

ROYAL NAVY PHYSICAL EMPLOYMENT STANDARD



This new RN Physical Employment Standard (RN PES) reflects the critical and varied physical work you will perform as a sailor. Evidence has shown it will better support the physical outputs needed when serving at sea or on operations, while also contributing towards overall health and well-being.

This new seven gym-based exercises that form the RN PES are listed. You will have 10 minutes to complete these should pass yourself as you move around the stations.

1 Kettlebell Carry

Carry 2 x 20kg kettlebells over a distance of 80m.



2 20kg Lift

Push 20kg from a 100kg stationary weight box (100kg and kettlebells).



3 40kg Deadlift

Up 40kg kettlebell from the floor and return.



4 60kg Rope Pull

Drag 60kg over a distance of 8m, using anti-over reach techniques.



7 Kettlebell Carry

Carry 2 x 20kg kettlebells over a distance of 80m.



5 Drag 80kg 'Casualty'

Drag a simulated casualty weighing 80kg a distance of 8m.



6 Kneel/Stand

Complete 10 x 10m sprints whilst holding a 7kg dumbbell.



Stations 5, 6 and 7:
Various 20kg INDICATED WEST
TO REPRESENT FIREFIGHTING EQUIPMENT

The PES has been developed with Operational Fitness, RN PIs and personnel from the Institute of Naval Medicine (INM) all the personnel who are fit and healthy (without medical downgrades) should be able to pass the test – regardless of age or biological sex – with some additional strength training in prescribed movement patterns. Your PI is here to support your safety and training regime to prepare you for PES and a 12-week conditioning programme is available. If you need support in the meantime, speak to your PI, Deployable Regional Units (DRUs), or your Physical Development Officer.

Navy Pes Manual

A Loxley

Navy Pes Manual:

Unveiling the Magic of Words: A Review of "**Navy Pes Manual**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Navy Pes Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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