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Test di 10 secondi: In quale direzione gira la ballerina?

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Marine Corps Physical Fitness Charts

Males

Every Marine must be physically fit, regardless of age, grade, or duty assignment. Fitness is essential to the day-to-day effectiveness and combat readiness of the Marine Corps. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Marines who are not physically fit can be a detriment to the readiness and combat efficiency of their unit. Accordingly, every Marine will engage in an effective PCP on a continuing and progressive basis.

Uniform. The authorized uniform for the semi-annual PFT is the USMC established green-on-green T-shirt and shorts, socks, and running shoes. The green-on-green sweat suit may be used in winter climates. Gloves may be worn. Substitutions of the aforementioned uniform are at the discretion of the CO.

Sequence of Events. The sequence of PFT events will be left to the discretion of the CO. All PFT events will be conducted in a single session, not to exceed 2 hours in duration. Movement of Marines from one event to the next should allow adequate time to recover, stretch, and drink water.

Pull-up. The goal of the pull-up event is for the Marine to execute as many accurate and complete pull-ups before dropping off the bar. The procedures are:

- (1) This is not a timed event.
- (2) Sweatshirts will be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.
- (3) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Any assistance up to the bar will not be used to continue into the first pull-up.
- (4) The bar must be grasped with both palms facing either forward or to the rear.
- (5) The correct starting position begins when the Marine's arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.
- (6) The Marine's legs may be positioned in a straight or bent position, but may not be raised above the waist.
- (7) One repetition consists of raising the body with the arms until the chin is above the bar, and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a Marine rest his chin on the bar.
- (8) The intent is to execute a vertical "dead hang" pull-up. A certain amount of inherent body

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movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition will not count for score.

(9) A repetition will be counted when an accurate and complete pull-up is performed.

Abdominal Crunch. The goal of the abdominal crunch event is for a Marine to execute as many proper and complete crunches within the prescribed time limit. The procedures are:

(1) 2-minute time limit.

(2) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees will be bent, and both feet will be flat on the deck.

(3) The arms will be folded across the chest or rib cage with no gap existing between the arms and chest/rib cage. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position until both forearms or elbows simultaneously touch the thighs, and then returning to the starting position with the shoulder blades touching the deck.

(4) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting the buttocks is permitted.

(5) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine's feet is permitted.

(6) A repetition will be counted when an accurate and complete abdominal crunch is performed.

3.0 Mile Run. The goal is for a Marine to complete the measured course as quickly as possible. The procedures are:

(1) This is a timed event.

(2) On the command to start, the two Marines monitoring the event will start their watches simultaneously when the last Marine passes the starting point. The Command PT Representative will remain at the start/finish and the other monitor will take the safety vehicle (with communication capabilities) to the halfway point. Monitors will call out the split or finishing time as appropriate, as each Marine passes.

Marine Corps Physical Fitness Test Points - Male			
Points	Pull-Ups	Crunches	3-Mile Run
100	20	100	18:00
99		99	18:10
98		98	18:20
97		97	18:30
96		96	18:40
95	19	95	18:50
94		94	19:00
93		93	19:10
92		92	19:20
91		91	19:30
90	18	90	19:40
89		89	19:50

88		88	20:00
87		87	20:10
86		86	20:20
85	17	85	20:30
84		84	20:40
83		83	20:50
82		82	21:00
81		81	21:10
80	16	80	21:20
79		79	21:30
78		78	21:40
77		77	21:50
76		76	22:00
75	15	75	22:10
74		74	22:20
73		73	22:30
72		72	22:40
71		71	22:50
70	14	70	23:00
69		69	23:10
68		68	23:20
67		67	23:30
66		66	23:40
65	13	65	23:50
64		64	24:00
63		63	24:10
62		62	24:20
61		61	24:30
60	12	60	24:40
59		59	24:50
58		58	25:00
57		57	25:10
56		56	25:20
55	11	55	25:30
54		54	25:40
53		53	25:50
52		52	26:00
51		51	26:10
50	10	50	26:20
49		49	26:30
48		48	26:40
47		47	26:50
46		46	27:00
45	9	45	27:10
44		44	27:20
43		43	27:30
42		42	27:40

41		41	27:50
40	8	40	28:00
39		x	28:10
38		x	28:20
37		x	28:30
36		x	28:40
35	7	x	28:50
34		x	29:00
33		x	29:10
32		x	29:20
31		x	29:30
30	6	x	29:40
29		x	29:50
28		x	30:00
27		x	30:10
26		x	30:20
25	5	x	30:30
24		x	30:40
23		x	30:50
22		x	31:00
21		x	31:10
20	4	x	31:20
19		x	31:30
18		x	31:40
17		x	31:50
16		x	32:00
15	3	x	32:10
14	x	x	32:20
13	x	x	32:30
12	x	x	32:40
11	x	x	32:50
10	x	x	33:00
9	x	x	x
8	x	x	x
7	x	x	x
6	x	x	x
5	x	x	x
4	x	x	x
3	x	x	x
2	x	x	x
1	x	x	x

* Round up all values (e.g., 18:01 to 18:09 equals 99 points)

In order to pass the semi-annual fitness test, Marines must perform the minimum acceptable performance requirements shown in the chart below. Additionally, they must have enough overall points to meet the 3rd class fitness requirements (see below).

Minimum Fitness Requirements for Each PFT Event -

Males			
Age	Pull-Ups	Crunches	3-Mile Run
17-26	3	50	28:00
27-39	3	45	29:00
40-45	3	45	30:00
46+	3	40	33:00

Marine Corps PFT Classification Scores - Male and Female				
Class	Age 17-26	Age 27-39	Age 40-45	Age 46+
1st	225	200	175	150
2nd	175	150	125	100
3rd	135	110	88	65

Above Information Derived from Marine Corps Order (MCO) P6100-12

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