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The APRT, designed
to replace the current
APFT, expands from
... endurance while
reducing the risk of
injuries. The current

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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

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Training. The three
PFT events are two
minutes of push-ups,
two minutes of sit-ups
...

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