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COMMUNICATOR

BY THE NUMBERS

* As of July 15, 2016



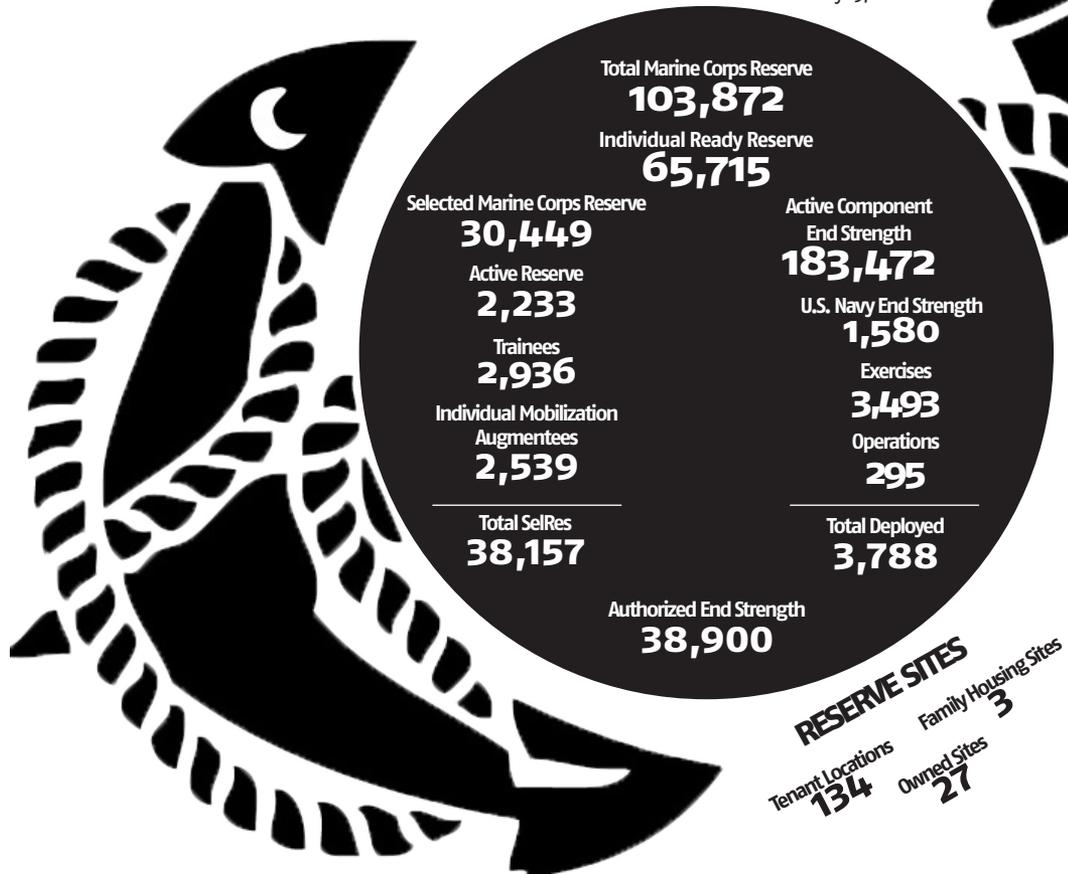
LT. GEN. REX C. MCMILLIAN

Commander, Marine Forces Reserve

I expect the Marine Corps Reserve to be most ready when the nation is least ready. Changes to the Marine Corps physical fitness and body composition standards were published July 1, changing your PFT and CFT starting in 2017.

These are the biggest collective changes to the PFT since 1972, and CFT since 2009, and allow for greater distinction between fitness levels and age groups. Become familiar with your new requirements and scoring methods, and take advantage of the next few months to continue to drive the standard.

Semper Fidelis



RESERVE SITES
 Tenant Locations **134**
 Owned Sites **27**
 Family Housing Sites **3**

LEADERSHIP

Secretary of the Navy
 Commandant of the Marine Corps
 Assistant Commandant
 Sergeant Major of the Marine Corps
 Commander, Marine Forces Reserve
 Executive Director, Marine Forces Reserve

Hon. Ray Mabus
 Gen. Robert B. Neller
 Gen. Glenn M. Walters
 Sgt. Maj. Ronald L. Green
 Lt. Gen. Rex C. McMillian
 Mr. Gregg T. Habel

Sergeant Major, Marine Forces Reserve
 Command Master Chief, Marine Forces Reserve
 4th Marine Division
 4th Marine Aircraft Wing
 4th Marine Logistics Group
 Force Headquarters Group

Sgt. Maj. Patrick L. Kimble
 CMDCM Chris Kotz
 Brig. Gen. Paul K. Lebidine
 Brig. Gen. Bradley S. James
 Brig. Gen. Patrick J. Hermesmann
 Brig. Gen. Helen G. Pratt



USMC FITNESS

CHANGES TO THE PHYSICAL FITNESS TEST (PFT), COMBAT FITNESS TEST (CFT) AND BODY COMPOSITION PROGRAM

PFT

- All Marines will be given the option to perform either pull-ups or push-ups. If pull-ups are selected and the Marine is not able to perform the minimum number of repetitions, the Marines will then take the push-up 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	5	4	3
Min Pts	40	40	40	40	40	40	40	40

Female Pullups								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	7	9	10	9	8	6	4	3
Min	1	1	1	1	1	1	1	1
Min Pts	60	60	60	60	60	60	60	60

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

CFT

- Marines will do 5 push-ups instead of 3 during the Maneuver Under Fire portion of the CFT.

Male ACL								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40

Female ACL								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	66	74	75	72	70	62	53	44
Min	30	30	30	30	30	28	26	6
Min Pts	40	40	40	40	40	40	40	40

Male MANUF								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40

Female MANUF								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40

BODY COMPOSITION

- Marines scoring between 250 and 284 on their PFT and CFT will have their max body fat percentage increased by one percent.
- Marines scoring 285 and higher on their PFT and CFT will be exempt from height and weight standards.
- To see the new height and weight table visit https://fitness.usmc.mil/SitePages/BCP_Standards.aspx