MARINE CORPS RECRUITING COMMAND
Initial Strength Test (IST)

The standard physical fitness test (PFT) consists of three events that measure cardiovascular endurance, muscular strength and endurance, and mobility. The IST is a shortened version of the USMC PFT. A student only has to do pull-ups/flex arm hang, crunches, and a 1.5 mile run.

*****THE TEST MUST BE ADMINISTERED BY YOUR GYM COACH*****

INSTRUCTIONS:

Pull-Ups (Males):
Mount the bar with your hands facing towards you or away from you. Your legs can be held straight or in a bent position, but may not be raised above the waist. To successfully complete a repetition, raise your body by bending your arms at the elbows until your chin is above the bar, then lower your body until your arms are fully extended. You may have an assistant extend an arm across the front of your body to help prevent swinging.

Flexed Arm Hang (Females):
In starting position, hang from a horizontal bar with your elbows bent and both palms facing either towards you or away from you. Your chin must be higher than the bar, but may not touch the bar. Attempt to maintain elbow flexion as long as possible.

Crunches (2 min):
Lie on your back, knees flexed with your feet flat on the ground. Fold your arms across your chest with no gap between your forearms and your chest when raising your upper body. An assistant may hold your feet or legs below the knees in whatever manner is most comfortable. Kneeling or sitting on the feet is permitted. To successfully complete a repetition, raise your upper body from the starting position, touching your thighs with your elbows or forearms. Return to the starting position with your shoulder blades touching the ground. A rest in the down position may be taken at any time. Complete as many repetitions as possible in 2 minutes.

1.5 Mile Timed Run:
Used to assess aerobic fitness and leg muscles' endurance, you must complete the run without any physical help (for example, pulled, pushed, picked up, and/or carried). At the start, the you will line up behind the starting line. On the command 'go,' the clock will start. You will begin running at your own pace. Although walking is authorized, it is strongly discouraged as you are being evaluated on your ability to complete the 1.5 mile course in the shortest time possible.

PULL-UPS (MALE):

FLEX ARM HANG TIME (FEMALE):

1.5 MILES RUN TIME:

CRUNCHES:

STUDENT NAME: _____

VERIFIER PRINTED NAME AND TITLE: _____

VERIFIER SIGNATURE: _____ PHONE: _____