Physical Fitness Assessment was carried out using different test included in the General Physical Condition Test, and they were[1]:

* 2 minutes Push Ups: maximum amount of Push Ups from a 90º elbow flexion position with hands and tips of toes on the floor. Push Ups are deemed made when the chin touches a 10cm pad on the floor and the starting position is recovered. Additionally, shoulders, back and lower limbs should be aligned all the time. Push Ups repetitions are recorded for 2 minutes.
* 1000m race: this test can be carried out individually or in groups. The race starts in a standing position and after the “ready and go” oral order. The time used to go towards 1000m are recorded in minutes and seconds. Times are recorded with an accuracy of split second. Additionally, VO2max was calculated according to the following formula: VO2max= 672.17-Time(s) /6.762 [2].
* 50m race: the race starts in a standing position without hands support on the floor and behind the starting line. After the oral order “go”, the timer starts, and the race ends when the recruit cross the finishing line and the timer stops. Time is recorded in seconds and with an accuracy of split second.
* Vertical Jump: a Vertical Jump is performed with flexion and posterior extension of lower limbs, beginning in a standing position. Participant must stablish the starting position in sideway in relation to the wall with feet opened to the width of the shoulders and arms with 180º shoulders flexion. The starting position will be that higher printed with the fingertips (imbued in magnesium). This starting position could be stablished with or without shoes, but all the following attempts must be in the same condition. Hereafter, the participant performs a Vertical Jump with flexion and posterior extension of lower limbs (the coordinated movement of the rest of the body is allowed) and fingertips will print the highest part of wall ruled surface. Horizontal displacement and the loss of contact of any foot before take-off are not allowed. Any of previous commented circumstances will void the assessment and will count as an attempt. Participants have two attempts. Height is measured in centimetres.
* 50m swimming: the race starts in a standing position and after the “ready and go” oral order participants have to throw into the water from the edge or they could start swimming from inside the pool until the distance is completed in a freestyle. Stop swimming, holding on to the float lines or leaning on the pool bottom are not allowed. Swim lapping against the wall is allowed. Time is measured in seconds with an accuracy of split second.

1. MADOC España. MV3-101. Manual del Sistema de Evaluación Física Individual del Ejército de Tierra. 2010.

2. Díaz C FJ, Montaño C JG, Melchor M MT, Guerrero G JH, Tovar G JA. Validación y confiabilidad de la prueba aeróbica de 1,000 metros. Rev Investig Clin. 2000;52.