



**Original
Fitness Co.™**

BFA Rank Structure

MALE	CAPTAIN	LIEUTENANT	2nd LIEUTENANT	PRIVATE
1 Mile Run	6:20 Min	7:10 Min	8:30 Min	Entry Level
Push Ups	65	50	20	
Sit Ups	70	50	30	
FEMALE	CAPTAIN	LIEUTENANT	2nd LIEUTENANT	PRIVATE
1 Mile Run	6:40 Min	7:30 Min	8:50 Min	Entry Level
Push Ups	55	40	15	
Sit Ups	70	50	30	