



ROYAL MARINES COURSES – PHYSICAL FITNESS REQUIREMENTS

1. Experience has underlined the need for students attending all Royal Marines courses, but particularly the All Arms Commando Course (AACC), Royal Marines Young Officers' Course (RMYO) and Physical Training (PT) to be extremely fit, both medically and physically, before commencing training. Weakness in this area often leads to failure or withdrawal from the course, thus depriving the student of the benefit of further instruction and training. It can also prove hazardous to the individual and expose other students to unacceptable risk.
2. It is mandatory that all students attending the Royal Marines Young Officers' Course, All Arms Commando Course or Physical Training Course have achieved the following physical standards before commencing Royal Marines training:
 - a. Able to pass the Royal Marines Basic Fitness Test (RMBFT) within the time laid down for the 29 year old and under bracket. Upper body exercises must also be completed (see overleaf for details).
 - b. Swim 60 metres in clothing and tread water for 3 minutes
 - c. Possess an aptitude for, and have practised on, a standard military assault course in boots and loose order.
 - d. Able to perform the fireman's carry and half regain using the correct technique.
 - e. (AACC candidates only). Able to climb a minimum of 30 feet of rope, in boots and denims, using good technique.
3. A fitness certificate, signed by the student's Commanding Officer stating that the above standards have been achieved, must accompany the nomination and certificate of security and assurance. These must be sent to IDT(RN) a minimum of 8 weeks before the course commences.
4. The Commando Training Centre Royal Marines (CTCRM) will conduct tests applying the standards given in sub-paragraphs 3a and 3b for all RMYO, POC, AACC, PT students and PT Aptitude courses. Failure to achieve the minimum standard will lead to an immediate Return To Unit (RTU).
5. Students attending the Landing Craft or other waterborne courses and attachments, should possess good colour perception, be capable of swimming 50 metres and then remaining afloat for the remainder of 3 minutes from the time of entering the water.
6. Students for other RM courses should be capable of achieving the standard given in Paragraph 3a.



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THE ROYAL MARINES BASIC FITNESS TEST

1. The basic fitness test consists of three parts conducted consecutively:

Part 1: Upper body exercises consisting of 5 pull-ups and 50 sit-ups

Part 2: A squaddered run and walk of 1.5 miles in 15 minutes

Part 3: A best effort run of 1.5 miles in less than 11.5 minutes

A short non-testing set of back exercises will be included after the sit-ups and pull-ups and before the squaddered run/walk.

2. The repetitions and timings listed above are for the 29 and under age bracket and must be adhered to by all potential RMYO, AACC and PT personnel. The full table of repetitions and timings is as follows:

	Sit-Ups	Pull-Ups	Part 3 Timings
29 years and under	50	5	11.5 minutes
30 to 34 years	40	4	12 minutes
35 to 39 years	35	3	13 minutes
40 to 44 years	not required		14 minutes
45 to 49 years	not required		15 minutes

3. Sit-ups must be completed within 2 minutes. Hands must be clasped behind the head and the torso must pass through the vertical on each repetition. Knees may be bent.
4. There is no time limit for pull-ups, but the arms must be fully extended between repetitions. The over grasp must be used.

TEST 1 – PULL-UPS

The dress for the RM BFT is CS95/Personal Clothing System (PCS), consisting of trousers, green T-shirt, issued belt, and issued boots or national equivalent.

Figure 1

- ◆ The body hangs in an over-grasp, hands shoulder width apart with arms and body straight

Figure 2

- ◆ The pull up is performed by bending the arms until the chest is brought to the beam or bar and the chin is over the beam or bar
- ◆ The body remains still during this phase. Kicking the legs out to assist the pull up phase is not acceptable



Figure 1



Figure 2



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- ◆ The body is then lowered under control, until the arms and body are completely straight (i.e. the starting position)
- ◆ The test finishes if the individual fails to complete a proper repetition or dismounts from the beam or bar. There is no time limit to this test

TEST 2 – SIT UPS

Figure 3



Figure 3

- ◆ The individual lies in a supine position on a mat or suitable area with his knees bent, feet flat on the ground, not more than 8cm apart
- ◆ The arms are bent in an upward position with the elbows pulled back and the fingertips placed on the temples. This position is to be maintained throughout the duration of the assessment
- ◆ The exerciser's partner holds the performer's feet in place for the duration of the test

Figure 4



Figure 4

- ◆ The sit-up is initiated by curling the upper body to the vertical position, whilst keeping the hips on the floor and keeping the fingertips in contact with the head
- ◆ Return to the start position under control ensuring that the shoulder blades and back of the head make contact with the ground (i.e. the starting position)
- ◆ Sit ups are performed for a period of 2 minutes or until the student can no longer continue due to the onset of fatigue. However, rest periods are permitted provided that the correct position is maintained

REMARKS

The course requirement is for attendees to bring 2 x pairs of boots 1 of which must have heel blocks.