**EVENT 1 : 3 Repetition Maximum Deadlift**

- Deadlift the maximum weight possible three times
- Fitness Components: muscular strength, balance, and flexibility
- Application to Common Soldier Tasks: lifting heavy loads from the ground, extracting a casualty
- Top three PRT activities: Sumo Squat, Alternate Staggered Squat Jump, Forward Lunge
- 60 and 100 point scores: 140 and 340 lbs

**EVENT 2 : Standing Power Throw**

- Throw a 10lb medicine ball backward and overhead for distance
- Fitness Component: explosive power, balance, and flexibility
- Application to Common Soldier Tasks: lifting Soldiers up, throwing a grenade, and jumping across and over obstacles
- Top three PRT activities: Power Jump, Overhead Push Press, Tuck Jump
- 60 and 100 point scores: 4.5 and 12.5 meters

**EVENT 3 : Hand Release Push-Up (HRP) - Arm Extension**

- Complete as many Arm Extension HRPs as possible in two minutes
- Fitness Component: muscular endurance
- Application to Common Soldier Tasks: moving obstacles, hand-to-hand combat; pushing loads and vehicles, getting to and from the ground
- Top three PRT activities: Supine Chest Press, Incline Bench Press, 8-Count Push-up
- 60 and 100 point scores: 10 and 60 reps

**EVENT 4 : Sprint-Drag-Carry**

- Conduct 5 x 50 meter shuttles for time - sprint, drag, lateral, carry and sprint
- Fitness Component: agility, anaerobic endurance, muscular endurance and muscular strength
- Application to Common Soldier Tasks: moving quickly under load, extracting a casualty, moving supplies
- Top three PRT activities: Straight-Leg Deadlift, Bent Over Row, 300M Shuttle Run
- 60 and 100 point scores: 3:00 and 1:33 minutes

**EVENT 5 : Leg Tuck**

- Complete as many leg tucks as possible
- Fitness Component: muscular strength and endurance
- Application to Common Soldier Tasks: surmounting obstacles and walls, load carriage or move under load, rope traverse and rope climb
- Top three PRT activities: Bent Leg Raise, Leg Tuck and Twist, Alternating Grip Pull-up
- 60 and 100 point scores: 1 and 20 reps

**EVENT 6 : 2 Mile Run**

- Run two miles for time on a measured, generally flat outdoor course
- Fitness Component: aerobic endurance
- Application to Common Soldier Tasks: dismounted movement, ruck march, infiltration / movement to contact
- Top three PRT activities: Sprint Intervals (30:60s, 60:120s), Release Run, Hill Repeats
- 60 and 100 point scores: 21:00 and 13:30 minutes