# ARMY PHYSICAL READINESS TRAINING (PRT) PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

### 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

### 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

### 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

### 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

### 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

### 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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# Questions

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**1. How much time should Soldiers spend performing conditioning exercises?**

A. 15 to 30 minutes

B. 30 to 60 minutes

C. 60 to 90 minutes

D. Over 90 minutes

**2. What important requirement must be followed when performing the exercises in Preparatory Drills?**

A. Use heavy weights

B. Ensure a slow, controlled cadence

C. Allow bouncing into positions

D. Perform all movements quickly

**3. What type of exercise is the Single-Leg Tuck?**

A. Balance exercise

B. Stretching exercise

C. Core exercise

D. Strength training exercise

**4. What should Soldiers use to evaluate their physical readiness?**

A. The Army Physical Fitness Test (APFT) or the Army Combat Fitness Test (ACFT)

B. Personal fitness assessments only

C. Monthly evaluations by leaders

D. Individual workout logs

**5. What should a participant do to prevent sagging of the trunk during a Push-Up?**

A. Keep the legs straight

B. Tighten the abdominal muscles

C. Use a wider stance

D. Keep the head up

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**6. What exercise is performed slowly and focuses on core stability?**

A. Quadraplex

B. High Jumper

C. Prone Row

D. Windmill

**7. What is the starting command for both the Lateral Leg Raise and Medial Leg Raise?**

A. Begin, MOVE

B. Start Position, MOVE

C. Starting Position, MOVE

D. Attention Position, MOVE

**8. At what pace should the Rear Lunge exercise be performed?**

A. Fast cadence

B. Slow cadence

C. Moderate pace

D. As fast as possible

**9. What is the primary focus of the hand placement during a Push-Up?**

A. The hands should be wider than the shoulders

B. The hands should be directly below the shoulders

C. The hands should be placed behind the head

D. The hands should be locked together

**10. What is one immediate benefit of participating regularly in PRT?**

A. Decreased energy levels

B. Improved mental focus

C. Increased energy levels and improved physical performance

D. Simplified physical tasks

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# Answers

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1. B
2. B
3. C
4. A
5. B
6. A
7. C
8. B
9. B
10. C

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# Explanations

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## 1. How much time should Soldiers spend performing conditioning exercises?

A. 15 to 30 minutes

B. 30 to 60 minutes

C. 60 to 90 minutes

D. Over 90 minutes

*The recommended duration for Soldiers to spend performing conditioning exercises is 30 to 60 minutes. This timeframe is effective for achieving the desired physical fitness adaptations while allowing Soldiers to maintain a balanced training program. This duration is in line with military guidelines that emphasize the importance of building cardiovascular endurance, strength, and flexibility. Training within this range ensures that Soldiers can effectively meet the demands of their roles while minimizing the risk of injury and burnout that can come from excessively long training sessions. The focus is on allowing sufficient time for both aerobic conditioning and strength work, ensuring comprehensive development without overwhelming Soldiers. This approach also allows for a variety of exercises to be incorporated into their routines, facilitating overall physical readiness.*

## 2. What important requirement must be followed when performing the exercises in Preparatory Drills?

A. Use heavy weights

B. Ensure a slow, controlled cadence

C. Allow bouncing into positions

D. Perform all movements quickly

*The key requirement when performing the exercises in Preparatory Drills is to ensure a slow, controlled cadence. This approach is essential as it allows for proper form and technique, which helps in maximizing the effectiveness of each movement while minimizing the risk of injury. A controlled cadence also promotes greater muscle engagement and enhances flexibility, contributing to a more thorough warm-up and readiness for more intense physical activities. In contrast, using heavy weights is not appropriate during Preparatory Drills, as the focus should be on executing the movements correctly with body weight to prepare the body for subsequent exercises rather than straining muscles with added weight. Allowing bouncing into positions contradicts the principles of controlled movement, which could lead to instability and increase the chance of injury. Lastly, performing all movements quickly can detract from the quality of the exercise; it can lead to poor technique and insufficient warm-up of the muscles and joints. Therefore, maintaining a slow, controlled cadence is crucial for effective and safe performance during these drills.*

## 3. What type of exercise is the Single-Leg Tuck?

A. Balance exercise

B. Stretching exercise

C. Core exercise

D. Strength training exercise

*The Single-Leg Tuck is categorized as a core exercise because it primarily targets the muscles in the abdominal region, including the rectus abdominis and the obliques. This exercise involves maintaining stability while using the core to control the movement of the legs, which challenges the body's balance and coordination as well. Engaging the core is essential for performing this exercise effectively, making it a fundamental component of core training within physical readiness programs. While there are options referring to balance, stretching, and strength, the primary focus of the Single-Leg Tuck is on developing and strengthening the core muscles, which is why it is classified as a core exercise. This classification highlights the importance of core stability and strength in improving overall physical readiness and performance in various military tasks.*

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## 4. What should Soldiers use to evaluate their physical readiness?

A. The Army Physical Fitness Test (APFT) or the Army Combat Fitness Test (ACFT)

B. Personal fitness assessments only

C. Monthly evaluations by leaders

D. Individual workout logs

*Using the Army Physical Fitness Test (APFT) or the Army Combat Fitness Test (ACFT) is the most reliable method for Soldiers to evaluate their physical readiness. These standardized tests are specifically designed to assess a Soldier's physical conditioning in relation to the Army's readiness standards. Both tests cover various components of fitness, including endurance, strength, and agility, which are critical for performance in military tasks. The APFT includes push-ups, sit-ups, and a two-mile run, while the ACFT incorporates six events: deadlifts, standing power throws, hand-release push-ups, sprint-drag-carry, leg tucks or planks, and a two-mile run. These assessments provide a comprehensive measure of physical capabilities relevant to Soldiers' operational requirements. In contrast, personal fitness assessments may not align with Army standards, monthly evaluations by leaders could vary in methods and criteria, and individual workout logs don't provide an objective or standardized measure of overall physical readiness. Therefore, the APFT or ACFT serves as the authoritative benchmark for Soldiers to gauge their physical fitness in relation to Army requirements.*

## 5. What should a participant do to prevent sagging of the trunk during a Push-Up?

A. Keep the legs straight

B. Tighten the abdominal muscles

C. Use a wider stance

D. Keep the head up

*To prevent sagging of the trunk during a Push-Up, tightening the abdominal muscles is essential. Engaging the core provides stability and support to the pelvis and spine, ensuring that the body remains in a straight line from head to heels throughout the movement. This alignment not only enhances performance but also reduces the risk of injury by placing less strain on the lower back. Maintaining a strong core while performing Push-Ups helps to uphold proper technique, which is crucial for maximizing strength gains and effectiveness of the exercise. Without sufficient core engagement, the body may sag or arch at the hips, leading to inefficiencies and potential injuries. Therefore, actively tightening the abdominal muscles is a key component in achieving a correct and safe Push-Up position.*

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## 6. What exercise is performed slowly and focuses on core stability?

A. Quadraplex

B. High Jumper

C. Prone Row

D. Windmill

*The exercise noted for being performed slowly and focusing on core stability is the Quadraplex. This movement is designed to enhance trunk control and stability by engaging multiple muscle groups in a coordinated manner. The slow nature of the Quadraplex allows for greater focus and contraction of the core muscles, helping to build strength and control. This is particularly beneficial for maintaining good posture, improving balance, and reducing the risk of injury by stabilizing the spine and pelvis during movement. In contrast, the other exercises mentioned primarily aim for strength development, cardiovascular fitness, or dynamic movement. High Jumpers and Windmills involve explosive movements that are not characteristic of slow, controlled engagement. The Prone Row, while it does engage the core, focuses more on upper body strength rather than emphasizing stability through a slow and controlled movement pattern. The key benefit of the Quadraplex is its ability to develop foundational stability, making it essential for overall functional movement and athletic performance.*

## 7. What is the starting command for both the Lateral Leg Raise and Medial Leg Raise?

A. Begin, MOVE

B. Start Position, MOVE

C. Starting Position, MOVE

D. Attention Position, MOVE

*The correct answer is "Starting Position, MOVE" because it accurately reflects the command sequence used in Army Physical Readiness Training (PRT) for initiating the Lateral Leg Raise and Medial Leg Raise exercises. In the context of PRT, the command "Starting Position, MOVE" is used to cue soldiers to transition from a position of rest or preparation into the performance of the exercise. This command structure helps ensure uniformity and clarity during training, allowing soldiers to properly execute the movements required for the exercises. Each exercise in PRT has specific commands designed to promote discipline and structure, which are essential for effective training. Using "Starting Position, MOVE" helps soldiers clearly understand when to begin their movements, promoting coordination and synchronization in group training settings. Other options do not align with the established terminology and commands utilized in Army PRT, which is why they do not fit correctly in this context.*

## 8. At what pace should the Rear Lunge exercise be performed?

A. Fast cadence

B. Slow cadence

C. Moderate pace

D. As fast as possible

*The Rear Lunge exercise should be performed at a slow cadence to ensure proper form, technique, and safety. A slow pace allows for greater control during the movement, which is essential to effectively engage the appropriate muscles and minimize the risk of injury. This controlled tempo helps in focusing on balance and stability, allowing the participant to fully utilize the muscles of the legs, glutes, and core. Engaging in this slow cadence also emphasizes the importance of each phase of the lunge, supporting muscle elongation and contraction, which promotes better strength development. Additionally, when the exercise is performed too quickly, there can be a tendency to compromise form, which may lead to ineffective workouts or potential injuries. The Rear Lunge benefits from this slower approach, enhancing overall effectiveness and training outcomes.*

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## 9. What is the primary focus of the hand placement during a Push-Up?

A. The hands should be wider than the shoulders

B. The hands should be directly below the shoulders

C. The hands should be placed behind the head

D. The hands should be locked together

*The primary focus of hand placement during a push-up is for the hands to be directly below the shoulders. This positioning allows for optimal alignment of the body, facilitating proper mechanics during the exercise. With the hands positioned directly beneath the shoulders, the performer's center of gravity is maintained, which helps in executing the movement with the correct form. This alignment ensures that the muscles targeted—such as the chest, triceps, and shoulders—are engaged effectively while also providing support to the core for stability. In contrast, placing the hands wider than the shoulders may shift the focus to different muscles and can compromise form by increasing the risk of strain on the shoulder joints. Positioning the hands behind the head is not conducive to the push-up exercise, as it takes the arms out of the functional alignment necessary for the movement. Lastly, locking the hands together does not allow for the necessary movement dynamics of a push-up, leading to reduced effectiveness and increased difficulty in maintaining a proper range of motion.*

## 10. What is one immediate benefit of participating regularly in PRT?

A. Decreased energy levels

B. Improved mental focus

C. Increased energy levels and improved physical performance

D. Simplified physical tasks

*Participating regularly in Physical Readiness Training (PRT) brings about the immediate benefit of increased energy levels and improved physical performance. Engaging in structured physical training enhances overall cardiovascular fitness, muscle strength, and endurance. These improvements directly contribute to higher energy levels, allowing individuals to perform daily tasks more effectively and with less fatigue. Additionally, regular exercise can lead to better physical performance, enabling soldiers to execute their duties more efficiently, whether in training or operational environments. This cumulative effect of increased energy and improved physical readiness is foundational to the PRT program, ensuring that soldiers are better prepared for the physical demands they may encounter. Such outcomes are critical not only for individual well-being but also for maintaining unit effectiveness.*

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# Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://armyprt.examzify.com

We wish you the very best on your exam journey. You've got this!

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