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The APRT, designed to replace the current APFT, expands from ... endurance while reducing the risk of injuries. The current test also only provides a "snapshot" assessment of upper and lower ...

TRADOC Revises Army Physical Fitness Test

You are required to pass the Basic Training APFT to graduate boot camp and continue on to Advance Infantry Training. The three PFT events are two minutes of push-ups, two minutes of sit-ups ...

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