



MEMORANDUM TO: New Cadets – Class of 2025

SUBJECT: Preparing for VMI: Physical Fitness and the VMI Fitness Test (VFT)

Congratulations on being selected for a conditional appointment to the VMI Class of 2025! Your outstanding overall qualifications earned your selection – it is now up to you and your commitment to excellence and personal preparation that will ultimately set you up for success once you matriculate at VMI. The VMI precept is from Juvenal (40-125 AD), *Mens sana in corpore sano* – a sound mind in a sound body. Preparing for VMI mentally and physically is **absolutely essential** given the tough physical rigors and high daily tempo of every new cadet. With your success at VMI in mind, you must begin your physical fitness preparation immediately in order to be in top physical condition and ready for the rigors of matriculation and the Ratline. **Don't make the mistake of arriving physically unprepared, which will be obvious almost immediately!!** Your physical fitness, mental toughness and sound nutrition habits send a very clear message about your commitment, dedication to excellence and personal discipline. Not being at peak condition only makes an already very demanding matriculation period and cadetship even harder. It is also often a common contributor and strong indicator of early attrition. Fitness is an individual responsibility, and it starts with you.

Shortly after arriving at VMI, you will take the VMI Fitness Test (VFT) to evaluate your muscular and cardio respiratory fitness. **Every new cadet is expected to meet the minimum VFT standards** in this first fitness test. **VMI has never been about minimums; you are expected to train to achieve the goal standards** listed below. It is important you arrive here physically fit and ready to attain the highest VFT score possible:

	MEN MIN	MEN GOAL	WOMEN MIN	WOMEN GOAL
Pull-ups (not timed)	5	<b>20</b>	1	<b>8</b>
Sit-ups (2 minutes)	60	<b>92</b>	60	<b>92</b>
2400 Meter Run	12:30 minutes	<b>8:30 minutes</b>	14:20 minutes	<b>9:46 minutes</b>

Attached to this memo you will find specific instructions for administering the VFT. This link provides a video instruction for performing to the expected standards: <https://www.vmi.edu/admissions-and-aid/appointed-students/physical-preparation/>. You should “pre-test” your level of physical conditioning often as you train to determine areas for improvement. Best results always occur when your continuous daily workouts far exceed the tests. Wear the running shoes you will bring to VMI during this training period so they are well broken-in.

Again, congratulations. If you desire to be successful for the physically demanding challenges you will face, a rigorous and regular daily exercise regimen consisting of running, hill work, sit-ups, push-ups, and pull-ups is critical. Do the hard work and preparation now so that you may reap the benefits of being physically strong and prepared once you begin your cadetship.

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Commandant of Cadets