

**DEPARTMENT OF THE AIR FORCE**  
**737th TRAINING GROUP (AETC)**  
**Lackland Air Force Base, Texas 78236-5511**

**737 TRG OPERATING INSTRUCTION 36-2905**

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**Personnel**  
**BMT PHYSICAL TRAINING (PT) PROGRAM**

## **COMPLIANCE WITH THIS PUBLICATION IS MANDATORY**

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OPR: 737 TRG/CCR (Mr. Brian Miller)

Certified by: 737 TRG/CD (Lt Col C. Rich)

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The 737th Training Group (TRG) Operating Instruction 36-2905, establishes the policies, procedures and responsibilities for operating physical fitness training in the 737 Training Group (Basic Military Training) and aligns program requirements IAW AFI 36-2905, Fitness Program. This instruction applies to all Military Training Instructors (MTI) and leadership in the 737 TRG and 433 Training Squadron (TRS) that train Basic Military Trainees. **NOTE:** This instruction does not cover all possible training situations; therefore, **use good judgment and common sense**. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with (IAW) AFMAN 37-123, *Management of Records* and disposed of IAW the Air Force Records Disposition Schedule (RDS) available at <https://afrims.amc.af.mil>.

**SUMMARY OF REVISIONS:** This change updates the titles for Instructor Supervisor and Squadron Superintendent; changes references from 319 TRS to 324 TRS. Adds paragraph 1.5.3., authoring wear of distinctive BMT MTI/Staff PT uniforms for daily PT sessions. Updates Table 1.8. Battle Field Airmen Requirements and Table 3.2., eliminating recycles for second and fourth week appraisals. Paragraph 3.4.1.1., clarifies that MTIs perform abdominal circumference measurements and only on members of the same gender.

### **Chapter 1 – General Requirements**

Schedule .....	1.1.	3
Adverse Weather Conditions .....	1.2.	3
Responsibilities .....	1.3.	4
Radio/Emergency Procedures .....	1.4.	4
Instructor Uniforms.....	1.5.	5
Formation Runs.....	1.6.	5
Eighth Week of Training (WOT) “Airmen's Run” .....	1.7.	5
Future Potential Battle Field Airmen .....	1.8.	6
Figure 1.3. Activity Level Restrictions for Physical Training .....		7

### **Chapter 2 – Initial Health Assessment**

Body Composition Standard .....	2.1.	8
Initial Fitness Assessment .....	2.2.	9

### **Chapter 3 – PT Fitness Evaluations**

BMT Physical Fitness Targets .....	3.1.	10
Table 3.1. BMT Physical Fitness Targets .....		10
Physical Training Assessments.....	3.2.	10
Table 3.2. Week of Training Physical Training Targets.....		12
Final PT Evaluation .....	3.3.	12
Table 3.3. Final Fitness Evaluation.....		13
Final PT Administrative Functions.....	3.4.	14
Fig 3.1. Measuring Tape Position for Abdominal Circumference.....		15
Fitness Recognition.....	3.5.	16
Fitness Awards.....	3.6.	16
Get-Fit Program .....	3.7	16

### **Chapter 4 – Daily PT Operations/MTI Responsibilities**

General Information.....	4.1	17
Notional Weekly Schedule .....	4.2	17
Fig 4.1. Typical Weekly PT Schedule .....		18
Aerobic Training.....	4.3.	18
Fig 4.2. PT Pad Ability Group Lane Assignment/Configuration.....		19
Fig 4.3. BMT Aerobic Training Program .....		20
Anaerobic (Strength) Training.....	4.4.	21
Fig 4.4. PT Pad Formation (Anaerobic Training).....		21
Fig 4.5. Pre-Exercise Warm-up .....		21
Fig 4.6. Muscular Fitness Regiment .....		22
Supplemental Strength Training .....	4.5	23

## CHAPTER 1

### PHYSICAL TRAINING OPERATIONS

#### 1.1. PT Schedule.

1.1.1. PT is a scheduled/mandatory activity Monday-Saturday with aerobic conditioning and muscular fitness days alternated. PT will not be shortened without approval of the Squadron/CC or Squadron Superintendent.

1.1.1.1. Summer Schedule (Mar-Nov): PT is normally conducted NLT 0505 Mon-Fri and 0605 hrs on Sat. and holidays. Trainees are required to change into UOD prior to first scheduled activity.

1.1.1.2. Winter Schedule (Dec-Feb): PT is normally conducted at 1530 Mon-Fri. Trainees may remain in PT gear for the remainder of the day unless they have outside squadron activities. Conduct PT at 0900 on Sat and holidays.

1.1.2. Early morning/late and weekend supervisors account for all flights and ensure timely arrival and participation in PT. **NOTE:** Trainees will carry flashlights to and from morning PT.

1.1.3. Comply with the Weekly Activity Schedule (WAS). PT days that fall on holidays (e.g. Monday) continue as scheduled unless waived by the 737 TRG/CC. Flights returning from BEAST are required to participate in PT on Saturday.

1.1.4. An abridged or lighter PT session is authorized the day preceding the final PT evaluation.

1.1. 5. Flights are excused from PT for second clothing issue, details, records ID, medical dental, CPR, obstacle course, and blood donor days. **NOTE:** missed PT for blood donor is only applicable during the winter schedule.

1.1.6. Instructors must ensure completion of at least three aerobic conditioning days per week. If an aerobic conditioning day is canceled due to inclement weather or unforeseen circumstances, substitute an aerobic conditioning day for one of the muscular fitness days. Conduct One-by-Three exercises in lieu of any missed muscular training.

1.1.7. The PT NCO will accomplish a Weekly PT Accountability Report for the 737 TRG Strategic Planning Group. The report is due NLT close of business every Monday.

#### 1.2. Adverse Weather Conditions.

1.2.1. NLT 0415 for summer schedule and NLT 1445 for winter schedule, the 326 TRS CQ or late evening Instructor supervisor (during winter schedule) logs onto intellicast.com or weather.com (enter zip code 78236) for current weather conditions, to include temperature, wind-chill, expected precipitation and duration of inclement weather for the day. If the network is down, contact 502 ABW Command Post at 671-4225. The 326 TRS/CQ disseminates weather info prior to PT (0430 winter/1500 summer), use figure 1.1. as a template.

1.2.1.1. Weather conditions: e.g., rain, snow, freezing rain, winds, etc.

1.2.1.2. Temperature: actual and wind-chill, actions are determined from lowest temperature.

**Figure 1.1. PT Weather Notification (Example).**

Temperature	Temperature Wind Chill	Winds (MPH)	Current Conditions
50	46	E (6MPH)	Partly cloudy with a 10% chance of precipitation

1.2.2. The squadron early/late or weekend supervisor will make the PT call/action dependent upon the conditions outlined in Figure 1.2. PT Decision Matrix

**Figure 1.2. PT Decision Matrix.**

CONDITION	ACTION
<ul style="list-style-type: none"> <li>• &lt;25 Degrees with wind chill</li> <li>• Lightning within 5 miles</li> </ul>	<u>CANCEL ALL PT.</u> This PT session is lost.
<ul style="list-style-type: none"> <li>• Heavy Rain</li> <li>• 26-32 Degrees (wind chill)</li> <li>• Track Wet/Unsafe</li> </ul>	<u>CANCEL PT on PAD/TRACK.</u> Conduct strength training only under the RHT overhang.
<ul style="list-style-type: none"> <li>• &gt;32 Degrees</li> <li>• Light precipitation</li> </ul>	<u>CONDUCT NORMAL PT.</u>

1.2.3. If PT is conducted under the overhang, trainees will not run or jog in place.

### 1.3. Responsibilities.

1.3.1. A supervisor and IDMT with a GATOR must be present to monitor flights during aerobic (run) sessions of PT.

1.3.2. There will be a minimum of one IDMT and one GATOR for medical coverage at all times during the PT aerobic evaluation. When medical assets become overtaxed, IDMTs may, for the safety of trainees, pause the running portion of all fitness activities until patients are stabilized or transported to Medical Treatment Facilities and adequate coverage reestablished.

1.3.3. The PT NCO and early morning supervisor will ensure all PT sessions are conducted IAW the WAS and this instruction.

1.3.4. The PT NCO or alternate will carry a CPR mask, whistle, stopwatch and PT book. The PT book will contain a copy of current lesson plans and this operating instruction. NOTE: Squadrons are authorized to purchase up to four run-pacing watches and associated equipment for PT. The PT NCO maintains accountability IAW AFI 23-111.

### 1.4. Radio/Emergency Procedures.

1.4.1. The PT NCO will:

1.4.1.1. Brief radio procedures for contacting the Medical Response Center (MRC).

1.4.1.2. Ensure each radio is on the correct frequency.

1.4.1.3. Ensure each instructor assigned a radio performs a radio check with the MRC and establish contact with an IDMT member prior to beginning PT to ensure coverage is available.

1.4.2. The closest MTI proceeds immediately and administers appropriate aid, which includes CPR, when detecting an injured or sick trainee.

1.4.3. Use most expedient method to report emergencies during PT.

1.4.4. Provide the injured trainee's name, age, whether the trainee is conscious or not and a brief description of the trainee's condition. **NOTE:** Ensure the Squadron/CC is notified of the emergency.

1.4.5. The building custodian or PT NCO will check the serviceability of the emergency drill pad phones. They will immediately notify RM and the base telephone help desk if phone is not in service. **NOTE:** ensure communications are available when using the drill pad, e.g. cellular phone or the drill pad land-line.

## **1.5. Instructor Uniforms.**

1.5.1. During 0 WOT, the flight MTI will wear uniform of the day (UOD) to PT sessions. Squadron Superintendents will determine the UOD for 1 WOT flight MTIs to wear to PT sessions. This allows Squadron Superintendents to determine the best mix of 1 WOT flight MTIs to supervise or participate with flight(s). The MTIs will wear issued PT uniform when they participate with their flight at PT, shirts will be tucked in.

1.5.2. MTIs will not dress warmer than their flight when wearing the PT uniform. MTIs may continue to wear warmer clothing if trainees remove items for PT.

1.5.3. The 737 TRG/CC authorizes wear of BMT specific PT gear to meet necessary training requirements as authorized in AFI 36-2903. The MTI/Staff PT uniforms provide distinct identification of instructors during daily BMT PT sessions.

## **1.6. Formation Runs (Road Runs).**

1.6.1. Ensure all squadron formation run routes are reviewed/maintained by 737 TRG/CCV (PT/OPR) and approved by the 737 TRG/CC/CD.

1.6.2. Squadrons may conduct a motivational formation run once during the 3 WOT in lieu of a scheduled run day. On Monday 6WOT, prior to BEAST conduct a 1.5 mile track run (summer schedule only).

1.6.3. Formation runs are authorized after the final 7 WOT PT Progress Check in lieu of a scheduled run day. In addition, flights participate in the weekly Airmen's Run and quarterly fun runs.

1.6.4. An IDMT must be available and within  $\frac{3}{4}$  of a mile with a Gator for response; one person in the formation will have either radio communication or a cellular phone in order to notify Emergency Medical Service (EMS) at 671-0911. Road guards are posted as necessary with safety equipment i.e. vest, flashlights.

## **1.7. Airman's Run.**

1.7.1. All Airmen will attempt the Airmen's Run unless they are on a waiver. Flights must be in place IAW WAS. The Airman's Run line-up is emailed out to all squadrons the day prior to the run. The top PT Airman are directed as to their specific show time and location.

1.7.2. At least one MTI per flight will participate in the run. **NOTE:** There will be a minimum of 2 IDMTs and GATORS for medical coverage at all times during the Airmen's run.

1.7.3. MTIs will brief the following prior to the run:

1.7.3.1. Airmen are not to run behind their flight. If an Airman falls out, they are to rapidly move to the side of the road and return to the starting point unless immediate medical care is required. Airmen who fall out will not run past the Reception Center. If they have passed the Reception Center they will standby until a Gator picks them up.

1.7.3.2. Airmen will not leave the formation during the run to use the latrine. Ensure hydration and latrine breaks are accomplished prior to the run.

## **1.8. Potential Future Battle Field Airmen (BA).**

1.8.1. Trainees with guaranteed enlistments for special operations career fields. (e.g. Pararescue, Combat Control, Tactical Air Control Party, Survival, and Combat Weather (SOWT) and EOD) are loaded in flights in the 320th and 331st training squadrons (close proximity to indoor pool).

1.8.2. MTIs in the 320 and 331 TRS will review/print a “Battlefield Airmen (BA)” roster from the Basic Training Management System identifying special operations destined trainees assigned to the flight. Assigned flight MTIs are familiar with BA/AFSC fact sheets.

1.8.3. All BA recruits have met fitness entrance Physical Ability Stamina Test (PAST) requirements. Upon arrival to BMT, BA recruits are automatically entered into the BMT "A" ability group (highest of five different levels) for aerobic conditioning and are required to perform the maximum repetitions (8th week of training strength requirements) for component exercise sets for strength building sessions.

1.8.4. The PT NCO ensures BA trainees are issued arms bands for wear during all PT sessions (replace as needed). These specially designated arms bands are easily recognized and identifies the BA trainee as having the highest potential to far exceed BMT fitness graduation standards. The flight MTI mentors these trainees to ensure they continue with high standards of excellence; and encourages them to achieve "Warhawk" fitness excellence standard.

1.8.5. AETC will administer the Emotion Quotient Inventory (EQI) for PJs during the processing week of training for potential reclassification.

1.8.6. In addition to the normal BMT program (to include PT) the following requirements apply to Battlefield Airman:

**Table 1.8. Battle Field Airman Requirements**

<b>REQUIREMENTS</b>	<b>PJ</b>	<b>CCT</b>	<b>SOWT</b>	<b>TACP</b>	<b>SERE</b>	<b>EOD</b>
Complete Pre-Accession Fitness Requirement	YES	YES	YES	YES	YES	YES
Loaded into Flights assigned to the 320 and 331 TRSs	YES	YES	YES	YES	YES	YES
Take the Emotion Quotient Inventory (EQI) in 0WOT for potential reclassification (AETC)	YES					
Attend a one-time Basic Water Skills Test (buddy-breathing) session in 0WOT (342 TRS)	YES	YES				
Conduct Initial PAST Test in 1WOT	YES	YES	YES	YES		
Attend weekly mentorship sessions , 1-7 WOT (342 TRS)	YES	YES	YES	YES	YES	YES
Attend weekly swim sessions, 1-7 WOT (342 TRS)	YES	YES	YES			
Immediately entered into the BMT "A" ability run group and perform 8WOT of training muscular strength building repetitions (320 & 331 TRSs)	YES	YES	YES	YES	YES	YES
Perform three, daily One-by-Three sessions for push-ups, sit-ups and pull-ups (320 & 331 TRSs)	YES	YES	YES	YES	YES	YES

**Figure 1.3. ACTIVITY LEVEL RESTRICTIONS FOR PHYSICAL TRAINING.**

<b>ACTIVITY LEVEL RESTRICTIONS FOR PHYSICAL TRAINING</b> WBGT Index and WCT (Wind Chill Temperature)	
When ambient or wind chill temperature reaches 25 degrees Fahrenheit or below:	No PT
Lightning within five nautical miles &/or torrential rain:	No PT
25.1-77.9 degrees Fahrenheit:	Normal PT
78-81.9 degrees Fahrenheit:	Non-acclimated (1-2 WOT): Extremely intense physical exertion may precipitate heat exhaustion or heat stroke. Use caution in conducting physical activity.
Stage 1 -- White Flag:	Acclimated (3-8 WOT): Normal activity.
82-84.9 degrees Fahrenheit:	Non-acclimated (1-2 WOT): Use discretion in planning intense physical activity. Provide constant supervision.
Stage 2 -- Green Flag:	Acclimated (3-8 WOT): Normal activity.
85-87.9 degrees Fahrenheit: Stage 3 -- Yellow Flag:	Non-acclimated (1-2 WOT): Curtail strenuous exercises and conduct PT under overhang for those in their 2 WOT and below. Trainees in their 3 WOT and above may continue outside Physical Training if activity is curtailed and trainees receive a 10-minute rest break every half hour. Trainees take rest breaks under overhang with water provided. Provide constant supervision.  Acclimated (3-8 WOT): Use discretion in planning intense physical activity. Provide constant supervision.
88-89.9 degrees Fahrenheit: Stage 4 -- Red Flag:	No PT
90 & above degrees Fahrenheit: Stage 5 -- Black Flag:	No PT
CLOTHING CHART FOR PHYSICAL TRAINING	
TEMPERATURE	CLOTHING
WCT above 60 degrees Fahrenheit	Shorts & T-Shirt with PT jacket optional*
WCT at or below 60 degrees Fahrenheit	Add PT Sweatpants
WCT at or below 50 degrees Fahrenheit	Add ABU IRS parka during transit
WCT at or below 45 degrees Fahrenheit	Add gloves and ABU cap during transit
WCT at or below 40 degrees Fahrenheit	Add ABU IRS parka/liner during exercise
* Squadron supervisory personnel may increase PT clothing as long as the entire squadron is standardized. Ensure flights wear same uniform while in transit <b>Exception:</b> optional watch cap is authorized to wear during transit regardless of uniformity. Trainees may use personal preference to remove clothing (sweats, gloves, watch cap and ABU IRS parka) to prevent overheating during PT. The PT NCOs or the supervisor may direct trainees to remove clothing to prevent overheating, improve performance, or aid in evaluations <b>NOTE:</b> Trainees may purchase and wear (thermal underwear; white, cream, and desert sand; solid black lightweight gloves; sage green watch cap (store the watch cap and gloves in PT jacket pocket). PT pants and jacket cannot be removed during PT while wearing thermal underwear. <b>NOTE:</b> Trainees are permitted to start aerobic session wearing gloves and then remove them (carry or place in jacket pockets). Trainees are not permitted to tuck their hands into jackets sleeves	
INCLEMENT WEATHER PLAN	
- PT is canceled when ambient temperature is 25 degrees Fahrenheit or below including the wind chill factor. <b>326 TRS notifies all training squadrons of:</b> - The temperature, weather conditions, and the PT uniform. <b>Cancel Airmen's Run</b> if the temperature is 25 degrees Fahrenheit or below with wind chill factor, if there is lightning within five nautical miles and/or there are thunderstorms or torrential rain.	

## CHAPTER 2

### TRAINEE INITIAL HEALTH ASSESSMENT

#### 2.1. Body Composition Standard.

2.1.1. The flight MTI completes a height, weight and abdominal circumference (AC) measurement on each trainee (within the first 72 hours) and prior to initial fitness assessment. Body composition standards are listed in Table 2.1. The AC measurement guidelines are described in AFI 36-2905, *Fitness Program*. Enter data into Basic Training Management System (BTMS). Ensure MTI performing the AC measurement is the same gender as the trainee.

**Table 2.1. Body Composition Standards.**

Gender	Maximum abdominal circumference	Maximum body fat
MALES	≤ 39"	≤20%
FEMALES	≤ 35.5"	≤ 28%

**NOTE: Risk Management:** A Body Mass Index (BMI) is calculated in BTMS (from initial height and weight measurements) and used only in the following circumstance: if a trainee has a BMI of 18.5 or below, they are referred to Reid Clinic for a medical evaluation. Trainees will not participate in PT until medically cleared for PT. The MTI must annotate a comment on BMT Form 105a that the trainee was referred for a medical evaluation due to low BMI and document any medical recommendations. Check with the Reid Clinic for appointment hours and days.

2.1.2. If trainees exceed the abdominal circumference standard in Table 2.1, then accomplish the subparagraphs below. NOTE: In rare circumstances, squadron commanders may retain trainees that exceed initial body composition standards established in AFI 36-2905.

2.1.2.1. Trainees exceeding standards on the first AC taping will be re-measured by another squadron MTI in order to verify the taping. If AC is within acceptable standards enter data in BTMS and trainees continues in training.

2.1.2.2. Trainees exceeding the second squadron AC data point are sent to the Health and Wellness Center (HAWC) where they will receive an official AC taping IAW AFI 36-2905 and a body fat standard measurement IAW Attachment 9, AFI 36-2905. The MTI must annotate a comment on BMT Form 105a that the *“trainee exceeds AC standards outlined in AFI 36-2905 and is scheduled for an AC measurement and body fat composition assessment with the HAWC.”*

2.1.2.3. The HAWC will complete a body fat composition memorandum and forward the results back to the squadron. The squadron commander reviews memorandum and the MTI annotates results on the BMT Form 105a. File the HAWC body composition memorandum in the trainee records.

2.1.2.4. Trainees meeting either the AC measurement or body fat standard continue in training.

2.1.2.5. Trainees exceeding both body composition standards IAW AFI 36-2905 are transferred to the 324 TRS for entry level separation.



## 2.2. Initial Aerobic Fitness Standards.

2.2.1. Squadrons conduct an initial Fitness Progress Check as early in training as possible but NLT Wednesday of the 1 WOT. If the run portion of the evaluation cannot be completed due to adverse weather conditions, conduct it during the next available opportunity.

2.2.2. IDMTs perform a pre-screening briefing prior to the initial fitness appraisal.

2.2.3. IAW AFI 36-2905, Para 6.1.1., “enlistees failing to meet 1.5 mile run times of 18:30 for males and 21:35 for females upon arrival at BMT are deemed medically unable to safely rehabilitate to a passing fitness assessment score within the standard 42-day rehabilitation period. They may be immediately processed for entry level separation pursuant to AFI 36-3208, Administrative Separation of Airmen.” The run times outlined in AFI 36-2905 provide commanders a tool to deal with extremely unfit recruits and potential injuries.

2.2.3.1. Trainees that meet the initial aerobic fitness standards continue in training.

2.2.3.2. If trainees fail the initial aerobic fitness standards established in AFI 36-2905, then accomplish the sub-paragraphs below. NOTE: In rare circumstances, squadron commanders may retain trainees that exceed the initial aerobic standards until the 2 WOT. However, if trainees have not met the initial aerobic standard by the 2 WOT fitness assessment, transfer them to the 324 TRS for entry level separation IAW AFI 36-2905.

2.2.3.2.1. The squadron commander counsels trainees that fail the aerobic standard and document the counseling on BMT Form 105a. The squadron commander may consider extenuating circumstances that may have influenced initial assessment performance. These include weather conditions (wind, temperature), temporary health conditions (e.g. cold, flu, fitness over-exertion prior to arrival, and injury, etc.) and anxiety associated with the initial stress of BMT and potential desire of a capable recruit to self-eliminate (e.g., deliberately perform poorly on the initial assessment).

2.2.3.2.2. The squadron commander refers trainees failing to meet minimum aerobic standards to the 324 TRS to perform a 3-Minute Step Test. Trainees must wear PT gear during the Step Test. Trainees should not have done any exercising or MTI tools at least 12 hours prior to testing.

2.2.3.2.3. If trainees are unable to begin (e.g. due to an excessively high resting heart rate) or cannot perform the 3-Minute Step Test to completion are transferred to the 324 TRS for entry level separation. Squadron commanders document the results of the test in BMT Form 105a and subsequent discharge recommendation. **NOTE:** Step Test scores do not correlate well with predictive BMT success or failure; however, the inability to either start or complete the test is an overwhelming indicator of subsequent BMT failure.

2.2.3.2.4. Trainees who perform the 3-Minute Step Test to completion are provided an aerobic re-evaluation by squadron supervisory personnel. The second attempt will be conducted at a time deemed appropriate by the squadron commander, but not earlier than 24 hours after the 3-Minute Step Test and the run will be conducted on the rubberized track. Document the results of the Step Test and aerobic re-evaluation in BTMS, BMT Form 105a.

2.2.3.2.5. Trainees that meet the initial aerobic standards following the aerobic re-evaluation are returned to training.

2.2.3.2.6. Trainees failing to meet initial aerobic standards are transferred to the 324 TRS for entry level separation IAW AFI 36-2905. **NOTE:** Ensure ANG and AFRES trainees visit the ANG/AFRES Liaison prior to transfer to the 324 TRS.

## CHAPTER 3

### PHYSICAL TRAINING FITNESS EVALAUTIONS

#### 3.1. BMT Physical Fitness Targets.

3.1.1. In order for trainees to graduate BMT they must meet or exceed the Air Force Fitness standard by successfully achieving a composite score  $\geq 75$  **AND** meet **ALL** minimum component areas IAW AFI 36-2905, *Fitness Program*.

3.1.2. The following BMT fitness targets are established (by gender and age) to guide trainees toward successfully meeting or exceeding the Air Force Fitness Assessment (FA). All trainees must understand that if they do not meet or exceed **all** of the targets they will likely fail the Air Force FA. **NOTE: For this reason, instructors should focus solely on the BMT fitness targets (not the composite score) in training, mentoring and counseling trainees.**

**Table 3.1. BMT Physical Fitness Targets.**

<b>FITNESS TARGETS FOR <u>MALES</u></b>				
<u>Age</u>	<u>1.5 Mile Run</u>	<u>Push-Ups</u>	<u>Sit-Ups</u>	<u>Ab Circumference</u>
<30	11:57	33	42	35"
30-39	11:57	27	39	35"

A one minute timed interval is used for push-ups and sit-ups.

<b>FITNESS TARGETS FOR <u>FEMALES</u></b>				
<u>Age</u>	<u>1.5 Mile Run</u>	<u>Push-Ups</u>	<u>Sit-Ups</u>	<u>Ab Circumference</u>
<30	14:26	18	38	31.5"
30-39	14:26	14	29	31.5"

A one minute timed interval is used for push-ups and sit-ups.

#### 3.2. Physical Training Assessments.

3.2.1. Use approved PT Progress Check for all appraisals. The MTI counsels and motivates trainees at each PT session and after their 2 & 4 WOT appraisals. The timed run is assessed at the 1.5 mile point and push-ups and sit-ups are counted over a 1 minute interval. The champion chip system is required for the initial, 2nd, 4th and 7th WOT assessments. The MTI documents the initial, 2 & 4 WOT PT appraisal results in BTMS and posts on the dormitory bulletin board so trainees can track their progress.

3.2.2. MTIs/PT Supply NCO post results in BTMS within 24 hours of an assessment. The MTI will counsel trainees not meeting any WOT target listed in Table 3.2. and document the BMT Form 105/105a to include run times and number of push-ups and sit-ups. This provides a data trail of the trainee's progress.

3.2.2.1. The squadron PT NCO will ensure a time clock is utilized during all run assessments in the event of a champion chip system error.

3.2.2.2. Once run times are entered into BTMS via champion chip or manual input, the run times are locked out and can only be unlocked by the technology development office at the request of a Instructor

supervisor or higher. Work order requests to unlock BTMS must be specific and include the name of the trainee(s) and changes required.

3.2.3. Use initial, 2nd, 4th and 7th WOT assessment to identify trainees requiring PT remediation (Table 3.2).

3.2.4. Squadrons perform the initial, 2nd, 4th, appraisals and 7th WOT PT test IAW progress check. The scheduled strength evaluations may be conducted in the RH&T overhang depending upon weather conditions. **NOTE:** Squadrons that share PT pads coordinate shared resources in order to accomplish evaluations.

3.2.5. Squadron strength assessments may have one MTI evaluating up to twelve trainees. Strongly recommend a 1:8 evaluation standard or better, if manning can support or as deemed necessary by the squadron commander with a minimum to four evaluators per flight. The squadron PT NCO is encouraged to provide MTI support and oversight during all PT evaluations. **NOTE:** Squadrons will not disrupt or pull MTIs from the daily PT session to assist with strength evaluations.

NOTE: Squadrons will determine the basic arrangement/configuration for strength evaluations. The MTI should ensure they position themselves in a manner to best view and evaluate push-ups, sit-ups and pull-ups.

3.2.6. A Instructor supervisor or higher will be present during all evaluations to ensure that the assessment is conducted IAW established standards and documentation of the appraisal/progress check is completed. The Instructor supervisor's will follow-up to ensure flight information is input into BTMS within 24 hours.

**Table 3.2. Week of Training Physical Training Targets.**

WEEK OF TRAINING	MALES	FEMALES	REMEDIATION/ACTION
Initial PT Assessment	Run: >18:30	Run: >21:35	<b>Aerobic:</b> consider discharge IAW AFI 36-2905 or other actions outlined in chapter 2 of this instruction.
	Push-ups: $\leq 5$ Sit-ups: $\leq 10$	Push-ups: $\leq 3$ Sit-ups: $\leq 5$	<b>Strength:</b> if a trainee cannot meet these targets the flight MTI <b>must</b> assign the trainee to mandatory supplemental core strength training outlined in Para 4.5. of this instruction until individual meets weekly targets.
2 WOT Appraisal	Run: >18:30	Run: >21:35	<b>Aerobic:</b> review records, trainees that were retained after a substandard initial assessment. Consider discharge IAW AFI 36-2905.
	Push-up: $\leq 12$ Sit-up: $\leq 16$	Push-Up: $\leq 5$ Sit-up: $\leq 10$	<b>Strength:</b> in addition to the normal PT program, trainees <b>must</b> participate in mandatory supplemental core strength training outlined in Para 4.5., and conduct one-by-three strength training three times a day and IAW Para 4.5.2., until member meets weekly appraisal targets.  <b>NOTE:</b> Do not recycle or conduct re-evaluations for trainees for failure to meet 2 and 4 WOT appraisal targets.
4 WOT Appraisal	Run: > 14:45	Run: > 16:45	<b>Aerobic:</b> the flight MTI will notify their IS when trainee(s) fail to meet a 4 WOT PT target. The MTI and IS in-turn will counsel the trainee(s) to determine problem and consider any health or injury related difficulties. Provide individualized assistance, motivation and oversight to ensure appropriate levels of effort during weekly aerobic run sessions.
	Push-up: $\leq 18$ Sit-up: $\leq 20$	Push-Up: $\leq 10$ Sit-up: $\leq 16$	<b>Strength:</b> in addition to the normal PT program trainees <b>must</b> participate in one-by-three strength training three times a day and IAW Para 4.5.2. until member meets weekly appraisal targets
7 WOT	Refer to Table 3.1.	Refer to Table 3.1.	Individuals unable to meet the Air Force Fitness Assessment are enrolled in the Get-Fit Program for remediation in the deficient fitness area(s).  <b>NOTE:</b> Although some trainees may require Get-Fit remediation in the 7 WOT; some may graduate on-time if afforded the chance to meet graduation standards with the normal training cycle.

**3.3. Final PT Evaluation.**

3.3.1. The fitness graduation requirement for BMT PT is the Air Force standard outlined in AFI 36-2905, *Fitness Program* (**Note: BMT fitness targets assure trainees will meet this standard**) . Conduct the final PT evaluation NET Monday of the 7 WOT and NLT Sunday of the 7 WOT. **NOTE:** There is no IDMT support on Sundays, therefore conduct only strength re-evaluations on this day. Performing final PT

evaluation outside the 7WOT requires squadron commander approval (e.g. medical waiver expiring in the 8WOT). If approved, the final PT evaluation must occur NLT Monday of the 8 WOT to allow for potential re-evaluations prior to graduation. The flight MTI annotates the approval in BTMS.

**NOTE:** Allow trainees with limiting waivers to perform supervised PT at their own pace IAW waiver. Squadron leadership may authorize up to an additional 72 hours of recuperation once trainees are released from a waiver.

3.3.2. Conduct final PT evaluations IAW Progress Check. Trainees must meet or exceed Air Force Fitness Assessment (FA) standards. Trainee must achieve a composite score  $\geq 75$  **AND** meet **ALL** minimum component areas IAW AFI 36-2905 *Fitness Program*.

3.3.3. Training squadrons will use the champion chip system to conduct all 1.5 mile run evaluations.

**Table 3.3. Final 7 WOT Fitness Evaluation.**

Final Fitness Evaluation	Action
Trainee passes all AF FA components w/composite $\geq 75$ and the BMT Fitness Targets	Continue in training.
Trainee passes all AF Fitness Assessment components and the composite $\geq 75$ but does not meet the BMT Targets*	Continue in training. *Sq/CC 105a counseling comments. This is required anytime a trainee meets the AF FA standards but does not meet BMT targets (refer to Para 3.4.6.).
Trainee fails to meet an AF Fitness Assessment component(s)	Squadron may provide trainee two re-evaluations in deficient components(s). If trainees pass the AF component and composite, continue in training. If they fail to pass components and composite score, transfer to 324 TRS, Get Fit Program.
Trainee meets all AF FA minimum components requirements but fails to meet the $\geq 75$ composite requirement	The MTI and Instructor Supervisor will review the trainee's fitness assessment and recommend the most appropriate area(s) for re-evaluation. If the trainee has not met the 75 composite score minimum, they will consider the MTI and Instructor Supervisor recommendations and make a final decision on which components to re-test. Document the recommendation and trainee decision on the BMT Form 105a. Any failed component will be re-evaluated. Squadrons may provide trainees up to 2 re-evaluations. <b>NOTE:</b> if electing to re-evaluate any component(s), the previous performance will no longer count and the re-evaluation performance will stand. If a trainee cannot to pass both the component and composite score minimums, transfer to 324 TRS, Get Fit Program.

3.3.4. Trainees who fail to meet Air Force Fitness Assessment (FA) standards will be reevaluated NLT Sunday of the 7 WOT.

3.3.4.1. The MTI must conduct formal counseling with the trainee after the initial failure and prior to the first re-evaluation; provide feedback and support as to the specific deficiency. Document the counseling on the BMT Form 105a.

3.3.4.2. Provide sufficient rest and recovery between re-evaluations. Consider the intensity of the component completed. Some period of rest is desirable to allow for adequate muscle recovery. As a rule back to back testing is not wise as it does not allow for adequate muscle recovery, making trainee success more difficult. For aerobic retesting provide the trainee at approximately 24 hours rest between retesting. For muscular components provide at least 12 hours between retesting (with no MTI Tools).

NOTE: The champion chip timing system is not required for re-evaluations or small numbers of make-up trainees.

3.3.4.3. The Instructor Supervisor must conduct formal counseling when the trainee has failed a re-evaluation. Prior to the second re-evaluation; provide feedback and support as to the specific deficiency. Document the counseling on the BMT Form 105a.

**NOTE:** Brief trainees prior to final re-evaluation that if they fail they will be entered into the “Get Fit” program and will be required to retest on all the fitness component(s) (e.g., 1.5 mile run, push-ups, sit-ups and abdominal circumference).

3.3.5. If the trainee has completed all components satisfactorily, input final scores in BTMS under “PT Final” evaluation and ensure composite score is  $\geq 75$ .

3.3.6. If a trainee does not pass all component areas after two re-evaluation attempts, document scores in BTMS and add comments to the BMT Form 105a indicating they are being transferred to the 324 TRS and entered into the “Get Fit” Program. All Get-Fit transfers must be loaded in BTMS NLT 1700 Mon 8WOT.

3.3.7. Physical Training Waiver. The Squadron Commander is the waiver authority for the Physical Training evaluation. A PT waiver may be granted if a trainee is ill or on a profile/waiver in the 7 WOT however, **ONLY** if they passed ALL elements of the fitness test in a previous (e.g. 2nd or 4th Week) appraisal and achieved an overall  $\geq 75$  composite score. NOTE: Do not mix/match evaluation scores from different weeks of training and appraisals. If the waiver is approved, the flight MTI must update BTMS “Final PT” score with the waived fitness scores and annotate comments on the BMT Form 105a, *Training Record Continuation Sheet* that the waiver was approved.

### 3.4. Final PT Administrative Functions.

3.4.1. Conduct an Abdominal Circumference (AC) Assessment on all trainees on the same day they perform their final PT assessment and enter information into BTMS.

3.4.1.1. A MTI will conduct the AC measurement in a day room or other suitable area. MTIs conducting AC measurements will be of the same gender as the member being taped and will have another member of the same gender present during taping.

3.4.1.2. Tape measure made of non-stretch (fiberglass) material will be used for the AC.

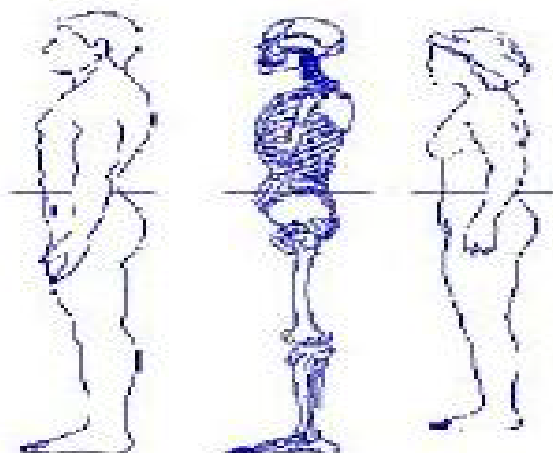
3.4.1.3. Member will stand looking straight ahead with arms down to sides.

3.4.1.4. Tester will stand on the right side of the member.

3.4.1.5. Measurement will be taken on bare skin.

3.4.1.6. Tester will locate a horizontal landmark just above the right iliac crest.

**Figure 3.1. Measuring Tape Position for Abdominal Circumference.**



3.4.1.7. Tester will place the tape on a horizontal plane around the abdomen at the level of the landmark. Ensure the plane of the tape is parallel to the floor and is snug, but does not compress the skin. Take the measurement at the end of a normal respiration.

3.4.1.8. Take the circumference measure and record each measurement, rounding down to the nearest ½ inch. Record this value as the AC measurement.

3.4.2. Enter run time, number of push-ups, sit-ups and pull-ups into BTMS for the initial and any subsequent re-evaluations. If a waiver is approved by the squadron commander, input the waived data as the trainee's final PT score and ensure the LAFB Form 105a and 205 indicates the individual was waived.

**NOTE:** Under no circumstances will a trainee who has passed the PT objective retest in an attempt to get a higher score for honor graduate or fitness awards.

3.4.3. BTMS automatically populates the BMT Form 105 and 205 with all of the trainee's PT data.

3.4.4. Instructor Supervisors must review BTMS to ensure final, re-evaluated or waived PT scores are annotated on the BMT Form 105 and 205 and that they reflect passing Air Force Fitness Assessment standards (component and composite). This must be accomplished prior to printing out LAFB Form 205.

**NOTE:** It is essential that MTIs, Instructor Sups and the SS ensure all trainee data is input into BTMS NLT 2200 hrs on Sunday of the 7 WOT. If any information is omitted, trainee(s) may not appear on the honor graduate candidate list and the top PT individual/flights.

3.4.5. **MTIs** will provide graduating Airmen their Fitness composite score to compare with the active duty AF standard which they will be evaluated on twice a year. This allows them to assess their preparation for fitness as a lifestyle.

3.4.6. Squadron commanders must provide documented counseling (BMT Form 105a) for trainees that fall below the BMT fitness targets but meet the Air Force Fitness Assessment. Trainees must be *“advised to continue a rigorous PT program; preferably the same six day weekly BMT program in order to achieve continued success in the Air Force.”* **NOTE:** MTIs may document on the BMT Form 105a stating that

the counseling session was completed on the trainee by the Squadron Commander, trainees must sign acknowledgement of counseling.

### 3.5. Fitness Recognition.

FITNESS CATAGORY	FINAL FITNESS EVALUATION	RECOGNITION
Top PT Male/Female	1. Fitness Composite Score 2. Fastest run time in week group 3. Waist Circumference 4. Sit-ups/Push-ups	Sunday town pass, certificate, BMT Top Performer T-shirt and the privilege of running with the group commander at the front of the Airman's Run
Top PT Flight Male/Female	Overall flight fastest average run time in BMT week group	Sunday town pass
Warhawk	AF Fitness Assessment "100"	Sunday town pass and BMT fitness certificate
Thunderbolt	AF Fitness Assessment "90-99"	BMT fitness certificate

3.5.1. Battlefield Airman candidates are issued a blue armband with corresponding "Warhawk or Thunderbolt" patch and wear the armband/patch during all PT sessions until after the final PT evaluation. Arms bands and patches are maintained by the PT NCO.

### 3.6. Fitness Awards.

3.6.1. The PT NCO and flight MTIs must ensure all PT evaluation results and abdominal measurements are posted in BTMS NLT 2200 hrs on Sunday of the 7 WOT so that individuals and flights may be considered for and receive their awards in a timely manner. Awards are based on results pulled from the database on Monday of the 8 WOT.

3.6.2. The forms portion of BTMS lists all individuals who qualify for awards. Squadron Supervisory personnel will prepare the certificates for presentation.

3.6.3. The flight MTI will present fitness excellence certificates for Thunderbolt and Warhawk achievers during the 8WOT. The 737 TRG/CC or designated representative will present awards and recognize the top male and female athlete and flights during the 8 WOT. The top PT male/female and top flight award are based on requirements in Table 3.5., Fitness Recognition.

### 3.7. Get-Fit Program.

3.7.1. Trainees are entered into the Get-Fit program in the 324th Training Squadron if they have failed to successfully pass the Air Force Fitness Assessment. Trainees are reevaluated the day after arrival to Get-Fit, if they pass ALL the component area(s) and achieve  $\geq 75$  composite score they are returned to training.

3.7.2. Trainees not returned to training are entered into a 30 day Get-Fit program in order to address fitness deficiencies. Trainees receive weekly training in fundamentals of nutrition, healthy lifestyle, and fitness. Get Fit program instructors perform an initial review of trainee's records and implement a fitness regimen focusing on weak areas.

3.7.4. Trainees remain in the Get-Fit program until they successfully meet Air Force fitness standards or are considered for discharge after 30-days. All extensions past 30-days are reviewed by the Squadron Superintendent and Squadron Commander. .



## CHAPTER 4

### DAILY PT OPERATIONS AND MTI RESPONSIBILITIES

#### 4.1. General Information.

4.1.0. MTIs participate with their flight's PT unless exempt by the squadron superintendent. Participation includes performing PT with their flights, making corrections to ensure proper form, motivating trainees to do their best and encouraging those who exceed standards to excel even further. Encourage trainees to motivate each other.

4.1.1. The PT NCO or designated alternate will:

4.1.1.1. Monitor the PT session to ensure all requirements of this instruction are followed; immediately notify the squadron superintendent of deviations.

4.1.1.2. Lead PT sessions, designate an MTI to demonstrate proper technique while trainees perform the exercises.

4.1.1.3. Ensure PT assessments are accomplished, set-up, monitor and upload champion chip run results in BTMS

4.1.1.4. Set-up time clock as a back-up for run assessments in the event of champion chip system errors

4.1.1.5. Attend PT NCO meetings conducted by the group

#### 4.1.2. Flight PT Monitor Responsibilities.

4.1.2.1. Selection of the flight PT monitor should be based on excellent individual fitness skills and form. Their primary goal is to help flight members in preparation for PT Evals and assist with proper form.

4.1.2.2. PT monitor reviews the initial, 2 & 4 WOT PT appraisal results posted on the dormitory bulletin board to identify individuals struggling to meet requirements

4.1.2.3. Assist flight members with proper sit-up and push-up form; they may conduct one set of 1x3 exercises every evening in the dormitory prior to lights out.

4.1.2.4. Monitor flight member's progress and report deficiencies to the flight MTI.

4.1.2.5. Notify the flight MTI if required individuals did not attend supplemental PT sessions.

4.1.2.6. Under no circumstances will the flight PT monitor haze, punish or conduct MTI tools (motivation training).

#### 4.2. Notional Weekly PT Schedule.

4.2.1. Ensure a minimum of three run days a week. When feasible, replace a muscular fitness training day with any missed aerobic run day. Flight MTIs must replace missed muscular fitness training with one-by-three exercises.

**Figure 4.1. Typical Weekly PT Schedule.**

<b>NOTIONAL WEEKLY PT SCHEDULE</b>					
All weeks of training except BEAST and Graduation Weeks					
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>
Run with Intervals	Muscular Fitness	Run with Intervals	Muscular Fitness	Run with Intervals or PT Appraisal or Progress Check	Muscular Fitness

**NOTE:** Squadrons that share PT pads will schedule/de-conflict PT appropriately.

### 4.3. Aerobic Training.

4.3.1. The run is the most important element of the BMT fitness program and science indicates its most closely associated with good health. It's also the most difficult to rapidly improve.

4.3.2. Prior to all PT sessions, the flight MTI pre-briefs trainees on their lane assignment/Ability Group (AG), based on their run speed ability from their last PT assessment and posts this information on the dormitory bulletin board. Flight MTI issues reflective belts during evening briefing according to their AG. **NOTE:** This is a commanders emphasis item and Stan Eval will conduct periodic checks to ensure trainees know lane assignments and are compliant.

4.3.3. The PT NCO may need to make adjustments to the number of MTIs based on flight loads but should follow the intent of figure 4.2. and 4.3.

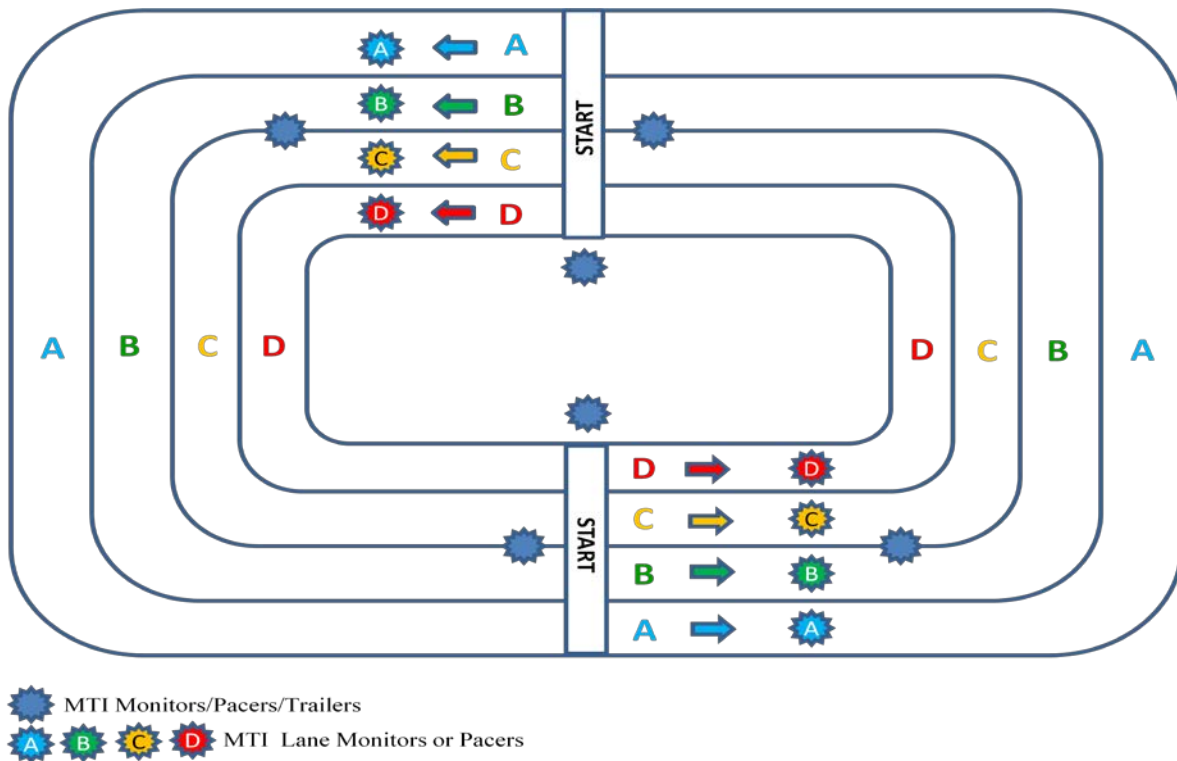
4.3.4. MTIs monitoring lanes will divide their assigned group in half and begin at two opposite track locations (as identified on figure 4.2)

4.3.4.1. Screen trainees for appropriate ability group. The ability group will be easily identifiable with reflective belts (e.g. A = blue, B = green, C = yellow, D = Red reflective belts). Their movement into other ability groups can be easily monitored. Do not issue reflective belts to BA.

4.3.4.2. Assign white reflective belts to pacers in each ability group. Trainees selected for this assignment should be proficient at running an even continuous 2:15-minute pace. MTIs may serve as pacers for ability groups by wearing orange reflective vest. Squadrons may elect to have one MTI pacer per lane in each group or a single pacer for each start group. Stress the importance of maintaining an even 2:15-minute pace with chosen pacers; and that too fast is as bad as too slow.

**NOTE:** the use of colored reflective belts for all trainees may require workarounds until sufficient resources are not available.

**Figure 4.2. PT Pad Ability Group Lane Assignment/Configuration (Example).**



**NOTE:** Total MTIs required to adequately monitor run session is dependant on the flight load for the day.

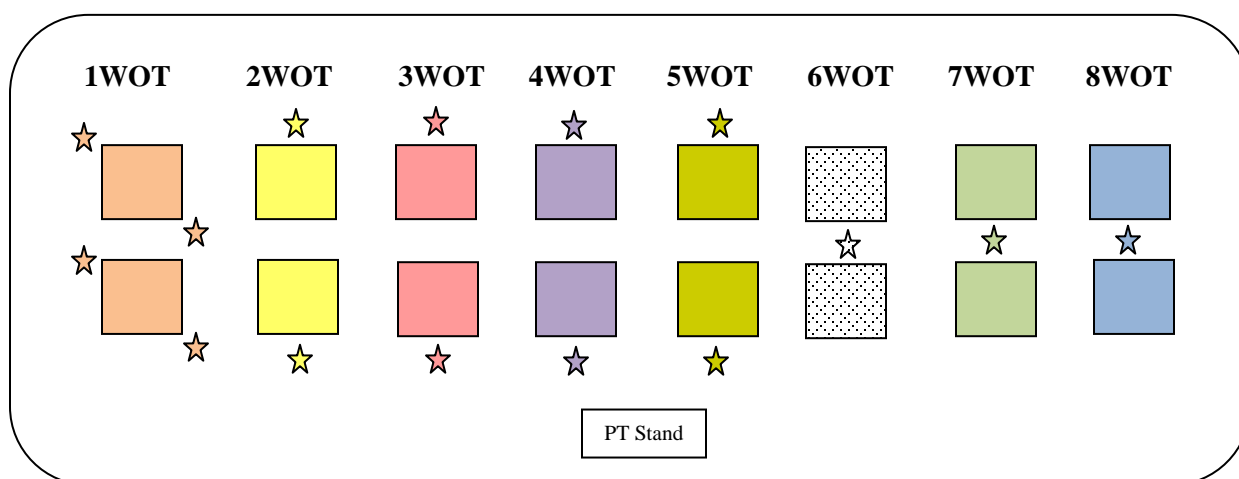
4.3.5. Other than safety, the **NUMBER 1 PRIORITY**- MTIs assigned at start gates monitor pacers and groups assigned and ensure run is not too fast or slow.

Figure 4.3. BMT Aerobic Training Program.

AEROBIC (RUN) TRAINING DAYS		Approx: 37- 41 Minutes
Task	Instructional Points	Time
<b>Transit/Brisk Walk</b>	Brisk walk from the squadron to the PT pad. Reveille, Roll Call, AF Song, Airman's Creed.	5-7 minutes
<b>Pre-Exercise Warm-up</b>	Conduct the pre-exercise warm-ups from figure 4.5. <b>NOTE: DO NOT stretch prior to exercising--this may cause injury.</b>	3 minutes
<b>Timed Run</b> <i>Ability Groups &amp; MTI Responsibilities</i>	Timed running regiment based on ability group runners. <b>(2:15 minute laps)</b> <b>NOTE: This is not a formation run, do not call pace cadence.</b>	13-15 minutes
<b>F</b> >17:35 males >19:35 females	1- MTI monitors trainees on the rubber track. All trainees in the aerobic "F" ability group must be moved up to "D" ability group by the end of the 2 WOT.	
<b>D</b> 14:26 – 17:35	2- MTIs may serve as pacers/monitors for ability groups (pace 2:15 min laps)	
<b>C</b> 12:54 -14:25	2- MTIs may serve as pacers/monitors for ability groups (pace 2:15 min laps)	
<b>B</b> 11:39 – 12:53	2- MTIs may serve as pacers/monitors for ability groups (pace 2:15 min laps)	
<b>A</b> < 11:39	2- MTIs may serve as pacers/monitors for ability groups (pace 2:15 min laps)	
Trailers	1MTIs trails each start group to maintain the integrity paced run. Monitor trainees that do not maintain pace and move to them to another lane as appropriate or inside the track.	
Inside Track Monitors	2 - MTIs (minimum) are required to monitor the start gates and clocks to ensure pacers and groups are maintaining 2:15 minutes pace during timed run and monitor trainees that fall out to the inside of the track.	
<b>Self Paced Run</b>	Begins after the timed run and trainees remain in assigned lanes	10 minutes
<b>Brisk Walk</b>	Begins after the last ability group has completed their self paced run. Trainees remain in the assigned ability group lane during this walk.	1 minute
<b>Interval Runs (A-D)</b>	Run intervals alternate between running and walking maintaining a heart rate between 180 beats per minute to 120 beats per minute for aerobic conditioning. Trainees will complete six repetitions running and walking. Trainees for each repetition will run for 30 seconds and walk for 30 seconds.	6 minutes
AEROBIC (RUN) OBSERVATIONS/CORRECTIONS		
Explain & Demonstrate		
<ul style="list-style-type: none"> <li>Do not lean forward</li> <li>Keep upper body straight</li> <li>Keep head-up; look forward</li> <li>Keep body relaxed, shoulder upright (not scrunching) and core stable</li> </ul>		<ul style="list-style-type: none"> <li>Land feet gently on ball of foot, do not land on heels or toes</li> <li>Do not overextend stride; keep center of gravity underbody; increase frequency of steps</li> </ul>

#### 4.4. Anaerobic (Strength) Training.

**Figure 4.4. PT PAD FORMATION ANAEROBIC TRAINING**



☆ **MTI Oversight** (Example only, actual is based on flight loads/WOT. The intent is to assign additional instructors from the 6-8 WOT to the 1WOT flights).

**Figure 4.5. Pre-Exercise Warm-up.**

1. PRE-EXERCISE WARM-UP:		3 minutes
Warm-ups raise core body temperature, helping muscles and joints move through a range of motion without overloading them. They should be done in a smooth, fluid motion. <b>NOTE: DO NOT stretch prior to exercising--this may cause injury.</b>		
Task	Instructional Points	Time
Personal warm-up	Examples: head rolls, shoulder shrugs, arm rotations, leg swings.	N/A
Warm-up exercises: Arm Rotations (standing up) Torso Twists (standing up) Knee Lifts (standing up) Knee to Chest (lying down) Leg Over (lying down) Knee Over (lying down)	Instructors' monitor warm-up exercises for proper form.	3-minutes

4.4.1. The BMT strength training goal is quality of exercises first (proper form) and quantity second. Repetitions for all sets of exercises should be consistent rather than many repetitions for the first set followed by fewer and fewer repetitions for the remaining sets. Only when consistency in the number of repetitions across all sets is achieved is the trainee ready to safely increase the number of repetitions for each set. **Battle Field Airmen will perform 8 WOT repetitions for push-ups and sit-ups.**

4.4.2. Trainees that clearly exceed WOT exercise repetitions may be moved up to the next highest WOT level. If trainees experience difficulties performing all repetitions in a set, motivate them to continue using a modified push-up or sit-up. **NOTE:** trainees should perform three satisfactory sets of push-ups and sit-ups prior to advancing early to the next level.

**Figure 4.6. Muscular Fitness Regimen.**

2. MUSCULAR FITNESS EXERCISE REGIMEN:				(40-45 minutes)		
Instructor or designated PT monitor must maintain control of the group and count cadence for each set of exercises.						
WOT		1/2	3/4	5	6/7/8	
Exercise	Sets	Reps	Reps	Reps	Reps	Counts
1. Sit-ups ( <b>Paired</b> )	3	8-15	10-20	15-25	20-30	2
2. Push-ups	3	8-15	10-20	15-25	20-30	2
3. Arm Rotations	2	20 sec	20 sec	20 sec	20 sec	N/A
4. Partial Squats	3	8	10	15	20	2
5. Knee Lifts (standing)	2	20 sec	20 sec	20 sec	20 sec	N/A
6. Squat Thrust	2	8	12	15	20	4
7. Arm Rotations	1	20 sec	20 sec	20 sec	20 sec	N/A
8. Cross-knee Crunches ( <b>Paired</b> )	3	8-15	10-20	15-25	20-30	4
9. Pyramid Repetitions (Push-ups/Shoulder Press)	1	5	6	7	8	2
10. Leg Lifts	2	8-15	10-20	15-30	20-30	4
11. Knee Over (lying down)	1	20 sec	20 sec	20 sec	20 sec	N/A
Hydration	1 minute					
12. Pull-ups	3	1x3 max of trainees ability				
13. Hanging Leg Raises (standing)	1	10 repetitions				
OBSERVATIONS/CORRECTIONS						
Push-ups	Explain & Demonstrate					
<ul style="list-style-type: none"><li>• The back and legs are straight and off the floor, maintaining a straight line from head to heel.</li><li>• Hands and arms fully extended and shoulder width apart</li><li>• Feet no more than 12 inches apart</li><li>• Hands and toes will remain on the ground during the entire exercise</li><li>• When lowering the body to the ground ensure elbows are at a 90 degree angle</li><li>• When lowering the body ensure the upper body is parallel to the ground</li><li>• Make sure the body does not bounce off the ground</li></ul>						
Sit-ups	Explain & Demonstrate					
<ul style="list-style-type: none"><li>• Lying on your back, knees bent at a 90 degree angle</li><li>• Ensure arms are crossed over the chest</li><li>• Hand at shoulder level or resting on upper chest</li><li>• Keep the chin off the chest</li><li>• Elbows touch thigh or knee</li><li>• Ensure shoulder blades touch the ground when going down</li></ul>						
Pull-ups	Explain & Demonstrate					
<ul style="list-style-type: none"><li>• Starting position; arms fully extended and hands facing away (true pull-up)</li><li>• Chin above bar</li></ul>						

<b>3. POST-EXERCISE COOL DOWN: (10 minutes)</b>		
All stretches will last 10–15 seconds. Each stretch only needs to be done once (or once for each side of the body).		
<b>Task</b>	<b>Instructional Points</b>	<b>Time</b>
Stretching regimen 1. Abdominal 2. Chest 3. Upper back 4. Rear deltoid: neck, shoulder (left, right) 5. Triceps (left, right) 6. Hamstring (left, right) 7. Adductor (Groin) 8. Thigh (left, right) 9. Calf (left, right) 10. Side bend (left, right)	Monitor/remind trainees that stretches are done to the point of gentle tension; there should be no pain when stretching.  Monitor/remind trainees never to bounce while stretching.  Monitor/remind trainees not to hold their breath while stretching--to breathe out upon exertion.	10 minutes

#### **4.5. Supplemental Strength Training.**

4.5.1. Trainees attend core strength training 2 to 3 times a week in one hour sessions. Supplemental core strength training is conducted on aerobic days only. During the summer schedule PT NCOs will conduct supplemental core strength training in the evening and ensure it does not conflict with other scheduled activities. During the winter schedule conduct supplemental core strength training NET thirty minutes after the aerobic run. This allows trainee to utilize the latrine and refill canteens.

##### **4.5.1.1. Required Materials.**

4.5.1.1.1. Four (4) medicine balls, two (2) 12lb strength bars; two (2) 18lb strength bars; three (3) strength band packs.

##### **4.5.1.2. Exercise Procedures:**

4.5.1.2.1. Perform these supplemental exercises after the 2 WOT assessment in addition to (not instead of) daily PT sessions.

4.5.1.2.2. Perform each exercise below for 1 minute each (total time for all exercises = 7 minutes plus rest in between). The following exercises target the abdominal muscles and core body: Medicine Ball, Oblique's w/ Medicine ball, Reverse Curl, Planks The following exercises target the chest: Planks, Level Press, Chest Press with Strength Bar, and Push-Ups w/ Band.

##### **4.5.1.3. Instructions for abdominal exercises:**

##### **4.5.1.3.1. Medicine Ball Obliques.**

1. Starting Position: Lie on your back and raise your legs with your knees bent.
2. Holding a medicine ball between your knees rotate your legs to the side and then return to the starting position. Repeat to the other side.

#### 4.5.1.3.2. **Reverse Curls.**

1. Start position: Lie with back on floor or bench with hips flexed at 90 degrees and feet in air holding onto a medicine ball. Position arms at sides with palms down on floor.
2. Leading with the heels towards the ceiling, raise glutes (butt) off floor or bench.
3. Return to start position.
4. Remember keep legs from swinging to prevent momentum throughout the exercise.

#### 4.5.1.3.3. **Prone Bridge (Planks).**

1. In a face down position, balance on the tips of your toes and elbows while attempting to maintain a straight line from heels to head.
2. This exercise focuses on both the anterior and posterior muscle groups of the trunk and pelvis.

#### 4.5.1.4. **Instructions for Chest Exercises:**

##### 4.5.1.4.1. **Prone Bridge to Push-ups.**

1. Start in the prone bridge position and hold it for 15 seconds (tell the trainee to count to 10 mississippi)
2. After 15 seconds move to the push up position without dropping to a knee. Perform a pushup and return to the prone bridge position

##### 4.5.1.4.2. **Bar Press.**

1. Begin with holding strength bar with arms fully extended around your thighs.
2. Pull Bar up to your chest to complete count 1.
3. From count one fully extend your arms outward so your arms are parallel to the ground and bring back to chest to complete count two.
4. To complete count three press the bar over head with arms fully extended, reverse order to complete one full rotation.

##### 4.5.1.4.3. **Chest Press.**

1. Starting on back grasp the bar shoulder length apart, simply press the bar from the chest with arms fully extended to complete count one
2. To complete count two lower the bar to chest so upper arm is at 90 degree angle (note: upper arm will come in contact with ground surface so emphasize control of the weight to avoid injury)

##### 4.5.1.4.4. **Push-Up with Strength Band.**

1. Prior to getting in the starting position for push- ups have trainee wrap strength band around hands and across back.
2. Trainee then performs pushups using strength band (note: strength band will slide off if trainee form is not correct)



#### 4.5.2. Supplemental Muscular (Push-ups, Sit-ups) One-by-Three Training.

4.5.2. 1. One-by-Three training has been proven to be the fastest and safest way to increase an individual's overall strength, when done correctly. One-by-Three training is mandatory for trainees not meeting 2 and 4 WOT fitness targets (Table 3.2.) and is highly encouraged for all trainees performing poorly.

4.5.2.2. One-by-Three strength training is **NOT** a substitute for regularly scheduled PT. MTIs have the option of using any available squadron training time (STT) to conduct One-by-Three strength training (e.g., dormitory or under the overhang).

4.5.2.3. One-by-Three exercises are **limited to no more three sets in a day.**

4.5.2.4. **Description:** - Take the # of push-ups or sit-ups last recorded in the Airman database and divide that number by three (round down if the number is even). Trainees must meet this number three times over three one minute sets. **When the trainee has reached the number, they rest for the remainder of the minute. DO NOT force or allow trainees to continue to perform once they have reached that number; the rest cycle is important.**

**EXAMPLE (Sit-ups):** Divide fifteen (15) by three (3) = 5 sit-ups repetitions

Set 1 - 5 sit-ups 1 minute; if completed before a minute is up rest/recover until the MTI begins the next minute cycle.

Set 2 - 5 sit-ups in 1 minute; if complete before a minute is up rest/recover until the MTI begins the next minute cycle.

Set 3 - 5 sit-ups in 1 minute; if completed before a minute is up rest/recover.

4.5.2.5. Encourage trainees to gradually increase the number of repetitions done in the one minute cycle each new day; as this is the way to most quickly achieve improvement.

4.5.2.6. Remind trainees that once one of the exercises (full three minute cycle for either push-ups or sit-ups) is completed, begin the cycle for the other exercise following the exact same procedures, ensuring they adhere to the rest cycle.

#### 4.5.3. Supplemental Muscular (Pull-ups), Fitness Building Exercises.

4.5.3.1. Trainees may perform up to three, ten second pull-up sessions each per day, M-S.

**Exception:** BA Airmen must do three daily pull-up sessions, M-S in lieu of procedures described in paragraph 4.5.3.2., below, BA Airmen should conduct this training as a 1 x 3 session which is more demanding.

4.5.3.2. Each pull up session will consist of a ten second period during which the trainee will accomplish as many pull-ups, correctly, as possible.

4.5.3.3. Encourage any one of the following alternative pull-up forms for struggling trainees: 1) trainees may simply hang from the bar, 2) while hanging from the bar may raise their knees up, or 3) may place their feet on the ground in front of plane made by the bar so the body is slanted (bar must be low enough) and pull their body toward the bar while their feet remain on the ground. **Note:** these

alternate pull-up forms are effective in safely building upper body strength needed to eventually complete the full pull-up.

4.5.3.4. Spotters will assist individuals, if necessary in mounting the pull-up bar and conducting pull-ups. Trainees who are waiting to do the exercise stand at least 3 feet back from the trainee performing the exercise.

4.5.3.5. Squadrons will adjust pull-up bars to accommodate flight composition/trainee heights to ensure their effective use.

#### **SESSION EXAMPLE:**

- a. MTI lines trainees up behind pull-up bars by approximate height.
- b. MTI gives commands such as mount and dismount pull-up bars, e.g., "Mount pull up bars" (MTI monitors 10 seconds of pull-ups while ensuring correct form or alternate form is used, as necessary)
- c. After 10 seconds MTI gives command "Dismount".
- d. MTI repeats (a-c) with subsequent lines of trainees until the entire flight has completed one 10 second session per trainee .
- e. MTI may conduct this session up to three times per day, M-S (Exception: three 1 x 3 sessions per day, M-S, are mandatory for BA Airman)

#### **4.5.4. Pull-Up Bar Placement and Safety.**

4.5.4.1. Pull-up bars should also be placed in a manner such that there is adequate clearance from adjacent doorways, and at least 3 feet of clearance from marching routes. (i.e. don't place the equipment along the outer walls). Pull-up bars should be placed away from mechanical rooms/industrial areas/electrical closets and should be placed along inner walls of the overhang. There should be 3-4 inches between each piece of equipment.

4.5.4.2. Ensure striped yellow/black "caution" tape is wrapped around the base of the pull-up bars to help avert tripping. The tape should be along the outermost portion of the bars.

///signed, djl, 19 Dec 2012///

DEBORAH J. LIDDICK, Colonel, USAF  
Commander