

**AETC INSTRUCTION 36-2216, 16 JUNE 2004**  
**ADMINISTRATION OF MILITARY STANDARDS AND DISCIPLINE TRAINING**  
**Chapter 7 excerpt pertaining to fitness**

7.11. Airmen in Phases I through III must complete 3 days of PRT per week unless specifically excused by an MTL for a valid appointment. (Only one PRT session may be missed due to valid appointment.) PRT sessions will consist of strength training, a 30-minute aerobic run, and stretching exercises. One PRT session may be the fitness evaluation for phase progression. All sessions will be preceded by pre-exercise limbering and end with a series of post-exercise stretches. Airmen in Phases IV and V will accomplish one PRT session and two self-directed PRT sessions per week. **EXCEPTION:** Pararescue, combat control, and survival, evasion, resistance, and escape (SERE) courses owned by the 334 TRS at Keesler AFB and 342 TRS at Lackland AFB and survival courses owned by the 336 TRG at Fairchild AFB are exempt from the PRT phase program requirement.

7.12. To progress beyond Phase II, Airmen must pass a timed 1.5-mile run and 1 minute each of crunches and pushups. The established phase progression standard for the timed 1.5-mile run is 11:45 for males and 13:45 for females; the 1-minute pushup standard is 45 for males and 27 for females; and the 1-minute crunch standard is 45 for males and females. Airmen on a medical waiver or physical profile who are unable to meet established PRT requirements will remain in their current phase and will not progress until requirements can be met.

7.13. Once a month, a fitness assessment consisting of a timed 1.5-mile run, 1 minute each of pushups and crunches, and waist circumference measurement will be accomplished for all NPS Airmen. The results will be used for phase progression and maintenance and as a data source for calculating a fitness composite score for the initial Air Force fitness assessment required prior to departing technical training. Fitness composite scores will also be tied to early Phase IV (at least 90 points) and honor flight programs.

7.14. To measure abdominal circumference, locate the upper hipbone and the top of the right iliac crest. Place a measuring tape (seamstress) in a horizontal plane around the abdomen just above the iliac crest. Before reading the tape measure, ensure the tape is snug against the skin, but does not compress the skin, and is parallel to the floor. Make the measurement at the end of a normal respiration. Take the circumference measurement three times and record each measurement down to the nearest 1/2 inch. If any of the measurements differ by more than 1 inch from the other two, take an additional measurement. Add the three closest measurements, divide by 3, and round down to the nearest 1/2 inch. Record this value as the abdominal circumference. NPS Airmen of the same gender will measure each other. MTLs or other qualified personnel of the same gender may also measure (or re-measure) to ensure accuracy.

7.15. To remain in their current phase, Airmen must pass the monthly timed 1.5-mile run and established crunch and pushup standards as defined in paragraph 7.12. Airmen not meeting the established standards will be required to retest within 1 week. (All portions will be reaccomplished.) If the established standards are still not met after the retest, Airmen will be placed in Phase II until they meet the established standard. Upon meeting the standard, Airmen will be returned to their previous phase.

7.16. Prior to departing technical training for their permanent duty station, Airmen are required to receive an Air Force fitness assessment composite score of greater than or equal to (>)75 points. (**EXCEPTION:** Airmen on a medical waiver or physical profile who cannot meet the minimum composite score of >75 points are authorized to depart technical training.) Each Airman's most recent fitness assessment score will be entered into the centralized Air Force fitness database. Airmen not meeting the composite score of >75 points after graduation will be placed in SUG status (SOTS after graduation-other, as defined in AETCI 36-2215, *Training Administration*) and entered into a supervised fitness improvement program (5 days per week) that is individualized for the failed components. Airmen may take a retest once a day until they meet the standards. **NOTE:** For ARC students: Report any delays in training as a result of an Air Force fitness assessment to the appropriate ARC training liaison.

7.17. The PRT session will be administered in the following order:

7.17.1. **Joint Rotation.** (1) Assume a standing position with arms hanging to the sides. (2) Start with the head and neck and work down to the feet by moving joints and muscles to limber up. (3) Continue this exercise for 2 minutes.

7.17.2. **Knee Lifts.** (1) Assume a standing position with arms hanging to the sides. (2) Without bouncing, alternately lift the knees waist high. (3) Use normal arm swing; may bend arms at 90 degrees. (3) Continue this exercise for 1 minute.

7.17.3. **Jumping Jacks (4-count, 1 set, 20 reps).** (1) Assume a standing position with arms hanging to the sides. (2) Jump slightly in the air while moving legs more than shoulder-width apart, swinging arms overhead, touching palms together. (3) Jump slightly in the air while swinging arms sideward and downward, returning to the starting position.

7.17.4. **Strength Exercises.** Alternate between exercises until all sets have been completed. Perform repetitions in unison at reasonable and regular intervals. For two-count exercises, the MTL will sound out "up, down," and Airmen will sound off with the current repetition. For four-count exercises, the MTL will sound off with "1, 2, 3 . . ." The fourth count will be silent, and Airmen will sound off with the number of the current repetition. The MTL or Airman leader will announce the exercise to perform ("Next exercise is the \_\_\_\_\_. Position of exercise, move. Exercise, begin.").

7.17.5. **Pushups (2-count, 3 sets, 20 reps).** (1) Assume a front-leaning position with arms shoulder width apart, feet together or up to 12 inches apart, with body forming a generally straight line from shoulders to ankles. (2) Keeping head up, lower body until upper arms are parallel to the ground. (3) Push up to the starting position by completely straightening arms.

7.17.6. **Crunches (2-count, 3 sets, 20 reps).** (1) Lie on back with feet together or up to 12 inches apart and knees bent at a 90-degree angle with a spotter holding feet at the ankles. (2) Place arms crossed over the chest with hands at the shoulders or resting on the upper chest. (3) Bring upper

body forward until elbows touch knees or upper thigh. (4) Lower back until shoulder blades touch the ground.

7.17.7. **Diamond Pushups (2-count, 2 sets, 10 reps).** (1) Assume a front-leaning position with fingers together or up to 4 inches apart, forming a diamond shape. (2) Place feet together or up to 12 inches apart with body forming a generally straight line from the shoulders to ankles. (3) Lower body until upper arms are parallel to the ground. (4) Push up to the starting position by completely straightening arms.

7.17.8. **Leg Lifts (4-count, slow cadence, 2 sets, 20 reps).** (1) Lay flat on back, hands beneath the buttocks, head raised, and knees slightly bent with feet approximately 6 inches off the ground. (2) On count one, raise legs to approximately 12 inches off the ground. (3) On count two, lower legs to approximately 6 inches off the ground. (4) On count three, spread legs approximately 2 feet apart while keeping them off the ground. (5) On count four, bring feet together to the original starting position, 6 inches off the ground. (**NOTE:** Do not let feet touch the ground while performing this exercise.)

7.17.9. **Aerobic Run.** Perform a 30-minute aerobic run.

7.17.10. **Recovery.** During recovery after 30-minute aerobic or timed 1.5 mile run, walk and/or stretch approximately 5 minutes.

7.17.11. **Stretching.** Accomplish the following stretching exercises after the 30-minute aerobic or timed 1.5-mile run:

7.17.11.1. **Abdominal.** (1) Stand and extend arms upward and overhead. (2) Interlace fingers; palms up, stretch arms up and slightly back.

7.17.11.2. **Chest.** (1) Stand and interlace fingers behind back. (2) Lift arms behind back so they move outward and away from body. (3) Lean forward from the waist. (4) Bend knees and lower arms before returning to the standing position.

7.17.11.3. **Upper Back.** (1) Stand with arms extended to the front at shoulder height, fingers interlaced, palms facing outward. (2) Extend arms and shoulders forward.

7.17.11.4. **Rear Deltoid - Neck and Shoulder.** (1) Stand with feet shoulder-width apart, arms behind body. (2) With right hand, grasp left wrist behind body, pull left arm down and to right. (3) Tilt head to right. (4) Return to start position. Then repeat procedures with right wrist, pull right arm down and to left. (5) Tilt head to left.

7.17.11.5. **Overhead Arm Pull - Triceps.** (1) Stand with feet shoulder-width apart. (2) Raise right arm, bend right elbow, and place palm in center of back at base of neck. (3) Grab right elbow with left hand; gently pull to left. (4) Return to start position. Repeat procedures with opposite arm.

7.17.11.6. **Hamstring.** (1) Sit on ground with both legs straight, toes pointing up, and feet about 6 inches apart. (2) Put hands on ankles or toes; bend forward from hips, no bouncing.

7.17.11.7. **Groin.** (1) Sit on ground with soles of feet together and place hands on or near feet. (2) Bend forward from hips; keep head up and hold position.

7.17.11.8. **Hip and Back.** (1) Sit on ground with right leg forward and straight. (2) Cross left leg over right. While sitting erect, place left foot flat on ground. (3) Keep heels of both feet in contact with ground. (4) Slowly rotate upper body to left and look over left shoulder. (5) Reach across left leg with right arm, place right elbow across knee, and gently pull left leg right with elbow. (6) Use left hand to support body by placing it on ground. (7) Repeat stretch for other side by crossing opposite leg and turning in opposite direction.

7.17.11.9. **Thigh.** (1) Stand and bend left leg up toward buttocks. (2) Grasp toes of left foot with right hand; pull heel to left buttock. (3) Return to standing position. (4) Execute stretch in same manner for opposite leg.

7.17.11.10. **Calf.** (1) Stand, fully extend left leg in front of you, and place heel of the left foot on the ground. (2) Bend forward at waist and slightly bend right knee. (3) Reach down; pull toes of left foot toward left shin. (4) Slowly return to standing position. (5) Execute stretch in same manner for opposite leg.

7.18. MTLs will manage the fitness program to include accountability, supervision, compliance, and motivation of Airmen. Additional CPR-certified personnel may be used for supervision purposes and motivation.

7.18.1. MTLs are encouraged to run with the Airmen; however, additional CPR-certified personnel must be available for emergencies.

7.18.2. MTLs will use radios and/or cell phones to respond to emergency situations. They will perform a “comm-check” before PRT begins to ensure radios are on the correct frequency, phones work, batteries are charged, and phone numbers are correct to access emergency medical services such as ambulance and fire department. They will also ensure a first aid kit and water are accessible. The CMTL will ensure adequate coverage for PRT sessions.

7.18.3. Bike patrol and/or vehicles will be used to monitor out-and-back runs.

7.18.4. In case of emergency, MTLs will provide emergency medical personnel with the injured Airman’s name, age, whether he or she is conscious, and a brief description of his or her condition.

7.18.5. Ensure the squadron commander is notified of the emergency.