

# PFA Test Procedures

## **Life Fitness 95 CI Upright Bike (Operating Procedures):**

- Start Pedaling
- Select Manual Mode
- Select 12 minutes for time, then press enter
- Enter the level of your choice, but remember: the goal is to burn as many calories as possible in the 12 minute test. (Higher levels will burn more calories!)
- At the end of the 12 minute test, remember to write down your calories, the machine will automatically go in to a 3 minute cool down period after the 12 min test is completed. Please cool down before stopping or exiting the machine.
- After you get your calories, you can plug the information into the bike calculator to get your converted 1.5 mile run time at [www.npc.navy.mil](http://www.npc.navy.mil) website.

## **Life Fitness 95 XI Cross-Trainer Elliptical (Operating Procedures):**

- Start moving the arms and legs of the machine
- Select manual mode
- Enter your appropriate weight
- Select 12 minutes, then press enter
- Enter the level of your choice, but remember: the goal is to burn as many calories as possible in the 12 minute test. (Higher levels will burn more calories!)
- At the end of the 12 minute test, remember to write down your calories, the machine will automatically go in to a 3 minute cool down period after the 12 min test is completed. Please cool down before stopping or exiting the machine.
- After you get your calories, you can plug the information into the elliptical calculator to get your converted 1.5 mile run time at [www.npc.navy.mil](http://www.npc.navy.mil) website.

## **Life Fitness Treadmill (Operating Procedures):**

- Select Fitness (**keep on selecting until you reach your appropriate test** (i.e. Navy PRT 1.5 mile run, Army PRT 2.0 mile run, Gerkin Sub maximal VO<sub>2</sub> test, etc), then select enter.
- Select #1 for Hawaii, less (<) than 5000 feet.
- Enter your appropriate weight, then enter
- Enter your appropriate age, then enter
- Enter your appropriate gender, using the arrows key, then enter
- Select your appropriate speed (when you select will give you approximately mile/hour time), then select enter
- Test will begin immediately (please ensure you are properly warmed up before this test)
- For all Fitness Tests, Except Gerkin, after the distance goal is reached, the workout program goes into a cool-down. The duration of this phase depends on the amount of time taken to complete the test. For less than five minutes, the cool-down is one minute. For five to fifteen minutes, the cool-down is three minutes. For longer times, the cool-down is five minutes (Please take the proper time to cool-down).
- After the cool-down is completed or aborted (by the users choice), the Message Center displays the finishing time and a point score for the PEB (Physical Efficiency Battery), Army, and Marine tests; or a qualitative score, such as excellent, for the Navy test (Note: The Gerkin test will display a converted VO<sub>2</sub> max value in the message center during the workout summary).

### **Precor Treadmill (Operating Procedures):**

- Select Performance, until you reach your appropriate test (i.e. Navy PRT, Army PRT, etc).
- Enter your age (use the arrows), select ok.
- Select your gender (use the arrows), select ok
- Select the appropriate Altitude for Hawaii, less (<) than 5000 feet, select ok
- Then a 3 minute warm-up will begin (note: this does not count towards your time or score)-select your appropriate speed (note: this is just your warm-up).
- After the 3 minute warm-up, the fitness test will begin automatically.
- Through-out the test you can use arrows to adjust speed, but all other keys are locked.
- At the end of your test a summary will pop up on the display board with your fitness time, for your appropriate test selected, and fitness score (i.e. 100, outstanding-high).
- A 5 minute cool down will begin after all PRT tests, please cool-down.
- Compare your times and scores with your appropriate service (i.e. Navy, Army, etc) standards.