

<h2 style="margin: 0;">Physical Readiness Battery Scorecard</h2> <p style="font-size: small; margin: 0;">For use of this form, see RI 1-1 The RIKR System; the proponent is RIKR Performance.</p>		NAME (Last, First, MI)			SSN: - - -			
		HEIGHT IN _____ CM		WEIGHT LBS _____ KGS		BODY MASS INDEX BMI		BODY MASS % %LBM _____ %FM
		UNIT / DUTY STATION				EVALUATOR (Last, First, MI)		

LEGEND							
<b>M</b>	Mandatory event			<b>NR / O</b>	Not Required / Optional event. See manual for details.		
<b>RUS</b>	Russian MOD standard calibrated to 80% of World Record			<b>CAN</b>	Canadian MOD standard calibrated to 80% of world record		
*	Completed with rifle and LBE; weight vest or KB. MUST equal exactly 16kg/35lbs			1	2-minute test duration. See manual for alternate evaluation event		

TEST DAY	PRIMAL MOVEMENT PATTERN	TEST EVENT	Conventional Forces			Special Purpose Forces		
			Level 0	Level 1	Level 2	Level 3	Level 4	Level 5
			DOD Recruits	BMT	AIT / SUP / INF	RGR / MNT / ABN	SOF Standard	SOF Advanced
DAY 1	OH Pull-1	*1Pull-ups, 16kg <sup>RUS</sup>	2	4	6	8	10	12
	Fwd Press	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
	Jump	Broad Jump <sup>CAN</sup>	205+ cm	224+ cm	242+ cm	261+ cm	280+ cm	284+ cm
	Sprint	100m Sprint <sup>RUS</sup>	14.0s	13.6s	13.3s	12.8s	12.3s	11.8s
	Sprint	*100m Sprint w/16kg	17.5s	17.0s	16.63s	16.0s	15.38s	14.75s
	Sprint	10x10m Shuttle Run <sup>RUS</sup>	26.0s	25.3s	24.8s	24.0s	23.0s	22.0s
DAY 2	Run	400m Run <sup>RUS</sup>	1:06.5	1:04.2	1:02.4	1:01.0	59.0s	56.6s
	Run	6x50m Shuttle Run*	53.64s	55.52s	53.64s	51.76s	49.88s	48.00s
	Run	4x100m Shuttle Run <sup>RUS</sup>	1:10.5	1:08.2	1:06.4	1:05.0	1:03.0	1:00.6
	Lunge	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
	Squat	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
DAY 3	OH Pull	1Body Weight Pull-ups	5	10	15	20	25	30
	Twist	1KB Upper Cut	16kg/35lbs x60reps	16kg/35lbs x60reps	24kg/53lbs x60reps	24kg/53lbs x60reps	32kg/70lbs x60reps	32kg/70lbs x60 reps
	Trunk Flexion & Hinge	1Straight Leg Sit-up <sup>RUS</sup>	45 reps	50 reps	55 reps	60 reps	65 Reps	70 reps
	Swim	100m Swim <sup>RUS</sup>	1:50	1:40	1:30	1:20	1:10	1:00
	Swim	2km Swim	N/A	N/A	N/A	40min	35min	30min
DAY 4	Hinge	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
	OH Press	1KB Overhead Press	32kg/70lbs x15reps	32kg/70lbs x20 reps	32kg/70lbs x30 reps	32kg/70lbs x40 reps	32kg/70lbs x50 reps	32kg/70lbs x60 reps
	Run	*5km Run <sup>RUS</sup>	25:30	24:35	23:40	22:50	22:00	21:00
	Run	3km Run <sup>RUS</sup>	12:24	11:54	11:18	10:48	10:19	9:50
	Run	1km Run <sup>RUS</sup>	3:37	3:30	3:25	3:15	3:05	2:55
DAY 5	Crawl	40m Low Crawl	0:37.5sec	0:35sec	0:32.5sec	0:30sec	0:27.5sec	0:25sec
	Pack Walk	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	55lbs (Dry) / 03:06:25 6.4kph / 15:00/mile	70lbs (Dry) / 03:06:25 6.4kph / 15:00/mile	70lbs (Dry) / 02:53:59 6.9kph / 14:00/mile	70lbs (Dry) / 02:41:33 7.4kph / 13:00/mile
	Walk / Jog / Run	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

LEVEL QUALIFIED (Circle & Initial)			Level 0 _____	Level 1 _____	Level 2 _____	Level 3 _____	Level 4 _____	Level 5 _____
TEST DATES	Dates	Month	Year	Evaluator Signature	Member Signature			
	-		20__					