



Before The Corps Breakdown of the USMC PFT

There is a plethora of information on the internet surrounding the performance of the USMC annual fitness tests. Rather than inundate you with repeated information, we are going to provide you a very brief synopsis of what the test entails, tips for maximizing your score, and indicating how to calculate where you fall out.

Components of the PFT

There are three components of the USMC PFT. It is conducted at every formal school (OCS, TBS, Boot Camp, MOS School, DI School, and more) as well as conducted annually from January 1st through June 30th. The PFT consists of three components – upper body strength, core strength, and a 3-mile run.

Each component has a minimum and maximum. Failing any one component of the test means you fail the entire test.

Each component is worth a maximum 100 points. Your score is reported as the sum of your three component scores (making a perfect score a 300). Your aggregate score will fall into one of three classes: 1st, 2nd, or 3rd. Although a 2nd and 3rd class PFT scores are considered passing, no self-respecting Marine ever aims to score low on the PFT. As a matter of fact, any score below 250 is considered a poor PFT score, despite the fact it is a First Class PFT.

PFT Classes and Scores	
1 st Class	235 to 300
2 nd Class	200 to 234
3 rd Class	150 to 199



Upper Body

This section of the test is typically performed first, although by the order, there is no requirement for sequence on the PFT.

You have the option of performing pull-ups or pushups. We have included scoring charts for both below, although you should opt to perform pull-ups. You can receive a maximum score of 100 points for performing the maximum number of pull-ups. You can only receive a maximum score of 70 points for performing the maximum number of pushups.

There is no differentiation between pull-ups or chin-ups for the performance of this component. We recommend pull-ups with a false grip (thumb not wrapped around the bar). Although this may seem uncomfortable at first and for a while, it saves forearm energy and makes it easier to increase reps. We recommend pull-ups over chin-ups as they recruit more of your large lat muscles than biceps, substantially increasing your odds of consistently maximizing this test.

		Male Pullups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		20	23	23	23	21	20	19	18
Min		4	5	5	5	5	4	3	
Max		100	100	100	100	100	100	100	100
Min Pts		40	40	40	40	40	40	40	40

		Male Pull-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Reps	23		100	100	100				
	22		97	97	97				
	21		93	93	93	100			
	20	100	90	90	90	96	100		
	19	96	87	87	87	93	96	100	
	18	93	83	83	83	89	92	96	100
	17	89	80	80	80	85	88	92	96
	16	85	77	77	77	81	84	88	92
	15	81	73	73	73	78	80	84	88
	14	78	70	70	70	74	76	80	84
	13	74	67	67	67	70	72	76	80
	12	70	63	63	63	66	68	72	76
	11	66	60	60	60	63	64	68	72
	10	63	57	57	57	59	60	64	68
	9	59	53	53	53	55	56	60	64
	8	55	50	50	50	51	52	56	60
	7	51	47	47	47	48	48	52	56
	6	48	43	43	43	44	44	48	52
	5	44	40	40	40	40	40	44	48
	4	40						40	44
	3								40

		Female Pullups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		7	11	12	11	10	8	6	4
Min		1	3	4	3	3	2	2	2
Max		100	100	100	100	100	100	100	100
Min Pts		60	60	60	60	60	60	60	60

		Female Pull-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Reps	12			100					
	11		100	95	100				
	10		95	90	95	100			
	9		90	85	90	94			
	8		85	80	85	89	100		
	7	100	80	75	80	83	93		
	6	93	75	70	75	77	87	100	
	5	87	70	65	70	71	80	90	
	4	80	65	60	65	66	73	80	100
	3	73	60		60	60	67	70	80
	2	67					60	60	60
	1	60							

BEFORE THE CORPS



Male Push-Ups								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	82	87	84	80	76	72	68	64
Min	42	40	39	36	34	30	25	20
Min Pts	40	40	40	40	40	40	40	40
Max Pts	70	70	70	70	70	70	70	70

Female Push-Ups								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	42	48	50	46	43	41	40	38
Min	19	18	18	16	14	12	11	10
Min Pts	40	40	40	40	40	40	40	40
Max Pts	70	70	70	70	70	70	70	70

Reps	Male Push-Ups							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
87		70						
86		69						
85		69						
84		68	70					
83		67	69					
82	70	67	69					
81	69	66	68					
80	69	66	67	70				
79	68	65	67	69				
78	67	64	66	69				
77	66	64	65	68				
76	66	63	65	67	70			
75	65	62	64	67	69			
74	64	62	63	66	69			
73	63	61	63	65	68			
72	63	60	62	65	67	70		
71	62	60	61	64	66	69		
70	61	59	61	63	66	69		
69	60	59	60	63	65	68		
68	60	58	59	62	64	67	70	
67	59	57	59	61	64	66	69	
66	58	57	58	60	63	66	69	
65	57	56	57	60	62	65	68	
64	57	55	57	59	61	64	67	70
63	56	55	56	58	61	64	67	69
62	55	54	55	58	60	63	66	69
61	54	53	55	57	59	62	65	68
60	54	53	54	56	59	61	64	67
59	53	52	53	56	58	61	64	67
58	52	51	53	55	57	60	63	66
57	51	51	52	54	56	59	62	65
56	51	50	51	54	56	59	62	65
55	50	50	51	53	55	58	61	64
54	49	49	50	52	54	57	60	63
53	48	48	49	52	54	56	60	63
52	48	48	49	51	53	56	59	62
51	47	47	48	50	52	55	58	61
50	46	46	47	50	51	54	57	60
49	45	46	47	49	51	54	57	60
48	45	45	46	48	50	53	56	59
47	44	44	45	48	49	52	55	58
46	43	44	45	47	49	51	55	58
45	42	43	44	46	48	51	54	57
44	42	43	43	45	47	50	53	56
43	41	42	43	45	46	49	53	56
42	40	41	42	44	46	49	52	55
41		41	41	43	45	48	51	54
40		40	41	43	44	47	50	54
39			40	42	44	46	50	53
38				41	43	46	49	52
37				41	42	45	48	52
36				40	41	44	48	51
35					41	44	47	50
34					40	43	46	50
33						42	46	49
32						41	45	48
31						41	44	48
30					40	43	47	50
29						43	46	49
28						42	45	48
27						41	45	48
26						41	44	47
25						40	43	46
24							43	46
23								42
22								41
21								41
20								40

Reps	Female Push-Ups							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
50			70					
49			69					
48		70	68					
47		69	67					
46		68	66	70				
45		67	65	69				
44		66	64	68				
43		65	63	67	70			
42	70	64	63	66	69			
41	69	63	62	65	68	70		
40	67	62	61	64	67	69	70	
39	66	61	60	63	66	68	69	
38	65	60	59	62	65	67	68	70
37	63	59	58	61	64	66	67	69
36	62	58	57	60	63	65	66	68
35	61	57	56	59	62	64	65	67
34	60	56	55	58	61	63	64	66
33	58	55	54	57	60	62	63	65
32	57	54	53	56	59	61	62	64
31	56	53	52	55	58	60	61	63
30	54	52	51	54	57	59	60	61
29	53	51	50	53	56	58	59	60
28	52	50	49	52	54	57	58	59
27	50	49	48	51	53	56	57	58
26	49	48	48	50	52	54	56	57
25	48	47	47	49	51	53	54	56
24	47	46	46	48	50	52	53	55
23	45	45	45	47	49	51	52	54
22	44	44	44	46	48	50	51	53
21	43	43	43	45	47	49	50	52
20	41	42	42	44	46	48	49	51
19	40	41	41	43	45	47	48	50
18		40	40	42	44	46	47	49
17				41	43	45	46	48
16				40	42	44	45	46
15					41	43	44	45
14					40	42	43	44
13						41	42	43
12						40	41	42
11							40	41
10								40

BEFORE THE CORPS

Core Strength

The core strength portion is typically performed second during the PFT. You can either perform crunches or a plank. Which exercise you choose should depend on your current strengths and weaknesses. For many, the crunches are easier to muscle through but may fatigue your hip flexors before the three mile run. A well held plank may be easier on your groin muscles, but may strain your back and shoulders.

We recommend taking time to prepare and decide which you will perform before you test.

Scoring charts for each exercise are available below.

Male Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	105	110	115	115	110	105	100	100
Min	70	70	70	70	70	65	50	40
Min Pts	40	40	40	40	40	40	40	40

Female Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	100	105	110	105	105	100	100	100
Min	50	55	60	60	60	55	50	40
Min Pts	40	40	40	40	40	40	40	40

Male Crunches								
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
115			100	100				
114			99	99				
113			97	97				
112			96	96				
111			95	95				
110		100	93	93	100			
109		99	92	92	99			
108		97	91	91	97			
107		96	89	89	96			
106		94	88	88	94			
105	100	93	87	87	93	100		
104	98	91	85	85	91	99		
103	97	90	84	84	90	97		
102	95	88	83	83	88	96		
101	93	87	81	81	87	94		
100	91	85	80	80	85	93	100	100
99	90	84	79	79	84	91	99	99
98	88	82	77	77	82	90	98	98
97	86	81	76	76	81	88	96	97
96	85	79	75	75	79	87	95	96
95	83	78	73	73	78	85	94	95
94	81	76	72	72	76	84	93	94
93	79	75	71	71	75	82	92	93
92	78	73	69	69	73	81	90	92
91	76	72	68	68	72	79	89	91
90	74	70	67	67	70	78	88	90
89	73	69	65	65	69	76	87	89
88	71	67	64	64	67	75	86	88
87	69	66	63	63	66	73	84	87
86	67	64	61	61	64	72	83	86
85	66	63	60	60	63	70	82	85
84	64	61	59	59	61	69	81	84
83	62	60	57	57	60	67	80	83
82	61	58	56	56	58	66	78	82
81	59	57	55	55	57	64	77	81
80	57	55	53	53	55	63	76	80

Female Crunches								
Reps	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
110			100					
109			99					
108			98					
107			96					
106			95					
105		100	94	100	100			
104		99	93	99	99			
103		98	92	97	97			
102		96	90	96	96			
101		95	89	95	95			
100	100	94	88	93	93	100	100	100
99	99	93	87	92	92	99	99	99
98	98	92	86	91	91	97	98	98
97	96	90	84	89	89	96	96	97
96	95	89	83	88	88	95	95	96
95	94	88	82	87	87	93	94	95
94	93	87	81	85	85	92	93	94
93	92	86	80	84	84	91	92	93
92	90	84	78	83	83	89	90	92
91	89	83	77	81	81	88	89	91
90	88	82	76	80	80	87	88	90
89	87	81	75	79	79	85	87	89
88	86	80	74	77	77	84	86	88
87	84	78	72	76	76	83	84	87
86	83	77	71	75	75	81	83	86
85	82	76	70	73	73	80	82	85
84	81	75	69	72	72	79	81	84
83	80	74	68	71	71	77	80	83
82	78	72	66	69	69	76	78	82
81	77	71	65	68	68	75	77	81
80	76	70	64	67	67	73	76	80
79	75	69	63	65	65	72	75	79
78	74	68	62	64	64	71	74	78
77	72	66	60	63	63	69	72	77
76	71	65	59	61	61	68	71	76
75	70	64	58	60	60	67	70	75

BEFORE THE CORPS



Male Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	105	110	115	115	110	105	100	100
Min	70	70	70	70	70	65	50	40
Min Pts	40	40	40	40	40	40	40	40
79	55	54	52	52	54	61	75	79
78	54	52	51	51	52	60	74	78
77	52	51	49	49	51	58	72	77
76	50	49	48	48	49	57	71	76
75	49	48	47	47	48	55	70	75
74	47	46	45	45	46	54	69	74
73	45	45	44	44	45	52	68	73
72	43	43	43	43	43	51	66	72
71	42	42	41	41	42	49	65	71
70	40	40	40	40	40	48	64	70
69						46	63	69
68						45	62	68
67						43	60	67
66						42	59	66
65						40	58	65
64							57	64
63							56	63
62							54	62
61							53	61
60							52	60
59							51	59
58							50	58
57							48	57
56							47	56
55							46	55
54							45	54
53							44	53
52							42	52
51							41	51
50							40	50
49								49
48								48
47								47
46								46
45								45
44								44
43								43
42								42
41								41
40								40

Female Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	100	105	110	105	105	100	100	100
Min	50	55	60	60	60	55	50	40
Min Pts	40	40	40	40	40	40	40	40
74	69	63	57	59	59	65	69	74
73	68	62	56	57	57	64	68	73
72	66	60	54	56	56	63	66	72
71	65	59	53	55	55	61	65	71
70	64	58	52	53	53	60	64	70
69	63	57	51	52	52	59	63	69
68	62	56	50	51	51	57	62	68
67	60	54	48	49	49	56	60	67
66	59	53	47	48	48	55	59	66
65	58	52	46	47	47	53	58	65
64	57	51	45	45	45	52	57	64
63	56	50	44	44	44	51	56	63
62	54	48	42	43	43	49	54	62
61	53	47	41	41	41	48	53	61
60	52	46	40	40	40	47	52	60
59	51	45				45	51	59
58	50	44				44	50	58
57	48	42				43	48	57
56	47	41				41	47	56
55	46	40				40	46	55
54	45						45	54
53	44						44	53
52	42						42	52
51	41						41	51
50	40						40	50
49								49
48								48
47								47
46								46
45								45
44								44
43								43
42								42
41								41
40								40

BEFORE THE CORPS

Planks are age and gender neutral, with only one scoring table.

Time	Score		Time	Score
4:20	100		2:42	70
4:17	99		2:39	69
4:14	98		2:35	68
4:11	97		2:32	67
4:07	96		2:29	66
4:04	95		2:26	65
4:01	94		2:22	64
3:58	93		2:19	63
3:54	92		2:16	62
3:51	91		2:12	61
3:48	90		2:09	60
3:44	89		2:06	59
3:41	88		2:03	58
3:38	87		1:59	57
3:35	86		1:56	56
3:31	85		1:53	55
3:28	84		1:49	54
3:25	83		1:46	53
3:21	82		1:43	52
3:18	81		1:40	51
3:15	80		1:36	50
3:12	79		1:33	49
3:08	78		1:30	48
3:05	77		1:26	47
3:02	76		1:23	46
2:58	75		1:20	45
2:55	74		1:17	44
2:52	73		1:13	43
2:49	72		1:10	42
2:45	71		1:07	41
2:42	70		1:03	40

BEFORE THE CORPS

3 Mile Run

This component is almost always performed last during the PFT. It is usually performed by running down a mile and a half stretch of road, turning around and running back to the start, although it is occasionally run as three laps around a one-mile track.

Male 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
Min	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
Min Pts	40	40	40	40	40	40	40	40

Male 3 Mile Run								
Time	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
18:00	100	100	100	100	100			
18:10	99	99	99	99	99			
18:20	98	98	98	98	98			
18:30	97	97	97	97	97	100		
18:40	96	96	96	96	96	99		
18:50	95	95	95	95	95	98		
19:00	94	94	94	94	94	97	100	
19:10	93	93	93	93	93	96	99	
19:20	92	92	92	92	93	95	98	
19:30	91	91	91	91	92	94	97	100
19:40	90	90	90	90	91	94	96	99
19:50	89	89	89	89	90	93	95	99
20:00	88	88	88	88	89	92	95	98
20:10	87	87	87	87	88	91	94	97
20:20	86	86	86	86	87	90	93	96
20:30	84	84	85	85	86	89	92	96
20:40	83	83	84	85	85	88	91	95
20:50	82	82	83	84	84	87	90	94
21:00	81	81	82	83	83	86	89	93
21:10	80	80	81	82	82	85	88	93
21:20	79	79	80	81	81	84	87	92
21:30	78	78	79	80	80	83	86	91
21:40	77	77	78	79	79	82	85	90
21:50	76	76	77	78	78	82	85	90
22:00	75	75	76	77	78	81	84	89
22:10	74	74	75	76	77	80	83	88
22:20	73	73	74	75	76	79	82	87
22:30	72	72	73	74	75	78	81	87
22:40	71	71	72	73	74	77	80	86
22:50	70	70	71	72	73	76	79	85
23:00	69	69	70	71	72	75	78	84
23:10	68	68	69	70	71	74	77	84
23:20	67	67	68	69	70	73	76	83
23:30	66	66	67	68	69	72	75	82
23:40	65	65	66	67	68	71	75	81
23:50	64	64	65	66	67	70	74	81
24:00	63	63	64	65	66	70	73	80
24:10	62	62	63	64	65	69	72	79
24:20	61	61	62	63	64	68	71	79
24:30	60	60	61	62	63	67	70	78
24:40	59	59	60	61	63	66	69	77
24:50	58	58	59	60	62	65	68	76
25:00	57	57	58	59	61	64	67	76

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
Min	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
Min Pts	40	40	40	40	40	40	40	40

Female 3 Mile Run								
Time	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
21:00	100	100	100	100	100			
21:10	99	99	99	99	99			
21:20	98	98	98	98	98			
21:30	97	97	97	97	97	100		
21:40	96	96	96	96	96	99		
21:50	95	95	95	95	95	98		
22:00	94	94	94	94	94	97	100	
22:10	93	93	93	93	94	96	99	
22:20	92	92	92	92	93	95	98	
22:30	91	91	91	91	92	95	97	100
22:40	90	90	90	90	91	94	97	99
22:50	89	89	89	90	90	93	96	99
23:00	88	88	88	89	89	92	95	98
23:10	87	87	87	88	88	91	94	97
23:20	86	86	86	87	87	90	93	96
23:30	85	85	85	86	86	89	92	96
23:40	84	84	84	85	85	88	91	95
23:50	83	83	83	84	84	87	90	94
24:00	82	82	82	83	83	86	90	93
24:10	81	81	81	82	82	85	89	93
24:20	80	80	80	81	82	85	88	92
24:30	79	79	79	80	81	84	87	91
24:40	78	78	78	79	80	83	86	90
24:50	77	77	77	78	79	82	85	90
25:00	76	76	76	77	78	81	84	89
25:10	75	75	75	76	77	80	83	88
25:20	74	74	74	75	76	79	83	87
25:30	73	73	73	74	75	78	82	87
25:40	72	72	72	73	74	77	81	86
25:50	71	71	71	72	73	76	80	85
26:00	69	69	70	71	72	75	79	84
26:10	68	68	70	70	71	75	78	84
26:20	67	67	69	70	70	74	77	83
26:30	66	66	68	69	70	73	77	82
26:40	65	65	67	68	69	72	76	81
26:50	64	64	66	67	68	71	75	81
27:00	63	63	65	66	67	70	74	80
27:10	62	62	64	65	66	69	73	79
27:20	61	61	63	64	65	68	72	79
27:30	60	60	62	63	64	67	71	78
27:40	59	59	61	62	63	66	70	77
27:50	58	58	60	61	62	65	70	76
28:00	57	57	59	60	61	65	69	76

BEFORE THE CORPS



Scoring charts are included below.

Male 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
Min	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
Min Pts	40	40	40	40	40	40	40	40
25:10	56	56	57	58	60	63	66	75
25:20	54	54	56	57	59	62	65	74
25:30	53	53	55	56	58	61	65	73
25:40	52	52	54	55	57	60	64	73
25:50	51	51	53	55	56	59	63	72
26:00	50	50	52	54	55	58	62	71
26:10	49	49	51	53	54	58	61	70
26:20	48	48	50	52	53	57	60	70
26:30	47	47	49	51	52	56	59	69
26:40	46	46	48	50	51	55	58	68
26:50	45	45	47	49	50	54	57	67
27:00	44	44	46	48	49	53	56	67
27:10	43	43	45	47	48	52	55	66
27:20	42	42	44	46	48	51	55	65
27:30	41	41	43	45	47	50	54	64
27:40	40	40	42	44	46	49	53	64
27:50			41	43	45	48	52	63
28:00			40	42	44	47	51	62
28:10				41	43	46	50	61
28:20				40	42	46	49	61
28:30					41	45	48	60
28:40					40	44	47	59
28:50						43	46	59
29:00						42	45	58
29:10						41	45	57
29:20						40	44	56
29:30							43	56
29:40							42	55
29:50							41	54
30:00							40	53

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
Min	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
Min Pts	40	40	40	40	40	40	40	40
28:10	56	56	58	59	60	64	68	75
28:20	55	55	57	58	59	63	67	74
28:30	54	54	56	57	58	62	66	73
28:40	53	53	55	56	58	61	65	73
28:50	52	52	54	55	57	60	64	72
29:00	51	51	53	54	56	59	63	71
29:10	50	50	52	53	55	58	63	70
29:20	49	49	51	52	54	57	62	70
29:30	48	48	50	51	53	56	61	69
29:40	47	47	49	50	52	55	60	68
29:50	46	46	48	50	51	55	59	67
30:00	45	45	47	49	50	54	58	67
30:10	44	44	46	48	49	53	57	66
30:20	43	43	45	47	48	52	57	65
30:30	42	42	44	46	47	51	56	64
30:40	41	41	43	45	46	50	55	64
30:50	40	40	42	44	46	49	54	63
31:00			41	43	45	48	53	62
31:10			40	42	44	47	52	61
31:20				41	43	46	51	61
31:30				40	42	45	50	60
31:40					41	45	50	59
31:50					40	44	49	59
32:00						43	48	58
32:10						42	47	57
32:20						41	46	56
32:30						40	45	56
32:40							44	55
32:50							43	54
33:00							43	53