DEPARTMENT OF THE ARMY
BRAVO COMPANY
TRAINING SUPPORT BATTALION
FORT JACKSON, SOUTH CAROLINA 29207

REPLY TO
ATTENTION OF

ATSG-SB-B 27 October 2009

MEMORANDUM FOR RECORD

SUBJECT: Policy Memorandum #9A Unit Physical Training Program

1. PURPOSE. To establish guidelines and objectives for physical fitness training.

2. OBJECTIVES. The Physical Fitness Training (PFT) Program has two objectives. First to improve the five components of fitness: cardio respiratory (CR) Endurance, muscular strength (MS), muscular endurance, flexibility, and body composition. Second, to get soldiers to the level of physical fitness required passing the end of cycle APFT.

3. CONDUCT.

a. APFT is from 0545– 0650, Monday, Wednesday and Friday. All personnel will participate. All APFT instructors will conduct risk assessment prior to initiating APFT.

b. The APFT program has three sections designed for daily physical training emphasizing workout progression and conforming to (CR) and muscular strength (MS): (1)Warm – up, (2) CR or MS activities are conducted on alternate days incorporating hard/recovery day concept, and (3) Cool down.

c. Push-ups and sit-ups may be conducted every day. However, do not perform exercise to muscle failure on CR days.

d. A minimum of 10 Pull Ups will be performed by all non-profile Soldiers Monday Wednesday and Thursday.

e. Vary APFT by MS/CR, circuit drills, guerrilla exercises, grass drills or relays.

f. Runs are structured by ability groups. A minimum of three ability groups will be used. One cadre member will be present with each group. Due to acclimatization, incoming soldiers will run in C group until they take a diagnostic APFT.

A - 1530 - under
B – 1531 – 1800
C – 1801 – above

4. UNIFORM. Uniform will be the army T-shirt, shorts, and/or sweats according to the season, white calf length socks and running shoes. Soldiers are authorized to wear gray or black spandex shorts under their PT shorts. Spandex shorts will not cover the knee. No logos will be visible on the spandex shorts or socks. The army PT shorts will be worn underneath the sweats if worn in accordance with AR 670-1– No exceptions.

5. PT TEST. Record APFT tests are conducted every Wednesday.

a. Record APFT. All students attending the Recruiting Retention School must pass a record APFT to meet graduation requirements. Students will take a record APFT NLT 3 weeks prior to his/her scheduled graduation date.

(1) Students who fail the initial record APFT will be flagged. Students who fail two consecutive APFTs can be separated IAW AR 635-200, Ch. 13, or returned to their National Guard/Reserve unit for disposition without a diploma.

(2) Enlisted Reserve, National Guard, and AGR soldiers will not be held past their scheduled graduation date to allow time to meet APFT standards. Notify the reserve component liaison SGM for disposition.

b. Testing Administration.

(1) NCOs will administer the record APFT to Bravo Company, TSB/Recruiting Retention School, students under Bravo Company, TSB, cadre supervision. APFT NCO will notify testing supervisor the Thursday prior to the test of the number to be tested and identify walkers. Soldiers must have a DA form 705 in their possession with the administrative data filled out.

6. PROFILES. Soldiers that obtain a profile while attending training will participate in the PFT program within the limits of their profile. Only soldiers with a T-3 or P-2 profile or higher may test using alternate events.

7. ENHANCEMENT PT.

a. The purpose of the Enhancement PT program is to improve the capability of selected soldiers. Enhancement PT is conducted: Tuesday and Thursday at 1700 at the Hampton Water Tower. A Senior instructor will assist on ways to improve soldier performance.

b. The following soldiers will be automatically enrolled in Enhancement PT: Soldiers who fail the record APFT, soldiers who are within 1 percent of their body fat requirement, and Soldiers that fall out of Company runs (Commander discretion). These actions are imposed at the commander’s discretion.

c. Students from the Company Commanders Course in B CO Physical Training Enhancement Program will conduct their enhancement PT Tuesday and Thursday mornings at 0600

8. COMPANY RUNS. The company will conduct one esprit run per month (Commanders discretion). The run will be no more than 4 miles and no less than 1 mile. The company commander or company 1SG will lead the company with the guidon. The company will maintain a 9:15 – 10:15 minute mile for the length of the run. The company will start together and finish together.

9. GENERAL. Road guards with vests and flashlights will be at the front and rear of each formation. Roads guard will be briefed prior to departing company area on road guard responsibilities. Designate personnel to assist with straggler control during runs and have the company van follow the formation in order to pick up stragglers. These personnel will ensure that personnel who cannot keep up with the main body are formed into an orderly sub-unit and continue to run. Cadence callers will not use lyrics that are offensive in nature.

10. INCENTIVES. Soldiers scoring at least 90 in every event on the PT test will not have to conduct Company PT for the remainder of the week. Attendance at formation is still required.

11. PT will not be conducted on the last work day prior to a 4-day or 3-day weekend. Instead of PT, a safety brief will be conducted.

PAUL A. NOCE
CPT, AG
Commanding