

# DEFENCE DIVER

## FITNESS GUIDE

### INTRODUCTION

Joining the Royal New Zealand Navy (RNZN) as a Diver demands a high degree of physical fitness, which you will be required to maintain throughout your career. RNZN Divers are required to perform a range of duties that are both physically demanding and challenging. The following information is to be used as a guide when preparing for the RNZN fitness test specifically for Operational and Defence Divers.

The RNZN fitness test for Defence Divers will be conducted in the following order:

1. Multi-stage fitness test (MSFT)
2. Pull-up test
3. Abdominal curl test
4. Press-up test
5. 400 metres fin swim test

### 1. MSFT

Your aim in the MSFT is to successfully complete Level 8 shuttle 4.

- Warm up and stretch.
- Reach the opposite end of the 20-metre course before the next beep has sounded.
- On the sounding of that beep, return to the start line.
- Always physically ground at least one foot on or past the line at the end of the 20-metre distance before or at the start of the beep sounding.



You will be given a minimum of two minutes rest before undertaking the Pull-up test.

### 2. PULL UP

Your aim in this test is to successfully complete four Pull-Ups.

- Hands are to grasp the bar with an overhand grip so that the palms and fingers face away from the body. The thumbs may grip the bar from underneath or above in line with the fingers.
- Hands are to be directly above and in line with the shoulders.
- Arms are to be straight and fully extended.
- Legs are to hang freely or may be crossed at the ankles.
- Using the arms only, the body is pulled up so that the chin is above the level of the bar. The body is then lowered to the start position with the arms straight and fully extended.

**You cannot:**

- Rest your chin on the bar.
- Move the position of your hands during the test.
- Contact, rest on, or push off from the floor or any other device.
- Drive up with the knees in an attempt to gain upward momentum



You will be given a minimum of two minutes rest before undertaking the Abdominal Curl test.

### 3. ABDOMINAL CURL

Your aim in this test is to successfully complete 20 Abdominal Curls.

- Lay down with back and shoulders flat on the floor.
- Feet are unsupported and flat on the floor, with an approximate 90 degree bend in the knees.
- Arms are straight with wrists on the thighs.
- Curl the body up so that the hands slide up the thigh until the wrists touch the kneecaps.
- Ensure your feet remain flat on the floor throughout the raising and lowering phases and the body is lowered so that the shoulders and back are flat on the floor prior to commencing the next abdominal curl.
- Only correctly performed curl-ups can be counted.

**You cannot:**

- Stop and rest at any point during the test.

You will be given a minimum of two minutes rest before undertaking the Press Up test.



### 4. PRESS UP

Your aim in this test is to successfully complete 20 Press-Ups.

- Your hands are to be placed one hands width outside the line of the shoulders.
- Feet are to be no wider than hip width apart.
- Legs, back, neck and head should form a straight line.
- Arms are to be fully extended with fingers facing forward.
- Your body is lowered by bending the arms through approximately 90 degrees until the shoulders, upper arms and elbows form a straight line.
- Your body is then raised by straightening the arms back to the start position.
- Only correctly performed press-ups can be counted.

**An incorrectly performed Press-up is one when you fail to:**

- Lower your body to where the shoulders, upper arm and elbows form a straight line.
- Fully straighten your arms when returning to the start position.
- Move your hand/s further than one hand width outside the line of the shoulder
- Fail to maintain the straight line from head to heels



### 5. 400M FIN SWIM

Your aim of the Fin test is to successfully surface swim 400 metres (12 lengths of the Fleet Pool) in less than 9 minutes and 30 seconds. Swimming caps, booties and/or goggles are permitted and fins must be worn.

- You are to push off from the end of the pool and commence surface swimming on your back using only your legs and fins for propulsion.
- Your arms and hands are to remain in a neutral position that does not contribute to your forward movement.
- At the end of the pool, you are to touch the end, turn, push off and continue surface swimming on your back.

**You cannot:**

- Wear a wetsuit and/or vest.
- Complete tumble turns or spend any period of time submerged throughout the test.
- Stop and rest at any time during the test or to gain assistance from other swimmers, sides of the pool or the lane dividers.

You should be aware that the fitness standard you must achieve and maintain by the end of Week Two of your diving training is as follows:

- MSFT – Level 9.5
- Pull-Ups – 6
- Abdominal Curls – 30
- Press-Ups – 30
- 400m fin swim – 8 min 30 secs

And, the fitness standard you must achieve and maintain as an Operational Diver, after approximately 18 months, is as follows:

- MSFT – Level 11.1
- Pull-Ups – 10
- Abdominal Curls – 40
- Press-Ups – 40
- 400m fin swim – 8 min 30 secs