

**JOINT BASE SAN ANTONIO**

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## **Instruction 36-1802**

### **PHYSICAL FITNESS STANDARDS AND TESTING**

**Effective Date:** 1 November 2024

**Supersedes:** Instruction 36-1802, 1 April 2024

**Certified by:** Col Rebecca S. Hall, 502 FSS/CC

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#### **1. PURPOSE**

This instruction establishes local procedures for physical fitness assessment scheduling, preparation, and remedial fitness programs at JBSA.

#### **2. FITNESS ASSESSMENT SCHEDULING**

- 2.1. All military personnel complete a PFA annually. Members scoring 90+ test every 12 months; below 90 test every 6 months.
- 2.2. Schedule through myFSS portal 30 days prior to due date.
- 2.3. Members may now request alternative testing dates for shift workers and 24-hour operations personnel. Requests must be coordinated through the unit Fitness Program Manager.

#### **3. TESTING PROCEDURES**

- 3.1. Assessments consist of aerobic (1.5-mile run, 20-meter HAMR shuttle, or approved alternative), push-ups, and sit-ups or cross-leg reverse crunches.
- 3.2. Testing locations: Gillum Fitness Center (primary) or Rambler Fitness Center (alternate). Outdoor cancellation thresholds: heat index above 99°F or wind chill below 20°F.

#### **4. REMEDIAL FITNESS PROGRAM**

Members who fail are enrolled in Be Well for 90 days with mandatory sessions three times per week and nutritional counseling. Members may now also access virtual fitness coaching through the DAF wellness app.

#### **5. CHANGES FROM PREVIOUS VERSION**

- 5.1. Added HAMR shuttle and cross-leg reverse crunch as approved alternatives.
  - 5.2. Added shift worker alternative testing provisions (Section 2.3).
  - 5.3. Added virtual fitness coaching option.
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Date: 1 November 2024