

## **BASIC TRAINING TEST**



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Pacing and the Army PFT. There is a system called the Pushup Push and the Situp Push where you do pushups and situps every day for 10 days straight. Then you rest from doing any pushup or abdominal exercise for 3 days and you re-test yourself on day 14. But don't plan to start this, or any other exercise routine,

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