

# NDA II 2026 Physical Fitness Standards & Training Plan

Cracking the **NDA II 2026 exam** is not just about clearing the written test—it's about meeting **strict physical fitness and medical standards** required to join the **Indian Armed Forces**.

Many aspirants prepare academically but fail in **SSB or medical tests** due to poor physical fitness. This guide will help you understand **NDA physical standards and a complete training plan** to achieve them.

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## Why Physical Fitness is Important for NDA Aspirants

The NDA selects candidates for:

- Army 🇮🇳
- Navy ⚓
- Air Force ✈️

Each requires:

- Strong stamina
- Physical endurance
- Mental toughness

☐ Fitness is not optional—it's **mandatory for final selection**.

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## NDA II 2026 Physical Standards (Overview)

### 1. Height Requirements (Approximate)

#### For Boys

- Army: **157 cm**
- Navy: **157 cm**
- Air Force: **162.5 cm**

#### For Girls

- Army: **152 cm**
- Air Force: **152 cm**

☐ Relaxation may apply based on region (e.g., Gorkhas, North-East candidates).

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### 2. Weight Standards (Proportionate to Height)

- Weight should be **balanced with height**
- No obesity or extreme thinness

☐☐ BMI should be within **normal range (18.5-24.9)**

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### 3. Vision Standards

#### For Army/Navy

- 6/6 or 6/9 (correctable)

#### For Air Force

- Strict standards
- No serious eye conditions

☐☐ **Color blindness is not allowed**

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### 4. Common Medical Requirements

Candidates must be free from:

- Flat foot ☐
  - Knock knees ☐
  - Serious dental issues ☐
  - Chronic diseases ☐
  - Permanent tattoos (restricted areas only allowed)
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### 5. Chest Expansion (For Boys)

- Minimum **5 cm expansion required**
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## Detailed Physical Fitness Requirements

To perform well in SSB & training:

#### You should be able to:

- Run **2.4 km in 10-12 minutes**
  - Do **15-20 push-ups**
  - Do **30-40 sit-ups**
  - Do **pull-ups (minimum 6-8)**
  - Maintain flexibility and balance
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## NDA II 2026 30-Day Physical Training Plan

### Week 1: Foundation Building

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- Running: **1-1.5 km daily**
- Push-ups: 10 reps × 2 sets
- Sit-ups: 15 reps × 2 sets
- Stretching: 10 minutes

☐☐ Focus: Build habit

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## Week 2: Strength + Stamina

- Running: **2 km daily**
- Push-ups: 15 × 3 sets
- Sit-ups: 20 × 3 sets
- Plank: 30-45 sec

☐☐ Focus: Improve endurance

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## Week 3: Performance Level

- Running: **2.4 km (timed)**
- Push-ups: 20 × 3 sets
- Sit-ups: 25 × 3 sets
- Pull-ups: Start practice

☐☐ Focus: Speed + strength

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## Week 4: NDA Standard Preparation

- Running: **2.4 km under 12 min**
- Push-ups: 25+
- Sit-ups: 30+
- Pull-ups: 6-8

☐☐ Focus: Achieve NDA level

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## Daily Fitness Routine (Ideal Schedule)

Time	Activity
Morning	Running + Cardio
Afternoon	Rest / Light activity
Evening	Strength Training
Night	Stretching

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## Diet Plan for NDA Aspirants

### What to Eat

- Protein: Eggs, milk, dal
- Carbs: Rice, chapati

- Fruits & vegetables
- Nuts

## What to Avoid

- Junk food
- Sugary drinks
- Excess fried items

☐☐ Hydration is key **3-4 liters water daily**

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## Tips to Improve Physical Fitness Faster

- Be **consistent daily**
- Focus on **form over quantity**
- Combine **cardio + strength**
- Take **proper rest**
- Track progress weekly

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## Common Mistakes to Avoid

- ☐ Ignoring fitness until SSB
- ☐ Overtraining (leading to injuries)
- ☐ Skipping warm-up & stretching
- ☐ Poor diet
- ☐ Inconsistent routine

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## Pro Tip for NDA Aspirants

☐☐ Start physical training **at least 6-12 months before exam**

Fitness cannot be built overnight.

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## Conclusion

To crack **NDA II 2026**, you must be:

- ✓ Academically strong
- ✓ Physically fit
- ✓ Mentally tough

☐☐ A balanced approach ensures **final selection success**.

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## FAQs: NDA Physical Fitness Standards

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**1. What is the minimum running requirement for NDA?**

You should be able to run **2.4 km in 10-12 minutes**.

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## **2. Is physical fitness required before SSB?**

Yes. It helps you perform better in **SSB tasks and medical tests**.

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## **3. Can I join NDA if I have flat feet?**

No, flat foot is generally **not acceptable**.

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## **4. Are tattoos allowed in NDA?**

Only in **inner forearm or tribal areas** (with restrictions).

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## **5. How many push-ups are required for NDA?**

At least **15-25 push-ups** for good fitness level.

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## **6. Can beginners achieve NDA fitness in 1 month?**

You can improve, but **full fitness requires consistent long-term training**.

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## **7. Is gym necessary for NDA preparation?**

No. Bodyweight exercises are **sufficient**.

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