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to remain enrolled in FEP until passing onemock or official PRT and be within the Navy graduated BCA stands. ardlf member is waived from the BCA and/or the same PRT event for which member failed, he/she will remain on FEP until the member is able to successfully pass the failed event during a mock or official PFA.

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**Command Fitness  
Guide ... - United  
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Apache/2.4.39 (Unix)  
mod\_hive/6.27

OpenSSL/1.0.1e-fips  
mod\_fastcgi/2.4.6

Server at navy-prt.com  
Port 443

**[www.navy-prt.com](http://www.navy-prt.com)**

The U.S. Navy is a demanding branch of the military that requires peak physical condition. In order to determine if new



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recruits are prepared for service they must pass what is known as the Physical Readiness Test (PRT). Navy PRT standards are baseline numbers for the minimum you should be able to accomplish for each designated activity.

## **Navy PRT Standards For Males & Females For 2020**

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**Physical Readiness**

*Page 10/23*

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## **Program Instruction - US Navy PRT**

This is an official U.S. Navy Website Need Career, Pay or Personnel help? Call MyNavy Career Center: 833-330-MNCC , or 901-874-MNCC (DSN 882- 6622 ), Email MNCC , MNCC Chat

## **Guides - United States Navy**

COVID-19 may effect your NAVY PRT training but there are still

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options to stay fit and active. Read more.

New PRT Update .

Changes to the USNA

PRT. February 9, 2020

February 10, 2020 John

4 Comments PRT

CHANGES, USNA.

Crunches are out-

Planking and Push-ups

with cadence are in!

For the first time this

Saturday (Feb 8 2020)

planking

**US Navy PRT -**

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## **Navy Physical Readiness**

To publish revised  
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evaluation and to  
publish the revised  
Navy Performance  
Evaluation Manual  
(EVALMAN). 2.

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**1610.10C Ref: (a ... -**

### **United States Navy**

The chart below is the actual Physical Readiness Test (PRT) requirements for members of the United States Navy. It should be used as a guide by you to ensure you meet the minimum fitness requirements of those serving. To graduate Navy boot-camp, an overall score of a Satisfactory - Medium must be

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obtained for your age group.

## **Navy PRT Charts & DEP Physical Fitness Readiness**

Sailors have been participating in a months-long study meant to help the Navy set scoring tables for the new PRT requirement. Service leaders hoped to collect data on how about 600 sailors --

men



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## **Here's How the Navy's New PRT Plank Event Will Be Scored ...**

Navy PRT Rowing  
Machine (Concept II,  
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work before an  
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### **PT Standards: Males 35-39 - US Navy PRT**

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CR843-0225 OAK  
HARBOR, Wash. (Apr.  
29, 2019) Sailors  
assigned to Patrol  
Squadron (VP) 4  
participate in a 1.5

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the female recruits in 18 minutes 37 seconds or less. If a recruit fails the first attempt, then they must retest within 48 hours. Navy PRT Charts & DEP Physical Fitness Readiness

### **Navy Prt Manual**

Following the below situp up training plan will give you a solid ab workout and should get you to an excellent medium on the Navy PRT. Week one through

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three will focus on increasing your endurance, while week four through six will focus on speed work. This Navy situp plan can be done in conjunction with your normal workout.

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