

ARMY PHYSICAL READINESS TRAINING (PRT) PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. 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
- 2. In the Windmill exercise, which position should the head and eyes be directed toward during counts 1 and 3?**
 - A. Forward
 - B. To the rear
 - C. Slightly downward
 - D. To the side
- 3. During the Bend and Reach exercise, what should the Soldier ensure about their feet?**
 - A. The heels and feet must remain flat on the ground
 - B. The feet must be pointed outward
 - C. The feet should be shoulder-width apart
 - D. The toes must be lifted
- 4. How long should each position be held during the Single-Leg Over stretch?**
 - A. 10-15 seconds
 - B. 20-30 seconds
 - C. 30-45 seconds
 - D. 1 minute
- 5. In which position do the first rank start the Military Movement Drill 1?**
 - A. Standing at ease
 - B. In the starting position
 - C. Family formation
 - D. On their knees

- 6. Which type of goals should Soldiers establish for their physical training?**
- A. General goals that are easy to achieve
 - B. Uncertain goals that can change frequently
 - C. SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound)
 - D. Broad goals without specific targets
- 7. What should you do after reaching maximum speed during the Shuttle Sprint?**
- A. Decelerate immediately
 - B. Maintain top speed until completion
 - C. Slow jog back to the start
 - D. Take a break
- 8. What does Position 2 of the Extend and Flex involve?**
- A. Lowering the body towards the ground
 - B. Raising the hips upward from a bent knee position
 - C. Walking the feet outward
 - D. Stretching the arms behind the head
- 9. Which exercise in the Shoulder Stability Drill involves the letter "Y"?**
- A. I Raise
 - B. W Raise
 - C. Y Raise
 - D. T Raise
- 10. What is the significance of the "Recovery" phase in PRT?**
- A. To introduce new exercises
 - B. To allow the body to adapt and heal
 - C. To assess physical capabilities
 - D. To improve speed and agility

Answers

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

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Explanations

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1. 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.

2. In the Windmill exercise, which position should the head and eyes be directed toward during counts 1 and 3?

- A. Forward
- B. To the rear**
- C. Slightly downward
- D. To the side

During the Windmill exercise, it is essential for the head and eyes to be directed to the rear during counts 1 and 3. This aligns with the purpose of the exercise, which involves trunk rotation and emphasizes the importance of maintaining a proper posture for effective execution. By looking to the rear, participants can ensure they are fully engaging the core muscles and achieving the necessary range of motion in the torso. This positioning also helps in coordinating with the movement of the arms and legs, providing stability and reducing the risk of injury. The focus on this orientation is crucial for maximizing the exercise's benefits in developing physical readiness and overall body strength.

3. During the Bend and Reach exercise, what should the Soldier ensure about their feet?

- A. The heels and feet must remain flat on the ground**
- B. The feet must be pointed outward
- C. The feet should be shoulder-width apart
- D. The toes must be lifted

During the Bend and Reach exercise, it is essential for the Soldier to keep their heels and feet flat on the ground to maintain proper form and stability. This position helps prevent injury and ensures that the mechanics of the exercise are performed correctly. Keeping the feet flat provides a solid base of support, allowing for better range of motion as the Soldier bends forward and reaches down. If the feet are not flat, it could lead to improper posture and ineffective stretching of the targeted muscle groups. The emphasis on this aspect of the exercise is pivotal in promoting safety and effectiveness in physical readiness training. Maintaining flat feet ensures that the Soldier engages the appropriate muscles without putting unnecessary strain on the lower back or legs. Therefore, ensuring that the heels and feet remain flat is critical for achieving the desired benefits of the Bend and Reach exercise.

4. How long should each position be held during the Single-Leg Over stretch?

- A. 10-15 seconds
- B. 20-30 seconds**
- C. 30-45 seconds
- D. 1 minute

The recommended duration for holding each position during the Single-Leg Over stretch is 20-30 seconds. This duration strikes a balance between allowing adequate time for the muscles to relax and stretch effectively, while also preventing muscle fatigue that may occur with longer hold times. Holding the stretch for 20-30 seconds typically enhances flexibility and improves the range of motion, which are vital components for overall physical readiness. This timeframe is also aligned with best practices in flexibility training, ensuring that the muscles receive enough time under tension to adapt without compromising form or increasing the risk of injury.

5. In which position do the first rank start the Military Movement Drill 1?

- A. Standing at ease
- B. In the starting position**
- C. Family formation
- D. On their knees

The first rank starts the Military Movement Drill 1 in the starting position. This position is crucial as it allows soldiers to be poised and ready to execute the movements of the drill effectively. Beginning from the starting position ensures that all soldiers have a standardized stance, which promotes uniformity and discipline during the drill. It helps establish the correct posture and readiness before any movements are initiated. The other options do not accurately represent the appropriate beginning stance for this drill. For example, standing at ease implies a more relaxed state, which is not suitable for the commencement of a structured physical activity. Family formation does not pertain to the individual positioning necessary for the drill's commencement. Starting in a kneeling position would not suit the drill, as it requires mobility and readiness to execute movements efficiently from a standing posture.

6. Which type of goals should Soldiers establish for their physical training?

- A. General goals that are easy to achieve
- B. Uncertain goals that can change frequently
- C. SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound)**
- D. Broad goals without specific targets

Establishing SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—is essential for Soldiers in physical training because these criteria provide a clear framework for success and accountability. Specific goals ensure that there is a defined target to aim for, such as increasing running distance or achieving a certain number of push-ups. Measurable goals allow Soldiers to track their progress with quantifiable metrics, which enhances motivation and provides tangible proof of improvement. Achievable goals are realistic and challenging, ensuring that Soldiers remain motivated without setting themselves up for failure. These goals consider the individual's current fitness level and life circumstances, fostering a sense of accomplishment. Relevant goals align with personal fitness objectives or Army standards, maintaining focus on what truly matters in the context of military readiness. Lastly, Time-bound goals set deadlines that create a sense of urgency and help prioritize training schedules, moving Soldiers closer to their objectives within a set timeframe. In contrast, general, uncertain, or broad goals lack the specificity and structure that SMART goals provide, making it difficult for Soldiers to evaluate their progress or maintain motivation. Without clear targets or timelines, it becomes challenging for them to stay committed or to measure their physical readiness effectively.

7. What should you do after reaching maximum speed during the Shuttle Sprint?

- A. Decelerate immediately
- B. Maintain top speed until completion**
- C. Slow jog back to the start
- D. Take a break

Maintaining top speed until completion during the Shuttle Sprint is crucial for several reasons. Firstly, the Shuttle Sprint is designed to test and improve anaerobic fitness and agility, and sustaining maximum speed is essential to maximize these benefits. When a participant maintains their top speed, they not only push their limits, enhancing their overall performance and endurance, but they also train their body to operate efficiently under conditions that simulate the demands of real-world scenarios. Additionally, maintaining speed helps in developing mental toughness and the necessary discipline to push through fatigue, which is a vital component of physical readiness in military training. This approach also reinforces the importance of performance consistency, as the ability to sustain effort over time is a key aspect of physical readiness. Other options, such as decelerating immediately or taking a break, would not only hinder performance but could also prevent the individual from gaining the complete benefits of the sprint interval, emphasizing the need to maintain effort until the task is fully completed.

8. What does Position 2 of the Extend and Flex involve?

- A. Lowering the body towards the ground
- B. Raising the hips upward from a bent knee position**
- C. Walking the feet outward
- D. Stretching the arms behind the head

Position 2 of the Extend and Flex exercise involves raising the hips upward from a bent knee position. This movement is designed to engage and strengthen the core, glutes, and hamstrings while also promoting flexibility in the lower back and hips. When executing this position, the individual transitions into a posture that emphasizes stability and balance, which are key components of effective physical readiness training. This position also serves to activate the muscles required for various athletic and functional movements, enhancing overall performance and resilience. In contrast, the other options do not accurately describe the mechanics or purpose of Position 2 in the Extend and Flex exercise, as they either focus on different body movements or don't align with the correct sequence of the exercise.

9. Which exercise in the Shoulder Stability Drill involves the letter "Y"?

- A. I Raise
- B. W Raise
- C. Y Raise**
- D. T Raise

The exercise in the Shoulder Stability Drill that involves the letter "Y" is known as the Y Raise. In this exercise, individuals raise their arms to form a "Y" shape, which focuses on strengthening the muscles of the shoulders and upper back. This movement targets the rotator cuff and stabilizing muscles, promoting better shoulder stability and reducing the risk of injuries. By training these muscles through the Y Raise, soldiers can enhance their overall shoulder function, which is vital for various physical tasks and activities in the Army. This exercise also helps improve posture and mobility, making it a crucial component of the Shoulder Stability Drill.

10. What is the significance of the "Recovery" phase in PRT?

- A. To introduce new exercises
- B. To allow the body to adapt and heal**
- C. To assess physical capabilities
- D. To improve speed and agility

The "Recovery" phase in Physical Readiness Training (PRT) is crucial as it is designed to allow the body to adapt and heal from the stresses placed on it during training. This phase helps prevent overuse injuries and facilitates muscular recovery, ensuring that soldiers can maintain their performance levels while promoting overall physical well-being. During recovery, the body undergoes physiological changes that strengthen muscles, repair tissues, and replenish energy stores, which ultimately contributes to improved performance in subsequent training sessions. In contrast, introducing new exercises typically occurs during the "Preparation" phase, where participants learn and practice various movements. Assessing physical capabilities is part of the evaluation process rather than the recovery routine. Improving speed and agility focuses on enhancing specific athletic attributes, which is often emphasized within training cycles but is not the primary concern of the recovery phase. Therefore, the essence of recovery is fundamentally about healing and adaptation, making it a vital component of any physical training regimen.

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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