (Female, 17-25)	8 push-ups / 45 sit-ups / Level 7.5
Navy (Male, 17-25)	15 push-ups / 20 sit-ups / Level 6.1
Air Force (Male, 17-25)	15 push-ups / 20 sit-ups / Level 6.1

Note: Specialist roles (e.g. Navy Diver, Special Forces, Combat roles) have significantly higher standards. Always confirm your specific role requirements with Defence Force Recruiting.

12-WEEK PREPARATION CHECKLIST

Use this checklist to structure your training. Aim to exceed minimum standards by at least 20% to give yourself a comfortable margin on test day.

WEEKS 1-4: Build Your Base

- Establish a consistent training routine (4-5 sessions per week)
- Complete a baseline test: max push-ups, max sit-ups, beep test level
- Begin running 3x per week (mix of easy runs and intervals)
- Start push-up progression program (3x per week)
- Start core/sit-up training (3x per week)
- Address any mobility or movement limitations
- Book a FITRME baseline assessment to identify weaknesses

WEEKS 5-8: Build Capacity

- Increase running volume and intensity progressively
- Practice the beep test format (20m shuttles with audio)
- Progress push-up volume toward target + 20% buffer
- Add strength training for upper body and core
- Include interval training (e.g. 400m repeats, hill sprints)
- Practice sit-up technique and pacing
- Mid-point progress test: compare to baseline

WEEKS 9-12: Sharpen & Peak

- Simulate full test conditions (push-ups, sit-ups, beep test in sequence)
- Fine-tune pacing strategy for beep test
- Maintain strength while reducing volume slightly in final week
- Practice test-day routine (warm-up, nutrition, timing)
- Complete a full practice test at Week 10 to confirm readiness
- Book a FITRME retest to confirm improvement and readiness
- Taper training in final 3-4 days before assessment

TRAINING TIPS & KEY RECOMMENDATIONS

Push-up Training

- Train push-ups 3-4x per week with at least one rest day between sessions
- Use a mix of max-effort sets and sub-maximal volume sets
- Maintain strict form: full range, chest to ground, elbows at 45 degrees
- Add incline and decline variations for strength development
- Practice the exact tempo and form required for the test

Beep Test / Aerobic Training

- Run at least 3x per week including one long run and one interval session
- Practice 20m shuttle runs with the beep test audio at least once per week
- Include tempo runs at a pace slightly above your target beep test level
- Build aerobic base with easy runs (conversational pace, 30-45 minutes)
- Develop speed endurance with 200-400m interval repeats

Core / Sit-up Training

- Train core 3-4x per week with variety (sit-ups, planks, leg raises)
- Practice the exact sit-up technique used in the test
- Build endurance with high-rep sets (aim for 20% above your target)
- Include anti-rotation and anti-extension exercises for injury prevention

Test Day Checklist

- Get 7-8 hours sleep the night before
- Eat a familiar, easily digestible meal 2-3 hours before
- Arrive early and complete a thorough warm-up
- Stay hydrated but avoid excessive water immediately before
- Pace yourself on the beep test - start controlled, push later levels
- Maintain consistent push-up and sit-up pace - avoid burning out early

HOW FITRME PERFORMANCE CAN HELP

FITRME Performance uses professional VALD testing equipment to objectively measure the physical qualities that the ADF PFA assesses. Our testing gives you clear data on where you stand and what you need to improve.

What We Test

- [] Lower-limb power and jump capacity (ForceDecks)
- [] Upper-body isometric strength relevant to push-ups (ForceFrame)
- [] Speed and acceleration for shuttle run performance (SmartSpeed)
- [] Hamstring strength and injury risk (NordBord)
- [] Full-body movement screening for mobility and injury prevention (HumanTrak)

Book Your Assessment

Phone: 0414 549 221

Email: info@fitrme.com.au

Web: www.fitrmeperformance.com/occupational-testing