

Military Free Fall School Physical Fitness Assessment

Students will be administered the Military Free Fall School Physical Fitness Assessment (MFFSPFA) on day one, before in-processing.

The MFFSPFA consists of four events:

Hand Release Push-ups

Plank

Chin-up with Hold

Two Mile Run

Students MUST meet the minimum standard in each event to be admitted to the course.

Event	Male Standard	Female Standard
Hand Release Push-Ups	37	27
Plank	2:35	2:35
Chin-up with Hold	1 with 10 second hold	1 with 10 second hold
Two-Mile Run	16:57	19:17