

RIKR Defence Military Fitness Model For use of this form, see RI 1 The RIKR System of Combat & Survival. The proponent is RIKR Defence, LTD.		OPTIMAL / DESIRED ANTHROPOMETRIC & BIOMEDICAL DATA						
		DESIRED HEIGHT: 67-70in / 170-178cm		OPTIMAL WEIGHT: 158-173Lbs / 72-78kg		BODY MASS INDEX: 24-25	BODY MASS PERCENTAGES 88-92%LBM / 8-12%BF	
		RESTING HEART RATE Category 1-2 for age group			SEATED BLOOD PRESSURE 110/60 to 120/80		RESTING RESPIRATION RATE 6-10/min	
		TEST DAY	TEST EVENT	Conventional Forces			Special Purpose Forces	
Level 0 DOD Recruits	Level 1 BMT			Level 2 AIT / SUP / INF	Level 3 RGR / MNT / ABN	Level 4 SOF Standard	Level 5 SOF Advanced	
Day 0*	Combat Acrobatics	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	
	Obstacle Course							
	Push, 5200lbs							
	Drag, 250lbs							
	Grenade Throw							
	Marksmanship							
	Combat Course							
DAY 1	*1Pull-ups, 16kg ^{RUS}	2 reps	4 reps	6 reps	8 reps	10 reps	12 reps	
	1KB Floor Press	48kg/106lbs x15reps	48kg/106lbs x20 reps	48kg/106lbs x30 reps	48kg/106lbs x40 reps	48kg/106lbs x50 reps	48kg/106lbs x60 reps	
	Broad Jump ^{CAN}	205+ cm	224+ cm	242+ cm	261+ cm	280+ cm	284+ cm	
	100m Sprint ^{RUS}	14.0s	13.6s	13.3s	12.8s	12.3s	11.8s	
	*100m Sprint w/16kg	15.0s	14.6s	14.3s	13.8s	13.3s	12.8s	
	10x10m Shuttle Run ^{RUS}	26.0s	25.3s	24.8s	24.0s	23.0s	22.0s	
	400m Run ^{RUS}	1:06.5	1:04.2	1:02.4	1:01.0	59.0s	56.6s	
DAY 2	6x50m Shuttle Run*	53.64s	55.52s	53.64s	51.76s	49.88s	48.00s	
	4x100m Shuttle Run ^{RUS}	1:10.5	1:08.2	1:06.4	1:05.0	1:03.0	1:00.6	
	1KB Lunge	48kg/106lbs x15reps	48kg/106lbs x20 reps	48kg/106lbs x30 reps	48kg/106lbs x40 reps	48kg/106lbs x50 reps	48kg/106lbs x60 reps	
	1KB Front Squat	64kg/140lbs x15reps	64kg/140lbs x20 reps	64kg/140lbs x30 reps	64kg/140lbs x40 reps	64kg/140lbs x50 reps	64kg/140lbs x60 reps	
	1Body Weight Pull-ups	5	10	15	20	25	30	
	1KB Upper Cut	16kg/35lbs x60reps	16kg/35lbs x60reps	24kg/53lbs x60reps	24kg/53lbs x60reps	32kg/70lbs x60reps	32kg/70lbs x60 reps	
DAY 3	1Straight Leg Sit-up ^{RUS}	45 reps	50 reps	55 reps	60 reps	65 Reps	70 reps	
	100m Swim ^{RUS}	1:50	1:40	1:30	1:20	1:10	1:00	
	2km Swim	N/A	N/A	N/A	40min	35min	30min	
	1KB Double Clean	64kg/140lbs x15reps	64kg/140lbs x20 reps	64kg/140lbs x30 reps	64kg/140lbs x40 reps	64kg/140lbs x50 reps	64kg/140lbs x60 reps	
	1KB Overhead Press	16kg/70lbs x15reps	16kg/70lbs x20 reps	16kg/70lbs x30 reps	16kg/70lbs x40 reps	16kg/70lbs x50 reps	16kg/70lbs x60 reps	
DAY 4	*5km Run ^{RUS}	25:30	24:35	23:40	22:50	22:00	21:00	
	3km Run ^{RUS}	12:24	11:54	11:18	10:48	10:19	9:50	
	1km Run ^{RUS}	3:37	3:30	3:25	3:15	3:05	2:55	
	40m Low Crawl	0:37.5sec	0:35sec	0:32.5sec	0:30sec	0:27.5sec	0:25sec	
DAY 5	20km Ruck March in MAF HR Zone	35lb (Dry) / 05:00:00 4kph / 24:08/mile	45lb (Dry) / 03:00:00 6.4kph / 15:00/mile	55lb (Dry) / 03:06:25 6.4kph / 15:00/mile	70lb (Dry) / 03:06:25 6.4kph / 15:00/mile	70lb (Dry) / 02:53:59 6.9kph / 14:00/mile	70lb (Dry) / 02:41:33 7.4kph / 13:00/mile	
	60 Min. W/J/R in MAF HR Zone	6.4km / 3.97mi 15:05min/mile	9.6km / 5.96mi 10:04min/mile	11.2km / 6.95mi 8:37min/mile	12.8km / 7.95mi 7:32min/mile	14.4km / 8.94mi 6:42min/mile	16km / 9.94mi 6:02min/mile	

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NEUROPSYCHOLOGY & RECOVERY EVALUATION

	RECOVERY					COGNITION					SPIRIT					DRIVE					EMOTION				AROUSAL/FOCUS				POSTURE						
	A	B	C	D	F	A	B	C	D	F	A	B	C	D	F	A	B	C	D	F	1	2	A	3	4	1	2	A	3	4	A	B	C	D	F
	NOTES					NOTES					NOTES					NOTES					NOTES				NOTES				NOTES						
Day 0																																			
Day 1																																			
Day 2																																			
Day 3																																			
Day 4																																			
Day 5																																			

GRADE	RECOVERY/COGNITION/SPIRIT/DRIVE/POSTURE	EMOTIONAL STATE	AROUSAL/FOCUS
F/1/4	Poor/Unsatisfactory	Very Negative/Unstable	Unstable
D/2/3	Marginal/Below Average	Negative	Excessively Over/Under
C	Satisfactory	Not positive or negative	Over
B	Good/Above Average	Positive	Under
A	Excellent/Exemplary	Very positive	Optimal

*Day 0 standards are still under development

GENERAL OVERVIEW: The RIKR Defence Military Fitness Model and Physical Readiness Battery evaluates the soldier's total fitness for war by evaluating each aspect of the following components of performance:

- Applied Mobility
- Accelerated Movement
- Applied Movement
- Tactical Development
- Biomotor Development
- Applied Neuropsychology
- Recovery & Rehabilitation

Additionally, the testing days are all

Many aspects are specifically tested while others are implied as satisfactory to excellent by the ability to perform the test to a specific standard. For example, the ability to perform the tests correctly demonstrates the required degree of flexibility in the joints and tissues. In this particular example the evaluator is cautioned to look out for excessive flexibility and mobility that may need to be addressed.

INSTRUCTIONS:

1. Day zero events should be tested

Need to align each test day IAW the training session format