VIRGINIA MILITARY INSTITUTE FITNESS TEST (VFT) INSTRUCTIONS

Pull up Instructions: **The goal of the pull-up event is to execute as many accurate and complete pull-ups before dropping off the bar. This is not a timed event. 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. The bar must be grasped with both palms facing away from you and your thumbs wrapped underneath the bar. The correct starting position begins when your arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless. When the scorer says "Up", pull yourself up so that your chin comes visibly over the bar. When the number "1" is called, lower yourself to the starting position. That is one repetition. Repeat the exercise as many times as you can. Your legs may be positioned in a straight or bent position, but may not be raised above the waist. You may lift them to a 90-degree position, as long as you don't kick. At no time during the execution of this event can you rest your chin on the bar. The intent is to execute a vertical "dead hang" pull-up. A certain amount of inherent body 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 excessive movement is observed, the repetition will not count for score. A repetition will be counted only when an accurate and complete pull-up is performed. Passing score is five pull-ups for men and one pull-up for women.**

Sit up Instructions: **The goal of the sit-up event is to execute as many accurate and complete sit-ups as you can in two minutes. On the command "Get ready" assume the start position by lying flat on your back with your knees bent at approximately a 90-degree angle, with feet flat on the ground with another individual holding your ankles on the ground with hands only. Your fingers will be interlocked behind the head with the back of the hands touching the ground. Your arms and elbows need not touch the ground. On the command "Begin", raise the upper body to the 90 degree vertical position. Touching you elbows to your knees is not correct. Your back must reach the 90 degree vertical position. After you have reached the vertical position, lower your upper body to the ground until your shoulder blades have touched the ground. Again, your arms and elbows need not touch the ground. This is one repetition. You may rest in the up or down position at any time, but if you lower your legs, fail to keep your feet on the ground, fail to keep your fingers interlocked and behind your head, arch your back (raise buttocks) to raise your upper body, or do not attain the vertical position, that repetition will not count. Each repetition is counted when you reach the vertical position. Your score will be the number of correct sit-ups done in two minutes. Passing score for men and women is 60 sit-ups.**

2400 Meter Run Instructions: **Execute this run on a 400 meter track. Run six laps around the track and time your run using a stopwatch. Start and stop the run at the same place and stay in lane one for the most accurate distance. Passing score is 12:30 for men and 14:20 for women.**