



DEPARTMENT OF THE NAVY  
HEADQUARTERS UNITED STATES MARINE CORPS  
WASHINGTON 25, D. C.

IN REPLY REFER TO  
MCO 6100.3  
A03C-wrb  
9 Aug 1956

MARINE CORPS ORDER 6100.3 - CH 1

Subj: Physical Fitness

- (a) Chapter 17, MarCorMan, 1949
- (b) Chapter 24, MarCorMan, 1949
- (c) MCO 1710.1

CMC CENTRAL FILES  
HQ SUPPORT DIVISION

(1) Physical Readiness Test

1. Purpose. References (a), (b) and (c) contain the general policy of the Marine Corps as it pertains to physical conditioning and athletic activities. The purpose of this order is to amplify the instructions contained in the above references and to provide guidance for the development and maintenance of individual physical fitness as a major factor in the combat readiness of the Corps.

2. Background. The physical fitness problem in the Marine Corps relates to:

a. Development of adequate fitness in new officer and enlisted input. This task has become recently more important due to the general lower physical fitness on the part of our nation's youth. Recruits and officer candidates alike must be carefully brought up to Marine Corps' standards of physical fitness. This is a responsibility of the Commanding Generals of the Recruit Training Commands and the Commandant, Marine Corps Schools.

b. Maintenance of physical fitness on the part of career officers and noncommissioned officers. There is a distinct tendency toward gradual decrease in physical fitness standards on the part of career officers and enlisted personnel. This condition is most evident in the case of personnel occupying sedentary billets such as those typical of headquarters elements. It has also been noticed in the case of some Fleet Marine Force units.

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This condition is reflected in obesity, poor posture, and general physical inability to perform the more rigorous tasks of combat. It generates a tendency to avoid rugged or strenuous training.

c. Obesity. Obesity is not only an indication of poor physical condition but a reflection upon the individuals concerned and upon the Marine Corps. Proper dieting under the advice of a medical officer is the best way to correct this condition. Particular emphasis must be given to its elimination.

3. Relationship to Command Responsibility. Low standards of physical fitness, poor posture, and obesity are a reflection upon the command concerned. Correction of such deficiencies requires constant supervision.

4. Action. The following steps can be taken to correct this situation:

a. Training. Training programs must be carefully designed to take full advantage of this primary means for developing physical fitness, and to increase and emphasize the physical ability of the Marine. Through the conduct of vigorous and realistic training, the endurance and fighting qualities which are so essential to the Marine Corps can be highly developed.

b. Intramural Athletics. Command encouragement with maximum officer and noncommissioned officer participation is necessary to ensure the success of this program. The intramural athletic program of a command should be considered second only to training as the best means for developing physical fitness. A well organized and active intramural athletic program will do much for the physical, mental, and social well-being of the individual Marine as well as enhance the morale of the command.

c. Military Field Days. Military field days are considered to be an excellent means for developing unit esprit, aggressiveness, teamwork, etc., in addition to the attached recreational and physical conditioning aspects. Commanders should encourage this type of activity within their commands.

d. Individual Physical Conditioning. Almost all Marine Corps activities have facilities available to promote individual participation

in athletics and physical conditioning. The use of these facilities should be strongly encouraged. Use of time during the regular working week for individual participation in athletics should be considered as a means for promoting and encouraging the development of physical fitness. It is important that all Marines be made aware of the fact that their physical fitness is a personal responsibility and is a reflection of their combat readiness.

e. Medical Examination. The medical examination is an accurate means for determining an individual's physical condition. The staff medical officer should be consulted in the planning and execution of programs particularly designed to foster physical fitness. Commanding Officers should be alert to detect personnel in their commands who are obviously not physically fit and order such personnel to consult the medical officer. Many such conditions can be remedied by proper medical care before they become serious.

f. Physical Readiness Test. To assist in achieving and maintaining a satisfactory condition of physical fitness, a Physical Readiness Test is provided, as enclosure (1), as a guide for Commanding Officers in measuring physical readiness. Although certain Marines, by reason of rank and age, are excluded from this test, all are expected to maintain the highest possible level of physical fitness. Annual inspections by the Inspector General will verify the general physical condition of commands based on appearance, testing of individuals using test items included in enclosure (1), and the measures used by the command to encourage and develop physical fitness.

5. No one program or means will suffice for the development of high standards of physical fitness in the Marine Corps. All programs must receive close command attention, supervision, and encouragement. Further, all Marines must recognize the importance of maintaining high standards of physical fitness and its relationship to their professional fitness.


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6. Reserve Applicability. This Order is not applicable to the Marine Corps Reserve.

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Lieutenant General, U. S. Marine Corps  
Acting Commandant of the Marine Corps

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OFFICIAL:

  
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DEPARTMENT OF THE NAVY  
HEADQUARTERS UNITED STATES MARINE CORPS  
WASHINGTON 25, D. C.

IN REPLY REFER TO  
MCO 6100.3 CH 1  
A03C-jtk  
2 Jan 1957

MARINE CORPS ORDER 6100.3 CH 1

Subj: Physical Fitness

1. Purpose. To promulgate Change No. 1 to Marine Corps Order 6100.3.

2. Action.

a. Add new paragraph 6 as follows:

6. Applicability. The physical readiness test provisions of this order are not applicable to Women Marines.

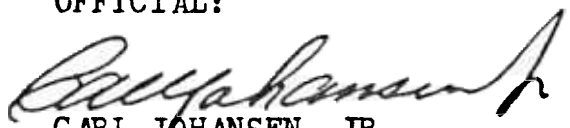
b. Renumber present paragraph 6. to paragraph 7.

BY COMMAND OF GENERAL R. McC. PATE

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MCO 6100.3  
9 Aug 1956

DESCRIPTION  
  
OF  
  
METHOD AND PROCEDURES  
  
FOR  
  
CONDUCTING  
  
PHYSICAL READINESS TEST

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ENCLOSURE (1)  
to MCO 6100.3

PHYSICAL READINESS TEST

1. PURPOSE

The purpose of the Physical Readiness Test is to determine whether a Marine meets a minimum standard of physical readiness. Further, it is intended to motivate the individual Marine to achieve and maintain a satisfactory condition of physical fitness.

2. PERSONNEL TO BE TESTED

a. All Marines below the rank of colonel and under forty years of age except as noted in paragraph 4 below may be required to take the test.

b. The test is the same for all personnel except for the running events. Personnel over thirty and under forty years of age are required to run/jog a half mile - no time limit. Personnel thirty years of age and under are required to run a quarter of a mile for time.

3. TESTING PERIODS

The test may be administered as prescribed by local commanders.

4. PREPARATION FOR THE TEST

Regular periods of physical conditioning should be conducted prior to testing in order to prepare the individual for the test and to reduce the chances of possible injury. Conditioning periods should be organized, held at regular intervals, and designed to meet the test requirements. A minimum of six or seven one hour periods within two weeks is recommended prior to testing. This preparatory time may be reduced as indicated for personnel whose military training provides adequate conditioning. Further, a medical screening process by a Medical Officer prior to testing is mandatory in order to detect personnel with physical handicaps who may be exempt from all or part of the test.

5. EQUIPMENT FOR TEST

The equipment for this test is simple and available to all Marine Corps activities. The following is the equipment needed to conduct the test:

(1) Individual Test Cards (Sample attached as Appendix I).

- (2) Stop watch or watches.
- (3) Chinning bar/s (8' off deck).
- (4) Measured track or field (1/2 mile/440 yards).
- (5) Measuring tape.

6. INSTRUCTORS

Officer instructors should be assigned where available, otherwise NCOs may be assigned. The number of instructors and assistants required may be determined according to local requirements. It is considered, however, that one instructor and five assistants can conduct the test for fifty men in a period of two and one half hours. The instructor and his assistants should be thoroughly prepared to conduct the test, including ability to demonstrate each test item.

7. UNIFORM FOR TEST

If part, or all, of the test is conducted indoors, shorts, athletic supporter and shoes (field or gym) should be worn. If outside, and weather permits, the same uniform should be worn. If weather is inclement or cold additional clothing as necessary should be prescribed.

8. CONDUCT OF THE TEST

The test should be conducted in a military manner. Adequate rest periods between events (tests) should be provided.

9. RECORDING TEST RESULTS

Sample test cards for individuals are attached as appendix 1 and a sample chart for units to record unit physical readiness is attached as appendix 2.

10. TESTS AND DESCRIPTIONS

- a. TEST 1 - Chin-ups.

EQUIPMENT - Chinning bar 8' off the deck.

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to MCO 6100.3



DESCRIPTION OF TEST: Individual jumps to a still hang on the bar with an over-grip, i. e., palms forward. Hangs full length with elbows straight. On command "begin" pulls up until chin is over the bar but not touching or resting on it; immediately lowers to full hang position with elbows straight and repeats process. Snapping and kicking of feet and swinging of body are not allowed.

SATISFACTORY SCORE: 3 chin-ups.

b. TEST II - Push-ups

EQUIPMENT - none required.

DESCRIPTION OF TEST: Individual takes a prone position face down, body straight, toes together, hands directly below the shoulders with the arms straight and vertical. On command "begin" bends the elbows keeping the body straight, until the chin touches the floor or ground. Immediately straightens the arms until elbows are locked. Repeats process. All push-ups are done with the arms. Use of hips, legs or knees to assist is not allowed.

SATISFACTORY SCORE: 21 Push-ups.

c. TEST III - 2 Minute Sit-Ups

EQUIPMENT - None.

DESCRIPTION OF TEST: Individual lies flat on his back, legs extended, feet together and fingers interlocked behind neck. One man is required to hold feet of man being tested in position throughout this test. On command "begin" sits up, leans forward, touches right elbow to the left knee and returns to original position. On the next sit-up touches left elbow to right knee and thereafter continues to alternate, completing as many sit-ups in two minutes as possible. Credit for one sit-up is given each time the individual returns to the starting position. Slight bending of the knees is not disqualifying.

SATISFACTORY SCORE: 25 sit-ups in 2 minutes.

d. TEST IV - 1 minute squat thrusts

EQUIPMENT - None.

DESCRIPTION OF TEST: Individual stands at position of attention. On command "begin" drops to a crouching position (knees parted, elbows inside the knees, buttocks touches the calves of legs,

and palms of hands on the deck). From this position thrusts both feet backwards to same position used for push-ups. Immediately jumps both feet forward to crouch-sitting position. From here returns to position of attention. Repeats process completing as many squat thrusts as possible in one minute. Full position of attention, and full backward extension of legs must not be cut short.

SATISFACTORY SCORE: 15 Squat Thrusts in one minute.

- e. TEST V - Standing broad jump.

EQUIPMENT - Measuring tape.

DESCRIPTION OF TEST - Individual takes position at starting line. On command "jump" jumps forward as far as possible. Measurement is made from starting position to point where rear-most heel touches the ground. Each individual is allowed three attempts. Running start is not permitted.

SATISFACTORY SCORE: 6 foot jump.

- f. TEST VI - 50 yard duck waddle.

EQUIPMENT - None.

DESCRIPTION OF TEST - Individual takes position at starting line. Assumes full deep-knee bend position with hands on hips. On command "begin" walks forward for fifty yards. Buttocks must be allowed no higher than knee level throughout test and hands must be kept on hips. Once started there must be no stops or rest intervals.

SATISFACTORY SCORE - Duck waddle 50 yards without stopping.

- g. TEST VII - Half mile run/or jog (No time limit).

EQUIPMENT - None.

DESCRIPTION OF TEST - This test is for personnel over thirty (30) years of age and under forty (40) years of age. Individual takes position at starting line and on command "begin" runs or jogs a distance of a half mile without stopping.

SATISFACTORY SCORE - Ability to run or jog a half mile, without stopping.

ENCLOSURE (1)  
to MCO 6100.3

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h. TEST VIII - 440 Yard Run.

EQUIPMENT - Stop Watch

DESCRIPTION OF TEST - This test is for personnel 30 years of age and under. Individual assumes running-start position at starting line. On command "begin" runs a distance of 440 yards for time.

SATISFACTORY SCORE: Run 440 yards in 75 seconds.

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ENCLOSURE (1)  
to MCO 6100.3

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PHYSICAL READINESS TEST

NAME \_\_\_\_\_

RANK \_\_\_\_\_

AGE \_\_\_\_\_

UNIT \_\_\_\_\_

<u>TEST</u>	<u>SCORE</u>
<u>PUSH UPS</u>	_____
<u>CHIN UPS</u>	_____
<u>2 MIN SIT UPS</u>	_____
<u>SQUAT THRUST (1 min)</u>	_____
<u>STANDING BROAD JUMP</u>	_____
<u>DUCK WADDLE 50 YDS</u>	_____
<u>HALF MILE RUN (No time limit)*</u>	_____
<u>440 YD RUN (For time)**</u>	_____

\* PERSONNEL OVER 30 and UNDER 40 YRS OF AGE

\*\* PERSONNEL 30 YRS OF AGE AND UNDER

INSTRUCTOR \_\_\_\_\_  
(Signature)

APPENDIX I

ENCLOSURE (1)  
to MCO 6100.3

UNIT

PHYSICAL READINESS TEST CHART

NAME	RANK	AGE	Push Ups (21)	Chin Ups (3)	2 Min Situps (25)	1 Min Squat Thrusts (15)	Standing Broad Jump (6 ft)	Duck Waddle (50 yd)	Half Mile Run/ Jog	440 Yd Run 75 Sec Tim Limit
DOE, P. S.	MSgt	37	S	S	U	S	S	S	S	
JONES, J. P.	TSgt	30	S*	S	S	S	S	S	-	S
SMITH, H. L.	Sgt	25	S	U**	S	S	S	S	-	S

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NOTE:

- \* Satisfactory Score marked S in Blue.
- \*\* Unsatisfactory Score marked U in red.

Appendix 2

ENCLOSURE (1)  
to MCO 6100.3

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