

## Army Required Fitness Level (RFL) - Male

| RFL Score | Age      | Run   | Press Ups | Curl Ups |
|-----------|----------|-------|-----------|----------|
| G1        | All ages | 10.00 | 30        | 66       |
| G2        | 16 - 24  | 10.30 | 28        | 60       |
| G2        | 25 - 29  | 10.55 | 26        | 57       |
| G2        | 30 - 34  | 11.20 | 24        | 54       |
| G2        | 35 - 39  | 11.45 | 22        | 51       |
| G2        | 40 - 44  | 12.20 | 18        | 48       |
| G2        | 45 - 49  | 13.00 | 14        | 55       |
| G2        | 50 - 54  | 13.40 | 10        | 45       |
| G2        | 55 - 59  | 14.25 | 8         | 39       |
| G2        | 60 - 65  | 15.00 | 6         | 36       |

## Army Required Fitness Level (RFL) – Female

| RFL Score | Age      | Run   | Press Ups | Curl Ups |
|-----------|----------|-------|-----------|----------|
| G1        | All ages | 11.50 | 15        | 55       |
| G2        | 16 - 24  | 12.20 | 14        | 50       |
| G2        | 25 - 29  | 12.50 | 13        | 47       |
| G2        | 30 - 34  | 13.20 | 12        | 44       |
| G2        | 35 - 39  | 13.50 | 11        | 41       |
| G2        | 40 - 44  | 14.30 | 9         | 38       |
| G2        | 45 - 49  | 15.20 | 7         | 35       |
| G2        | 50 - 54  | 16.10 | 5         | 32       |
| G2        | 55 - 59  | 17.10 | 4         | 29       |
| G2        | 60 - 65  | 17.50 | 3         | 26       |

## Army 4km walk test

| Age   | Males (mins) | Females (mins) |
|-------|--------------|----------------|
| 17-21 | 34.00        | 37.00          |
| 22-26 | 34.30        | 37.30          |
| 27-31 | 35.00        | 38.00          |
| 32-36 | 35.30        | 38.30          |
| 37-41 | 36.00        | 39.00          |
| 42-46 | 36.30        | 39.30          |
| 47-51 | 37.00        | 40.00          |
| 52+   | 37.30        | 40.30          |