

ROYAL NAVY PHYSICAL EMPLOYMENT STANDARD



The new RN Physical Employment Standard (RN PES) reflects the critical and most physically demanding tasks you would likely undertake on a ship or submarine. Evidence has shown it will better support the physical outputs needed when serving at sea or on land, while also contributing towards overall health and wellbeing. The new seven gym-based exercises that form the RN PES are below. You will have 15 minutes to complete it so should pace yourself as you move around the stations.

1

Kettlebell Carry

Carry 2 x 20kg kettlebells over a distance of 60m.



2

20kg Lift

Move 20kg from a 18" box (height) to a 48" box (222cm) twenty times.



3

40kg Deadlift

Lift 40kg twelve times, holding for 3 secs each lift.



4

60kg Rope Pull

Drag 60kg over a distance of 6m, using anti-slip + grip technique.



7

Kettlebell Carry

Carry 2 x 20kg kettlebells over a distance of 60m.



8

Drag 80kg 'Casualty'

Drag a simulated casualty weighing 80kg a distance of 5m.



5

Kneel/Stand

Complete 12 x kneel/stands whilst holding a 7.5kg dumbbell.



Stations 5, 6 and 7:
WEARING 20KG WEIGHTED VEST
TO REPRESENT FIREFIGHTING EQUIPMENT

The PES has been developed with Operational Fitness, RN PTs and personnel from the Institute of Naval Medicine (INM). All RN personnel who are fit and healthy (without medical downgrade) should be able to pass the test - regardless of age or biological sex - with some additional strength training in prescribed movement patterns. Your PTs are 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 PTs, 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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