

ARMY SPECIALIZED TRAINING PROGRAM

Physical Efficiency Test Results

FEBRUARY 1944

A study of the scores of more than 6,000 trainees at typical A.S.T. units in every section of the country shows the following levels of performance in physical efficiency tests events after one term in the A.S.T.P.

Percentage Groups	Push Ups	Squat Jumps	Sit Ups	Pull Ups	100 Yard Pick-a-back	Burpee 20	300 Yard Shuttle
Top 1% at this level or better	45	75	105	16	19 Sec	17	38 Sec
10% at this level or better	33	58	60	10	21	14	41.4
20% at this level or better	29	49	50	9	22	13	42.6
30% at this level or better	27	46	45	8	23	12.50	43.6
40% at this level or better	25	42	40	7	24	12	44.6
50% at this level or better	23	39	37	6	24.4	11.75	45.5
60% at this level or better	21	37	35	5	25	11.50	46.2
70% at this level or better	20	35	33	4	26	11	47.3
80% at this level or better	18	32	30	3	27	10.50	48.8
90% at this level or better	15	29	25	2	28.5	9.75	51.3
Bottom 1% at this level or lower	8	15	15	0	34	8	60

(For display on bulletin board)

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