

Army Physical Readiness Training (PRT) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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- 1. In the context of the Bent Leg Lateral Raise, what follows the command "In Cadence, EXERCISE"?**
 - A. Change Position, MOVE**
 - B. Rest Position, MOVE**
 - C. Stop, EXERCISE**
 - D. Finish Position, MOVE**

- 2. What is a key checkpoint for the Squat Bender during count 1?**
 - A. Shoulders, knees, and balls of the feet aligned**
 - B. Heels raised off the ground**
 - C. Knees touching the ground**
 - D. Back rounded and arched**

- 3. During the Rower exercise, what position should the feet be in at the end of counts 1 and 3?**
 - A. Feet off the ground**
 - B. Feet flat and pulled near the buttocks**
 - C. Feet straightened in front**
 - D. Feet wide apart**

- 4. Which precaution must be taken during the Prone Row to prevent back issues?**
 - A. Overarching of the back**
 - B. Lifting the head too high**
 - C. Keeping the feet off the ground**
 - D. Using rapid movements**

- 5. During the Forward Lunge, what should happen to the rear knee?**
 - A. It should touch the ground**
 - B. It should remain straight**
 - C. It should bend but not touch the ground**
 - D. It should be elevated above the front knee**

- 6. What should be maintained tightly throughout the Forward Lunge exercise?**
- A. Leg muscles**
 - B. Weight on the front foot**
 - C. Abdominal muscles**
 - D. Arm movements**
- 7. How can motivation amongst Soldiers be enhanced during PRT?**
- A. By emphasizing individual achievement over teamwork**
 - B. By using music during workouts**
 - C. By fostering a supportive environment and teamwork**
 - D. By minimizing participation**
- 8. What is the first command given for the Overhead Arm Pull?**
- A. Ready, MOVE**
 - B. Starting Position, STRETCH**
 - C. Ready, STRETCH**
 - D. Change Position, MOVE**
- 9. What is the primary objective of Army Physical Readiness Training (PRT)?**
- A. To prepare Soldiers for combat readiness**
 - B. To enhance Soldiers' overall performance**
 - C. To develop teamwork within units**
 - D. To reduce stress levels in Soldiers**
- 10. What formation is used for Military Movement Drill 1?**
- A. Extended rectangular formation**
 - B. Line formation**
 - C. Square formation**
 - D. Circular formation**

Answers

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

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Explanations

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1. In the context of the Bent Leg Lateral Raise, what follows the command "In Cadence, EXERCISE"?

- A. Change Position, MOVE**
- B. Rest Position, MOVE**
- C. Stop, EXERCISE**
- D. Finish Position, MOVE**

The command "In Cadence, EXERCISE" is issued as a signal to transition into the Bent Leg Lateral Raise, and it sets the expectation for how the exercise will be conducted. Following this command, the phrase "Change Position, MOVE" instructs participants to shift into the proper form for the exercise. This statement indicates that the soldiers should adopt the bent-leg position necessary to perform the lateral raise effectively while maintaining the appropriate cadence. Command structure is crucial in physical readiness training because it ensures that all participants are synchronized and understand the sequence of movements clearly. In this context, "Change Position, MOVE" emphasizes the transition phase, allowing soldiers to prepare for the exercise movements efficiently. This is crucial for maximizing the safety and effectiveness of the exercise.

2. What is a key checkpoint for the Squat Bender during count 1?

- A. Shoulders, knees, and balls of the feet aligned**
- B. Heels raised off the ground**
- C. Knees touching the ground**
- D. Back rounded and arched**

The correct answer highlights the importance of alignment during the Squat Bender exercise. At count 1, ensuring that the shoulders, knees, and balls of the feet are aligned is crucial for maintaining proper posture and stability. Good alignment helps distribute weight evenly, reducing the risk of injury and allowing for optimal movement mechanics. This foundational posture is essential for performing the exercise effectively, providing the core benefits of the Squat Bender such as enhancing leg strength and flexibility. In contrast, having heels raised off the ground is not ideal, as it may compromise balance and stability, potentially leading to improper form. Knees touching the ground is also not a checkpoint for this exercise; rather, the focus is on maintaining an upright torso and engaging the correct muscle groups without lowering excessively. Lastly, a back that is rounded and arched indicates improper posture, which can result in strain and injury. Proper alignment at this initial stage lays the groundwork for performing the exercise safely and effectively.

3. During the Rower exercise, what position should the feet be in at the end of counts 1 and 3?

- A. Feet off the ground**
- B. Feet flat and pulled near the buttocks**
- C. Feet straightened in front**
- D. Feet wide apart**

In the Rower exercise, the position of the feet at the end of counts 1 and 3 is crucial for maintaining proper form and maximizing the effectiveness of the movement. The correct position is with the feet flat and pulled near the buttocks. This position allows for optimal stability and engagement of core and leg muscles during the exercise. When the feet are positioned this way, it promotes a strong base from which the upper body can perform the rowing motion, enhancing the overall effectiveness of the exercise. It helps to align the body properly to ensure that the movements are effective and reduces the risk of injury. Having the feet flat also facilitates a better range of motion and allows for a more powerful pull during rowing. Other positions, such as having the feet off the ground or straightened in front, do not provide the necessary support and can compromise both form and safety during the exercise. These variations would make it difficult to engage the right muscle groups effectively and could lead to incorrect body mechanics.

4. Which precaution must be taken during the Prone Row to prevent back issues?

- A. Overarching of the back**
- B. Lifting the head too high**
- C. Keeping the feet off the ground**
- D. Using rapid movements**

Preventing back issues during the Prone Row exercise is crucial for maintaining proper alignment and reducing the risk of injury. Overarching of the back can lead to excessive strain on the spine and surrounding muscles, resulting in discomfort or injury. Keeping a neutral spine position ensures that the back remains aligned and reduces excessive stress during the movement. In this exercise, the emphasis should be on engaging the core and maintaining a stable body position to support the lower back. This helps to distribute the load appropriately and ensures that the exercise is targeting the intended muscle groups effectively without compromising posture. The other options, while they may seem like potential concerns, do not directly address the critical aspect of maintaining spinal alignment during the exercise.

5. During the Forward Lunge, what should happen to the rear knee?

- A. It should touch the ground**
- B. It should remain straight**
- C. It should bend but not touch the ground**
- D. It should be elevated above the front knee**

In the Forward Lunge exercise, the appropriate action for the rear knee is to bend but not make contact with the ground. This position ensures that the lunge is performed with proper form and stability, minimizing the risk of injury and maximizing the effectiveness of the movement. When the rear knee bends, it allows for greater depth in the lunge and improves balance by distributing weight more evenly between both legs. Keeping the rear knee off the ground prevents unnecessary strain on the joint and maintains the correct alignment of the hips, knees, and torso. Bending the rear knee also engages the muscles effectively, including the quadriceps, hamstrings, and glutes. This engagement is crucial for building strength and improving overall athletic performance. Proper technique is essential in any exercise, and in the case of the Forward Lunge, maintaining the rear knee elevated while bending helps achieve this goal.

6. What should be maintained tightly throughout the Forward Lunge exercise?

- A. Leg muscles**
- B. Weight on the front foot**
- C. Abdominal muscles**
- D. Arm movements**

Maintaining tight abdominal muscles throughout the Forward Lunge exercise is crucial for ensuring proper form and stability. The core acts as a stabilizing force during the movement, helping to maintain balance and posture while transferring body weight from one leg to another. Engaging the abdominal muscles also protects the lower back by providing additional support, which helps prevent injury and strain during the lunge. A strong core enables more effective execution of the lunge by allowing for controlled movements, reducing the risk of wobbling or losing balance, which could compromise the benefits of the exercise. Thus, focusing on tight abdominal muscles is essential for maximizing performance and safety when performing the Forward Lunge.

7. How can motivation amongst Soldiers be enhanced during PRT?

- A. By emphasizing individual achievement over teamwork**
- B. By using music during workouts**
- C. By fostering a supportive environment and teamwork**
- D. By minimizing participation**

Enhancing motivation among Soldiers during Physical Readiness Training (PRT) is fundamentally about creating an environment that encourages growth, collaboration, and camaraderie. Fostering a supportive atmosphere where teamwork is a priority can significantly impact Soldiers' morale and commitment to training. When Soldiers feel supported by their peers and leaders, they are more likely to engage in the activities and push themselves to improve their performance. Teamwork also builds a sense of belonging and accountability, which can lead to higher levels of motivation as Soldiers encourage one another to reach common goals. Options that focus solely on individual achievement or minimizing participation can lead to feelings of isolation and competition rather than collaboration, which can demotivate individuals. While using music during workouts can enhance the experience for some, it does not address the overall importance of a supportive environment that emphasizes teamwork. Therefore, creating a space where Soldiers collaborate and support each other effectively enhances motivation and leads to better training outcomes.

8. What is the first command given for the Overhead Arm Pull?

- A. Ready, MOVE**
- B. Starting Position, STRETCH**
- C. Ready, STRETCH**
- D. Change Position, MOVE**

The first command for the Overhead Arm Pull is "Ready, STRETCH." This command signals participants to prepare for the stretch and indicates the beginning of the exercise. The phrase "Ready" serves as an alert, allowing individuals to focus on their upcoming movements. Following this, "STRETCH" directs them to reach their arms overhead and pull back, effectively engaging the intended muscle groups. While other options may include commands used during different phases of physical readiness training, they do not apply to the Overhead Arm Pull specifically. For example, "Ready, MOVE" typically applies to dynamic movements or activities instead of stretching. "Starting Position, STRETCH" implies a particular starting stance that may not correlate with the overhead stretch protocol. "Change Position, MOVE" indicates a transition to a different exercise or position rather than initiating the stretch routine. Thus, the specific structure and intent of "Ready, STRETCH" are what make it the correct command for this exercise.

9. What is the primary objective of Army Physical Readiness Training (PRT)?

- A. To prepare Soldiers for combat readiness**
- B. To enhance Soldiers' overall performance**
- C. To develop teamwork within units**
- D. To reduce stress levels in Soldiers**

The primary objective of Army Physical Readiness Training (PRT) is to enhance Soldiers' overall performance. This encompasses not just physical fitness but also the ability to perform effectively in a wide range of military tasks. PRT is designed to improve strength, endurance, flexibility, and coordination, all of which are crucial for Soldiers to successfully execute their duties and respond to the demands of combat and other military operations. By focusing on overall performance, PRT ensures that Soldiers are not only physically ready but also mentally sharp and capable of maintaining high levels of efficiency and effectiveness in various conditions. This comprehensive approach underlines the importance of physical readiness as a foundation for operational success.

10. What formation is used for Military Movement Drill 1?

- A. Extended rectangular formation**
- B. Line formation**
- C. Square formation**
- D. Circular formation**

The correct formation used for Military Movement Drill 1 is the extended rectangular formation. This formation allows soldiers to have enough space to move and perform the exercises safely and effectively. The extended rectangular formation is particularly beneficial in ensuring that all participants can be clearly observed by the leader, facilitating proper instruction and supervision during the drill. In this formation, soldiers are arranged in a way that maximizes the area available for movement, which is critical during drills that involve repetitive movements and require a degree of spacing to avoid collisions. It also helps in organizing the group efficiently, making it easier to transition into other formations or drills as required. While the other formations, such as line, square, and circular, have their specific uses in various military contexts, they do not provide the optimal space and alignment needed for the specific requirements of Military Movement Drill 1. The extended rectangular formation is tailored to enhance physical readiness training, ensuring that the exercises can be executed with precision and focus on form.

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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