



**DEPARTMENT OF THE AIR FORCE
WASHINGTON DC**

OFFICE OF THE ASSISTANT SECRETARY

February 26, 2026

**MEMORANDUM FOR DISTRIBUTION
MAJCOMs/FLDCOMs/FOAs/DRUs**

FROM: SAF/MR
1660 Air Force Pentagon
Washington, DC 20330-1660

SUBJECT: Directive Type Memorandum - Changes to Air Force Physical Fitness Readiness Assessment Program

References: (a) DAFMAN 36-2905, 21 April 2022, *Department of the Air Force Physical Fitness Program*.
(b) SAF/MR Memorandum, 23 September 2025, *Changes to the Air Force Physical Fitness Assessment Program*.

1. Purpose. This directive supersedes applicable sections of references (a) and (b) revising the Department of the Air Force's approach to physical fitness with corresponding changes to the Air Force's Physical Fitness Readiness Assessment (PFRA).

2. Key Changes. This directive implements the following changes to the PFPA:

- a. Creation of Master Fitness Leaders (MFL) leveraging the Sustainment Services Career Field (3F1). Those identified as MFLs will complete a two-week formal course training incumbents to instruct safe/effective physical conditioning, reconditioning and adaptive fitness programming to unit Peer Fitness Leaders (PFL).
- b. Biannual Testing Requirement. RegAF Airmen will be required to complete a PFRA twice per calendar year. The first testing cycle is March – October and second testing cycle October – March. Air Reserve Component (ARC) Airmen will test once per year.
 - (1) Unit assessments. Subject to Wing Commander discretion, units may now conduct mass testing for PFRAs twice per year, or once for the ARC.
 - (2) Diagnostic PFRA's (DPFRA) are authorized to be conducted no earlier than one month prior to bi-annual scheduled unit assessment (annual for ARC) or scheduled individual test.
- c. Transition to 2-Mile Run. The 1.5-mile run will be replaced with the 2-mile run as the primary measure for the Cardiorespiratory Fitness component. The High Aerobic

Multi-Shuttle Run (HAMR) will be offered as an alternative cardiorespiratory assessment for the PFRA.

d. Other scored components:

- (1) Muscular Strength: 1-minute push-ups or 2-minute hand release pushups.
- (2) Core Endurance: 1-minute sit-ups, 2-minute cross leg reverse crunches, or timed forearm plank.
- (3) Body Composition: the Waist-to-Height Ratio (WHtR) measurement will be incorporated as a scored component of the PFRA to provide a more comprehensive evaluation of overall health and fitness.

e. Rebalanced Point Distribution. The PFRA scoring system has been rebalanced to better reflect the relative importance of each component in assessing overall health and fitness:

- (1) Cardiorespiratory Fitness (2-Mile Run or HAMR): 50 Points
- (2) Body Composition (WHtR): 20 Points
- (3) Muscular Strength: 15 Points
- (4) Core Endurance: 15 Points

3. Implementation. This directive is effective 1 March 2026 and will be implemented into the revised Air Force Manual (AFMAN) 36-2905, effective 1 July 2026. This four-month period will allow Airmen to acclimate to the new standards by conducting baseline physical fitness assessments under official conditions. This period will also provide the data required to assess and refine our score charts in advance of full implementation of the new standards. The following timeline outlines key milestones for the PFRA changes:

a. March 2026: Official baseline implementation of the updated PFRA program:

- (1) Publication of the revised AFMAN 36-2905, *Air Force Physical Fitness Readiness Program*.
- (2) New scoring charts effective for all PFRA testing. The baseline period runs through 30 Jun 26, after which, official testing begins.
- (3) WHtR inclusion as a scored component of the assessment.
- (4) Updates to the myFitness platform to support the new program.

(5) If desired, members may elect to convert a diagnostic score to an official score, moving their next PFRA to 6 months after assessment date.

(6) Airmen with a Static Closeout Date (SCOD) during the baseline period will report their most recent and current score on their performance brief or training report (officers) as required.

b. July 2026: Official implementation of the updated PFRA program.

4. All Airmen are encouraged to utilize the period between now and 1 July 2026 to familiarize themselves with the changes to the PFRA and adjust their fitness routines accordingly. Although diagnostic tests are not mandatory, Commanders are empowered to guide units to complete assessments at their own discretion. Leaders at all levels are responsible for ensuring their personnel are informed about these changes and have the necessary resources to succeed.



BRIAN L. SCARLETT, SES, DAF
Principal Deputy Assistant Secretary of the Air
Force for Manpower and Reserve Affairs

Attachments:

1. PFRA Charts
2. PFRA Assessment Frequency Matrix Guidance

cc:

AF/A1
USSF/S1
NGB/A1
AF/RE
MAJCOM/A1s
FLDCOM/S1s

Final USAF Physical Fitness Readiness Assessment Scoring (Effective 1 Mar 26)

WAIST TO HEIGHT RATIO (WHtR) SCORING STANDARDS (ratio)

[illegible]

USAF Physical Fitness Readiness Assessment Scoring

PUSH-UP SCORING STANDARDS (reps)

[illegible]

USAF Physical Fitness Readiness Assessment Scoring

HAND RELEASE PUSH-UP SCORING STANDARDS (reps)

[illegible]

USAF Physical Fitness Readiness Assessment Scoring

SIT-UP SCORING STANDARDS (reps)

[illegible]

USAF Physical Fitness Readiness Assessment Scoring

CROSS-LEG REVERSE CRUNCH SCORING STANDARDS (reps)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
15.0	≥ 60	≥ 58	≥ 58	≥ 56	≥ 56	≥ 54	≥ 54	≥ 52	≥ 52	≥ 50	≥ 50	≥ 48	≥ 48	≥ 46	≥ 46	≥ 44	≥ 44	≥ 42	15.0
14.5	59	57	57	55	55	53	53	51	51	49	49	47	47	45	45	43	43	41	14.5
14.0	58	56	56	54	54	52	52	50	50	48	48	46	46	44	44	42	42	40	14.0
13.5	57	55	55	53	53	51	51	49	49	47	47	45	45	43	43	41	41	39	13.5
13.0	56	54	54	52	52	50	50	48	48	46	46	44	44	42	42	40	40	38	13.0
12.5	55	53	53	51	51	49	49	47	47	45	45	43	43	41	41	39	39	37	12.5
12.0	54	52	52	50	50	48	48	46	46	44	44	42	42	40	40	38	38	36	12.0
11.5	53	51	51	49	49	47	47	45	45	43	43	41	41	39	39	37	37	35	11.5
11.0	52	50	50	48	48	46	46	44	44	42	42	40	40	38	38	36	36	34	11.0
10.5	51	49	49	47	47	45	45	43	43	41	41	39	39	37	37	35	35	33	10.5
10.0	50	48	48	46	46	44	44	42	42	40	40	38	38	36	36	34	34	32	10.0
9.5	49	47	47	45	45	43	43	41	41	39	39	37	37	35	35	33	33	31	9.5
9.0	48	46	46	44	44	42	42	40	40	38	38	36	36	34	34	32	32	30	9.0
8.5	47	45	45	43	43	41	41	39	39	37	37	35	35	33	33	31	31	29	8.5
8.0	46	44	44	42	42	40	40	38	38	36	36	34	34	32	32	30	30	28	8.0
7.5	45	43	43	41	41	39	39	37	37	35	35	33	33	31	31	29	29	27	7.5
7.0	44	42	42	40	40	38	38	36	36	34	34	32	32	30	30	28	28	26	7.0
6.5	43	41	41	39	39	37	37	35	35	33	33	31	31	29	29	27	27	25	6.5
6.0	42	40	40	38	38	36	36	34	34	32	32	30	30	28	28	26	26	24	6.0
5.5	41	39	39	37	37	35	35	33	33	31	31	29	29	27	27	25	25	23	5.5
5.0	40	38	38	36	36	34	34	32	32	30	30	28	28	26	26	24	24	22	5.0
4.5	39	37	37	35	35	33	33	31	31	29	29	27	27	25	25	23	23	21	4.5
4.0	38	36	36	34	34	32	32	30	30	28	28	26	26	24	24	22	22	20	4.0
3.5	37	35	35	33	33	31	31	29	29	27	27	25	25	23	23	21	21	19	3.5
3.0	36	34	34	32	32	30	30	28	28	26	26	24	24	22	22	20	20	18	3.0
2.5	35*	33*	33*	31*	31*	29*	29*	27*	27*	25*	25*	23*	23*	21*	21*	19*	19*	17*	2.5

USAF Physical Fitness Readiness Assessment Scoring

FOREARM PLANK SCORING STANDARDS (min:sec)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
15.0	≥ 3:40	≥ 3:35	≥ 3:35	≥ 3:30	≥ 3:30	≥ 3:25	≥ 3:25	≥ 3:20	≥ 3:20	≥ 3:15	≥ 3:15	≥ 3:10	≥ 3:10	≥ 3:05	≥ 3:05	≥ 3:00	≥ 3:00	≥ 2:55	15.0
14.5	3:35	3:30	3:30	3:25	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	14.5
14.0	3:30	3:25	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	14.0
13.5	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	13.5
13.0	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	13.0
12.5	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	12.5
12.0	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	12.0
11.5	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	11.5
11.0	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	11.0
10.5	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	10.5
10.0	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	10.0
9.5	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	9.5
9.0	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	9.0
8.5	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	8.5
8.0	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	8.0
7.5	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	7.5
7.0	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	7.0
6.5	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	6.5
6.0	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	6.0
5.5	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	5.5
5.0	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	5.0
4.5	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	4.5
4.0	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	4.0
3.5	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	1:05	1:00	3.5
3.0	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	1:05	1:00	1:00	:55	3.0
2.5	1:35*	1:30*	1:30*	1:25*	1:25*	1:20*	1:20*	1:15*	1:15*	1:10*	1:10*	1:05*	1:05*	1:00*	1:00*	:55*	:55*	:50*	2.5

USAF Physical Fitness Readiness Assessment Scoring

2 MILE RUN SCORING STANDARDS (min:sec)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
50.0	≤ 13:25	≤ 15:30	≤ 13:35	≤ 15:55	≤ 13:42	≤ 16:10	≤ 13:56	≤ 16:12	≤ 14:05	≤ 16:45	≤ 14:30	≤ 16:55	≤ 15:09	≤ 17:10	≤ 15:28	≤ 17:43	≤ 16:58	≤ 18:20	50.0
49.5	13:44	16:00	13:54	16:24	14:03	16:40	14:18	16:43	14:29	17:15	14:54	17:26	15:32	17:43	15:52	18:16	17:19	18:54	49.5
49.0	14:03	16:29	14:13	16:54	14:24	17:11	14:40	17:14	14:53	17:46	15:18	17:57	15:55	18:16	16:17	18:49	17:40	19:28	49.0
48.0	14:22	16:59	14:32	17:23	14:45	17:41	15:02	17:45	15:17	18:16	15:42	18:28	16:18	18:48	16:41	19:22	18:01	20:02	48.0
47.0	14:41	17:29	14:51	17:52	15:06	18:11	15:24	18:16	15:41	18:46	16:05	18:59	16:41	19:21	17:06	19:54	18:22	20:36	47.0
46.0	15:00	17:58	15:10	18:21	15:28	18:41	15:46	18:47	16:05	19:17	16:29	19:30	17:04	19:54	17:30	20:27	18:44	21:10	46.0
45.0	15:19	18:28	15:29	18:51	15:49	19:12	16:08	19:17	16:29	19:47	16:53	20:01	17:27	20:27	17:54	21:00	19:05	21:44	45.0
44.0	15:38	18:58	15:48	19:20	16:10	19:42	16:30	19:48	16:53	20:17	17:17	20:32	17:50	20:59	18:19	21:33	19:26	22:18	44.0
43.0	15:57	19:27	16:07	19:49	16:31	20:12	16:52	20:19	17:17	20:48	17:41	21:03	18:13	21:32	18:43	22:06	19:47	22:52	43.0
42.0	16:16	19:57	16:26	20:18	16:52	20:42	17:14	20:50	17:41	21:18	18:05	21:34	18:36	22:05	19:08	22:39	20:08	23:26	42.0
41.0	16:35	20:27	16:45	20:48	17:13	21:13	17:36	21:21	18:05	21:49	18:29	22:05	19:00	22:38	19:32	23:12	20:29	24:00	41.0
40.0	16:54	20:56	17:04	21:17	17:34	21:43	17:58	21:52	18:28	22:19	18:52	22:36	19:23	23:10	19:56	23:44	20:50	24:34	40.0
39.0	17:13	21:26	17:23	21:46	17:55	22:13	18:20	22:23	18:52	22:49	19:16	23:07	19:46	23:43	20:21	24:17	21:11	25:08	39.0
38.5	17:32	21:55	17:42	22:15	18:16	22:43	18:42	22:54	19:16	23:20	19:40	23:38	20:09	24:16	20:45	24:50	21:32	25:42	38.5
38.0	17:51	22:25	18:01	22:45	18:37	23:14	19:04	23:25	19:40	23:50	20:04	24:09	20:32	24:49	21:10	25:23	21:53	26:16	38.0
37.5	18:10	22:55	18:20	23:14	18:59	23:44	19:26	23:56	20:04	24:20	20:28	24:40	20:55	25:21	21:34	25:56	22:15	26:50	37.5
37.0	18:29	23:24	18:39	23:43	19:20	24:14	19:48	24:26	20:28	24:51	20:52	25:11	21:18	25:54	21:58	26:29	22:27	27:24	37.0
36.5	18:48	23:54	18:58	24:12	19:41	24:44	20:10	24:57	20:52	25:21	21:15	25:42	21:41	26:27	22:23	27:01	22:36	27:58	36.5
36.0	19:07	24:24	19:17	24:42	20:02	25:15	20:32	25:28	21:16	25:51	21:39	26:13	22:04	27:00	22:47	27:34	23:18	28:32	36.0
35.5	19:36	24:53	19:36	25:11	20:23	25:45	20:54	25:59	21:40	26:22	22:03	26:44	22:27	27:32	23:12	28:07	23:39	29:06	35.5
35.0	19:45*	25:23*	19:55*	25:40*	20:44*	26:15*	21:16*	26:30*	22:04*	26:52*	22:27*	27:15*	22:50*	28:05*	23:36*	28:40*	24:00*	29:40*	35.0

USAF Physical Fitness Readiness Assessment Scoring

20-METER HAMR SCORING STANDARDS (SHUTTLES)

[illegible]

Height (in)	Waist (in)																																
	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5	44
58.0	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.54	0.55	0.56	0.56	0.57	0.58	0.59	0.6	0.61	0.62	0.62	0.63	0.64	0.65	0.66	0.67	0.68	0.68	0.69	0.7	0.71	0.72	0.73	0.74	0.75	0.75
58.5	0.47	0.48	0.49	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.62	0.63	0.64	0.64	0.65	0.66	0.67	0.68	0.69	0.7	0.7	0.71	0.72	0.73	0.74	0.75
59.0	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.59	0.6	0.61	0.61	0.62	0.63	0.64	0.65	0.66	0.66	0.67	0.68	0.69	0.7	0.71	0.72	0.72	0.73	0.74
59.5	0.47	0.47	0.48	0.49	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.61	0.62	0.63	0.63	0.64	0.65	0.66	0.67	0.68	0.68	0.69	0.7	0.71	0.72	0.73	0.73
60.0	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.64	0.65	0.65	0.66	0.67	0.68	0.69	0.7	0.7	0.71	0.72	0.73
60.5	0.46	0.47	0.47	0.48	0.49	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.61	0.61	0.62	0.63	0.64	0.65	0.66	0.66	0.67	0.68	0.69	0.7	0.71	0.71	0.72
61.0	0.45	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.54	0.54	0.55	0.56	0.57	0.58	0.59	0.59	0.6	0.61	0.62	0.63	0.63	0.64	0.65	0.66	0.67	0.68	0.68	0.69	0.7	0.71	0.72
61.5	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.56	0.56	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.64	0.65	0.65	0.66	0.67	0.68	0.69	0.69	0.7	0.71
62.0	0.45	0.45	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.54	0.54	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.62	0.62	0.63	0.64	0.65	0.66	0.66	0.67	0.68	0.69	0.7	0.7
62.5	0.44	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.56	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.64	0.64	0.65	0.66	0.67	0.68	0.68	0.69	0.7	0.7
63.0	0.44	0.45	0.46	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.53	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.61	0.61	0.62	0.63	0.64	0.65	0.66	0.67	0.68	0.69	0.69	0.69
63.5	0.44	0.44	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.59	0.59	0.6	0.61	0.62	0.62	0.63	0.64	0.65	0.66	0.66	0.67	0.68	0.69
64.0	0.43	0.44	0.45	0.46	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.53	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.64	0.64	0.65	0.66	0.67	0.67	0.68
64.5	0.43	0.44	0.44	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.62	0.62	0.63	0.64	0.65	0.65	0.66	0.67	0.68
65.0	0.43	0.43	0.44	0.45	0.46	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.53	0.54	0.55	0.56	0.56	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.63	0.64	0.65	0.66	0.66	0.67
65.5	0.42	0.43	0.44	0.45	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.54	0.54	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.61	0.62	0.63	0.64	0.64	0.65	0.66	0.67
66.0	0.42	0.43	0.43	0.44	0.45	0.46	0.46	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.53	0.53	0.54	0.55	0.56	0.56	0.57	0.58	0.59	0.59	0.6	0.61	0.62	0.62	0.63	0.64	0.65	0.65	0.66
66.5	0.42	0.42	0.43	0.44	0.45	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.54	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.63	0.64	0.65	0.66
67.0	0.41	0.42	0.43	0.44	0.44	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.61	0.62	0.63	0.64	0.64	0.65
67.5	0.41	0.42	0.42	0.43	0.44	0.45	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.54	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.62	0.63	0.64	0.65
68.0	0.41	0.41	0.42	0.43	0.44	0.44	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.61	0.62	0.63	0.63	0.64
68.5	0.4	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57	0.58	0.59	0.59	0.6	0.61	0.62	0.62	0.63	0.64
69.0	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.63	0.63
69.5	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.56	0.56	0.57	0.58	0.58	0.59	0.6	0.61	0.61	0.62	0.63
70.0	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.55	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.6	0.61	0.62	0.62
70.5	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.56	0.56	0.57	0.58	0.58	0.59	0.6	0.6	0.61	0.62
71.0	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.57	0.57	0.58	0.59	0.59	0.6	0.61	0.61
71.5	0.39	0.39	0.4	0.41	0.41	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.55	0.56	0.57	0.58	0.58	0.59	0.6	0.6	0.61
72.0	0.38	0.39	0.4	0.4	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57	0.58	0.59	0.59	0.6	0.61
72.5	0.38	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.55	0.56	0.57	0.57	0.58	0.59	0.6	0.6
73.0	0.38	0.39	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57	0.58	0.58	0.59	0.6
73.5	0.38	0.38	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.55	0.56	0.57	0.57	0.58	0.59	0.59
74.0	0.37	0.38	0.39	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57	0.58	0.58	0.59
74.5	0.37	0.38	0.38	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.52	0.53	0.53	0.54	0.55	0.55	0.56	0.57	0.57	0.58	0.59	0.59
75.0	0.37	0.38	0.38	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57	0.58	0.58	
75.5	0.37	0.37	0.38	0.39	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57	0.58
76.0	0.36	0.37	0.38	0.38	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.55	0.56	0.57	0.57
76.5	0.36	0.37	0.37	0.38	0.39	0.39	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45	0.46	0.47	0.47	0.48	0.49	0.49	0.5	0.5	0.51	0.52	0.52	0.53	0.54	0.54	0.55	0.56	0.56	0.57
77.0	0.36	0.37	0.37	0.38	0.38	0.39	0.4	0.4	0.41	0.42	0.42	0.43	0.44	0.44	0.45	0.46	0.46	0.47	0.48	0.48	0.49	0.5	0.5	0.51	0.51	0.52	0.53	0.53	0.54	0.55	0.55	0.56	0.57
77.5	0.36	0.36	0.37	0.38	0.38	0.39	0.4	0.4	0.41	0.41	0.42	0.43	0.43	0.44	0.45	0.45																	

USAF Physical Fitness Readiness Assessment Scoring			
USAF Fitness Assessment Scoring 2.0 Kilometer Walk Male & Female			
Male Standards		Female Standards	
Age (yrs)	Maximum Time (min:secs)	Age (yrs)	Maximum Time (min:secs)
< 30	16:16	< 30	17:22
30-39	16:18	30-39	17:28
40-49	16:23	40-49	17:49
50-59	16:40	50-59	18:11
60+	16:58	60+	18:53

Physical Fitness and Readiness Assessment

Due Date Matrix

Testing Pause: 1 Jan 26 through 28 Feb 26

Testing on the legacy assessment will cease, except for approved exceptions noted below:

- Members who received an unsatisfactory score on their most recent fitness assessment (as of 31 Dec 25) continue to take the legacy assessment on scheduled due dates during the testing pause and baseline period until a passing score is achieved.
- Members overdue for a fitness assessment as of 1 Jan 26 may complete a legacy assessment prior to 28 Feb 26 to rectify their overdue status. Members who remain overdue for a fitness assessment as of their SCOD will be ineligible for stratifications and promotion recommendations.
 - For example: Member was due in December 2025 but did not complete a fitness assessment and was not exempt. Member became overdue on 1 Jan 26 and must record a passing score on an official assessment prior to their SCOD to maintain their eligibility for stratifications and promotion recommendations. Members may choose to complete a legacy assessment prior to 28 Feb 26, or complete an official assessment on the updated standards during the baseline period (see Note 1).
- Members with a SCOD during the baseline period may complete a legacy assessment prior to 28 Feb 26 to update their most recent and current official assessment score for their SCOD.
- ARC members on a UTA weekend may continue to test on legacy assessments through 28 Feb 26.

Members who become due during the testing pause are exempt through the baseline period (use baseline period guidance and attached matrixes to determine next due date for individual tests)

- For example: Member scored a 95% on their legacy assessment on January 15, 2025, and therefore was due for their next test in January 2026. Member's scored assessment from January 2025 remains current through the baseline period and may be used on their evaluation at their respective SCOD through the baseline period, because it remains their most recent and current official fitness assessment score.

Baseline Period: 1 Mar 26 through 30 Jun 26

Testing begins using the updated fitness assessment components and standards. Official scored assessments conducted during this window will mark the beginning of members' updated testing cycle (6 months for RegAF; 12 months for ARC).

- Exception: Members who received an unsatisfactory score on their most recent fitness assessment continue to take the legacy assessment on scheduled due dates during the testing pause and baseline period until a passing score is achieved.
- Diagnostic fitness assessments conducted during the baseline period will now be recorded in the myFitness system. Fitness assessments taken during this time may be recorded as an official fitness test at the discretion of the member.
 - RegAF only - completion of an official fitness test within the baseline period will initiate the member's 6-month testing cycle.
 - For example: Member is currently due July 2026. The member completes a diagnostic test on 15 Mar 26 on the new standards and receives a diagnostic score of 80%. The diagnostic score is entered into myFitness and the member remains due for their official fitness test in July 2026. The diagnostic score is prohibited from being used for any official personnel actions.
 - If the member elects to record the 15 March 26 test as an official test score, it resets the member's next due date to September 2026 (six months after 15 March 2026).
 - ARC only: Completion of an official fitness test within the baseline period will commence the member's 12-month testing cycle
 - For example: Member is currently due July 2026. The member completes a diagnostic test on 15 Mar 26 on the new standards and receives a diagnostic score of 80%. The diagnostic score is entered into myFitness and the member remains due for their official fitness test in July 2026. The diagnostic score is prohibited from being used for any official personnel actions.
 - If the member elects to record the 15 March 26 test as an official test score, it resets the member's next due date to March 2027 (12 months after 15 March 2026).
- Note 1: Only a member can elect to record their own diagnostic score as an official score; this will not be mandated by a commander or other authority. If the member chooses to record the diagnostic score as an official scored assessment, this becomes the member's "most recent and current official assessment score" and the member must use this score for personnel processes that require an official fitness assessment (evaluation, PRF, etc). If the member chooses not to record their diagnostic score as an official score, the member will continue to use their most recent and current official assessment score completed

prior to the baseline period for personnel processes until their next official fitness assessment is completed.

- Members who do not record an official scored assessment during the baseline period will follow the attached matrices to determine their next fitness assessment due date

RegAF Physical Fitness and Readiness Assessment

Individual Testing - Due Date Matrix

Unit testing is the recommended approach for most units. Commanders have full authority to designate unit test dates, which will override the due date shown in the chart below.

Individual testing should be reserved for units with specific operational necessities or approved by the unit commander for personnel with persistent scheduling conflicts (e.g., shift workers, frequent travelers). The below matrix applies to individual testing due dates. NOTE: Members who are approved for individual testing may test multiple times within a cycle to align their next due-date to a time when weather is more conducive to outdoor testing in their region; however, members must be in a “satisfactory/excellent” standing to do so.

If you were or are due this month:	Your next official assessment will be moved to this month:
January and February 2026	July 2026
March and April 2026	August 2026
May and June 2026	September 2026
July and August 2026	October 2026
September and October 2026	November 2026
November and December 2026	December 2026

Official scored assessments conducted during the baseline period will mark the beginning of members’ 6 months testing cycle and override the above due date matrix.

ARC Physical Fitness and Readiness Assessment

Individual Testing - Due Date Matrix

Unit testing is the recommended approach for most units. Commanders have full authority to designate unit test dates, which will override the due date shown in the chart below.

Individual testing should be reserved for units with specific operational necessities or approved by the unit commander for personnel with persistent scheduling conflicts (e.g., shift workers, frequent travelers). The below matrix applies to individual testing due dates. NOTE: Members who are approved for individual testing may test multiple times within a cycle to align their next due-date to a time when weather is more conducive to outdoor testing in their region; however, members must be in a “satisfactory/excellent” standing to do so.

If you were due this month:	Your next official assessment will be moved to this month:
January 2026	July 2026
February 2026	August 2026
March 2026	September 2026
April 2026	October 2026
May 2026	November 2026
June 2026	December 2026
July 2026	January 2027
August 2026	February 2027
September 2026	March 2027
October 2026	April 2027
November 2026	May 2027
December 2026	June 2027

Official scored assessments conducted during the baseline period will mark the beginning of members’ 12 months testing cycle and override the above due date matrix.



U.S. AIR FORCE

THE WARFIGHTER'S FITNESS PLAYBOOK

ELEVATE
YOUR
FIGHT





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U.S. AIR FORCE

ELEVATE YOUR FIGHT

Airmen, your readiness demands more than just passing a test; it demands peak performance. Leveling up our fitness is crucial to dominating the fight - anytime, anywhere. The Warfighter's Fitness Playbook is your guide to achieving that level of performance.

Peak physical fitness is not just aligned with our combined core values of Integrity first, Service before self, Excellence in all we do; it embodies them. It's not optional; it's the foundation of our strength as a force. Whether in the cockpit, on the ground, or behind a screen, a stronger body fuels a stronger mind, enabling us to think faster, react quicker, and endure longer. This translates directly to enhanced lethality and mission success.

The demands of air and space power -executing global operations, maintaining complex aircraft, securing our nation's space interests, performing under pressure - require stamina, strength, and GRIT (Greatness Requires Intentional Training), GRIT isn't just about pushing through the pain; it's about consistent, deliberate effort towards a goal. We are committed to a higher standard, leading by example and ensuring every Airman and is equipped to excel. Maintaining peak fitness is a commitment to ourselves, our service, and our nation. Individual readiness builds unit readiness.

The Warfighter's Fitness Playbook and the GRIT program provide a holistic approach to building a stronger, faster, more resilient you. This playbook covers workouts, recovery strategies, sleep optimization techniques, and nutrition guidance - all interconnected elements crucial for optimal performance. It's simple, but not easy. The time to commit is now. This isn't just a fitness program; it's an investment in your capability, your career, and your future as an Airman.

G.R.I.T.

(Greatness Requires Intentional Training)



How to use this Playbook

This playbook is your comprehensive resource for improving fitness, sleep, nutrition, stress management, and overall wellbeing - all vital for mission readiness. It provides a structured 12-week physical training plan, designed for 2–3 sessions per week. These sessions are flexible—easily adapted for both individual workouts and group training. Each workout includes a 10 to 15-minute warm-up, 30 to 40-minute main workout, and 10 to 15-minute cool-down.

Scalability is key. Our Air Force is comprised of Airmen with diverse fitness levels, and this program is designed to meet everyone where they are. This playbook provides a common template for each workout, but empowers you **to customize it to your individual abilities.** All movements are scalable - you can increase or decrease the difficulty, or substitute exercises to match your current fitness level. Don't hesitate to adjust movements mid-session based on fatigue or how you're feeling. **Remember, progress, not perfection, is the goal.** Alternate movements are provided throughout to accommodate individual needs and modify intensity.

Complete the Workouts

Follow the structured plans to build strength, speed, and endurance—regardless of your starting point.

Recover Smart

Implement the recovery strategies and sleep guidance to stay mission-ready and prevent overtraining. Recovery is just as important as the workout itself.

Fuel Right

Use the nutrition tips to optimize performance, enhance recovery, and maintain peak cognitive function.

This guide provides a strong foundation. PFLs and Airmen are encouraged to expand their knowledge by coordinating with installation support agencies and incorporating relevant, evidence-based resources into sessions and coaching conversations.

Remember, continuous learning and adaptation are essential for long-term success



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Airmen are Expected to:

Lead or participate in workouts using these core principles:



1. Three-phased approach

Warm-up, Workout, Cool-down



2. Form Over Speed and Intensity (FOSI):

Master the movement before adding weight or increasing pace.



3. Scalable movements and substitution options:

Adapt the workout to your individual needs.



4. Prioritize Recovery:

Warm-up, Workout, Cool-down

- Understand the purpose of each workout and each movement, including scalable options.
- Be proficient in proper form and safe execution. If you're unsure about form, seek guidance from a Peer Fitness Leader (PFL) or qualified instructor
- Prepare for each session, considering required equipment and environmental considerations.



Teamwork Takes the Weight

U.S. Air Force Staff Sgt. Lukas Lovelace, 633d Civil Engineer Squadron explosive ordnance disposal team leader, performs a bench press during the 2026 Winter Crossbow Games power lifting challenge at Joint Base Langley-Eustis, Virginia, Jan. 16, 2026. The competition demonstrated teamwork and physical fitness, with each team of three performing a back squat, bench press and deadlift.

(U.S. Air Force photo by Tech. Sgt. Cherish Chavez)



U.S. AIR FORCE

Exercise Precautions

Your health and safety are paramount. Members with medical restrictions documented on a completed DAF Form 422 Duty Medical Profile, Limiting Condition Report, DAF Form 469 or Exercise Prescription must adhere to their restrictions and participate to the best level of their ability. Always prioritize your health and consult with medical personnel if you have concerns.

Universal Precautions for Physical Training & Conditioning:

The following precautions apply to physical training sessions expected to require moderate exertion (you should be breathing heavily but still able to hold a conversation, and begin to sweat within a few minutes):

1. **Acclimatization.** Allow approximately 2 to 4 weeks to adjust to warmer environments or higher altitudes. For the first 5-7 days, reduce aerobic activity (lower intensity, sessions no longer than 30-minutes) and strength training.
2. **Progressive Overload.** Gradually increase exercise duration and intensity.
3. **Hydration.** Drink plenty of water before, during, and after exercise.
4. **Thermal Stress.** Follow DAFI 48-151 Thermal Stress Program guidelines for work/rest cycles.
5. **Supplement Safety.** Consult a physician or registered dietitian before using supplements, including pre-workout products and energy drinks. Avoid nicotine, alcohol, and excess caffeine before and during exercise.
6. **Seek Medical Attention.** At the first signs of distress, seek prompt medical attention.



Teamwork Takes the Weight

U.S. Air Force Staff Sgt. Arik Frownfelter, 633d Communications Squadron noncommissioned officer in charge of executive communications, readies himself for a deadlift during the 2026 Winter Crossbow Games power lifting competition



Exercise Precautions

Universal Precautions for Physical Training & Conditioning:

Exercise and Heat Stress Risk Factors

1. Exercising in the direct sun on a hot, humid day (pay attention to the local heat stress conditions)
2. Dehydration (not having enough fluids in the body)
3. Overhydration (consuming too much fluid)
4. Poor physical fitness or lack of experience exercising in the heat or outdoors
5. Obesity/Overweight
6. Exercise clothing that is tight, dark, or heavy
7. Use of dehydrating beverages and medications (caffeine, alcohol, energy drinks)
8. Current illness/fever
9. Prior history of heat-related illness and/or blood disorders

Exercise Warning Signs

1. Abnormal heartbeat: irregular pulse, rapid or fluttering heart rate, or sudden increase or decrease of pulse rate during exercise
2. Heavy pumping or strongly felt palpitations in the throat or chest (beyond normal exercise feeling)
3. Dull pain, ache, or heavy pressure in the middle of the chest before, during, or after exercise
4. Abnormal shortness of breath
5. Sudden pain or numbness in any part of the body (especially in the left arm)
6. Pain or heart burn in region of the upper abdomen
7. Extreme dizziness, sudden loss of coordination, cold sweat or loss of consciousness
8. Temporary loss of speech or vision

Recognizing Overtraining

1. Excess fatigue when exercising, even on the “easy” days
2. Sluggish or low energy workout performance
3. Disturbance in sleep patterns or poor sleep in general
4. Feeling sleepy during the day
5. Loss of appetite
6. Upset stomach
7. Weight loss greater than 1-2 pounds weekly
8. Emotionally irritable
9. Increased respiratory infections and/or more susceptible to illness
10. Persistent and excessive stiffness, soreness, or tenderness in muscles or joints lasting greater than 72 hours after a training session



U.S. AIR FORCE

Fitness Principles

Specificity: Fitness gains are specific to the type of training you do (e.g. running improves running fitness, not necessarily strength).

Progression/Overload: Gradually increase the challenge -aim for 5-10% increase per week

- Beginner (Initial Stage): 4-6 weeks
- Intermediate (Improvement Stage): 4-5
- Advanced (Maintenance Stage): >6 months

Regularity/Reversibility: Use it or lose it! Consistent training is key.

Variety/Balance: Keep your workouts interesting and challenge different muscle groups

Recovery: Prioritize time, nutrition, and sleep for optimal recovery.

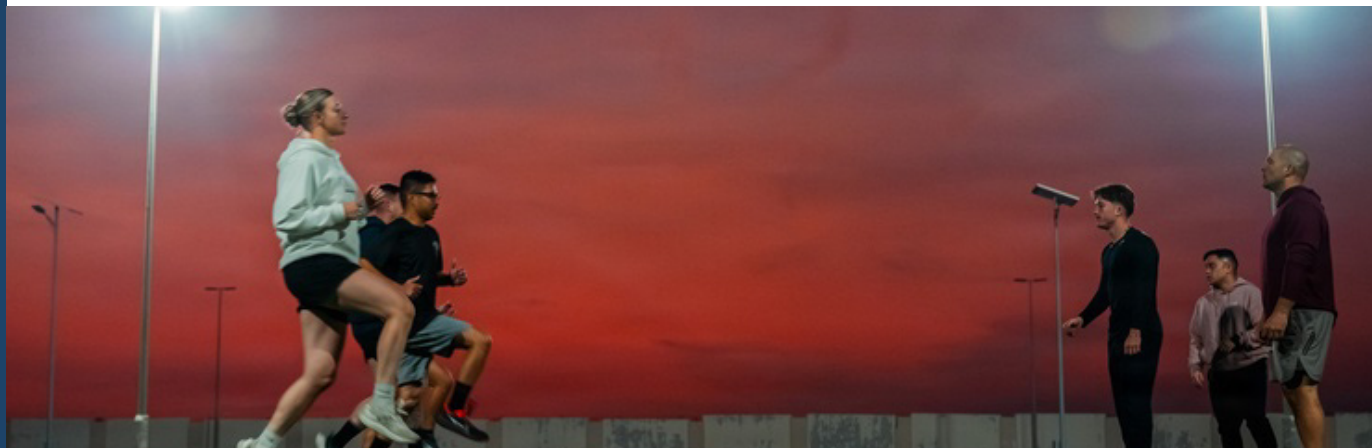
FITT Principle

FITT - Frequency – Intensity – Time – Type

- **Frequency:** How many times per week you exercise
- **Intensity:** How hard you exercise
- **Time:** How long each exercise lasts
 - Less Time = Higher Intensity
 - More Time = Less Intensity
- **Type of Activity:** Specific type of exercise you do
- **Physical Training**
- **Flexibility/Mobility**

Workout Components

- **Preparation:** Dynamic Warm-up
- **Physical Training:** Strength & Endurance
- **Recovery:** Cool-Down, Flexibility, Mobility, & Mental Fitness



380th AEW Phantoms accelerate Fitness

U.S. Airmen assigned to the 380th Air Expeditionary Wing perform a warmup run before working out in the U.S. Central Command area of responsibility, Jan. 27, 2026. This workout was part of a fitness acceleration program designed to help Airmen meet the Air Force's updated physical fitness assessment requirements.



U.S. AIR FORCE

Domains of Fitness

Peak performance requires a holistic approach. These four domains – **Physical, Stress Utilization, Nutritional, and Sleep & Recovery** – work together to enable you to perform effectively, remain mission-ready, and avoid injury.

1. Physical Fitness

Physical fitness is the foundation of readiness. It's about building the strength, endurance, and mobility needed to excel in any situation - remain mission ready!

- **Strength Training:** Use progressive overload (gradually increasing challenge) through bodyweight exercises, calisthenics, and functional fitness movements to build muscular strength and endurance.
- **Cardiovascular Conditioning:** Develop aerobic capacity and stamina through interval training, long-distance running, and functional drills such as rucking, swimming, and sprint workouts.
- **Mobility & Flexibility:** Improve range of motion and reduce injury risk with dynamic warm-ups, static stretching, mobility exercises, and yoga.
- **Recovery Strategies:** Incorporate active recovery methods (light movement), foam rolling, stretching, and deep recovery protocols to enhance performance and prevent burnout.
- **Functional Fitness:** Integrate multi-joint movements, workouts of varying intensities, and mission-specific training to build combat readiness and versatility.
- **Injury Prevention:** Proactive mobility work and proactive recovery strategies are key.



380th AEW Phantoms accelerate fitness

A U.S. Airman assigned to the 380th Air Expeditionary Wing runs along a base perimeter wall in the U.S. Air Force Central Command area of responsibility, Jan. 27, 2026. When the Air Force updated physical fitness assessment standards, 380th Airmen developed a fitness acceleration program to help prepare for the new requirements. *(U.S. Air Force photo by Master Sgt. James Cason)*

Domains of Fitness

2. Stress Utilization Fitness

Stress is a part of life – and can be a powerful tool. Appropriate amounts of stress can build resilience, mental toughness, and physical adaptation. When stress is chronic or too much for our bodies to regulate, it can cause breakdown. Effective stress utilization techniques help you can build the skills needed to thrive under pressure.

- **Identify the Stressor:** Recognize challenges, hindrances and threats
- **Mindfulness Practices:** Engage in guided meditations, progressive muscle relaxation, and visualization techniques.
- **Physical Activity as Stress Relief:** Utilize light aerobic exercises such as walking, swimming, or yoga to manage stress.

3. Nutritional Fitness

Nutrition is a critical domain of overall fitness as it directly impacts physical performance, cognitive function, body composition, and recovery. Optimizing nutrition intake supports mission readiness and long-term health.

- **Performance Nutrition:** Proper intake of carbohydrates, protein, fat, and micronutrients supports sustained energy, muscle maintenance/building, and recovery. Nutrition needs are highly individual and vary based on factors like body composition, training demands, and performance goals.
- **Hydration Techniques:** Consume water regularly, aiming for at least half your body weight in ounces of water daily. Increase intake during high-intensity training and heat exposure. Dehydration causes decreased reaction-time, impaired decision-making, increased rate of fatigue.
- **Supplementation Guidelines:** Prioritize whole food sources for nutrients. If supplements are needed, choose those that are third-party tested and DoD-approved options. Refer to Registered Dietitian to ensure safety and efficacy prior to supplementation.



Nellis Dietitians Aid in Readiness, Improve Performance

First Lieutenant Sydney Billingsley, a registered dietitian assigned to the 99th Medical Support Squadron, has collaborated with the 820th RED HORSE squadron to improve the squadron's readiness and performance through diet optimization. In the picture above, Airman First Class Jacqueline Gibboney, Diet Therapy Technician leads a nutrition education course for members. (By Robyn Wolf, 99th Medical Group 2022).



U.S. AIR FORCE

Domains of Fitness

4. Sleep & Recovery Fitness

Quality sleep and effective recovery are essential for sustaining energy, enhancing cognitive function, and maintaining physical readiness. Active recovery -- low-intensity movement -- reduces soreness, improves circulation, and prevents injury.

- **Optimal Sleep Protocols:** Aim for 7-9 hours of quality sleep per night. Maintain a consistent sleep and wake schedule, even on weekends.
- **Sleep Environment Optimization:** Create a dark, quiet, and cool sleep space. Use white noise machines or earplugs if needed.
- **Active Recovery Day:**
 - Brisk Walk – 15 minutes (outdoors or treadmill)
 - Dynamic Stretch Circuit – 10 minutes (arm swings, leg swings, trunk rotations, shoulder rolls)
 - Foam Rolling Routine – 10 minutes (quads, glutes, hamstrings, back)
 - Deep Breathing & Hydration – 5 minutes of deep breathing and water intake
- **Foam Rolling:** Use a foam roller for 5–10 minutes post-exercise or on recovery days to decrease muscle tightness and improve blood flow. Focus on large muscle groups like the quads, hamstrings, glutes, and back. This promotes faster recovery and helps maintain flexibility.
- **Dynamic Stretching & Mobility Work:** Perform light mobility drills and dynamic stretching to maintain joint health and improve range of motion. These exercises can be used after workout or on recovery days.
- **Breathing & Relaxation Techniques:** Deep breathing after activity lowers stress hormones and improves recovery. This supports mental clarity and a mission-focused mindset.
- **Low-impact activities:** Incorporate low-impact activities like walking, light jogging, or cycling at a relaxed pace for 10–20 minutes after workout, or on a recovery day. These movements help to improve circulation to muscles and maintain cardiovascular activity

Tips for a better night's sleep:

- Maintain a consistent work, exercise, meal, and sleep routine.
- Avoid screen time close to bedtime. The blue light from your device disrupts your circadian rhythm.
- Do not use your sleep space for games, television, or work. Aim for a dark, quiet, and cool sleep space.

We spend a third of our lives sleeping, aim to excel at it!

- Set an alarm to go to bed, and ensure you are getting 7-8 hours of sleep each night.
- Do not use alcohol as a sleep aid. Contact your primary care provider if sleep problems persist.
- Avoid caffeine at least 6 hours before bedtime, and earlier if you are more sensitive to it.



Understanding Workout Programs: Resistance/Strength Training

Repetitions, Volume, and Intensity

Workout sessions are built around repetitions (reps) and sets. A "rep" is one complete execution of an exercise (e.g., one squat). A "set" is a group of consecutive reps (e.g., 3 sets of 10 squats). The number of reps and sets, along with the load (weight or resistance), are determined by your training goal. Generally, lower reps use higher weight, and vice versa. The chart below (Exercise Prescription Guidelines) provides a more detailed guide.

Repetition ranges are also linked to the Rating of Perceived Exertion (RPE). As you increase the number of reps within a set, the intensity (RPE) generally decreases. RPE is best used by those with some training experience who understand different levels of effort. (See the Rating of Perceived Exertion scale for reference.)

Exercise Prescription Guidelines:

Training Goal	Reps Per Set	Sets Per Workout	Intensity (RPE)	Rest Time Between Sets
Muscular Endurance	12+	2-3	5.5-6.5	30 seconds or less
Hypertrophy	6-12	3-6	6.5-8.5	30-90 seconds
Strength	3-6	2-6	>8.5	2-5 mins
Power	1-3	3-5	7.5-9	2-5 mins

Training Goals

Different combinations of intensity and reps lead to different training outcomes. Understanding these goals will help you tailor your workouts. Your training goals should be aligned with your individual needs, work requirements, and lifestyle. They may change over time. Someone preparing for a powerlifting competition will prioritize maximal strength, while someone training for the Physical Fitness Assessment (PFA) will focus on muscular endurance. A balance of all these qualities is crucial for a strong, resilient life.

- **Muscular Endurance:** The ability to repeatedly contract a muscle over time (think of the 1-minute max pushup test).
- **Muscular Strength:** The ability of a muscle to produce force, typically against resistance (measured by the number of reps completed at a given weight).
- **Muscular Power:** Applying force quickly – combining strength and speed.
- **Maximal Strength:** The maximum amount of force a muscle can produce in a single effort (e.g., a one-rep max in powerlifting).
- **Maximal Power:** Maximal strength combined with speed (e.g., a vertical jump or a maximum-effort barbell clean).



Understanding Workout Programs: Resistance/Strength Training

Progression/Regression

Adjusting exercises – making them easier (regression) or harder (progression) – is essential. This might be due to injury, equipment availability, training goals, or personal preference. Exercise selection and progression are a spectrum influenced by all these factors. (See Appendix 10 for examples of bodyweight and weighted progressions/regressions.)

When modifying an exercise, prioritize maintaining the intent of the movement whenever possible. Progressions increase the challenge, while regressions reduce it. Regressions can be used to work around injuries or limitations. Conversely, progressions are used when an exercise becomes too easy. This can involve increasing range of motion, adding weight, or changing the movement pattern.



When modifying an exercise, prioritize maintaining the intent of the movement whenever possible.

Switching between running and machine-based cardio (fan bike, rower, skiErg, bikeErg) should be driven by your physical readiness, recovery status, and training goals. **Changing modalities is a tool for managing stress and fatigue, not a step backward.** Machine-based cardio can help maintain cardiovascular fitness while minimizing stress on your body, especially during periods of high fatigue or injury risk. While running should be prioritized when preparing for the PFA, alternative cardio options can be valuable throughout the year.



While running should be prioritized when preparing for the Air Force PFA, alternative cardio options can be valuable throughout the year.

Understanding Workout Programs: Cardiovascular/Endurance Training

Training Methods

- **Interval Training:** This involves alternating between short bursts of high-intensity effort and periods of lower-intensity recovery. Intervals can range from 10-15 seconds to several minutes. This method is excellent for improving speed and cardiovascular capacity. During high-intensity periods, aim for a heart rate of 85-95% of your maximum heart rate (MHR), recovering to 50-75% MHR during recovery. *Fartlek* training is a variation of interval training based on "feel" – varying intensity intuitively.
- **Tempo/Threshold Training:** This involves maintaining a consistently challenging pace near your anaerobic threshold. It's about finding that "comfortably hard" effort you can sustain for a period of time. Keep your heart rate at or below 85% +/- of your maximum heart rate, adjusting based on your individual fitness level. This builds endurance and improves your body's ability to clear lactic acid.
- **Long Slow Distance (LSD):** This focuses on maintaining a mild intensity for a longer duration. The key is time on your feet! Aim for a heart rate of 55-75% of your maximum heart rate. LSD builds a strong aerobic base, improving your body's efficiency in using oxygen.

Fatigue Accumulation: Remember that fatigue builds up during a workout. What feels easy at the beginning may feel harder towards the end.

Holistic Assessment: RPE recommendations are generally for the *overall* session. Your perceived effort can be influenced by many factors, including session length, hydration, nutrition, sleep, stress, weather, and accumulated fatigue from previous workouts.

Listen to Your Body: Pay attention to how you feel and adjust your intensity accordingly.

Measuring and Tracking Intensity

HEART RATE TRAINING AND TALK TEST

Zone	Percent Effort	RPE	Level of Effort Talk Test Level	Training Benefit
Zone 1	50-60%	0-1	Light and Easy Very gentle and easy to maintain a conversation	Warmup/Recovery
Zone 2	60-70%	2-3	Comfort with some effort A slight push but still at a pace that you could maintain for multiple hours and speak without struggling	Base Fitness
Zone 3	70-80%	4-6	Moderate Intensity Labored breathing, challenging yet sustainable for 30-60 minutes, can speak a few sentences up to a short conversation	Aerobic Endurance
Zone 4	80-90%	7-9	Vigorous-Hard Intensity Requires constant effort and focus to maintain, hard to say more than 2-3 words	Anaerobic Endurance
Zone 5	90-100%	10	Very Hard Intensity Maximal Effort, Sustainable for 30 seconds, out of breath and unable to speak more than a single word	VO2 Max

As stated, cardiovascular aerobic and anaerobic training can and should cover a variety of intensities during the week. The table above can help members understand different ways to measure their efforts during a session, as well as guidelines for each of the selected efforts.

If you don't have access to heart rate monitoring, you can use the Rating of Perceived Exertion (RPE) scale to gauge your intensity. RPE is a subjective measure to use for a single effort (the 2-mile fitness assessment would be a 10 out of 10 RPE) or as a goal for the day's training session (today's effort should feel like a 6 out of 10).

For example: *an airman working at a moderate intensity is probably working in a heart rate of 70-80% of their maximum heart rate. Another way to look at this same intensity would be to have them working at a perceived exertion level of about 5-6 out of 10. This zone can be beneficial for airmen looking to work to improve their aerobic endurance.*

Sample Workouts

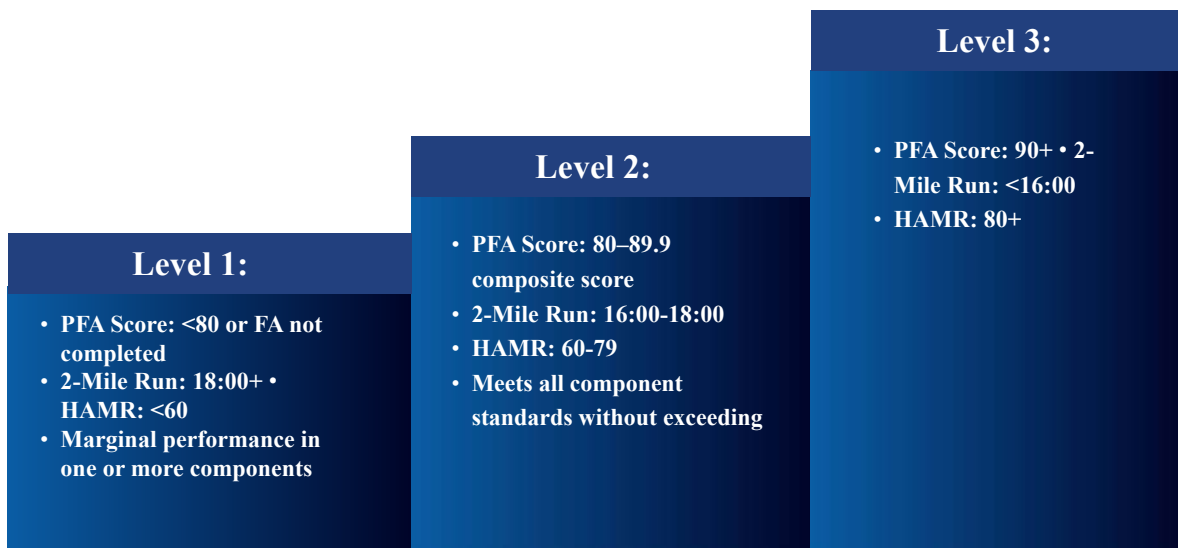
Located in Appendix 4 are a variety of sample workouts. These can be modified to fit an individual (performed as is), as a small group (splitting the exercise by smaller groups or done in sections) or as a large group. It's always important to remember that the workout should meet the goals of the individual/group and match the amount of equipment needed to complete the session. If there are not enough weights for the group (or to split into smaller groups), a bodyweight workout can be used. Similarly, lack of access to a track or large space may limit the group's ability to do certain workouts included. Finally, these workouts are included as samples to give more ideas on how YOU can help improve the Culture of Fitness within your unit.



Fitness Reconditioning Programing:

Training Tiers & Ability Group Placement

The ability groups outlined below are an example of the types of groups used to scale the workouts. The groups are based off a recommended assessment performance. Individuals scoring in the lower ends of this may need to be placed onto a Fitness Reconditioning program.



Reconditioning:

Reconditioning, at it's core, is the process of re-incorporating someone from a "Not Ready" fitness status to a "Ready" fitness status. For reconditioning, this status is caused by a failed assessment, failed body composition, or both. Reconditioning may look different for individuals based on their current fitness level and where more effort needs to be placed. An individual lacking in aerobic fitness will have to spend more time improving their aerobic fitness where another airman may need to focus more on their muscular strength and endurance to pass their push ups and sit ups. It is always recommended that a well-rounded reconditioning program encompass all domains of fitness.

An airmen in a failed body composition status, nutrition and behavioral wellness support may be needed. A few guides exist below as well as leveraging local resources to improve.

It's always important to remember that the workout should meet the goals of the individual/group and match the amount of equipment needed to complete the session.



Nutrition:

Nutrition plays a direct role in enhancing physical performance and supporting a healthy, mission-ready body composition. It is important to consume the appropriate amount of macronutrients and micronutrients for a healthy, sustainable diet. Refer to a Registered Dietitian for individualized recommendations.

Macronutrients

Macronutrients—carbohydrates, proteins, and fats—are the primary nutrients that provide energy and support essential functions.

- **Carbohydrates** are the body's primary source of energy. There are two main types: simple carbohydrates, which provide quick energy (fruit, juice, crackers), and complex carbohydrates, which offer sustained energy and are rich in fiber (oats, whole grain bread, brown rice). Airmen should aim to include a source of carbohydrate with each meal and prioritize fueling before and after workouts.
- **Fats** are essential for health and performance as they support hormone production, brain function, and aid in absorption of vitamins. Fats are also a source of energy at rest and during long-duration activities. While fat is a necessary nutrient, portion control and prioritizing unsaturated fats over saturated fats are key to supporting performance and body composition goals.
- **Protein** is crucial for muscle repair, enzyme and hormone function, and cellular structure. Consuming high-quality protein sources—such as lean meats, eggs, low-fat dairy, legumes—throughout the day helps maintain lean muscle mass and improve body composition. For optimal recovery and performance, Airmen should aim to include a source of protein with each meals and snack, especially after workouts.

Micronutrients

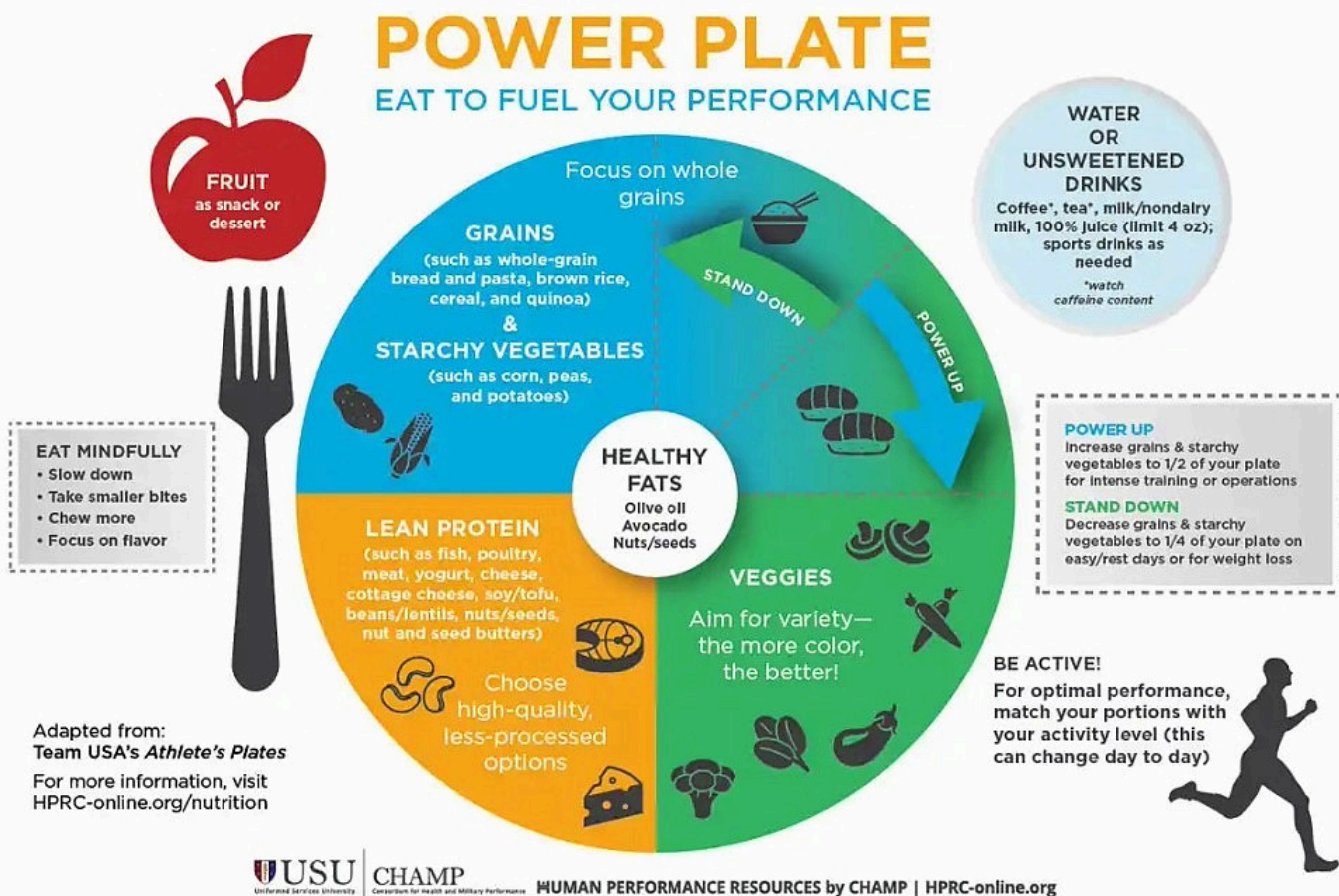
Micronutrients are vitamins and minerals that play a vital role in every metabolic process in the body, including energy production, immune function, bone health, and muscle contraction. Eating a variety of colorful fruits, vegetables, and herbs help ensure consumption of a wide range of micronutrients. Eat a rainbow of whole foods!



Food Quality is an important! **Calorie dense** foods contain a high number of calories relative to their weight. These are usually processed foods with a high amount of saturated fat, sodium, and added sugars. **Nutrient dense** foods contain a lower number of calories by weight, but a higher number of essential vitamins, minerals, fiber, lean protein, and other beneficial nutrients. Both plates represent 200 calories, but the apples provide significantly more volume AND nutrients than the chips.



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Build a Power Plate at every meal to reach your goals!

Healthy Weight Loss Tips for Warfighters

1. Include a source of lean protein and fiber at every meal to increase satiety. Aim for 25-30 grams of fiber daily.
2. Avoid restrictive, fad diets. These are not sustainable and can cause harm long-term. Consume a balanced diet rich in nutrients
3. Incorporate AT LEAST 2 days of resistance training per week, in addition to cardiovascular training to boost metabolism while maintaining muscle mass
4. Limit eating out. Restaurant meals often contain high calories, salt, and fat. Control your intake by cooking at home.
5. Increase Non-Exercise energy expenditure throughout the day such as taking more steps, completing chores, or including stretching/mobility sessions.

Body Composition

Body composition describes the proportions of fat and fat-free mass (including muscle, bone, and water) within the human body. While self-weighing reveals only total body mass, understanding body composition yields a better perspective on health, particularly since muscle tissue is denser than fat tissue. Excess body fat and increased waist circumference has been associated with numerous medical conditions, including heart disease, diabetes, and metabolic syndrome. Improving body composition requires a strategic combination of macronutrient consumption, calorie expenditure through daily activities and exercise, optimizing sleep, and managing stress.

Changes in body composition do not happen overnight! Measure your body composition (via circumference measurements, In-Body, BodPod, etc.) about every 2 months to see meaningful changes and ensure accuracy.



How Fast Should Weight/Fat Loss Occur?

- 1-2 pounds per week
- 1-3% body fat per month

Avoid rapid weight loss:

- >2% body weight per week
- >5% body weight per month
- >7.5% body weight per 3 months
- >10% body weight per 6 months

Losing weight at a healthy rate mitigates muscle mass loss, significant dips in metabolism, and negative hormonal changes



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Adaptive Fitness Programing:

This adaptive fitness program, (detailed in Appendix A), is designed for individuals needing extra support due to a fitness/movement-limiting profile. It's structured around five exercise days per week, combining strength/endurance and aerobic training.

Key Principles:

- **Adaptability:** If you can't run, use the distance conversion tables in Appendix 7 to adapt aerobic exercises to alternative equipment (rower, stationary bike, aquatics, etc.).
- **Safe Substitutions:** Prioritize safety! Substitute any movement causing pain or risk of injury with a similar, pain-free alternative. For example, perform push-ups against a wall if traditional push-ups are too difficult.
- **Understanding Exercise Focus:** Each resistance training movement is labeled with an exercise focus (see abbreviations below) to help with substitutions.
 - LE: Lower Extremity
 - UE: Upper Extremity
 - U/LE: Upper/Lower Extremity
 - C: Core
 - UE/C: Upper Extremity and Core
 - LE/C: Lower Extremity and Core
- **Impact Modification:** If you need to avoid impact (like running), choose non-impact alternatives for conditioning

Abbreviations:

Position	Distance	Implement
OH: Overhead	m: meters	BW: Bodyweight
Fwd: Forward	M: Miles	MB: Medicine Ball
Bkwd: Backward	Ft: Feet	DB: Dumbbell
Ea: Each Arm/Leg/Side	Yds: Yards	KB: Kettlebell
		BB: Barbell

Implementation Strategies

Monday	Tuesday	Wednesday	Thursday	Friday
Bodyweight	REST	Metabolic Interval	REST	Hybrid
Metabolic Interval	REST	Hybrid	REST	Bodyweight
Hybrid	REST	Bodyweight	REST	Metabolic Interval
Hybrid	REST	REST	Bodyweight	Metabolic Interval
Metabolic Interval	REST	REST	Bodyweight	Hybrid
Metabolic Interval	Bodyweight	REST	REST	Hybrid
Hybrid	Bodyweight	REST	REST	Metabolic Interval



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Profiles:

Physical conditioning plans are intended to help Airmen maintain fitness while on a profile that restricts physical activity or duty. This guide provides general fitness guidance that stays within the limitations listed on the profile but is not meant to replace evaluation or treatment by a licensed healthcare provider (HCP). If you have questions about treatment for a specific injury or condition, consult a qualified HCP.

AF Form 469, Duty Limiting Condition Report (medical profile): The AF Form 469 documents an Airman's functional limitations and communicates recommended duty restrictions and/or exemptions to unit commanders and leadership. It is completed when a medical condition may pose risk to the Airman's health and safety or may impact mission requirements.

The profile is created and managed by the HCP. It is maintained as a living document in the Aeromedical Services Information Management System (ASIMS). For additional details, refer to the AFI 48-133.

The AF Form 469 includes the following components:

- **Duty Restriction (DR):** A medically recommended limitation of the Airman's day-to-day and/or AFSC-related duties. DRs are recommended based on a service member's medical condition and are intended to support recovery and/or prevent the condition from worsening.
- **Mobility Restriction (MR):** A restriction of an Airman's participation in deployment, TDYs, and/or exercises. MRs are documented on the profile and may be associated with Assignment Availability Codes (AAC) (e.g., 31, 37, or 81), as applicable.
- **Fitness Restriction (FR):** A medically recommended limitation of an Airman's ability to safely participate in physical activity, including exemptions from the PFRA and limitations on participation in unit physical training (PT). Unless otherwise specified, these medical limitations are recommended for both on and off duty activities..

Multiple Conditions: The AF Form 469 is a living document that communicates an Airman's current functional limitations. When an Airman has multiple conditions, restrictions may overlap or appear to conflict (e.g., "no running" versus "no running >100 yards"). In these cases, the most restrictive limitation governs. As a result, providers do not need to formally "deconflict" restrictions between conditions, but should ensure the final profile language is clear and not misleading.



U.S. AIR FORCE

Profiles:

Roles & Responsibilities:

Airman's Responsibilities:

- Adhere to treatment and restrictions to support recovery and return to full duty. Airmen should understand their profile and discuss limitations or questions with their HCP to ensure proper management of their medical status.
- A profile documents medically recommended limitations, but it does not prohibit Airmen from safely performing activities that remain within those limits. Airmen should meet with their HCP to clarify allowable activities and identify appropriate limitations that can be used to develop a fitness plan with the Physical Fitness Leader (PFL) or Unit/Materiel Fitness Leader (MFL), as applicable, while on profile.
 - This plan may include alternative training programs and may be used in conjunction with prescribed medical treatment, such as physical therapy.

HCP's Responsibilities:

- Create, clarify, and update the AF Form 469 as the Airman's condition changes throughout recovery.
- Establish and manage the treatment and/or rehabilitation plan for the underlying condition, as clinically indicated.

PFL's Responsibilities:

- Assist the Airman in maintaining fitness by developing and supervising training that targets body regions and fitness components not restricted by the Airman's profile. PFLs will not provide medical advice or guidance on treatment or rehabilitation. Questions about the Airman's injury, symptoms, or medical limitations should be referred to the HCP.



U.S. AIR FORCE

Profiles:

Exercise Selection Key Principles:

Exercise Selection:

After receiving profile guidance from their HCP, Airmen should discuss appropriate alternative exercise options with their PFL or MFL. Doing so helps maintain fitness during recovery and reduces the risk of overtraining, delayed healing, or reinjury. Most exercises overlap in how they stress the body, so no single movement trains every fitness component. A balanced program should address all components of fitness, prioritizing those that best support the Airman's goals while staying within profile restrictions. These concepts are covered in Physical Fitness Essentials; the points below highlight key considerations while on profile:

• **Cardiorespiratory Fitness:**

- Running and rucking are common ways to build cardiorespiratory fitness, but they are often not medically recommended while on a profile due to repetitive impact and loading on the lower extremities. Alternative cardio options can reduce stress on injured structures while still training the cardiovascular system. Many alternatives use low-impact, repetitive movements performed for longer durations or in shorter high-intensity intervals, as tolerated within the medically recommended limitations listed on the profile.

• **Resistance Training:**

- Also known as weight training, resistance training uses external load (weights, bands, machines) or bodyweight to improve muscular strength and endurance. It may include compound and isolation movements. When an injury limits certain motions, alternative exercises can maintain training while reducing stress on, or avoiding, the injured area, in accordance with the medically recommended limitations documented on the profile.

• **Compound movements:**

- Use multiple joints and muscles. Although it may be difficult to avoid the injured body part during these movements, Airmen are still encouraged to modify the range of motion or intensity of exercise with guidance. The fundamental compound movement patterns include squat, hinge, push, pull, and carry. Adapting these exercises to your body's current abilities will improve long term gains overall.

• **Isolation movements:**

- Single joint exercises to target specific muscles, without the help of stronger or larger muscle groups. Isolation movements can address imbalances or weakness and typically use lighter loads with controlled range of motion. Isolation exercises can be used as supplements or for rehab.



Profiles:

Exercise Selection Key Principles:

Exercise Dosage and Programming:

Determining the appropriate amount of work in a training program is essential—especially when progressing toward specific performance goals or recovering from injury. Training load can be viewed as the “dosage” of exercise. Just like medication, there is a dose that produces positive adaptations and a dose that becomes counterproductive or harmful. The challenge is that an individual’s upper limit for training load is not always clear, and testing those limits—particularly when injured—can be risky. Daily variables such as recovery status, sleep quality, hydration, stress, and overall workload all influence how much training the body can tolerate on any given day. Unfortunately, the tipping point is often only recognized after it has been exceeded, resulting in setbacks that could have been avoided. However, total rest is rarely the best approach. In most cases, maintaining movement with appropriately scaled training helps preserve fitness, supports recovery, and keeps the Airman engaged.

• For Cardio Respiratory Fitness:

- Per week: 3-5 days per week for a total of 150 minutes of moderate intensity (roughly 65%-75% of maximum heart rate) or 75 minutes of vigorous intensity (75%-95% maximum heart rate) cardio respiratory exercise. A combination of both intensities is also acceptable.

• For Resistance Training:

- Per week: 2-3 workouts, 1 hard set of 8-12 reps to near-failure per exercise/muscle group is sufficient to make progress in trained individuals. To support exercise dosage and programming, the training session template on page 12 categorizes each resistance training movement by focus area, which may help in selecting appropriate alternatives.



Lifestyle Dynamics:

Physical deconditioning due to inactivity can trigger negative emotions like frustration and stress, which then leads to avoidance and withdrawal from activities and social interactions. Over time, this withdrawal and avoidance further increases distress and physical decline, creating a perpetual cycle. This may potentially lead to failing a fitness assessment, being on profile, or not being able to participate in fun physical activities.

Physical Dynamics

- **Maintain physical activity:**
 - When an Airman is deconditioned or on a profile, it is crucial to recognize that maintaining activity and movement—within safe limits—is key to breaking the above-mentioned cycle. While some restrictions are necessary to protect healing, completely avoiding activity can lead to poorer physical fitness, lower self-esteem, and a decreased quality of life.
- **Perform prescribed physical therapy:**
 - Following prescribed physical therapy regimens or engaging in alternative exercises tailored to your abilities helps preserve strength, stamina, and emotional well-being. Staying active, even in modified ways, supports recovery, reduces the risk of persistent pain becoming a long-term issue, and helps maintain readiness and morale within the Air Force community.



Lifestyle Dynamics:

Sleep Dynamics

Sleep is optimized by adhering to a regular sleep schedule, establishing a routine, and maximizing the sleep environment. Adults typically require 7–9 hours of sleep nightly, but this depends on the stress demands of the day. It is essential to prioritize both the quantity and quality of sleep for physical health and overall well-being.

- **Developing a consistent sleep schedule:**
 - Maintain consistent bedtimes and wake-up times, including on weekends, to support the body's natural circadian rhythms
- **Creating a relaxing bedtime routine:**
 - Participate in calming activities—such as taking a warm bath, reading, or listening to soothing music—to help signal to your body that it is time to sleep.
- **Maximize the sleep environment:**
 - Ensure the bedroom is dark, quiet, and cool. Limit electronics use before bed. The blue light emitted by electronic devices can suppress the production of melatonin, potentially making it more difficult to fall asleep.
- **Avoid caffeine and alcohol before bed:**
 - These substances can disrupt sleep and cause night wakings. Some supplements may contain caffeine or stimulants that make it hard to fall asleep.
- **Engage in regular physical activity:**
 - Physical activity contributes to improved sleep quality and well-being; however, vigorous exercise should be avoided within a few hours of bedtime.
- **Maintain a healthy diet:**
 - A balanced diet is integral to good health, including sleep quality. Refrain from consuming large meals or excessive fluids prior to bedtime.



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Lifestyle Dynamics:

Stress Dynamics

Physical deconditioning can cause stress that creates a perpetuating cycle of physical and social avoidance and further deconditioning. Recognizing this risk and taking proactive steps to manage stress and address mental health concerns can be a key part of the reconditioning process.

- **Manage stress:**

- Utilize relaxation techniques such as rhythmic breathing or meditation to help reduce stress and enhance mindfulness. Foster a positive mindset: Adopting a mindset focused on optimism and hardiness involves viewing challenges in life or change as opportunities for personal development. Make use of positive self-talk that can enhance your mental state.

- **Build a social network:**

- For almost any successful physical fitness and/or positive lifestyle outcome having a social network is vital. Being accountable to others can help maintain the habit of physical exercise. A strong social support network can also help to reframe thinking when things don't go your way and keep progress moving forward.

- **Seek services to mentally rebound:**

- Airmen have several pathways to seek mental health services at their local military treatment facility (MTF). This multi-tiered approach ensures Airmen can access mental health resources in a way that best fits their needs and comfort level, supporting both personal well-being and mission readiness.
- **Primary Care Behavioral Health (PCBH) provider:** often through the Behavioral Health Optimization Program (BHOP), which integrates mental health professionals directly into the primary care clinic.
- **Primary Care Manager (PCM):** an internal behavioral health consultant for brief, solution-focused interventions; most needs can be addressed at this level, with referrals to specialty care made only if necessary.
- **Operational Support Teams (OSTs) or True North:** providers are located within the unit, offering rapid, stigma-free access to counseling, resilience training, and early intervention, often without the need for an appointment or formal referral.
- **Military Family Life Counselors (MFLCs):** embedded providers focus on prevention, building trust, and guiding Airmen to higher levels of care if needed.
- **Mental Health Clinic (MHC):** for those requiring more specialized or intensive support.



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Lifestyle Dynamics:

Nutrition Dynamics

Nutrition plays a central role in injury recovery because it provides the materials your body needs to repair tissue, reduce inflammation, and maintain strength while activity may be limited.

- **Calories** provide the fuel your body uses to drive repair; too few can delay healing! However, too many calories can lead to increased body fat overtime.
- **Protein** supports muscle maintenance and tissue rebuilding
- **Anti-inflammatory foods** (fruits, vegetables, omega-3s) minimize inflammatory stress on healing tissues.



Conclusion

Your physical fitness, health, nutrition, and sleep are all critical components of your performance and effectiveness as an Airman. Maintaining overall fitness isn't a temporary goal – it's a year-round commitment.

This playbook is designed to provide you with sound guidance on your journey to good physical fitness and health. However, you are the most important factor in your own success. Your personal dedication and consistent effort towards a healthy, active lifestyle will be the key determinants of your achievements.

As a member of the Profession of Arms in the United States Air Force, you've bravely committed to joining an elite community bound by a shared creed: to serve as the "Nation's Sword and Shield...Sentry and Avenger." Our Esprit de Corps unites us through a common spirit of enthusiasm, devotion, and honor.

To thrive both personally and professionally, our actions must embody the Air Force Warrior Ethos – shaping our character and building resilience, tenacity, grit, and focus. The Air Force Warrior Ethos embodies the "warrior spirit," fostering tough-mindedness, tireless motivation, unceasing vigilance, and a commitment to be Ready and Fight Strong.

Remember: Knowing is Half the Battle. This playbook is your resource to inspire and empower you to "Follow Through" on your commitments to serve in the world's greatest Air Force, enabling our Forces to dominate the fight – anytime, anywhere!





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Physical Training

The following page presents a comprehensive 12-week physical training program designed to develop muscular strength, endurance, and cardiorespiratory fitness using only bodyweight exercises. The program is strategically structured into three progressive levels, each increasing in volume and intensity to systematically enhance baseline physical fitness to the point of being able to pass the Air Force PFRA.

Categories include Lower Extremity (LE), Upper Extremity (UE), Upper/Lower Extremity (U/LE), Upper Extremity and Core (UE/C), Lower Extremity and Core (LE/C), and Cardiorespiratory Fitness (CRF).

Dynamic Warm-Up/Movement Prep: 5-10 min (5-10 total reps / hold for 5 sec)

1. World's Greatest Stretch	4. Arm Circles	7. Jumping Jacks
2. Glute Bridge	5. Air Squats	8. High Knees
3. Bird Dog	6. Single Leg RDL	9. Butt Kicks

Physical Training: 30-40 minutes

Exercise Focus: LE: Lower Extremity; UE: Upper Extremity; ULE: Upper/Lower Extremity; C/LE: Core/Lower Extremity; C/ULE: Core/Upper Lower Extremity; CRF: Cardiorespiratory Fitness

Instructions: Complete the bodyweight exercises as a circuit following the work (W) to rest (R) ratios for 2-4 rounds. The conditioning exercise is completed after the strength exercise or as a separate training session.

Bodyweight Exercise			Weeks 1-3 Level 1	Weeks 4-7 Level 2	Weeks 8-12 Level 3
LE	p. 33	Air Squats	W 15 s: R 15 s	W 20 s: R: 15 s	W 30 s: R: 20 s
UE	p. 33	Push-Ups	W 15 s: R 15 s	W 20 s: R: 15 s	W 30 s: R: 20 s
C/LE	p. 34	Forearm Plank	W 15 s: R 15 s	W 20 s: R: 15 s	W 30 s: R: 20 s
C/LE	p. 34	Glute Bridge	W 15 s: R 15 s	W 20 s: R: 15 s	W 30 s: R: 20 s
LE	p. 35	Side Hops		W 20 s: R: 15 s	W 30 s: R: 20 s
C/LE	p. 35	Sit-Ups		W 20 s: R: 15 s	W 30 s: R: 20 s
C/ULE	p. 36	Walkouts			W 30 s: R: 20 s
LE	p. 36	Reverse Lunge			W 30 s: R: 20 s
UE	p. 37	HR Push-Ups			W 30 s: R: 20 s

Aerobic Conditioning (choose 1 CRF option per training session)

CRF	Run 15 s Walk 45 s for 15 min	X	X	
CRF	Run 1.0 mile	X	X	
CRF	Run 1.5 miles (track your time)		X	X
CRF	Run 2.0 miles (track your time)			X

Cool-Down/Recovery/Mobility: 5-10 minutes (hold each stretch for 15-30 sec)

Hamstring Stretch	Chest Stretch	Figure 4 Stretch	World's Greatest Stretch
Frog Stretch	Hip Flexor Stretch	90/90 Stretch	



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Adaptive Exercise Program (Bodyweight Day)

Dynamic Warm-Up/Movement Prep (10 min), 10 total reps or 10 yards each drill

1) Calf Raise / Dorsi-Flex	6) Glute Bridge	11) Alternating Lateral Lunge
2) Arm Rotations (small to large)	7) Bird Dog	12) Jumping Jacks
3) 4-Way Neck Series	8) Air Squats	13) Butt Kicks
4) Walk-Outs	9) Reverse Lunge & Twist	14) Vertical / Side Hops
5) World's Greatest Stretch	10) Single Leg Romanian Dead Lift (RDL)	

Bodyweight Movement		Level 1	Level 2	Level 3
LE	Air Squats	x 8-12 reps	x 10-15 reps	x 15-20 reps
C/LE	Glute Bridge	x 8-12 reps	x 10-15 reps	x 15-20 reps
UE	Push-ups	x 8-12 reps	x 10-15 reps	x 15-20 reps
UE	Inverted Row	x 8-12 reps	x 10-15 reps	x 15-20 reps
C/ULE	Hollow Body Rock	x :15-:20	x :25-:30	-
C/UE	Side Planks	x :15-:20 ea	x :25-:30	x 15-20 reps
UE	HR Push-ups	-	x 10-15 reps	x 15-20 reps
LE	Split Squats	-	x 10-15 reps	-
C/LE	Cross Leg Reverse Crunch	-	-	x 15-20 reps
LE	Reverse Lunge	-	-	x 15-20 reps

Exercise Focus: LE: Lower Extremity/ UE: Upper Extremity/ ULE: Upper/Lower Extremity/ C: Core Exercise

Level 1: Complete 2-3 rounds of the strength training circuit with members moving at their own pace.

Level 2: Complete 2-3 rounds of the strength training circuit with members moving at their own pace.

Level 3: Complete 3-4 rounds of the strength training circuit with members moving at their own pace.

Aerobic Conditioning

Weeks 1 & 2: 7 x 2 min jog / 1 min walk @ easy, conversation pace

Weeks 3 & 4: 5 x 4 min jog / 2 min walk @ easy, conversation pace

Weeks 5 & 6: 5 x 6 min jog / 2 min walk @ medium, slightly stressed conversation pace

Weeks 7 -9: 4x1:00 on (medium pace) / 1:00 off followed by 4x1:00 on (easy pace) / 1:00 off followed by 4 x 1:00 on (hard) / 1:00 off (12 sets in total)

Weeks 10 & 11: 4 x 1:15 on (medium pace) / 1:00 off followed by 4 x 1:15 on (easy pace) / 1:00 off followed by 4 x 1:15 on (hard) / 1:00 off (12 sets in total)

Week 12: 2 x 1:15 on (medium pace) / 1:00 off followed by 2 x 1:15 on (easy pace) / 1:00 off followed by 2 x 1:15 on (hard) / 1:00 off (6 sets in total)

Initial Cool Down: 3-5 min walk

Low Impact Modification: Perform the same times & intensities on low impact cardio equipment

Recovery / Mobility (all x 20 – 30 sec hold)

Hamstring Stretch	Chest Stretch
90 / 90 Stretch	Frog Stretch
Figure 4 Stretch	
Hip Flexor Stretch	



Adaptive Exercise Program

(Metabolic Interval Day)

Dynamic Warm-Up/Movement Prep (10 min), 10 total reps or 10 yards each drill			
1) Calf Raise / Dorsi-Flex	6) Glute Bridge	11) Alternating Lateral Lunge	
2) Arm Rotations (small to large)	7) Bird Dog	12) Jumping Jacks	
3) 4-Way Neck Series	8) Air Squats	13) Butt Kicks	
4) Walk-Outs	9) Reverse Lunge & Twist	14) Vertical / Side Hops	
5) World's Greatest Stretch	10) 1 Leg RDL		
Bodyweight Movement			
LE	Air Squats	Level 1	Level 2
LE	Frog Jumps	20 sec on / 40 sec off each movement	-
UE	Push-ups		-
C/UE	Forearm Plank		-
LE	Run In Place		-
LE	Reverse Lunge		-
LE	Side Hops	-	-
UE	HR Push-ups	-	-
C/LE	Cross Leg Reverse Crunch	-	-
C/UE	Side Plank	-	-
Rest 2 minutes between each complete round			
Exercise Focus: LE: Lower Extremity/ UE: Upper Extremity/ ULE: Upper/Lower Extremity/ C: Core Exercise			
Level 1: Complete 3-4 rounds of the interval circuit with members moving at a high pace with good form.			
Level 2: Complete 4-5 rounds of the interval circuit with members moving at a high pace with good form.			
Level 3: Complete 4-5 rounds of the interval circuit with members moving at a high pace with good form.			
Aerobic Conditioning			
Weeks 1 & 2: 12 x 30 sec Run/Jog (medium-hard pace) / 1:00 walk			
Weeks 3 & 4: 12 x 45 sec Run/Jog (medium-hard pace) / 1:00 walk			
Weeks 5 & 6: 4x1:00 on (medium pace) / 1:00 off followed by 4x1:00 on (easy pace) / 1:00 off followed by 4 x 1:00 on (hard) / 1:00 off (12 sets in total)			
Week 7: Steady state run for 20:00 @ medium, slightly stressed conversation pace			
Week 8: Steady state run for 24:00 @ medium, slightly stressed conversation pace			
Week 9: Steady state run for 28:00 @ medium, slightly stressed conversation pace			
Weeks 10 & 11: Steady state run for 32:00 @ medium, slightly stressed conversation pace			
Week 12: Steady state run for 25:00 @ easy, conversation pace			
Initial Cool Down: 3-5 min walk			
Low Impact Modification: Perform the same times & intensities on low impact cardio equipment			
Recovery / Mobility (all x 20 – 30 sec hold)			
Hamstring Stretch		Chest Stretch	
90 / 90 Stretch		Frog Stretch	
Figure 4 Stretch			
Hip Flexor Stretch			



Adaptive Exercise Program (Hybrid Day)

Dynamic Warm-Up/Movement Prep (10 min), 10 total reps or 10 yards each drill

1) Calf Raise / Dorsi-Flex	6) Glute Bridge	11) Alternating Lateral Lunge
2) Arm Rotations (small to large)	7) Bird Dog	12) Jumping Jacks
3) 4-Way Neck Series	8) Air Squats	13) Butt Kicks
4) Walk-Outs	9) Reverse Lunge & Twist	14) Vertical / Side Hops
5) World's Greatest Stretch	10) 1 Leg Romanian Deadlift	

Level 1		Level 2		Level 3	
UE	Push-up Pyramid (1-10-1)	UE	Push-up Pyramid (1-12-1)	UE	Push-up Pyramid (1-14-1)
ULE	Goblet Squat 3x10	ULE	Goblet Squat 3x12	ULE	1 ½ Goblet Squat 3x12
C/UE	RKC Forearm Plank 3x 20	C/UE	Cross Leg Rev Crunch 3x30	C/UE	1 Arm Forearm Plank
UE	Seated DB Shoulder Press 3x10	UE	DB Chest Press 3x12	UE	DB Chest Press (3 sec negative) 3x12
LE	DB Alternating Lunge 3x8ea	LE	DB Walking Lunge 3x12ea	LE	Goblet Alt. Drop Lunge 3x12ea
C/LE	Cross Leg Rev Crunch 3x20	C/UE	Forearm Plank 3x max hold	C/ULE	Hollow Body Rock 3x12
UE	TRX Row 3x10	UE	Pull-ups 3x 3-6	UE	Pull-ups 3x 5-8
C	Sit-ups 3x20	C	Sit-ups 3x30	C	Sit-ups 3x40

Exercise Focus: LE: Lower Extremity/ UE: Upper Extremity/ ULE: Upper/Lower Extremity/ C: Core Exercise

Level 1: Complete 2-3 rounds of the strength training circuit with members moving at their own pace.

Level 2: Complete 2-3 rounds of the strength training circuit with members moving at their own pace.

Level 3: Complete 3-4 rounds of the strength training circuit with members moving at their own pace.

Aerobic Conditioning

Weeks 1 & 2: 7 x 2 min jog / 1 min walk @ easy, conversation pace

Weeks 3 & 4: 5 x 4 min jog / 2 min walk @ easy, conversation pace

Weeks 5 & 6: 5 x 6 min jog / 2 min walk @ medium, slightly stressed conversation pace

Weeks 7 -9: 4x1:00 on (medium pace) / 1:00 off followed by 4x1:00 on (easy pace) / 1:00 off followed by 4 x 1:00 on (hard) / 1:00 of (12 sets in total)

Weeks 10 & 11: 4 x 1:15 on (medium pace) / 1:00 off followed by 4 x 1:15 on (easy pace) / 1:00 off followed by 4 x 1:15 on (hard) / 1:00 off (12 sets in total)

Week 12: Mock 2-mile run test or 20m HAMR test

Initial Cool Down: 3-5 min walk

Low Impact Modification: Perform the same times & intensities on low impact cardio equipment

Recovery / Mobility (all x 20 – 30 sec hold)

Hamstring Stretch	Chest Stretch
90 / 90 Stretch	Frog Stretch
Figure 4 Stretch	
Hip Flexor Stretch	



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Sample 8 Week Physical Conditioning Program

Level I – Ideal for Airman returning to running after being off for 8+ weeks. Start the program by building up to 30 minutes of non-stop walking, then progress to level II

	Day 1	Day 2	Day 3
Week 1	Walk 20 min	Walk 22 min	Walk 24 min
Week 2	Walk 26 min	Walk 28 min	Walk 30 min

Level II – For Airmen/ returning to running after being off 4+ weeks. Gradually add short intervals of running between longer intervals of walking

Week 1	Walk 5 min/Run 1 min Repeat x 5	Walk 5 min/Run 1 min Repeat x 5	Walk 5 min/Run 1 min Repeat x 5
Week 2	Walk 4 min/Run 2 min Repeat x 5	Walk 4 min/Run 2 min Repeat x 5	Walk 4 min/Run 2 min Repeat x 5
Week 3	Walk 3 min/Run 3 min Repeat x 5	Walk 3 min/Run 3 min Repeat x 5	Walk 3 min/Run 3 min Repeat x 5
Week 4	Walk 2 min/Run 4 min Repeat x 5	Walk 2 min/Run 4 min Repeat x 5	Walk 2 min/Run 4 min Repeat x 5
Week 5	Walk 1 min/Run 5 min Repeat x 5	Walk 1 min/Run 5 min Repeat x 5	Walk 1 min/Run 5 min Repeat x 5
Week 6	Walk 1 min/Run 8 min Repeat x 3	Walk 1 min/Run 8 min Repeat x 3	Walk 1 min/Run 8 min Repeat x 3
Week 7	Walk 1 min/Run 10 min Repeat x 2	Walk 1 min/Run 10 min Repeat x 2	Walk 1 min/Run 10 min Repeat x 2
Week 8	Walk 1 min/ Run 15 min at PFA Pace	Walk 1 min/ Run 17 min Must be at a light/moderate pace	Walk 1 min/ Run mock PFA 2-mile

Ready to return to strength and conditioning program, as able/indicated.



Couch to 5K Program

	Day 1	Day 2 Warmup – Walk 1	Day 3 Warmup – Walk 1
Week 1	Warmup – Walk 1 Lap Alternate jog/walk every 100m for 1 mile Cooldown – Walk 1 Lap	Lap Alternate jog/walk every 200m for 1 mile Cooldown – Walk 1 Lap	Lap Alternate jog/walk every 200m for 1 mile Cooldown – Walk 1 Lap
Week 2	Warmup – Walk 1 Lap 200m Run/200m Walk 300m Run/300m Walk 200m Run/200m Walk 300m Run/300m Walk 200m Run/200m Walk Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 300m Run/300m Walk 300m Run/300m Walk 400m Run/400m Walk 200m Run/200m Walk Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 400m Run/400m Walk 200m Run/200m Walk 400m Run/400m Walk 200m Run/200m Walk Cooldown – Walk 1 Lap
Week 3	Warmup – Walk 1 Lap 400m Run/200m Walk 400m Run/200m Walk 400m Run/200m Walk 400m Run/200m Walk Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 600m Run/300m Walk 600m Run/300m Walk 600m Run/300m Walk Push for a 2:30 min/lap pace Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 800m Run/400m Walk 800m Run/400m Walk Push for a 2:30 min/lap pace Cooldown – Walk 1 Lap
Week 4	Warmup – Walk 1 Lap 800m Jog/400m Walk 800m Jog/400m Walk 800m Jog Push for a 2:30 min/lap pace Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 1200m Jog/800m Walk 1200m Jog Push for a 2:30 min/lap pace Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2-mile jog, no walking Cooldown – Walk 1 Lap
Week 5	Warmup – Walk 1 Lap 800m Jog/400m Walk 800m Jog/400m Walk 800m Jog Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 1200m Jog/800m Walk 400m Jog Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2-mile (3200m) jog, no walking Cooldown – Walk 1 Lap
Week 6	Warmup – Walk 1 Lap 800m Jog/400m Walk 400m Jog/400m Walk 800m Jog Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 1600m Jog/400m Walk 1600m Jog Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2.25-mile (3600m) jog, no walking Cooldown – Walk 1 Lap
Week 7	Warmup – Walk 1 Lap 2.5-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2.5-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2.5-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap
Week 8	Warmup – Walk 1 Lap 2.75-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2.75-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 2.75-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap
Week 9	Warmup – Walk 1 Lap 3-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 3-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 3-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap
Week 10	Warmup – Walk 1 Lap 3.25-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 3.25-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap	Warmup – Walk 1 Lap 3.25-mile jog, no walking, vary PACE as needed Cooldown – Walk 1 Lap



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Workout 1

Workout 1

The purpose of this session is to train at higher, sustained intensity for the 2-mile run.

Warmup	
Walking Knee Hugs	x 10 yds
Straight leg kicks (Frankensteins)	x 10 yds
Heel to Toe walks	x 10 yds
Lateral shuffle	x 20 yds
High knees	x 10 yds + jog back
Butt kicks	x 10 yds + jog back
Forward Pogo hops	x 10 yds + jog back
Progressive striders (progressively get faster)	2 x 40 yds

Endurance			
Exercise	Pace	Intensity	Rest
1 x 800m	~10 seconds less than 2-mile goal pace	7/10 RPE or 60-70% of HR max for untrained and 70-80% HR max for trained	1:2
2 x 400m	~5-10 seconds less than 2-mile goal pace		1:2
4 x 200m	=/>5 seconds less than 2-mile goal pace		1:3

Notes
Groups: Recommend splitting into pacing groups pending number of participants. For example, Group A runs 2-mi <16:00; Group B 16:00-18:00; Group C >18:00. Pace: For example, if your goal is to run 2-mi in 16min., you would run 2min. per lap (400m) and 4 min. per 2 laps (800m). So, your goal for this workout session would be to complete 1 lap in 1:50- 1:55min and 2 laps in 3:50min. Rest: 1:2 rest means your rest is double the amount of time it took you to complete the exercise. For example, if you ran a lap in 2 mins, then you would take 4 minutes of rest.

Cooldown/Recovery	
Walk 1 lap	
Quad stretch	
Standing Hamstring stretch	
Standing calf stretch	
Kneeling Hip Flexor Stretch	



Workout 2

Workout 2

The purpose of this session is to target all major muscle groups for a full body weight training workout. This session includes explosive movements to improve power.

Warmup

World's Greatest	2 x 8 each
Inchworms	2 x 8
90/90 hip switch	2 x 12 total
Knee hug to lunge	x 10 yd + jog back
Straight leg kicks	x 10 yd + jog back
Quad pulls	x 10 yd + jog back
High knees	x 10 yd + jog back
Butt kicks	x 10 yd + jog back
Pogo hops fwd / back	x 10 yd fwd down and 10 yd back
Striders / Run	x 20 yd down and 20 yd back

Strength/Resistance Training

Exercise		Sets	Reps	Tips
Block A	DB Thrusters	3 x	10	Choose a wt. light enough that you can be explosive
	OH weighted hamstring walk outs		5 total	Take 4 steps out then in for each rep
	Rotational MB throws		10 each	Perform 20 Russian twists if wall or MB is unavailable
	Suitcase carry		x 10 yd each	Avoid letting KB rest or touch your hip/thighs
Block B	KB Swings	3 x	15	Hinge at hips
	DB chest press		10	Can use BB or DB on bench or ground
	Renegade row		12 total	No push-up in between. Avoid rocking hips
	Sled push or plate push		x 20 yd	

Notes

Split up into 2 groups. One group completes Block A and the other completes Block B. After group completes assigned block, they will switch to other block. For each block, complete one set of each exercise, then repeat second set starting back at first exercise.

BB = barbell ; DB = dumbbell ; KB = kettlebell ; MB = Medicine Ball ; OH = overhead

Cooldown/Recovery

Standing hamstring stretch	Hold ~20sec. each leg
Standing quad stretch	Hold ~20sec. each leg
Chest opener stretch	Hold ~20sec.
Supine piriformis stretch	Hold ~20sec. each leg
Child's pose	Hold 20sec



Workout 3

Workout 3

The purpose of this session is to target all major muscle groups for a full body weight training workout. The goal is to increase muscle mass and improve strength. This workout requires a power rack, dumbbells, and adjustable bench.

Warmup

Scorpions	2 x 10 total
90/90 hip switch	2 x 10 total
T-spine book opener	2 x 6 each
Inchworms	2 x 8
Full range of motion arm circles	2 x 10 fwd / 10 reverse
Leg swings	2 x 10 each

Strength/Resistance Training

Exercise		Sets	Reps	Intensity
A1	BB Squat (Front/Back/Box)	3	10, 8, 8	Choose a weight that you are unable to easily complete 2-3 reps over listed reps. Difficulty should be about 7/10. Recommend increasing weight as reps decrease.
A2	Pull-ups*	3	60% of max reps	
A3	Deadbugs	3	10 total	
B1	BB RDL	3	10, 8, 8	
B2	DB half kneeling shoulder press	3	8 each	
B3	Farmer's Carry	3	x 20 yd.	
C1	DB Incline bench press	3	10, 8, 8	
C2	Stationary weighted lunges	3	8 each	
C3	Bear stance plank taps	3	20 total	

Notes

Perform one set of each exercise in the block, then repeat from beginning until each set is complete. After each set is complete for a block, move to the next block.

BB = barbell ; DB = dumbbell

*use assisted pull-up machine or bands if unable to complete body weight pull-up

Cooldown/Recovery

Standing hamstring stretch	Hold ~20sec. each leg
Standing quad stretch	Hold ~20sec. each leg
Chest opener stretch	Hold ~20sec.
Supine piriformis stretch	Hold ~20sec. each leg
Child's pose	Hold 20sec.

Workout 4

Workout 4 The purpose of this session is to get exposure to movements and help develop a base (1x20 Method).

Warmup	
Knee Hug + Lunge	25 yd
Quad Stretch + Single Leg RDL	25 yd
Lateral Lunge (alternate sides each rep)	25 yd
Hamstring Scoop or Straight Leg Kick	25 yd
High Knees	25 yd
Butt Kicks	25 yd
Shuffle	25 yd each side
Carioca	25 yd each side
50% Sprint + Backpedal back to original line	25 yd
3 Quick Hard Strides + Backpedal back to original line	25 yd

“Hybrid” (Strength and Endurance work) – Work capacity day				
Exercise Sets			Reps	Intensity
A1	Goblet Squat	1	20	7-8
A2	½ Kneeling Hip Flexor Stretch	2	:20 each side	7-8
A3	Mini Band Monster Walks	2	:20 each side	7-8
B1	Hand Release Push Ups	1	20	7-8
B2	Stability Ball Leg Curls	1	20	7-8
C1	TRX Rows or Barbell Inverted Row	2	20	7-8
C2	2 Dumbbell RDL	2	20	7-8
D1	Step Up to Hip Flexion	1	20	7-8
D2	Lat Pull Down	1	20	7-8
E1	Sit Up Variation for PT Test	1	20	7-8
E2	Rope Face Pull	1	20	7-8

Notes
Pick a weight that you can get 20 reps but can't get many more after that.

Cooldown/Recovery	
5 minutes on bike	
90/90 Hip Flips	10 Flips
Child's Pose (3 Way Stretch)	Hold :30 in each position



Workout 5

Workout 5

The purpose of this session is to build muscular strength and endurance. The minimal rest period keeps heart rate elevated to promote cardiovascular fitness. The work and rest periods can be adjusted according to physical ability of the group.

Warmup

90/90 hip switch	2 x	10 total
Swimmers prone scap reach		8 total
Single leg glute bridge		8 each leg
Knee hug to lunge	x 10 yds + jog back	
Quad pull to reach	x 10 yds + jog back	
Hamstring sweep	x 10 yds + jog back	
High knees	x 10 yds	
Butt kicks	x 10 yds	
Pogo hops Fwd/Back	x 10 yds each	
High Skips	x 10 yds	

“Hybrid” (Strength and Endurance work) – Work capacity day

Exercise		Notes	Stations: 30 seconds on; 10 seconds off each exercise x 3-4 rounds 1 minute rest in between rounds *adjust time on and off duration to increase or decrease intensity*
1	MB Clean to Press	Can use DB if needed	
2	Plank Taps		
3	KB swings		
4	DB Chest press on floor		
5	Walking lunges	Add weight to increase difficulty. Use alt. reverse lunges if limited space	
6	Alt. V-ups		
7	Renegade rows	Add push-up in b/t to increase difficulty	
8	Glute bridge with OH hold	Glute bridge marches to increase difficulty	
9	Flutter Kicks		

Notes

Use 10 second rest to change stations. Suggested 1-2 people per exercise at one time. Add or subtract exercises pending number of people.

MB = Medicine ball; DB = Dumbbell; KB = kettlebell; OH = overhead; Alt. = alternating

Cooldown/Recovery

Supine piriformis stretch	Hold ~20sec. each leg
Child's pose	Hold 20sec x 2
Chest opener against wall/pole	Hold ~20sec. each arm
Standing lside OH reach	5 second reach with exhale x2 each way

Workout 6

Workout 6

The purpose of this session is to introduce Airmen to a benchmark workout that will screen, challenge and develop cardiorespiratory endurance, mobility, strength, flexibility, speed, coordination agility, balance and accuracy.

Warmup – 15 Minutes

Slow Jog	2 x 10 yards (10 down; 10 back)
Butt Kicks	2 x 10 yards (10 down; 10 back)
High Knees	2 x 10 yards (10 down; 10 back)
“A” Skips	2 x 10 yards (10 down; 10 back)
Pike Plank Ankle Mobility	1 x 10 reps (Each Ankle)
Sumo Squat with Overhead Reach	1 x 10 reps
Walking World’s Greatest/Spiderman	2 x 10 yards (10 down; 10 back)
Walking Lunge with Reach	2 x 10 yards (10 down; 10 back)
Walking Figure Four	2 x 10 yards (10 down; 10 back)
Touch Toe Walk	2 x 10 yards (10 down; 10 back)
Single Arm Alternating Backward Rotation	1 x 10 reps (Each Arm)
Single Arm Alternating Forward Rotation	1 x 10 reps (Each Arm)
Bent Over Double Arm Swings	1 x 10 reps

“Hybrid”(Strength and Endurance Work) – 3 Rounds for Time of

Exercise	Sets	Reps	
500 Meter Run	3		
21 Air Squats	3	21	
12 Hand Release Push-ups	3	12	

Notes

Perform the 500 meter run, 21 air squats, 12 hand release push-ups, this counts as one round, complete two more rounds for time.

Time Goal is between 8 – 15 minutes.

- Under 8 minutes elite level of fitness
- 8 to 9 minutes high level of fitness
- 9 to 10 minutes high/moderate level of fitness
- 10 to 11 minutes moderate/low level of fitness
- 11 to 15 minutes low/sedentary level of fitness

Cooldown/Recovery – 15 Minutes

Posterior Hip Stretch: Lying Down Hamstring Right and Left Leg	20 Second Hold Each Leg
Posterior Hip Stretch: 90/90 Crossover Right and Left Leg	20 Second Hold Each Leg
Posterior Hip Stretch: Figure Four Right and Left Leg	20 Second Hold Each Leg
Anterior Hip/Ankle Stretches: Right and Left Lunge	20 Seconds Hold Each Side
Anterior Hip/Ankle: World’s Greatest/Spiderman	5 Reps Right and Left Side
Shoulders: Arms Behind Your Back/Fingers Interlocked; Hands Resting Against the Tailbone; Shoulders Rolled Back and Shoulder Blades Squeezed Together	20 Second Hold
Shoulders: Hang from Pull-up Bar	20 Second Hold



Exercise Library Categories

1

Dynamic Warm-Up

The purpose of the dynamic warm-up is to prepare the body for movement and higher-level performance. The goal of the warm-up is to increase heart rate, transfer blood flow to the working musculature, elevate core temperature, and help the joint structures prepare for exercise and movement.

- 4 Way Neck Series
- A Skip
- Air Squat
- Alternating Lateral Lunge
- Arm Circles
- Bird Dog
- Butt Kickers
- Calf Raise
- Glute Bridge
- Hamstring Sweep
- Jumping Jacks
- Pike Plank Ankle Mobility
- Reverse Lunge and Twist
- Single Leg Romanian Deadlift
- Spiderman
- Swimmers Prone Scap Reach
- Vertical Side Hops
- Walk-Outs
- World's Greatest Stretch

2

Physical Training

Exercises designed to develop muscular strength, stamina, and promote overall physical well-being. Most movements are bodyweight, but some do require minimal equipment that can be found at most installations.

- Biking
- Elliptical
- Jogging/Running
- Rowing
- Air Squat
- Alternating V-up
- Bear Stance Plank Taps
- Cross-Legged Reverse Crunch
- DB Chest Press
- DB thrusters
- Deadbugs
- Dumbbell Alternating Lunge
- Dumbbell Shoulder Press
- Farmers Carry
- Flutter Kicks
- Forearm Plank
- Frog Jump
- Glute Bridge
- Goblet Squat
- Hand Release Push Up
- Hollow Body Hold
- Lat Pull Down
- MB Clean to Press
- Mini Band Monster Walk
- Push Ups
- Renegade Row
- Rope Face Pull
- Rotational MB Throws
- Run in Place
- Side Hops
- Side Plank
- Sit Up
- Split Squat
- Stability Ball Leg Curls
- Step Up to Hip Flexion
- Suitcase Carry

3

Recovery Training

Listed are activities that increase the body's mobility and ability to fully recover from physical training. These will help to expedite the recovery process and to maximize the training adaptations achieved through exercise.

- 90/90 Stretch
- Chest Stretch
- Childs Pose
- Cobra/Upward Dog
- Figure 4 Stretch
- Frog Stretch
- Hamstring Stretch
- Hip Flexor Stretch
- Pigeon
- Quad Stretch
- Shoulder 90-degree Rotation
- Shoulder Thumbs Rotation
- Single Leg Groin
- Triceps Stretch



4-Way Neck Series

Upper Extremity: Low Demand

Stand with feet shoulder width apart. Slowly, move head to look up. Then move head to look down. Return to the start position. Then turn head to look over your left shoulder. Turn head to look over your right shoulder.



A Skip

Lower Extremity: High Demand

Drive opposite arm and knee up in front of you, mimicking a running motion. As you do this, hop on the ball of your other foot. Drive the elevated leg back down to the ground and switch to the opposite leg.



Air Squat

Lower Extremity: Low Demand

Stand with feet shoulder width apart.
1) Squat as deep as possible with hips back and heels on the ground. At the same time, lift both arms to shoulder height.
2) Rise from squat position, contracting glutes and return to starting position.



Alternating Lateral Lunge

Lower Extremity: Low Demand

Stand with feet wider than shoulder width apart, arms bent at 90 degrees to the front. With a large step, lunge to the left. Return to start position, then lunge to the right.





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Arm Circles

Upper Extremity: Low Demand

Stand with feet shoulder width apart and arms straight out from the body. Slowly, make small arm circles and then increase to larger circles.



Bird Dog

Upper and Lower Extremity, Core: Low Demand

Start with hands and knees on the ground, hands under shoulders and knees under hips. Lift and extend left arm and right leg simultaneously. Hold briefly then return to the start position. Switch sides.



Butt Kickers

Lower Extremity: High Demand

Standing straight, lift right foot up and back so that heel touches buttocks. Return to starting position and alternate legs. Alternate, pumping opposite arms for balance.



Calf Raise

Lower Extremity: Low Demand

Standing feet shoulder width apart, raise your heels up and balance on your tip toes before controlling your heels back to the ground.





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Glute Bridge

Lower Extremity: Low Demand

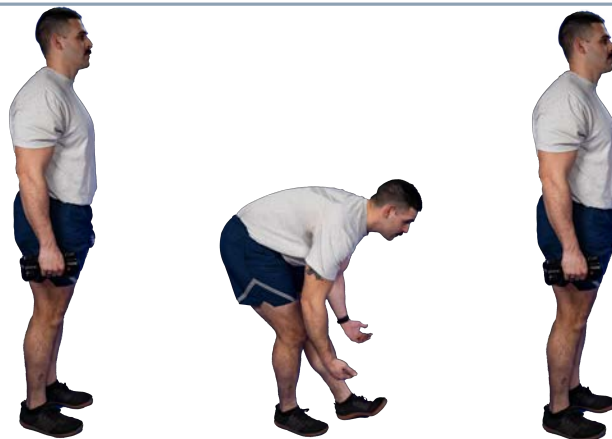
Lay on your back with your head on the floor, arms by your sides, and feet flat on the floor. Raise your hips off the ground, forming a straight line from shoulders to knees, resting your weight on your shoulder blades (not your neck). Use your hands for balance.



Hamstring Scoop

Lower Extremity: Low Demand

Begin standing with feet hip width apart. Step one foot forward with the heel on the ground, actively lifting your toes up. Hinge at the hip and reach down with both hands toward your feet until tightness is felt. Stand tall and reset your feet. Complete on the opposite side.



Jumping Jacks

Upper and Lower Extremity: High Demand

Standing position with your hands at your sides and feet together. Next, jump up while spreading your feet apart and reaching your arms straight up overhead. Return to the start position.



Pike Plank Ankle Mobility

Upper and Lower Extremity: Low Demand

Starting from a standing position, slowly put your hands on the ground and walk them out until your heels are about to raise off of the floor. Then, walk your hands back towards your feet and stand up.





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Reverse Lunge and Twist

Lower Extremity: Low Demand

Standing feet shoulder width apart. Step back with right foot into lunge position. Clasp hands together and twist towards the right. Pause. Twist to forward facing, then twist to the left. Return to a standing position. Repeat movement while changing left/right movement patterns.



Single Leg Romanian Deadlift

Lower Extremity, Core: Low Demand

Stand on one foot. Keep a soft bend in the knee and back as flat as possible. Hinge at the hips, extending the free floating leg backwards and leaning the upper body forward over the stance leg. Hold 5-10 seconds and return to start.



Spiderman

Upper and Lower Extremity, Core: High Demand

Holding a plank position, drive one knee up to the outside of the elbow and foot next to your hand. Return in to the ground behind you. Repeat on the opposite leg.



Swimmers Prone Scap Reach

Upper Extremity, Core: High Demand

Laying prone, reach both arms straight up overhead and thumbs up. In a big arch, slowly sweep the straight arms down to your sides to then bend your elbows to rest the back of your hands on your lower back. Keep your arms off the ground at all times.





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Vertical Side Hops

Lower Extremity: High Demand

Stand on one leg with the knee and hip slightly bent in a crouching position. Hop to the other leg as high up and as far out as you can. Hop back to the starting side as high up and as far out as you can and repeat.



Walk Outs

Upper and Lower Extremity, Core: Low Demand

Starting from a standing position, slowly put your hands on the ground and walk them out to a plank position. Then, walk your feet forwards towards your hands and stand up. You may also walk your hands back towards your feet and stand up.



Worlds Greatest Stretch

Upper and Lower Extremity, Core: Low Demand

Perform a lunge with left leg forward and right leg back with knee straight. Place both hands on the ground to the inside of the left foot. Keeping your right hand on the ground, reach your left arm under and through, twisting away from your left leg. Then, pull the arm back and reach it up to the ceiling, rotating the chest toward the left leg. Bring your hand back down to the floor, return to standing, then switch sides.





Biking

Lower Extremity: Low Impact

The bike is set up correctly when the feet can easily reach the pedals and the knee is slightly bent at the bottom position. Aim to maintain 80-90 rotations per minute (RPM) and adjust resistance to an appropriate intensity.



Elliptical

Upper and Lower Extremity: Low Impact

Select a metric to maintain (resistance/speed/incline) and adjust the other parameters to meet the intended metric. Keep your core braced throughout to transfer power between your body, arms and legs.



Jogging/Running

Lower Body: High Impact

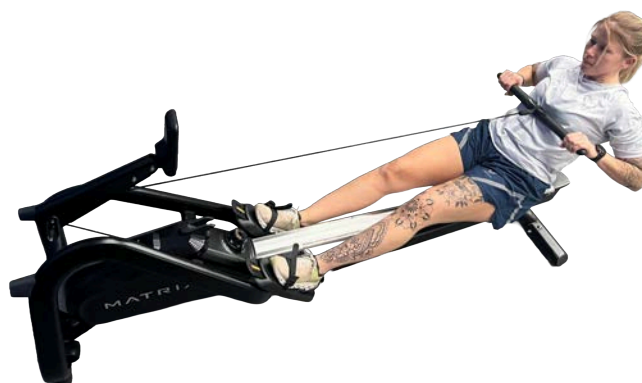
Running has a vast choice of parameters to focus on. Try to choose a cadence or steps per minute (SPM) between 165-180 and adjust speed/incline while staying in control. Adjust intensity for desired effect.



Rowing

Upper and Lower Extremity, Core: Low Impact

Set the foot position so that the strap goes over the foot at about the crease of your toes. Adjust the damper/resistance to at or slightly lower than 5/10 or 50% for most workouts. Focus on recovery between strokes and maintaining an engaged core.





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Air Squat

Lower Extremity, Low Demand

Standing feet shoulder width apart.

- 1) Squat as deep as possible with hips back and heels on the ground. At the same time, lift both arms to shoulder height.
- 2) Rise from squat position, contracting glutes and return to starting position.



Alt V-up

Upper and Lower Extremity, Core: High Demand

Lay on your back with your legs straight and arms up overhead. At the same time, lift your right leg up off the ground and reach your left hand across to touch the toes on your right foot. Slowly, return them back to the ground at the start position and repeat on the other side. Each touch is one rep. Complete assigned reps.



Bear Stance Plank Taps

Upper and Lower Extremity, Core: High Demand

Start with hands and knees on the ground, hands under shoulders and knees under hips. Lift the knees off the ground and keep them up until reps are complete. Lift your right hand and tap your left shoulder, then return it. Lift your left hand and tap your right shoulder, then return it. Each touch is one rep, complete assigned reps.



Cross-Legged Reverse Crunch

Core: Low Demand

Lay on your back with arms crossed over the chest and legs straight. Keeping knees and feet together, lift both knees towards the chest while rotating an elbow to the opposite thigh. Return to the starting position with legs fully extended and heels tapping the ground. Repeat on the opposite side.





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Dumbbell Chest Press

Upper Extremity: High Demand

With a dumbbell in each hand, lay back on a bench. Raise both arms up towards the ceiling, palms rotated down towards your feet. Bend and tuck your elbows by your sides, while rotating your palms to face each other, until the dumbbells are just above your chest. Press the dumbbells back up to the starting position.



Dumbbell Thrusters

Upper and Lower Extremity, Core: High Demand

Stand with a dumbbell in each hand, held at shoulder height with palms facing each other. Squat as deep as possible. As you stand up, push the dumbbells overhead until your arms are extended completely, ensuring the dumbbells are in line with your shoulders and hips. Return the dumbbells back to shoulder height and repeat for the prescribed repetitions.



Deadbug

Upper and Lower Extremity, Core: Low Demand

Lay on your back with arms straight, fingertips pointing to the ceiling, and knees bent up to 90 degrees. Reach the right arm overhead while straightening the left leg without touching the floor. Return the arm and leg to their starting positions and repeat with the opposite limbs. Maintain a rigid core throughout and do not allow your low back to excessively arch.



Dumbbell Alternating Lunge

Lower Extremity: High Demand

Stand with feet hip-width apart and weights in each hand. With the left foot, take a step forward and bend the back knee towards the ground. Do not let the back knee contact the ground. Then, shift your weight forward onto your left foot and stand up to starting position. Repeat with right leg.





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Dumbbell Shoulder Press

Upper Extremity: High Demand

Stand with a dumbbell in each hand, held at shoulder height and palms facing each other. Push the dumbbells overhead, while rotating your palms down, until your arms are extended completely, ensuring the dumbbells are in line with your shoulders and hips. Return the dumbbells to shoulder height, palms facing each other. Repeat for the prescribed repetitions.



Farmer's Carry

Upper and Lower Extremity, Core: High Demand

Grasp an object in each hand (dumbbell, kettle bell, water can). Begin walking with the objects in each hand for the prescribed distance. The intent of the exercise is to not let the objects change your walking posture.



Flutter Kicks

Lower Extremity, Core: Demand

Lay on your back with both legs straight and hands facing down by your sides. Lift both legs 6 inches off of the ground. Alternate raising and lowering each leg in a kicking motion while keeping your knees straight. Maintain a rigid core throughout and do not allow your low back to excessively arch.



Forearm Plank

Upper Extremity, Core: Low Demand

Lay face down. Prop yourself up onto your forearms with elbows underneath shoulders and hands in fists. Lift your hips off of the floor to form a straight line from head to heels. Keep the core engaged to prevent hips from rotating, arching, or sagging.





Frog Jump

Lower Extremity: High Demand

Stand with feet hip width apart. Lower yourself into a deep squat position with fingertips touching the floor. Keep the chest up and knees in line with the toes. While swinging the arms up, jump forward into the air and land on the balls of your feet. Lower your heels to the floor and repeat as directed.



Glute Bridge

Lower Extremity: Low Demand

Lay on your back with your head on the floor, arms by your sides, and feet flat on the floor. Raise your hips off the ground, forming a straight line from shoulders to knees, resting your weight on your shoulder blades (not your neck). Use your hands for balance.



Goblet Squat

Upper and Lower Extremity, Core: High Demand

Stand with feet hip width apart. Hold the weight in front of your chest just below the chin. Keep shoulders back and down throughout movement. Squat as deep as possible while keeping your chin up. Rise from squat, contracting glutes to return to starting position.



Hand Release (HR) Push-up

Upper Extremity: Low Demand

From a hands-elevated plank position, lower your body all the way to the ground. Extend your arms out to the sides, keeping your hands off the ground. Pull your arms back in and place your hands underneath your shoulders. Keep your back straight and core engaged as you press up to the start position.





Hollow Body Hold

Core: Low Demand

Lay on your back with legs straight and arms extended overhead. Press the lower back into the floor. Lift your arms up and raise your shoulders off the ground while simultaneously lifting your legs off the ground no more than 30 inches. Hold for time as directed.



Lat Pull-down

Upper Extremity, Core: High Demand

Grab onto the bar overhead with hands just outside of shoulder width and palms facing away from you. Pull the bar to your upper chest by tucking your shoulders blades down and driving your elbows back. Slowly straighten your arms to return to the starting position.



MedBall Clean and Press

Upper and Lower Extremity: High Demand

Stand with knees and hips slightly bent. Hold the medicine ball between your knees. While raising your body up, pull the ball towards your collar bone. Once the medicine ball reaches chest height, pull yourself underneath the ball to catch it in a squat position. Return to the start position.



Mini-band Monster Walk

Lower Extremity, Core: High Demand

Place a mini-band around your ankles and start standing with feet hip-width apart. Take steps forwards and backwards, keeping the feet at hip-width apart and tension on the band at all times.





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Push-Up

Upper Extremity: Low Demand

From the prone position, place hands under shoulders and push the body up until elbows are in full extension. Maintain a rigid body posture, keeping a straight line from head to heel. Lower the body until the elbows reach 90 degrees and repeat.



Renegade Row

Upper Extremity, Core: High Demand

Start in a push-up position with hands on dumbbells. Lift one dumbbell off of the floor, driving the elbow towards the ceiling and dumbbell towards the hip. Slowly lower the dumbbell to the floor and repeat on the opposite arm. Keep level hips and straight back throughout the movement.



Rope Face Pull

Upper Extremity, Core: High Demand

Hold the rope straight ahead with a palms down grip. Lunge down to rest the back knee on the floor. Begin by pulling the rope towards the bridge of your nose, driving your elbows up and back, and keeping your hands spread apart. Slowly return the rope to the starting position and repeat.



Rotational Medball Throw

Upper and Lower Extremity, Core: High Demand

Reach a medicine ball high over your head. Pivot to one side and slam the ball to the ground outside of your foot. Pick the ball up and repeat on the opposite side.



Run in Place

Lower Extremity: High Demand

Stand with feet shoulder width apart. Begin running in place. Maintain good arm and knee action. Keep your head up and maintain an upright torso.



Side Hops

Lower Extremity: High Demand

Stand on one leg with the knee and hip slightly bent in a crouching position. Arms bent at 90 degrees. Hop to the other leg as far out as you can. Hop back to the starting side as far out as you can and repeat.



Side Plank

Upper Extremity, Core: Low Demand

On your left side, push up on your left forearm with your elbow underneath your shoulder. Lift your right hip up to the ceiling and feet stacked, creating a straight line from your shoulder to your ankle. Only your left foot and left forearm should remain on the ground. Resist hips sagging or rotating.



Sit-up

Core: High Demand

Lay on your back with your knees bent at 90 degrees, feet flat on the floor. Cross your arms over your chest with hands on your shoulders or upper chest. Bring your upper body forward until your elbows touch your knees or thighs. Lower your back until your shoulder blades touch the ground. Keep your buttocks in contact with the floor/ground throughout. Keep your hands in contact with your shoulders or upper chest throughout the exercise.





Split Squat

Lower Extremity: Low Demand

Stand with feet shoulder width apart and hands at chest height. Step one leg back, keeping the heel off the ground. Shift weight to the front leg and lower the body until the front thigh is parallel with the floor. Push through your front foot and rise up. Feet stay in place for all repetitions, then switch.



Stability Ball Leg Curls

Lower Extremity, Core: Low Demand

Lay on your back with your heels on top of the stability ball. Lift your hips up into a bridge position with your shoulders and heels in a line. Slowly roll the ball away from you until your body is straight. Dig your heels into the ball and pull it back towards you, keeping your hips high.



Step Up to Hip Flexion

Lower Extremity, Core: High Demand

Place one foot fully onto an elevated surface such as a box or bench. The surface should be high enough that your hip is at a 90 degree bend. Step up onto the box by driving through the front foot. As you reach the top, extend your body fully and drive your opposite knee up in front of you to create a 90 degree hip angle. Briefly pause at the top then return back to the ground with good control.



Suitcase Carry

Upper and Lower Extremity, Core: High Demand

Hold a weight in one hand at your side. Maintain a tall posture and walk at a controlled pace for the prescribed distance. Change the weight to the other hand and walk back.





90/90 Stretch

Lower Extremity: Low Demand

Sit on the ground, left leg in front, bent at 90 degrees, the right leg also bent at 90 degrees with space between your left foot and right knee. Place hands on the floor in front of the left leg and lean over. Hold for prescribed duration and repeat on the opposite side.



Chest Stretch

Upper Extremity: Low Demand

Laying prone with arms extended to both sides, slightly bend one elbow with that palm placed flat on the ground. Slowly, lifting that shoulder off the ground while simultaneously reaching the same foot behind and across the body to stretch the shoulder and chest of the extended arm.



Child's Pose

Upper and Lower Extremity: Low Demand

Start by kneeling on the ground, knees wider than hips, and sitting on your heels. Palms are placed on the ground in front of you and arms are slowly stretched out overhead. Relax and hold for prescribed duration.



Cobra/Upward Dog

Core: Low Demand

Start in a prone position with hands under shoulders, as if in the bottom of a push up. Slowly press your chest off the ground, arching through your mid back and tilting your chin up. Exhale at the top and return back to the starting position.



Figure 4 Stretch

Lower Extremity: Low Demand

Lay on your back with both legs bent, feet flat on the floor. Bring right foot over the left thigh, placing the ankle just above your knee. Wrap your hands around your left thigh and pull your leg up toward your chest keeping your back flat and head off the ground. Hold for prescribed duration then repeat other side.



Frog Stretch

Lower Extremity: Low Demand

Kneel on the floor with knees well outside hip-width apart. Place your forearms on the ground in front and slowly shift weight back towards your feet, then forwards towards your forearms.



Hamstring Stretch

Lower Extremity: Low Demand

Sit upright with legs wide. Hinge at the hips and bend forward. Hold. Then, move your arms towards your right leg, reaching to your toes. Hold. Then, move your arms towards your left leg, reaching to your toes. Hold.



Hip Flexor Stretch

Lower Extremity: Low Demand

Stand with feet shoulder width apart, hands on the hips. Take a large step forward with the left foot. Push the hips forward by contracting your glutes and bend the front knee. Hold for prescribed duration then repeat on the right side.



Pigeon

Lower Extremity: High Demand

Lower to the ground and bring your left knee in front of you and rotate your left foot so it's angled inward. Right leg straight back or angled slightly outward. Brace your core and sink back onto your left glute, or relax forward and let the stretch happen. Repeat other side.



Quad Stretch

Lower Extremity: Low Demand

While standing, bring your right foot toward your right glute and reach back with your right hand to hold the leg in the flexed position. Squeeze your right glute while holding your foot and letting your knee point straight down to the ground. Repeat on the other side.



Shoulder 90-degree Rotation

Upper Extremity: Low Demand

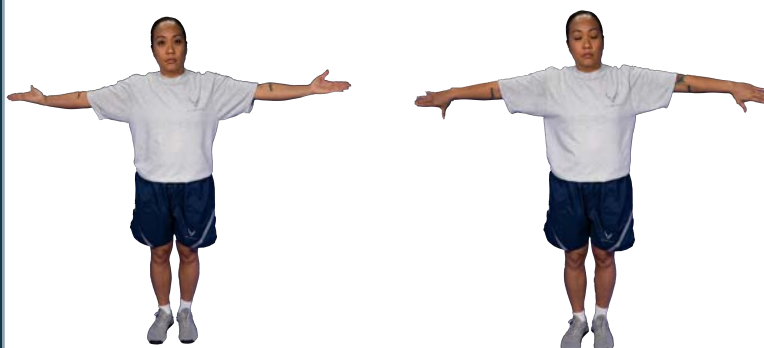
Stand straight with shoulders back and down, bring your arms up into a 90-degree position. Rotate forward until you reach the end of your range of motion and return to the starting position while maintaining a 90 degree bend of the arms.



Shoulder Thumbs Rotation

Upper Extremity: Low Demand

Standing straight with shoulders back and down, bring your arms straight out to the sides of you and point your thumbs towards your back. Then "twist" your thumbs forward. Repeat for reps.





Shoulder Stretch

Lower Extremity: Low Demand

Standing straight with your shoulders back and down, bring your right arm in front of you and grab your right triceps with your left hand. Pull your right arm further into your chest and hold. Repeat to the other side.



Single Leg Groin

Lower Extremity: High Demand

While kneeling on your hands and knees, bring your left foot out directly to the left in a straight line with the bottom of your foot as flat to the ground as possible. Stay in this position and slowly slide your body backwards without shifting your left foot until the desired effect is felt. Hold as necessary and then repeat to the other leg.



Triceps Stretch

Lower Extremity: Low Demand

Standing with your shoulders back and down, bring your right arm up and behind your head. Support your right upper arm at the elbow with your left hand and hold. Repeat with the other side.





HAMR Improvement Program

6-Week HAMR Improvement Program			
	Week 1	Week 2	Week 3
Day 1	A. 4x200m Rest 60 sec. B. 2x400m Rest 75 sec. C. 3x30m Sprints	A. 4x200m Rest 60 sec. B. 2x400m Rest 75 sec. C. 3x30m Sprints	A. 5x200m Rest 60 sec. B. 3x400m Rest 75 sec. C. 3x30m Sprints
Day 2	A. 20 min Sustained Run B. 5x100m Strides C. 2x200m Sprints, Rest 60 sec.	A. 20 min Sustained Run B. 5x100m Sprint, Walk Back Recovery C. 2x200m Sprint, Rest 60 sec.	A. 25min Sustained Run B. 6x100m Strides C. 3x200m Sprints, Rest 60 sec.
Day 3	A. Test your HAMR B. 4x20m Sprints, Rest 30 sec.	A. Test Your HAMR B. 4x20m Sprints, Rest 30 sec.	A. Test Your HAMR B. 5x20m Sprints, Rest 30 sec.
	Week 4	Week 5	Week 6
Day 1	A. 5x200m Sprints, Rest 60 sec. B. 3x400m Sprints, Rest 75 sec. C. 3x30m Sprints, Rest 30 sec.	A. 6x200m Rest 60 sec. B. 4x400m, Rest 75 sec. C. 3x30m Sprints, Rest 60 sec.	A. 6x200m Sprints, Rest 60 sec. B. 4x400m Sprints, Rest 75 sec. C. 3x30m Sprints, Rest 60 sec.
Day 2	A. 25 min Sustained Run B. 6x100m Strides, Walk Back Recovery C. 3x200m, Rest 60sec.	A. 30 min sustained run B. 8x100m, Walk Back Recovery C. 4x200m, Rest 60 sec.	A. 30 min Sustained Run B. 8x100m Sprints, Walk Back Recovery C. 4x200m, Rest 60 sec.
Day 3	A. Test Your HAMR B. 5x20m Sprints, Rest 30 sec	A. Test Your HAMR B. 6x 20m Sprints, Rest 30 sec	A. Test Your HAMR B. 6x20m Sprints, Rest 30 sec



Data Conversion Tables

Distance Conversions					
Run (m)	Row (m)	BikeErg (m)	SkiErg (m)	Assault Bike (cals)	Echo Bike (cals)
100	125 / 100	250 / 200	125 / 100	8 / 6	6 / 5
200	250 / 200	500 / 400	250 / 200	15 / 12	12 / 10
400	500 / 400	1,000 / 800	500 / 400	30 / 24	24 / 19
600	750 / 600	1,500 / 1,200	750 / 600	45 / 36	36 / 29
800	1,000 / 800	2,000 / 1,600	1,000 / 800	60 / 48	48 / 38
1,000	1,250 / 1,000	2,500 / 2,000	1250 / 1,000	75 / 60	60 / 48
1,600	2,000 / 1,600	4,000 / 3,200	2,000 / 1,600	120 / 96	96 / 77
2,000	2,500 / 2,000	5,000 / 4,000	2,500 / 2,000	150 / 120	120 / 96
5,000	6, 250 / 5,000	12,500 / 10,000	6,250 / 5,000	375 / 300	300 / 240
10,000	12,500 / 10,000	25,000 / 20,000	12,500 / 10,000	750 / 600	600 / 480

Calorie Conversions			
Row / BikeErg / SkiErg	Assault Bike	Echo Bike	Air Runner
10	8	6	8
15	11	9	11
20	15	12	15
25	19	15	19
30	23	18	23
35	26	21	26
40	30	24	30
45	34	27	34
50	38	30	38



Sleep Hygiene

The Good		The Bad		The Ugly	
Behavior	Effect on Sleep	Behavior	Effect on Sleep	Behavior	Effect on Sleep
Consistent Sleep Schedule	Creating a routine helps support the body circadian rhythm. A Sleep Journal helps track sleep habits, allowing you to identify patterns and pinpoint habits that improve or disrupt your sleep quality.	Utilizing screens in bed	Screens emit blue light, which suppresses melatonin production, making it harder to fall asleep. Action- packed or emotionally intense content can increase heart rate and adrenaline levels, making it difficult to relax.	3 consecutive nights of bad sleep = 2 - 3 drinks of alcohol	Consistent lack of sleep has been shown to be the equivalent of consuming 2 - 3 alcoholic drinks
Dark, cool, quiet environment	Dim lighting, especially warm-toned light, helps signal your body that it's time to wind down and prepare for sleep. Listening to soft music promotes relaxation and enhances melatonin production.	Daily melatonin supplement	Every once in a while is okay but regular use effects the body circadian rhythm and natural process of producing melatonin	Energy Drink Consumption	Contributes to restlessness, nervousness, anxiety, insomnia, tremors, seizures, psychosis, depression, hallucinations, and anxiety
Meal choices and timing	A light snack, such as a banana with almond butter, provides a good mix of magnesium and protein to help relax muscles and stabilize blood sugar levels. Foods like turkey, cherries, milk and oatmeal containing sleep-promoting nutrients like tryptophan, melatonin, magnesium, calcium and vitamin B which support restful sleep.	Nicotine within 2 hours of sleep Alcohol within 2 hours of sleep Caffeine within 6 hours of sleep	Caffeine is a stimulant and if consumed close to bed time makes it harder to fall asleep. Alcohol may help you fall asleep initially, but it disrupts the later stages of sleep, leading to poor quality rest.		
Consistent exercise routine	Exercising regularly helps you fall asleep faster, sleep more soundly, and wake refreshed. Exercise helps regulate the body's internal clock, the circadian rhythm, promoting more consistent sleep patterns.	Over the counter sleep medicine	Temporary fix to fall asleep but will disrupt the later stages of sleep, leading to poor quality rest.		



Sleep Diary

Exact times are not necessary. Estimates are all you need.

SLEEP SCHEDULE

Bedtime:
Rise Time:

DAY OF THE WEEK										
DATE										
Q1	What time did you get into bed?									
Q2	What time did you try to go to sleep?									
Q3	How long did it take you to fall asleep?									
Q4	How many times did you wake up, not counting your final awakening?									
Q5	In total, how long did these awakenings last?									
Q6	What time was your final awakening?									
Q7	What time did you get out of bed for the day?									
Q8	How would you rate the quality of your sleep?	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good	☐ Very poor ☐ Poor ☐ Fair ☐ Good ☐ Very good
Q9	Note anything that interfered with your sleep.									

End-of-week calculations

Easy calculations at mysleepwell.ca/calculator

1 Sleep window:

2 Time awake:

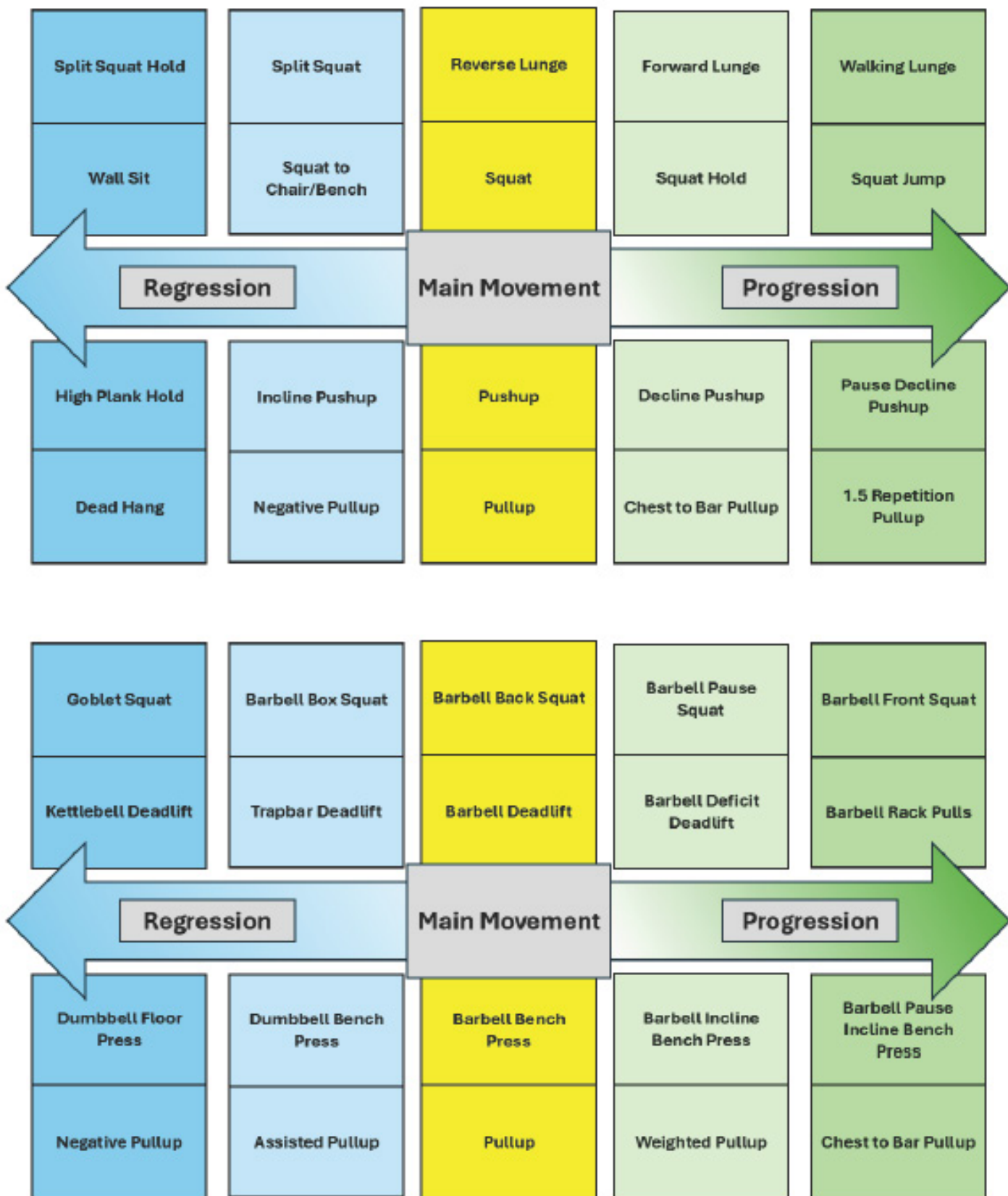
3 Time asleep:

4 Sleep efficiency:

%



Progression and Regression Examples





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POWER PLATE

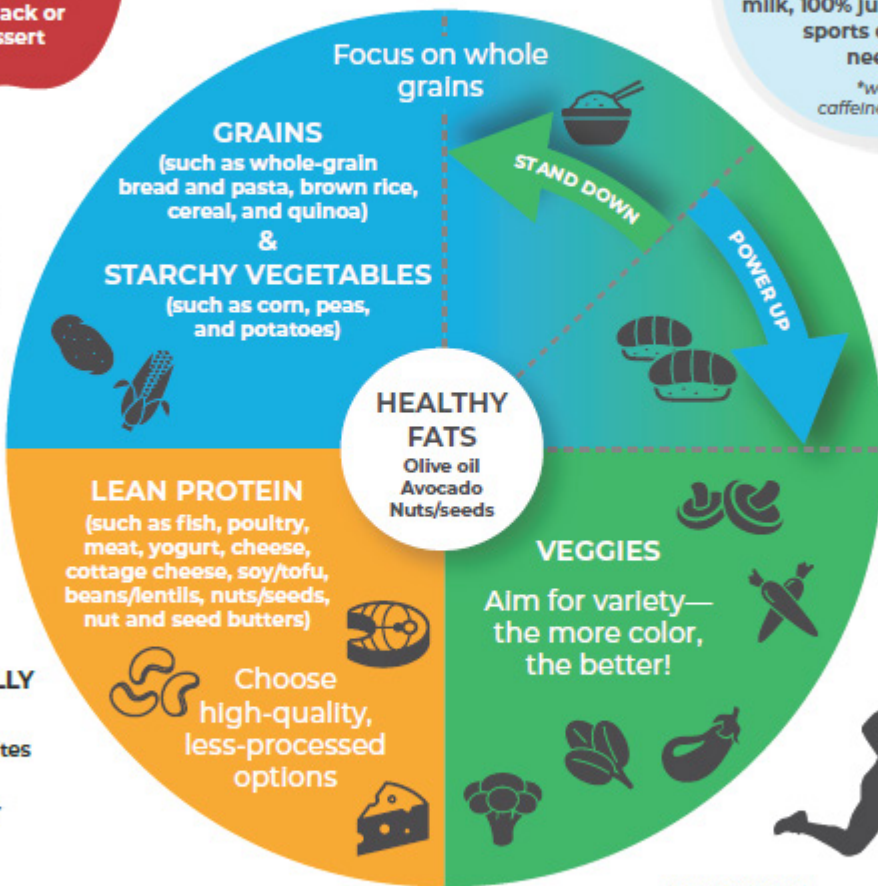
EAT TO FUEL YOUR PERFORMANCE

POWER UP

Increase grains & starchy vegetables to 1/2 of your plate for intense training or operations

STAND DOWN

Decrease grains & starchy vegetables to 1/4 of your plate on easy/rest days or for weight loss



EAT MINDFULLY

- Slow down
- Take smaller bites
- Chew more
- Focus on flavor

Choose high-quality, less-processed options

BE ACTIVE!

For optimal performance, match your portions with your activity level (this can change day to day)



CHAMP

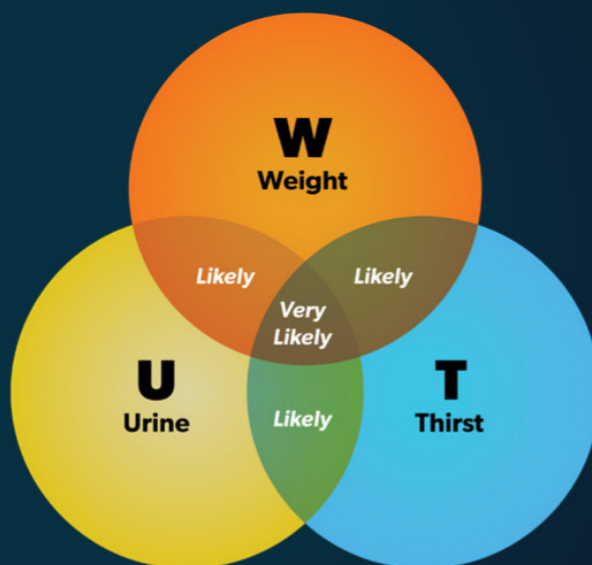
Consortium for Health and Military Performance

HUMAN PERFORMANCE RESOURCES by CHAMP | [HPRC-online.org](https://hprc-online.org)

Adapted from: Team USA's Athlete's Plates
For more information, visit [HPRC-online.org/nutrition](https://hprc-online.org/nutrition)

DEHYDRATED?

WUT TO LOOK FOR



Throughout the day,
remember to check your:

- ✓ **WEIGHT:** Check the scale
- ✓ **URINE:** Check the color
- ✓ **THIRST:** Check in with your body

Two or more WUT criteria mean you're dehydrated.

Slowly drink 16 ounces of fluid. Include electrolytes from a sports drink or salty food. Reassess as needed.



Check the scale

Did you lose weight? Losing more than 1% of your weight counts as a marker of dehydration.



Check your urine

Has the color of your urine changed? Dark-colored urine (more than 5 on the chart below) counts as a marker of dehydration.

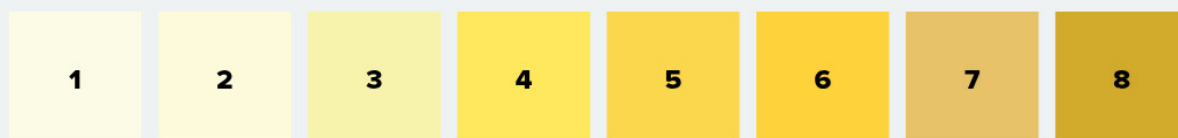


Check in with your body

Do you feel thirsty? Feeling moderately thirsty counts as a marker of dehydration.

Watch out for other signs of dehydration:

Headache | Dry mouth | Fatigue | Dizziness
| Severe muscle and stomach cramps |
Nausea or vomiting | Confusion



HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org

Scan to
learn more:





Warmups

1. 2 Minute Jog (or jog in place)

The purpose of the 2 minute jog is to slowly raise your heart rate, gradually oxygenate muscles and loosen up joints. *The following dynamic stretches attempt to move the joints to their full range of motion and mimic movements that may be performed during the Human Performance workouts.*

2. Arm Rotations (1 arm at a time – forward 5x and backward 5x)

Face forward with feet shoulder width apart. Raise your right arm and rotate forward to create as large a circle as possible for five 4-count repetitions forwards, then five 4-count repetition backwards. Movement should be slow and steady, avoid any popping or pain in the shoulders. This movement introduces blood flow to the shoulders, upper back, triceps, and bicep and even engages the core.

3. Trunk Rotations (10x – 5x each direction)

With feet shoulder width apart, extend your arms outward to your sides. With your fingers pointing towards the sky, rotate to the right while looking in the direction of the twist. Count 1 should be a twist to the rear and counts 2-4 should be held at the rear position. Do not use momentum to twist rapidly, the movement should be slow and deliberate. This movement activates the core, lower back and shoulders.

4. Over the Fence (10x – 5x each direction)

With feet shoulder width apart, hands resting on hips and core engaged, step laterally over an imaginary fence, one foot at a time. Step as high as possible for maximum range of motion and be sure to step wide as you perform outward each step. Do not rotate your body as you perform this movement. Perform ten 4-count repetitions, alternating both legs (5x in each direction). Your feet should never cross at any time. This movement targets the hips, lower body, pelvis and core. When done correctly it can improve hip mobility, increase balance and stabilize the lower body.

5. Under the Fence (10x – 5x each direction)

With feet shoulder width apart, cross arms over chest and slide under another imaginary fence. When going under the fence step as wide as possible and try to touch your chest or forearm to the top of your quadriceps. Keep your lower back straight and your chin up. Perform ten 4-count repetitions, alternating both legs (5x in each direction). Your feet should never cross at any time. Optional: position hands on thighs for stability. This movement targets the hips, lower body, lower back and core. When done correctly, this movement aides in hip mobility (adductors), spine alignment and flexibility.



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Warmups

6. Open/Close the Gate (10x each leg)

With feet shoulder width apart, hands resting on hips and core engaged, bring your right knee up to waist level and rotate your knee out (to your right) by opening your hip. Place your right foot on the ground at a 90-degree angle (pointed to the right). Bring your knee back up (hips should be open) then bring your knee in, place your right foot on the ground. Perform ten 4-count repetitions on each leg. This movement engages the hip flexors, gluteus medius/maximus and abdominal muscles, and aides in ankle stabilization.

7. Good Morning (10x)

With feet shoulder width apart, cross arms over chest. Slightly bend the knees, lean forward while rotating the hips to the back (imagine holding a bag a groceries and closing a car door with your backside). In this downward phase, the weight should be concentrated in the heels, with the back flat. Fold at the waist until you feel the stretch in the hamstrings and gluteal muscles (posterior chain). Keep your chin up and eyes looking forward as you complete the entire movement. When a stretch is attained, hold for a 4 count and straighten out by unfolding the waist slowly to the upright position. Perform ten 4-count repetitions. This movements engages the core, lower back and glutes.

8. Heel Rocker (10x)

With your legs and feet together, begin by rocking as far as possible on your toes and then rocking on your heels as far as possible. Keep your body straight as much as possible. Perform ten 4-count repetitions. This movement engages the ankles, calf and shins and can help prevent shin splints.

9. Pendulum Leg Swing (10x each leg)

Face forward with your feet underneath your hips. Lift your right leg out to the side of your body to a height that allows you to maintain an upright body position. Swing your right leg down, slightly bent and in front of your left leg then return it to the side. Perform ten 4-count repetitions on each leg. This movement aides in hip abduction (out) and adduction (inward, across body), increases balance and stabilizes the ankle.

10. Soccer Kicks (10x each leg)

Face forward and place your feet together. Turn your left foot at a 45-degree angle. Keep your shoulders relaxed and your back straight. Bend your right knee slightly and swing your right leg forward for a light stretch of the hamstring. Make a downward swing back through the middle and continue the swing behind you, like a pendulum. Focus on the swing as one slow fluid movement. Caution: Do not swing swiftly and attempt to force a stretch. Perform ten 4-count repetitions on each leg. This movement aides in hip mobility.



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Cooldowns

1. 2-minute walk to lower heart rate

Immediately upon completing the workout, walk at a slow pace in an attempt to decrease your accelerated heart rate. Breathe in through your nose and out through your mouth and walk to slowly decrease your heart rate, breathing and blood pressure to pre-exercise levels.

NOTE: The following stretches are progressive in nature. As you work through each stretch, breathe in through your nose and out through your mouth and hold the stretch through all ten “repetitions”. As you gently exhale, relax further and stretch more deeply. Perform each stretch for a minimum of 30 seconds. If you feel pain at any time relax the stretch.

2. Shoulder Stretch (10x each arm)

Face forward with your feet underneath your hips and your toes facing forward. Keep shoulders even as you complete this stretch. Extend right arm across chest reaching to the left. Place left hand on the right elbow to gently support the arm during this stretch. Feel the stretch in your right arm and shoulder. Inhale through your nose, and exhale through your mouth, as you complete this stretch. Perform ten 4-count stretches with each arm while maintaining this position for the entire count. This stretch targets the deltoid heads, rotator cuff muscles and some muscles in the upper back.

3. Triceps Stretch (10x each arm)

Face forward with your feet underneath your hips and your toes facing forward. Keep shoulders even as you complete this stretch. Bend right arm at elbow joint, lift arm next to your head. Position right fingers so they touch the shoulder blade area (if possible). Place left arm across top of head, and place left hand on the right elbow to gently support the arm during this stretch. Feel the stretch in your right triceps. Perform ten 4-count stretches with each arm while maintaining this position for the entire count. This stretch targets the triceps and the ligaments and tendons in the elbow.

4. Quad Stretch (10x each leg)

Face forward with your feet underneath your hips and your toes facing forward. Hold abdominal muscles in tightly for additional support. Bend right leg at knee. Grasp right foot behind you with right hand. Position both knees as close to each other as possible. Push hips forward. Feel the stretch in right quadriceps. Perform ten 4-count stretches with each leg while maintaining this position for the entire count. This stretch targets the quadriceps (4 different muscles) and the ligaments and tendons surrounding the knee.

5. Seated Calf Stretch or Standing Calf Stretch (10x)

The seated calf stretch can be performed while sitting on the ground, extend both legs in front of you. Keeping your back straight and hips rolled forward, cross your arms over your chest and lean slightly forward. Keep your legs straight but at the same time flex your toes back towards your body. The standing calf stretch can be performed while placing one leg behind you with toes pointed forward. Keeping the back knee straight and heels on the ground, lunge forward onto the front leg until a stretch is felt in the back leg. Perform ten 4-count stretches while maintaining this position for the entire count. This stretch targets the calf muscles (3 different muscles).



Cool Downs

6. Butterfly Stretch (10x)

Sitting on the ground, bend both knees and bring the soles of your feet together (so that your knees point to the sides). Slowly slide your heels as close to your body as possible without discomfort. Sitting evenly and keeping your back straight, take hold of your ankles, or wrap your hands around your feet. Lean forward slowly and press your knees down to the floor, until you feel a light stretch in your inner thighs. Do not bounce your legs, as this can damage the hips and groin. Perform ten 4-count stretches while maintaining this position for the entire count. This stretch targets muscles in the groin and the hip flexors.

7. Modified Hurdler Stretch (10x each leg)

Sitting on the ground, extend both legs in front of you. Pull one leg back toward your inner thigh as if you were sitting cross-legged. Keep the bottom of your foot on your inner thigh and your bent knee as close to the ground as possible. Point the toes on your extended foot upward. Lean forward from your lower back and reach for your toes with the opposite hand while extending your other hand behind you. Perform ten 4-count stretches on each leg while maintaining this position for the entire count. This stretch targets the hamstring (3 different muscles). If you're able to grab your foot this stretch can also target the calf.

8. Piriformis Stretch (10x each leg)

Lie flat on your back to begin. Cross your left ankle over your right knee, as if you were crossing your legs while sitting. Lace your fingers together behind your right thigh. Make sure that your hands are not wet so that you can have the proper grip. Gently pull this knee toward your chest and press your left leg with your left elbow. Hold this position once you feel a stretch in your left buttock (IT band). Perform ten 4-count stretches on each leg while maintaining this position for the entire count. This stretch targets the glutes, hip flexors, groin and lower back. This stretch can aid in releasing tension on the sciatic nerve and can temporarily relieve hip and back pain.

9. Half Pretzel (10x each leg)

Lie flat on your back to begin. Keep right leg straight with toe pointed upwards, maintaining a 180-degree straight line with the right leg and the upper torso. Move your left leg towards the right, completely across the body while creating a 90-degree angle at the knee of the left leg. Place your right hand on the knee of the left leg for stability and turn your neck, looking to the left, in the opposite direction of the left leg. Attempt to place the left leg (knee) on the ground while concentrating the stretch in the left hip, spine and core. Perform ten 4-count stretches on each leg while maintaining this position for the entire count.

Pregnancy & Postpartum Performance Training Guide



This guidebook provides detailed physical training and general wellness recommendations for pregnant and postpartum Airmen and Guardians.

June 2025

Pregnancy & Postpartum Performance Training Guide

Overview:

Congratulations! This is an exciting time in your life. This guidebook provides detailed physical training and general wellness recommendations for pregnant and postpartum Airmen and Guardians. Every facet of wellness (spiritual, mental, physical, and nutritional) is integral in maintaining your overall health. As you progress through the stages of pregnancy this guidebook will help you understand changes that will be taking place and aid in making lifestyle choices. The physical training guidance will address what components should be included in safe and effective workouts during pregnancy and the postpartum period and will include example exercises and workouts. Nutrition guidelines will address healthy eating guidelines, recommended food choices and foods to avoid.

You are encouraged to seek out additional support from your medical team and leadership throughout this journey to develop and maintain optimal health.

Disclaimer

The views expressed are those of the authors and do not reflect the views of the Department of Defense, Department of the Air Force, or the U.S. Government. This guide is also not intended for specific medical guidance and individuals should seek clearance from their medical provider prior to making drastic changes to their exercise program.

Disclosure

This certifies the authors, families, and spouses/partners do not have any financial relationships with any industry that is relevant to the subject matters discussed in this handout.

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- **Postpartum Recovery and Return to Exercise Guide (0-18 weeks) (Page 2)**
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Pregnancy & Postpartum Performance Training Guide

Safety Considerations:

Please consult and be cleared by your medical provider before starting or continuing this program, or if any adverse reactions or setbacks occur.

Recommendations

- Drink plenty of water and wear loose fitting clothes; Dehydration can lead to fatigue, dizziness, and other complications (i.e. premature labor).
- Use the “talk test” or the rate of perceived exertion (RPE) scale. You should be able to speak a sentence without having to pause for breath.
- Progress sets/reps/exercises as tolerated (pain free)
- Adjust exercises/sessions as needed with the eventual goal of 30 minutes of exercise per day.

Recommended to Avoid During Pregnancy

- Exercise in high heat and humidity. See local guidance on weather restrictions.
- Participation or use of hot sauna, hot tub, or hot yoga
- Contact sports or any activity that involves a greater chance of falling
- Exercises on the back past 20 weeks unless cleared by medical provider
- Olympic or competitive lifting past about 20 weeks unless cleared by medical provider

	STOP exercising and contact medical provider	Pause activity/exercise and REST	Ask for a PT Referral
Signs/Symptoms	Swelling of face and hands	Difficulty breathing/Shortness of breath (before exertion)	Pain/Discomfort
	Severe headaches	Nausea	Incontinence
		Dizzy or lightheaded (if persistent contact medical provider)	
	Palpitations or chest pain	Vomiting (if persistent contact medical provider)	Heaviness in the vagina
	Difficulty walking because of pain/calf pain or swelling	Excessive muscle soreness or pain	Bulging or coning of the stomach
	Vaginal bleeding or excessive discharge	Fatigue	Pelvic pressure
Notes	Amniotic Fluid Leakage	Sudden sharp pain	
		• Sit down and drink water until symptoms subside or resume exercise the next day. • When restarting, make sure to include longer rest breaks between sets and/or exercises. • If symptoms continue with restarting exercise, contact medical provider.	• Return to a pain free range of motion for exercises. If member has already attempted this, then proceed with a referral. • Can continue to work out as long as symptoms don't increase. Adjust exercises as tolerated.

*PT (Physical Therapist specifically specializing in Pelvic Health)

Pregnancy & Postpartum Performance Training Guide

Physical Concerns Throughout Pregnancy

This is not an exhaustive list but are common pelvic floor symptoms that you may experience during pregnancy. If you have any of the following symptoms, please notify your medical provider to discuss a referral to a physical therapist who specializes in pelvic health that may provide symptom relief.

- Feeling heaviness or pulling in your pelvis.
- Problems with leaking urine or feces/incontinence.
- Feeling like your bladder doesn't fully empty when you use the bathroom.
- Constipation and hemorrhoids.
- Pain in your lower back or pelvis.
- Pain at the pubic bone, including when you are walking, going up stairs, moving in bed, and shifting weight from one leg to the other (Symphysis Pubis Dysfunction).
- Round ligament pain.

You will learn further about specific physical changes that occur during each trimester and postpartum as you progress through each section.

Spiritual Readiness

Consider journaling or reflecting on these topics and questions throughout your pregnancy.

Identity- “Who am I?”

- What do you believe it means to be a parent?
- What kind of parent do you want to be?
- How high does parenthood rank in your life (i.e. in comparison to work, marriage, relationships, etc.)? Explain why.

Community- “With whom do I spend my life?”

- Who is the best parent you know? And why are they exceptional?
- What mature parents do you trust to ask questions for advice, and are you willing to receive it?
- Who can you call to help with your child if/when you are overwhelmed? Explain why.

Hope- “What do I believe about the future?”

- How do you want your children to think about the future (i.e. optimistic, pessimistic, realistic, or a combination of all)? Why?
- How would you explain to your children how you have thrived and struggled with hope in your life?
- What specifically do you want to teach your children about hope?

Legacy- “What will I leave behind?”

- What kind of impact do you want your children to remember most about you?
- If you were to educate on parenthood, what topics would benefit you most?
- What do you believe parenthood looks like after your children become adults?

Pregnancy & Postpartum Performance Training Guide

Mental Readiness

When should you reach out for help?

- Uncharacteristic forgetfulness
- Disinterested in favorite hobbies
- Exhausted, but having issues staying/falling asleep
- Difficulty with simple decisions/questions
- Difficulty completing simple/mundane tasks or feeling overwhelmed by them
- Loss of appetite
- Low energy
- Increased irritability/more emotional

Specific Signs of Peri/Postpartum Depression and Anxiety

- Can show up 6, 9, or 12 months post partum
- Withdrawing from family and friends
- Difficulty bonding with your baby
- Intense irritability or anger
- Feelings of worthlessness, shame, or guilt
- Thoughts of harming yourself or your baby
- “What if” thoughts that would cause harm to yourself or your baby
- Fear that you’re not a good parent

Mental Readiness Resources

Military One Source

- 1 (800) 342-9647 (up to 12 free sessions with a counselor in the area)
- Website: www.militaryonesource.mil

Military and Family Readiness Center (M&FRC) & Military and Family Life Counselor (MFLC)

- Website: <https://www.afpc.af.mil/Military-and-Family/>

Primary Care Behavior Health (PCBH)

- integrated within local military mental health clinic (phone call or walk in)

Military Chaplain

- Meetings are 100% confidential. Chaplains do not have a duty to warn the command team. In fact, they cannot tell anyone anything an individual discloses but will ensure the member obtains the necessary help

Veteran’s Crisis Line

- 1 (800) 273-8255, then press “1”. Chat online by texting 838255

Air Force Connect App/USSF Guardian One App (Android and iOS from Google Play and Apple App stores)

- Add your place of assignment/employment as a “favorite” and click the “helping center” box for local resources

Pregnancy & Postpartum Performance Training Guide

First Trimester

Sleep Changes

Largely due to hormonal changes it's normal to feel like you need more sleep. Hormonal changes, nausea, and digestion issues can lead to insomnia. If you are having trouble sleeping, please discuss it with your OBGYN and their medical team.

You may also experience an increase in urinary urgency and may find you have to get up multiple times a night to use the bathroom. It is normal to have to go to the bathroom every 2-4 hours during the day and once during the night. If you find yourself getting up multiple times in the night due to urinary urge and frequency, work with your medical provider for a referral to see a pelvic health occupational therapist or pelvic health physical therapist (PHOT or PHPT).

Cognitive Changes

Changes occur to your body and brain during pregnancy that can impact cognition. You may experience trouble remembering things, concentrating, and difficulty with other executive functions. Experiencing some challenges and differences are a normal part of the process of pregnancy. However, rest assured that neuropsychological assessments comparing pregnant and nonpregnant women show little to no differences in brain function. These lived differences you experience are likely normal. You will often return to the cognitive performance you are used to as your body chemistry readjusts six to eight weeks postpartum. Changes in the amount and depth of your sleep are sometimes linked to remembering, concentrating, and other executive processes. Use to-do lists and write things down to help you remember important tasks, information, and events. It may be helpful to set a “Stop & Check” point before you walk out the door or “close out” a project. This might mean taking a moment to mentally review what you need for the day or to have finished before you go, hit send, or move on to the next task. You might employ habits to help with memorization, like verbal or mental repetition, using mnemonic devices, chunking information into memorable bits, or taking written notes.

For more information check out: https://www.mja.com.au/system/files/issues/208_01/10.5694mja17.00131.pdf

Nutritional Changes

Nutrition Needs:

Consume nutrient dense foods such as fruits, vegetables, low fat dairy products, seafood, eggs, beans and peas, unsalted nuts and seeds, lean meats, poultry, and whole grains. You can get a personalized nutrition plan for the duration of your pregnancy by logging into <https://www.myplate.gov/myplate-plan>.

Pregnancy & Postpartum Performance Training Guide

First Trimester

Nutritional Changes Continued

Nutrition Issues:

Talk to your provider:

- If you are experiencing weight loss
- About your weight gain goals
- If you are experiencing morning sickness that is impacting your ability to keep down solids or liquids or make yourself eat or drink
- If you are craving items such as ice, raw starches, dirt etc.

Morning Sickness is common but generally decreases in the second trimester. If you are experiencing morning sickness, try:

- Consuming smaller meals more frequently throughout the day
- Sipping on fluids between meals.
- Adjusting the temperature of fluids to see if some are more palatable than others.
- Keeping crackers or other easy to digest foods on your nightstand and eating a small amount before you rise in the morning.
- Having someone else cook for you, to avoid smells and textures during the cooking process can be helpful.

Nutrition Resources:

- Real Food for Pregnancy by Lily Nichols
- Real Food for Gestational Diabetes by Lily Nichols
- Reach out to a registered dietitian

Food Safety:

Proper Food Handling	
Clean	Wash hands, work surfaces, and utensils immediately after contact with food.
Separate	Keep foods separate when cooking to avoid cross-contamination.
Cook	Cook to proper temperatures.
Chill	Properly package and chill food once done eating. Do not eat food that has been left out for longer than 2 hours.

Pregnancy & Postpartum Performance Training Guide

First Trimester

Nutritional Changes Continued

Dietary Considerations:

Increase	Limit	Avoid
64-96oz (8-12 cups) of water/day	- Caffeine consumption <200mg/day	Alcohol
Essential fatty acids, linoleic, alpha linoleic and 300mg of long chain polyunsaturated fatty acid docosahexaenoic acid (DHA): - Salmon - Anchovy - Herring - Grass Carp	Albacore tuna, yellow-fin tuna, halibut, and similar fish to 1 serving per week	Fish high in mercury: - Shark - Swordfish - Mackerel - Tile fish
Caloric intake of nutrient dense foods; fruits, vegetables, whole grains, lean proteins, and low fat or fat free dairy	Saturated fat <5-10% of calories	Trans Fats
	Sodium <2300mg/day	Smoked fish
	Hot dogs, luncheon meats, or deli meats need to be heated until steaming	Raw or not fully cooked meat, sausage, fish, eggs (i.e. cookie dough or some salad dressings)
	Added sugar <5-10% of calories	Raw or unpasteurized milk, cheese, or other dairy
	Herbal teas, remedies, or supplements. Talk with your provider prior to consuming these items	Dietary supplements other than those prescribed by your provider

Pregnancy & Postpartum Performance Training Guide

First Trimester

Physical Changes

- Due to an increase in estrogen and progesterone, the mammary glands enlarge causing increased tenderness and swelling in the chest. You may find a bra without underwire that still provides support is more comfortable.
- Your areolas will enlarge and darken. They may become covered with small, white bumps called Montgomery's Tubercles.
- The veins around your breast may become more noticeable.
- Increase in urination, up to every 2 hours, is common with the uterus growing and increasing pressure on your bladder.
- Mood swings and irritability may be more common, like premenstrual syndrome, due to the increase in hormones.
- Morning sickness is most common in the first trimester due to the increased level of hormones. Even though it usually occurs in the morning, it can happen throughout the day.
- As the uterus grows, it presses on the rectum and intestines and can lead to constipation.
- The digestive tract will slow down due to high levels of progesterone. This can result in heartburn, indigestion, constipation, or gas.
- An increase in blood flow to the uterus is needed, so cardiac volume and output increases by 40-50% throughout pregnancy. This also may increase your heartrate.
- Due to the demands of pregnancy, you may experience increased tiredness.
- Clothes may feel tighter as the fetus grows.
- After as early as 6 weeks of pregnancy relaxing begins to affect the body by loosening joints and ligaments. It can increase injury risk so practice caution with stretching and mobility exercises for the remainder of your pregnancy and postpartum while nursing.

First Trimester Warm Up & Cool Down

Warm Up Movements		Cool Down Movements	
Cardio	5 minutes	Walking	5 minutes
Single Leg Balance	30 seconds each leg	Quad Pull	5 each leg
3 second Box Breathing (3 in, 3 hold, 3 out)	10 reps	Straight Leg March	5 each leg
Plank	30 seconds	Lunge w/ Overhead Reach	5 each leg
Glute Bridge	15 reps	Hamstring Scoop	5 each leg
Lunge in Place	5 each leg	Lateral Lunge	5 each leg
World's Greatest Stretch	5 reps	Hip Cradle (if possible)	5 each leg
Push Up	10 reps	Child Pose	30 seconds

Pregnancy & Postpartum Performance Training Guide

First Trimester

How to Read the Workout Program

Movements: Here you will find the exercises that you will be performing for your workout.

- **Example:** Squat, Hinge, Horizontal Push

Weeks: Here you will find your sets and reps/time for each exercise during the scheduled weeks.

- **Example:** Week 1 & 2 you will be performing 3x30 seconds; 3 sets (also known as rounds) of 30 seconds of each exercise.

Sets x Reps: This is how many sets (rounds) you will be performing for each exercise within the block. The second number is how many reps or how long you perform each set. In this example, the movements are separated into blocks.

- **Example:** 3 x 30 seconds means each set you will do the exercise for 30 seconds, move to the next exercise for 30 seconds, etc. until you complete all exercises in the block for 30 seconds each. You will complete 3 sets before moving to the next block.

Blocks: Each color represents a new block. Complete 1 set of each exercise in the block before moving on to set 2 of the same exercises in the block.

- **Example for the picture below:** You will complete 1 round of a Squat, Overhead Push/Pull, and Carry exercises for 30 seconds each. Then you will go back to the top and repeat that for 2 more rounds. After completing all 3 rounds, you will move on to the blue block where you will go through the same process with a Horizontal Push Variation and Horizontal/Vertical Pull Variation exercises. After completing all 3 rounds you will then move to the last block of Hinge and Plank exercises.

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Run, Row, Bike (60 seconds on / 120 seconds off) for 15 minutes			

Pregnancy & Postpartum Performance Training Guide

First Trimester

How to Read the Workout Program

- **Movements Variations:** Pick a movement that allows for quality movement throughout the whole movement pattern. This will require progression/regression throughout pregnancy and postpartum based on how you feel that day.
- **Squat:** Air Squat, Front Squat, Goblet Squat, Box Squat, Back Squat, One-legged Box Squat, Split Squat, Lunges, Tempo Squats, Sumo Stance Box Squat, etc.
- **Overhead Push/Pull:** Pull Ups, Lat Pull Down, Overhead Press, Banded Pulls, etc.
- **Carry:** Farmer's Carry, Suitcase Carry, Waiter's Carry, Overhead Carry, etc.
- **Horizontal Push:** Bench Press (barbells, DBs, single-arm), Push Ups (Elevated, Ring, Wall), Floor Press, Banded Press, etc.
- **Horizontal/ Vertical Pull:** Inverted Row, Bent Over Row, Med Ball Slam, Ring Row, etc.
- **Hinge:** Banded Hip Hinge, Good Morning, Box Step-Ups, KB Swing (Single, Double, Alternating), Romanian Deadlift, Trap bar Deadlift. Glute Bridge, etc.

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Run, Row, Bike (60 seconds on / 120 seconds off) for 15 minutes			

Pregnancy & Postpartum Performance Training Guide

First Trimester

Exercise Program Week 1 – 6

FIRST TRIMESTER WORKOUT 1

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Run, Row, Bike (60 seconds on / 120 seconds off) for 15 minutes			

FIRST TRIMESTER WORKOUT 2

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog 30 minutes			

FIRST TRIMESTER WORKOUT 3

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog 30 minutes			

Pregnancy & Postpartum Performance Training Guide

First Trimester

Exercise Program Week 7 – 12

FIRST TRIMESTER WORKOUT 1

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog 30 minutes			

FIRST TRIMESTER WORKOUT 2

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog 3 minutes on / 2 minutes off x 8			

FIRST TRIMESTER WORKOUT 3

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Squat Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Overhead Push/Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Carry Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal Push Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Horizontal/Vertical Pull Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Hinge Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Plank Variation	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Birth Squat	3 x 30 seconds	4 x 30 seconds	5 x 30 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog 15 minutes			

Pregnancy & Postpartum Performance Training Guide

Second Trimester

Sleep Changes

Sleep tends to improve during the second trimester as energy improves and nausea subsides. If you are having trouble sleeping, you can reach out to your medical provider. You may find pregnancy pillows or additional support around your growing body provides a more comfortable and rejuvenating sleep.

Cognitive Changes

Cognitive changes like trouble remembering things typically stabilize throughout the second trimester. If you found a best-practice during your first trimester, there's nothing wrong with keeping up helpful habits. You may choose to remain consistent, because your third trimester can trigger new changes and it's generally easier to maintain rather than restart a habit; many women report temporary differences in memory, concentration, and focus similar to their first few months of pregnancy.

Nutritional Changes

In addition to the first trimester's guidelines:

- Add an additional 340 calories per day. This is only a small snack, and it should be balanced with protein, fat, and carbohydrate. Greek yogurt, peanut butter toast, cheese stick and berries, vegetables and bean dip, or fruit and peanut butter are some examples.
- It is perfectly normal for your taste preferences to change during pregnancy. Find foods that you like and can tolerate.
- For reflux or 'heart burn' consider:
 - Eating small frequent meals
 - Sitting up or walking following meals, avoid lying down for 3 hours
 - Rise the head of your bed 6-9 inches
 - Wear loose fitting clothing
- For constipation consider:
 - Drinking plenty of water approximately 96oz/day
 - Eat more fiber with a goal of 25-35 grams per day. This can be done by consuming a minimum of 5 servings of fruits and vegetables, and eating more 100% whole grains, beans, nuts, and seeds
 - Choose products with at least 4 grams dietary fiber per serving

Pregnancy & Postpartum Performance Training Guide

Second Trimester

Physical Changes

- During the second trimester hormones begin to level out. This can result in a decrease in morning sickness, tiredness, and breast tenderness.
- Your appetite may increase.
- Fetus movement may be felt around 20 weeks.
- By 20 weeks the top of the uterus has reached the level of the belly button, and the pregnant uterus is more visible therefore avoid prone position exercises.
- Discomfort, stretching, and sometimes pain in the side and lower stomach will start occurring as the ligaments make room for the fetus. It is not uncommon for the belly to become itchy.
- Frequent urination may decrease due to the uterus growing out of the pelvic cavity.
- You may experience congestion, nosebleeds, and gums can bleed more easily due to hormone changes affecting blood flow/mucous membranes.
- Varicose veins and hemorrhoids may appear. If you experience hemorrhoids, please consult your medical provider on ways to reduce constipation and treat hemorrhoids.
- White vaginal discharge is normal. Please consult your medical provider if discharge is colored or bloody as this is a sign of possible complications.
- Backaches are common due to stretching of the muscles, ligaments, and weight gain occurring in your body.
- Skin pigmentation may change on the face or abdomen due to hormones.
- Heart burn and indigestion may continue

Second Trimester Warm Up & Cool Down

Warm Up Movements		Cool Down Movements (Repeat 2x)	
Foam Roll (Needed areas)	5 minutes	Pelvic Tilts	10 reps
Lateral Band Walks	10 yards each leg	Door Frame Lat Stretch	30 seconds each arm
In Place Band March	10 steps each leg	Door Frame Chest Stretch	30 seconds each arm
Split Squat	10 each leg	Kneeling Hip Flexor (stand if more comfortable)	30 seconds each leg
Lateral Split Squat	10 each leg		
Curtsy Squat	10 each leg		
Band Pull Apart	10 reps		
Wall Slide	10 reps		

Pregnancy & Postpartum Performance Training Guide

Second Trimester

Exercise Program Week 1 – 6

SECOND TRIMESTER WORKOUT 1

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Overhead Push/Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Carry Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal Push Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal/Vertical Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Hinge Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Plank Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Birth Squat	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Aerobic Conditioning			
Weeks 1 – 6: Continuous Step Ups 4 minute on / 1 minute off x 5			

SECOND TRIMESTER WORKOUT 2

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Hinge Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Overhead Push/Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Carry Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal Push Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal/Vertical Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Squat Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Plank Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Birth Squat	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog/Walk 20 minutes			

SECOND TRIMESTER WORKOUT 3

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Overhead Push/Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Carry Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal Push Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal/Vertical Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Hinge Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Plank Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Birth Squat	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog/Walk 20 minutes			

Pregnancy & Postpartum Performance Training Guide

Second Trimester

Exercise Program Week 7 - 12

SECOND TRIMESTER WORKOUT 1

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Hinge Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Overhead Push/Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Carry Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal Push Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal/Vertical Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Squat Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Plank Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Birth Squat	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Aerobic Conditioning			
Weeks 1 – 6: Continuous Step Ups 4 minute on / 1 minute off x 5			

SECOND TRIMESTER WORKOUT 2

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Squat Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Overhead Push/Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Carry Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal Push Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal/Vertical Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Hinge Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Plank Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Birth Squat	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog/Walk 20 minutes			

SECOND TRIMESTER WORKOUT 3

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Squat Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Overhead Push/Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Carry Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal Push Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Horizontal/Vertical Pull Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Hinge Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Plank Variation	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Birth Squat	3 x 45 seconds	4 x 45 seconds	3 x 45 seconds
Aerobic Conditioning			
Weeks 1 - 6: Jog/Walk 20 minutes			

Pregnancy & Postpartum Performance Training Guide

Third Trimester

Sleep Changes

Your hormones will continue to change toward the end of pregnancy and some tissue will swell in response. That swelling can even extend to the tissue inside your nose, meaning it's not unusual to snore in your third trimester as your nasal airways change temporarily. You might find it helpful to shift your sleeping position or elevate your head with a pillow. Nighttime awakenings happen more frequently in your third trimester as well. If you are having trouble sleeping or snoring becomes louder and more frequent, you can reach out to your medical provider.

Cognitive Changes

Memory, concentration, and focus can decrease during the third trimester.

Use to-do lists and writing things down to help you remember important tasks, information, and events. If you did have a cognitive performance habit that was helpful during your first trimester, now might be the time to reinvigorate it!

Nutritional Changes

In addition to the previous trimester's guidelines:

- Aim for an additional 450 calories above your baseline per day.
- Continue with balanced snack(s) with fat, carbohydrate, and protein.
- You may find it harder to eat full meals towards the end of the third trimester. Breaking them into smaller more frequent meals, can be helpful.



Pregnancy & Postpartum Performance Training Guide

Third Trimester

Physical Changes

- An increase in body temperature occurs because the fetus radiates heat.
- Increased urination returns due to added pressure on the bladder.
- The fetus presses on the vein responsible for returning blood to the heart, resulting in a decreased blood pressure.
- Swelling in the ankles, hands, and face is common because of fluid retention. At your next appointment please notify your OBGYN or CNM of any swelling.
- Hair growth is common due to increases in hormones. Hair texture can also change.
- Leg cramps are common.
- Braxton-Hicks contractions may begin to happen at irregular intervals in preparation for childbirth.
- Stretch marks can begin to appear.
- Colostrum may begin to leak from your nipples in preparation for breast feeding.
- Itchy or dry skin may persist around the stomach.
- Libido may decrease.
- Skin pigmentation, including dark patches of skin on the face may become more apparent.
- Constipation, heartburn, and indigestion may continue. Ask your medical provider for help with these concerns.
- White vaginal discharge will increase.
- Backaches can increase in intensity.
- Varicose veins and hemorrhoids may increase in severity.

Information Retrieved from:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-third-trimester>
- <https://www.acog.org/womens-health/pregnancy/labor-and-delivery>

Third Trimester Warm Up & Cool Down

Warm Up Movements		Cool Down Movements (Repeat 2x)
Off Feet Cardio	5 minutes	Wide Child's Pose w/ Side Stretch (wide knees, sit back as far as you can, reach side to side for 5 breaths rotating for 2 – 3 minutes)
Lateral Band Walks	10 yards each leg	
In Place Band March	10 steps each leg	
Supported Split Squat	10 each leg	
Supported Squat	10 reps	Deep Breathing & Relaxation (Focus on calmly executing deep breathing and progressive muscle relaxation for 2 – 3 minutes)
Band Pull Apart	10 reps	
Wall Slide	10 reps	

Pregnancy & Postpartum Performance Training Guide

Third Trimester

Exercise Program Week 1 – 6

THIRD TRIMESTER WORKOUT 1

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Squat Variation	4 x 8	4 x 10	3 x 5
Incline Push Up	3 x 10	3 x 10	2 x 8
Band Pull Apart	3 x 12	3 x 12	2 x 10
Seated DB Overhead Press	2 x 10	2 x 10	2 x 5
Hip Thrust	2 x 15	2 x 15	2 x 8
Aerobic Conditioning			
Weeks 1 – 6: Cycling 15 minutes			

THIRD TRIMESTER WORKOUT 2

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Step Ups	4 x 8 each side	4 x 10 each side	3 x 5 each side
1 Arm DB Row	3 x 10 each side	3 x 10 each side	2 x 8 each side
KB Deadlift	3 x 12	3 x 12	2 x 10
Side Lying Leg Lift	2 x 10	2 x 10	2 x 5
DB Curl to Press	2 x 15	2 x 15	2 x 8
Aerobic Conditioning			
Weeks 1 - 6: Continuous Step Ups 15 minutes			

THIRD TRIMESTER WORKOUT 3

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Supported Split Squat	4 x 8 each side	4 x 10 each side	3 x 5 each side
Incline DB Press	3 x 10	3 x 10	2 x 8
Seated Band Pulldown	3 x 12	3 x 12	2 x 10
Lateral Raises	2 x 10	2 x 10	2 x 5
Band Monster Walk	2 x 15 each side	2 x 15 each side	2 x 8 each side
Aerobic Conditioning			
Weeks 1 - 6: Sled Drag 15 minutes			

Pregnancy & Postpartum Performance Training Guide

Third Trimester

Exercise Program Week 7 - 12

THIRD TRIMESTER WORKOUT 1

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Squat Variation	4 x 8	4 x 10	3 x 5
Incline Push Up	3 x 10	3 x 10	2 x 8
Band Pull Apart	3 x 12	3 x 12	2 x 10
Seated DB Overhead Press	2 x 10	2 x 10	2 x 5
Hip Thrust	2 x 15	2 x 15	2 x 8
Aerobic Conditioning			
Weeks 1 - 6: Cycling 15 minutes			

THIRD TRIMESTER WORKOUT 2

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Step Ups	4 x 8 each side	4 x 10 each side	3 x 5 each side
1 Arm DB Row	3 x 10 each side	3 x 10 each side	2 x 8 each side
KB Deadlift	3 x 12	3 x 12	2 x 10
Side Lying Leg Lift	2 x 10	2 x 10	2 x 5
DB Curl to Press	2 x 15	2 x 15	2 x 8
Aerobic Conditioning			
Weeks 1 - 6: Continuous Step Ups 15 minutes			

THIRD TRIMESTER WORKOUT 3

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Supported Split Squat	4 x 8 each side	4 x 10 each side	3 x 5 each side
Incline DB Press	3 x 10	3 x 10	2 x 8
Seated Band Pulldown	3 x 12	3 x 12	2 x 10
Lateral Raises	2 x 10	2 x 10	2 x 5
Band Monster Walk	2 x 15 each side	2 x 15 each side	2 x 8 each side
Aerobic Conditioning			
Weeks 1 - 6: Sled Drag 15 minutes			

Pregnancy & Postpartum Performance Training Guide

Third Trimester

Labor and Birth

Below is a link regarding information for labor and birth. This link discusses signs of labor, false labor, stages of labor, managing labor pain, inducing labor, and Cesarean birth. There are multiple options for positioning during labor and delivery. For more information on options for positioning during labor and pushing, please consult your OBGYN, CNM, or doula.

For more information check out : <https://www.womenshealth.gov/pregnancy/childbirth-and-beyond/labor-and-birth>

Cozean Pelvic Dysfunction Screening Tool

Instructions: Please check all that apply

- ☐ I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a '3' on a 1-10 pain scale, with 10 being the worst pain imaginable.
- ☐ I can remember falling onto my tailbone, lower back, or buttocks (even in childhood).
- ☐ I sometimes experience one or more of the following urinary symptoms:
 - ☐ Accidental loss of urine.
 - ☐ Feeling unable to completely empty my bladder.
 - ☐ Having to void within a few minutes of a previous void.
 - ☐ Pain or burning with urination.
 - ☐ Difficulty starting or frequent stopping/starting of urine stream.
- ☐ I often or occasionally must get up to urinate two or more times at night.
- ☐ I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out.
- ☐ I have a history of pain in my low back, hip, groin, or tailbone or have had sciatica.
- ☐ I sometimes experience one or more of the following bowel symptoms:
 - ☐ Loss of bowel control.
 - ☐ Feeling unable to completely empty my bowels.
 - ☐ Straining or pain with a bowel movement.
 - ☐ Difficulty initiating a bowel movement.
- ☐ I sometimes experience pain or discomfort with sexual activity or intercourse.
- ☐ Sexual activity increases one or more of my other symptoms.
- ☐ Prolonged sitting increases my symptoms.

If you have checked 3 or more boxes, it is recommended to schedule an appointment with a pelvic health occupational therapist or pelvic health physical therapist (PHOT or PHPT).

Source: https://docs.wixstatic.com/ugd/d1026c_42a0fda8e5644930950d754619586614.pdf

Pregnancy & Postpartum Performance Training Guide

Postpartum

Postpartum Recovery Timeline

Below is a list of typical recovery timelines postpartum. Please consult your medical provider with questions about your own personal postpartum recovery timeline.

- **Uterus:** 6-8 weeks
- **Pelvic floor:** minimum 6 months
- **Diastasis Recti:** 8 weeks-12+ months
- **Joints:** 3+ months
- **Balance:** 6-12 weeks
- **Breathing:** 2-3 days
- **Cardiovascular:** 6-12 weeks
- **Posture:** 6+ weeks
- **C-section:** 6-12+ weeks

NOTE: Following birth, you will have vaginal discharge called lochia that consists of blood, mucus, uterine tissue, and other materials from your uterus. There are three stages of lochia bleeding that will start heavy for the first few days and taper off over several weeks. Lochia may increase during or after physical activity like walking or climbing stairs. Although exercise is important post-partum, too much too quickly can prevent you from healing. If you notice heavier bleeding or a change in color after exercise, it's usually a sign to slow down and rest more. Pay attention to how your body feels and adjust your activity level accordingly, especially in the first 6 weeks post-partum.

Source:

<https://my.clevelandclinic.org/health/symptoms/22485-lochia>

Lochia has three stages

The duration of each stage and the way lochia looks can vary.

Lochia rubra	 Lochia rubra is the first stage of lochia. You can expect: • Dark or bright red blood. • Lasts for three to four days. • Flows like a heavy period. • Small clots are normal. • Mild, period-like cramping.
Lochia serosa	 Lochia serosa is the second stage of lochia. You can expect: • Pinkish brown discharge that's less bloody and more watery. • Lasts for four to 12 days. • Flow is moderate. • Less clotting or no clots.
Lochia alba	 Lochia alba is the last stage of lochia. You can expect: • Yellowish white discharge. • Little to no blood. • Light flow or spotting. • Lasts from about 12 days to six weeks. • No clots.

Cleveland Clinic

Pregnancy & Postpartum Performance Training Guide

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Breath, Core, and Pelvic Floor Connection

The core and pelvic floor go through a lot of changes during pregnancy and postpartum. We can use our breath to help us stay connected and engage the core and pelvic floor while healing and working out.

Our core muscles are more than just your “6 pack”. They are a group of muscles that wrap around your trunk into your spine from the base of your pelvis to your diaphragm. Your pelvic floor is a group of muscles that sit at the base of your pelvis and provide support, stability, posture, sexual gratification, and assist with continence of bowel and bladder.



Below is a way to coordinate your breath, core, and pelvic floor:

1. Inhale and let your rib cage expand 360 degrees (in all directions), as you relax your core and pelvic floor. You should feel your pelvic floor gently move downward as you relax. Do not force or strain to achieve this movement.
2. Exhale while thinking of gently zipping up the middle of your core starting from your pubic bone, moving up to your rib cage. You should also feel your pelvic floor gently lift. This should be no more than 2-3/10 effort.
3. Repeat the above 4x taking approximately 3-4 seconds to inhale and 4-6 seconds to exhale.

This breath, core and pelvic floor coordination and awareness practice is built in throughout this 0–18-week guide to help you connect with and coordinate your core and pelvic floor in different positions that you may find yourself in throughout the day. As you start this practice you will notice different positions are easier than others. Laying on your back may work best for you, standing while gentle tapping your back to provide tactile feedback for your brain to breath into that area, sitting with your hands wrapped around your waist, or in child’s pose may work for someone else. Start in a position that allows you to connect and coordinate your breath the most. This is a gentle practice and takes time and practice but is fundamental for all other movements.

Pregnancy & Postpartum Performance Training Guide

Postpartum

Exercise Program Considerations

*Drink plenty of water

*Complete the Fitness Readiness Survey prior to beginning your workout and adjust your workout intensity based on your score. This is extremely important to avoid injuries, allow optimal healing, and regain strength and endurance as your body is ready. The goal is to heal from birth and a safe return to fitness through quality movements.

*It is recommended to have rest days in between workouts, but YOU choose which days of the week work best for you and your workouts. On rest days you can go for a walk, but your body's recovery should be the focus during this time.

*ALL exercises are designed to be performed bodyweight under the assumption many of you will not have access or time to go to the gym. As you progress, if any exercise becomes too easy, slow down the tempo for each rep OR if you have access to weights or items that can be used as weights, you may add when appropriate. Remember to gradually workup in weight and avoid starting at pre-pregnancy level due to risk for injury.

***If you miss a workout or two here and there, continue where you left off. However, if you miss a week or two, repeat the last week you completed to minimize the risk of injury.**

*If you are cleared and ready to progress exercises beyond bodyweight, you may add weights. If you do not have weights, find something around the house to utilize as a weight (car seat, diaper bag, baby, books, etc.).

*If you need assistance on how to safely progress exercises, reach out to your local OST strength and conditioning coach or medical provider who can assist or direct you to the appropriate resources for assistance.



Pregnancy & Postpartum Performance Training Guide

0-18 Week Postpartum Home Exercise Guide

Postpartum Program Overview

To optimize the health of the woman and infants, postpartum care should be ongoing and catered to the woman's individual needs. Follow up care with the medical provider should happen within 3 weeks postpartum and continued care as needed until 12 weeks after birth.

WEEKS	EMPHASIS	SESSION FOCUS
0-2 Weeks	Rest/Breathwork	Rest/recovery. Gentle pelvic floor contraction/relaxation with breathwork(2 days/week up to every day)
3-4 Weeks	Rest/Breathwork/Walk	Rest/recovery. Breathwork to connect and co-regulate with pelvic floor contraction/relaxation. Begin walking around the home.
5-6 Weeks	Movement Patterns	Total body mobility, bodyweight movement patterns, pelvic and core control (start 2x/week, then 3x/week)
7-8 Weeks	Integration into strength/hip stability	Total body strength exercises with a focus on single leg hip stability, pelvic and core control
9-12 Weeks	Slow integration into low level plyometrics	Building on last 2 weeks, adding in lower level plyometrics to prepare for running with R2R screen
13-18 Weeks	Slow integration into running	Continuing with strength and building up cardio. Slowly introducing running as R2R screen allows.

***Please consult and be cleared by your medical provider before starting or continuing this exercise program if any adverse reactions or setbacks occur.**

Post Partum Warm Up & Cool Down

Warm Up Movements		Cool Down Movements	
Cardio	5 minutes	Walking	5 minutes
Single Leg Balance	30 seconds each leg	Quad Pull	5 each leg
3 second Box Breathing (3 in, 3 hold, 3 out)	10 reps	Straight Leg March	5 each leg
Plank	30 seconds	Lunge w/ Overhead Reach	5 each leg
Glute Bridge	15 reps	Hamstring Scoop	5 each leg
Lunge in Place	5 each leg	Lateral Lunge	5 each leg
World's Greatest Stretch	5 reps	Hip Cradle (if possible)	5 each leg
Push Up	10 reps	Child Pose	30 seconds

NOTE: The below postpartum warm up and cool down will start no earlier than the first 6-weeks of your exercise program.

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Postpartum Fitness Readiness Survey

Daily Readiness Assessment

Sleep

1	2	3	4	5
Awful	Poor	Ok	Good	Excellent

Mood

1	2	3	4	5
Very Poor	A Little	Ok	Good	Great

Energy

1	2	3	4	5
Wiped	Tired	Ok	Good	Amped

Stress

1	2	3	4	5
Buried	Strained	Ok	Not Much	Relaxed

Soreness

1	2	3	4	5
Very Sore	Pretty Sore	Moderate	Just a Little	None At All

Score Results:

20 – 25: Complete full workout

15 – 19: Lower weights and complete full workout

10 – 14: Complete only cardio workout or only lifting workout

0 – 9: Take a rest day. Go for a short walk but focus on yourself and what you need to feel better

Pregnancy & Postpartum Performance Training Guide

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Exercise Program Weeks 1-6

POST PARTUM : STANDARD DELIVERY WORKOUT 1

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Box Breathing	1 x 1 min	2 x 1 min	3 x 1 min
Cat Cow	1 x 8	2 x 8	3 x 8
Single Leg QL Stretch	1 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Walking	1 x 5 min	2 x 5 min	3 x 4 min
Pelvic Tilts	1 x 10	2 x 8	3x 8
Glute Bridge	1 x 10	2 x 8	3 x 8
Heel Slides	1 x 10	2 x 8	3 x 8
Aerobic Conditioning			
Weeks 1 & 2: Walking 5 minutes			
Weeks 3 & 4: Walking 10 minutes			
Weeks 5 & 6: Walking 12 minutes			

POST PARTUM : STANDARD DELIVERY WORKOUT 2

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 6
Box Breathing	1 x 1 min	2 x 1 min	3 x 1 min
Cat Cow	1 x 8	2 x 8	3 x 8
Single Leg QL Stretch	1 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Walking	1 x 5 min	2 x 5 min	3 x 4 min
Pelvic Tilts	1 x 10	2 x 8	3x 8
Glute Bridge	1 x 10	2 x 8	3 x 8
Heel Slides	1 x 10	2 x 8	3 x 8
Aerobic Conditioning			
Weeks 1 & 2: Walking 5 minutes			
Weeks 3 & 4: Walking 10 minutes			
Weeks 5 & 6: Walking 12 minutes			

Pregnancy & Postpartum Performance Training Guide

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Exercise Program Weeks 7-12

POST PARTUM : STANDARD DELIVERY WORKOUT 1

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Cat Cow	2 x 10	3 x 10	3 x 12
High Knee March in Place	2 x 10 steps each side	3 x 10 steps each side	3 x 15 steps each side
Arm Circles	2 x 12	3 x 10	3 x 12
Bodyweight Squat	2 x 10	3 x 10	3 x 12
Incline Push Ups	2 x 10	3 x 10	3 x 12
Seated Band Row	2 x 10	3 x 12	3 x 15
Aerobic Conditioning			
Weeks 7 & 8: Walking 10 minutes			
Weeks 9 & 10: Walking 15 minutes			
Weeks 11 & 12: Walking 20 minutes			

POST PARTUM : STANDARD DELIVERY WORKOUT 2

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
Pelvic Tilts	2 x 8	2 x 10	3 x 10
Side Lying QL Stretch	2 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Split Stance Open Book	2 x 10 each side	2 x 10 each side	3 x 10 each side
Step Ups	2 x 8 each side	2 x 12 each side	3 x 10 each side
Bodyweight Good Mornings	2 x 8	2 x 12	3 x 10
Side Lying Clamshells	2 x 8 each side	2 x 12 each side	3 x 10 each side
Aerobic Conditioning			
Weeks 7 & 8: Walking 10 minutes			
Weeks 9 & 10: Walking 12 minutes			
Weeks 11 & 12: Walking 15 minutes			

POST PARTUM : STANDARD DELIVERY WORKOUT 3

Movements	Weeks 7 - 8	Weeks 9 - 10	Week 11 - 12
High Knee March in Place	2 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Quadruped Hip Circles	2 x 10 each side	3 x 10 each side	3 x 10 each side
Deadbug Hold	2 x 5 breaths	2 x 5 breaths	3 x 5 breaths
Split Squat	2 x 8 each side	2 x 10 each side	2 x 12 each side
DB Overhead Press	2 x 8	2 x 10	2 x 12
Glute Bridge w/ 3 second hold each rep	2 x 8	2 x 10	2 x 12
Aerobic Conditioning			
Weeks 7 & 8: Cardio Machine of Choice 10 minutes			
Weeks 9 & 10: Cardio Machine of Choice 10 minutes			
Weeks 11 & 12: Cardio Machine of Choice 15 minutes			

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Exercise Program Weeks 13-18

POST PARTUM : STANDARD DELIVERY WORKOUT 1

Movements	Weeks 13 - 15	Weeks 16 - 18
Quadruped Hip Circles	2 x 10	2 x 10
High Knee March	2 x 20 yd	2 x 20 yd
Side Lying Open Books	2 x 10	2 x 10
Front Squat Variation	4 x 5	4 x 5
Push Ups	2 x 10	2 x 10
1 Arm DB Row	2 x 12 each side	2 x 12 each side
Aerobic Conditioning		
Weeks 15 - 18: Incline Treadmill Walk 15 min		

POST PARTUM : STANDARD DELIVERY WORKOUT 2

Movements	Weeks 13 - 15	Weeks 16 - 18
Goblet High Knee March	2 x 40 steps	2 x 40 steps
Standing Hurdle Walk Over	2 x 10 each side	2 x 10 each side
Dead Hang from Pull Up Bar	2 x 15 seconds	2 x 15 seconds
DB Split Squat	4 x 6 each side	4 x 6 each side
Seated DB Overhead Press	3 x 8	3 x 8
Glute Bridge * Single Leg if able *	3 x 10	3 x 10
Aerobic Conditioning		
Weeks 15 - 18: Incline Treadmill Walk 15 min		

POST PARTUM : STANDARD DELIVERY WORKOUT 3

Movements	Weeks 13 - 15	Weeks 16 - 18
Pelvic Tilts	2 x 10	2 x 10
Bird Dog	2 x 8 each side	2 x 8 each side
Backwards Sled Drag	2 x 20 yd	2 x 20 yd
Goblet Step Ups	4 x 5 each side	4 x 5 each side
Tall Plank	2 x 5 breaths	2 x 5 breaths
DB RDL	2 x 12	2 x 12
Aerobic Conditioning		
Weeks 15 - 18: Cycling 15 min		

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Exercise Program Weeks 1-8

POST PARTUM : C – SECTION DELIVERY WORKOUT 1

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 8
Box Breathing	1 x 1 min	2 x 1 min	3 x 1 min
Cat Cow	1 x 8	2 x 8	3 x 8
Single Leg QL Stretch	1 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Walking	1 x 5 min	2 x 5 min	3 x 4 min
Pelvic Tilts	1 x 10	2 x 8	3x 8
Glute Bridge	1 x 10	2 x 8	3 x 8
Heel Slides	1 x 10	2 x 8	3 x 8
Aerobic Conditioning			
Weeks 1 & 2: Walking 5 minutes			
Weeks 3 & 4: Walking 10 minutes			
Weeks 5 - 8: Walking 12 minutes			

POST PARTUM : C – SECTION DELIVERY WORKOUT 2

Movements	Weeks 1 - 2	Weeks 3 - 4	Week 5 - 8
Box Breathing	1 x 1 min	2 x 1 min	3 x 1 min
Cat Cow	1 x 8	2 x 8	3 x 8
Single Leg QL Stretch	1 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Walking	1 x 5 min	2 x 5 min	3 x 4 min
Pelvic Tilts	1 x 10	2 x 8	3x 8
Glute Bridge	1 x 10	2 x 8	3 x 8
Heel Slides	1 x 10	2 x 8	3 x 8
Aerobic Conditioning			
Weeks 1 & 2: Walking 5 minutes			
Weeks 3 & 4: Walking 10 minutes			
Weeks 5 - 8: Walking 12 minutes			

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Exercise Program Weeks 9-14

POST PARTUM : C – SECTION DELIVERY WORKOUT 1

Movements	Weeks 9 - 10	Weeks 11 - 12	Week 13 - 14
Cat Cow	2 x 10	3 x 10	3 x 12
High Knee March in Place	2 x 10 steps each side	3 x 10 steps each side	3 x 15 steps each side
Arm Circles	2 x 12	3 x 10	3 x 12
Bodyweight Squat	2 x 10	3 x 10	3 x 12
Incline Push Ups	2 x 10	3 x 10	3 x 12
Seated Band Row	2 x 10	3 x 12	3 x 15
Aerobic Conditioning			
Weeks 9 & 10: Walking 10 minutes			
Weeks 11 & 12: Walking 15 minutes			
Weeks 13 & 14: Walking 20 minutes			

POST PARTUM : C – SECTION DELIVERY WORKOUT 2

Movements	Weeks 9 - 10	Weeks 11 - 12	Week 13 - 14
Pelvic Tilts	2 x 8	2 x 10	3 x 10
Side Lying QL Stretch	2 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Split Stance Open Book	2 x 10 each side	2 x 10 each side	3 x 10 each side
Step Ups	2 x 8 each side	2 x 12 each side	3 x 10 each side
KB/DB Deadlift	2 x 8	2 x 12	3 x 10
Side Lying Clamshells	2 x 8 each side	2 x 12 each side	3 x 10 each side
Aerobic Conditioning			
Weeks 9 & 10: Walking 10 minutes			
Weeks 11 & 12: Walking 12 minutes			
Weeks 13 & 14: Walking 15 minutes			

POST PARTUM : C – SECTION DELIVERY WORKOUT 3

Movements	Weeks 9 - 10	Weeks 11 - 12	Week 13 - 14
High Knee March in Place	2 x 30 seconds	2 x 30 seconds	3 x 30 seconds
Quadruped Hip Circles	2 x 10 each side	3 x 10 each side	3 x 10 each side
Deadbug Hold	2 x 5 breaths	2 x 5 breaths	3 x 5 breaths
Split Squat	2 x 8 each side	2 x 10 each side	2 x 12 each side
DB Overhead Press	2 x 8	2 x 10	2 x 12
Glute Bridge w/ 3 second hold each rep	2 x 8	2 x 10	2 x 12
Aerobic Conditioning			
Weeks 9 & 10: Cardio Machine of Choice 10 minutes			
Weeks 11 & 12: Cardio Machine of Choice 10 minutes			
Weeks 13 & 14: Cardio Machine of Choice 15 minutes			

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Postpartum

Exercise Program Weeks 15-18

POST PARTUM : C – SECTION DELIVERY WORKOUT 1

Movements	Weeks 15 - 16	Weeks 17 - 18
Quadruped Hip Circles	2 x 10	2 x 10
High Knee March	2 x 20 yd	2 x 20 yd
Side Lying Open Books	2 x 10	2 x 10
Front Squat Variation	4 x 5	4 x 5
Push Ups	2 x 10	2 x 10
1 Arm DB Row	2 x 12 each side	2 x 12 each side
Aerobic Conditioning		
Weeks 15 - 18: Incline Treadmill Walk 15 min		

POST PARTUM : C – SECTION DELIVERY WORKOUT 2

Movements	Weeks 15 - 16	Weeks 17 - 18
Pelvic Tilts	2 x 10	2 x 10
Bird Dog	2 x 8 each side	2 x 8 each side
Backwards Sled Drag	2 x 20 yd	2 x 20 yd
Goblet Step Ups	4 x 5 each side	4 x 5 each side
Tall Plank	2 x 5 breaths	2 x 5 breaths
DB RDL	2 x 12	2 x 12
Aerobic Conditioning		
Weeks 15 - 18: Cycling 15 min		

POST PARTUM : C – SECTION DELIVERY WORKOUT 3

Movements	Weeks 15 - 16	Weeks 17 - 18
Goblet High Knee March	2 x 40 steps	2 x 40 steps
Standing Hurdle Walk Over	2 x 10 each side	2 x 10 each side
Dead Hang from Pull Up Bar	2 x 15 seconds	2 x 15 seconds
DB Split Squat	4 x 6 each side	4 x 6 each side
Seated DB Overhead Press	3 x 8	3 x 8
Glute Bridge * Single Leg if able *	3 x 10	3 x 10
Aerobic Conditioning		
Weeks 15 - 18: Incline Treadmill Walk 15 min		

Pregnancy & Postpartum Performance Training Guide

Postpartum

0-2 Weeks Postpartum

Emphasis: Rest & Breathwork

Session Focus: Rest & Recovery

Mental Readiness

- Support the first two weeks postpartum you may feel a wide range of emotions. From joy, excitement, and fulfillment to anxiety, tears, and fatigue. It is essential during this time to rely on your support networks for emotional support

Spiritual Readiness

- Consider Community- “With Whom Do I Spend My Life?”
- What mature parents do you trust to ask questions for advice, and are you willing to receive it?
- Talk to friends who have been through the parenthood transition

Nutritional Readiness

- Nutrition is essential to postpartum recovery and to provide energy if you are breastfeeding. Focus on eating nutrient-rich foods and drinking plenty of water, aiming for 16 cups or 128 oz of water each day.

Sleep Readiness

- You will experience disrupted sleep from frequent wakings from the baby. Be flexible with your sleep routine and ask for help with the baby so that you can rest.

Physical Readiness

- Begin to connect with your breath, core, and pelvic floor. While you are lying in bed, nursing baby, or resting take a deep gentle in-hale while relaxing your core and pelvic floor. Exhale and just be aware of how your core and pelvic floor responds. Ideally you feel gentle support from your core and pelvic floor. You can practice this with 3-5 breaths a couple of times a day. You may need tactile cues while breathing to synchronize your movements.
- Focus on resting and recovery of your body.
- Walk in and around the bedroom, to a couch in another room, to the bathroom, across the room to get a cup of water, but the focus should be on gentle very short and flat walks while you rest and heal.

Pregnancy & Postpartum Performance Training Guide

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3-6 Weeks Postpartum

Emphasis: Mind body connection and total body mobility

Session Focus: Total body mobility, breathwork, as well as pelvic and core control.

Mental Readiness

- Connect with a friend, family member, or mentor. This could look like asking them to check in on you every other day, sending you funny photos, calling you, or you texting them.
- Pick one thing that makes you feel more like yourself such as applying lotion, braiding your hair, eating your favorite meal without holding baby, reading a book, sitting outside with sunshine on your face, etc.
- Some things will feel harder and some things will feel like they breathe life into you. Try to identify what breathes life into you and ask for support to make it happen.

Spiritual Readiness

- Consider Success -” What do I believe about the success of early parenthood?” Did my birth go as planned, is feeding baby going as expected? How is this tied/not tied to my vision of success? Success is not measured in the amount of milk you produce, if you followed your birth plan or not, or if your baby sleeps. Give yourself time and space to reflect on your lived experience.

Nutritional Readiness

- Prioritize nutrient dense snacks throughout the day and staying hydrated.
- If you have support, ask them to bring you a snack and water while you feed baby or right afterwards.

Sleep Readiness

- Take naps during the day as needed and utilize support in the night for night wakings.
- Have your partner bring baby to you so you can nurse laying down or have them feed baby. The first stretch of sleep at night is often the longest.

Physical Readiness

- Focus on a stable and integrated core as you begin to build strength.
- Slow and controlled movements help your breath and body connect through the movement allowing healing to continue.
- Be honest with yourself and your answers on the assessment which will guide your workout intensity.

Pregnancy & Postpartum Performance Training Guide

Postpartum

7-8 Weeks Postpartum

Emphasis: Integration into strength and hip stability

Session Focus: Total body strength exercises using bodyweight movement patterns with a focus on single leg hip stability.

Mental Readiness

- Prioritize short breaks in your day for self-care. Connecting with other postpartum Airmen and Guardians can be helpful to hear shared experiences and feel supported in your postpartum journey.

Spiritual Readiness

- Consider Hope- “What do I believe about the future?”
- How would you explain to your children how you have thrived and struggled with hope in your life?

Nutritional Readiness

- Prioritize staying hydrated. If you are breastfeeding, becoming dehydrated can negatively impact your breastmilk supply. If plain water is unappealing, you can add slices of fresh or frozen fruit to your water bottle to add flavor.

Sleep Readiness

- Have a consistent bedtime routine to help signal you and baby that it’s time for sleep. Continue to take short naps during the day if needed.

Physical Readiness

- Continue to follow the weekly training plan for postpartum

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9-12 Weeks Postpartum

Emphasis: Slow integration into low level plyometrics

Session Focus: Building on previous two weeks and adding in lower level plyometrics to prepare for return to run.

Mental Readiness

- Acknowledge the adjustments of parenthood and allow yourself grace as you adapt. Embrace flexibility and seek support as needed.

Spiritual Readiness

- Consider Legacy- “What will I leave behind?”
- What do you believe parenthood should look like after your children become adults?

Nutritional Readiness

- Continue to prioritize drinking water and eating foods to help sustain your energy throughout the day. If you are breastfeeding and notice your supply diminishing, make sure you are consuming adequate calories and fluid throughout the day. Between 330-400 calories a day are utilized just to make breastmilk!

Sleep Readiness

- Baby will likely have established day and night wake patterns. Continue to collaborate with your partner to help with nighttime caregiving responsibilities.

Physical Readiness

- Continue to follow the weekly training plan for postpartum.
- If you are cleared by your medical provider to return to run, you may begin running following the return to run (R2R) protocol and utilizing the return to run screen.
- 1-2 rest days/week.

For more information: <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/05/optimizing-postpartum-care>

Pregnancy & Postpartum Performance Training Guide

Postpartum

13-18 Weeks Postpartum

Emphasis: Slow integration into return to run

Session Focus: Continue building strength and cardio while slowing introducing running. If you are not cleared to run, continue building strength and endurance through the workouts.

Mental Readiness

- Take a moment to appreciate how adaptable and resilient you have been during this new season of parenthood. As you approach the transition of returning to work, you may notice increased feelings of anxiety and moodiness. Think about and plan for things that would make you feel more secure in this transition such as a trial childcare day or practicing bottles, starting with half days or midweek to ease the transition, or writing out your optimal schedule for getting out the door by a certain time. Reach out to your social supports and ask for help from a medical provider if needed.

Spiritual Readiness

- Consider Community- “With Whom Do I Spend My Life?”
- Who can you call to help with your child if/when you are overwhelmed? Are there others who are not local? Explain why.

Nutritional Readiness

- As you prepare to return to work, you may start thinking more about your body’s current size or shape. Especially if you are breastfeeding, your priority should still be to maintain adequate food and fluid intake. Restricting calories and attempting to exercise more to lose weight could lead to injury and diminish your postpartum recovery. If you have concerns about caloric intake, weight, and recovery postpartum, please schedule an appointment with a registered dietitian for assistance.

Sleep Readiness

- Baby is likely to start sleeping in longer stretches at this point. If you are struggling with sleep and insomnia, reach out to your medical provider or guidance and support.

Physical Readiness

- Continue to follow the weekly training plan for postpartum.
- If you are cleared by your medical provider to return to run, you may begin running following the return to run (R2R) protocol and utilizing the return to run screen.
- 1-2 rest days/week

Pregnancy & Postpartum Performance Training Guide

Postpartum

Return to Run (R2R) Screen

This screen assists with identifying when it is safe to restart running postpartum. Running is high impact, so control and stability are necessary for success. You should be able to walk continuously for 30 minutes without any symptoms (pain during or after, any pelvic pain, pain with intercourse, incontinence, feeling of heaviness/bulging in the pelvic floor).

Complete the Daily Readiness Assessment (p. 37) to see if you are fit for running or non-impact aerobic exercise.

If the Daily Readiness Assessment suggest running, you are after 12 weeks, and it has been a week since you completed the impact readiness screen, complete the impact readiness screen. If you have any pain, leakage of urine or stool, heaviness or bulging in the vagina, or bulging/coning of stomach during any of these exercises, we recommend you choose a non-impact form of cardio for that day instead of running and notify your medical provider about your symptoms.

- Single leg balance for 10 seconds on each leg
- Single leg hopping for 10 reps on each leg
- Single leg squat for 10 reps on each leg
- Jogging on the spot for 60 seconds
- Forward bounding for 10 reps on each leg
- Running man for 10 reps on each leg

Return to Run (R2R) Protocol

Maintain at least one day of rest or active recovery between run days. Perform the cardio workout after completing the exercises for the respective workout day. If more than 3/10 pain, incontinence, bleeding, leaking, heaviness in vagina, or bulging/coning of stomach REPEAT the current cardio workouts prescribed for the workout phase you are in even if you are moving on to the next workout phase.



Pregnancy & Postpartum Performance Guide

Conclusion

Additional Resources

- Military One Source New Parent Support Program (NPSP): <https://www.militaryonesource.mil/benefits/new-parent-support-program/>
- DFAS Military Clothing Allowances: <https://www.dfas.mil/militarymembers/payentitlements/Pay-Tables/CMA7/>
- Tricare Maternity Care Covered Services: <https://www.tricare.mil/CoveredServices/IsItCovered/MaternityCare.aspx>
- Tricare Newborn and Well-Baby Care: <https://tricare.mil/newborn>
- Maternity Uniform Pilot Program: <https://www.aetc.af.mil/News/Article-Display/Article/3225812/daf-updates-program-to-issue-pregnant-members-free-maternity-uniforms/>
- Military Parental Leave Program (MPLP): [https://myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Military-Parental-Leave-Program-\(MPLP\)](https://myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Military-Parental-Leave-Program-(MPLP))
- DHA Pregnancy & Childbirth Purple Book: https://www.healthquality.va.gov/guidelines/WH/up/2023-Pregnancy-Purplebook_19Jan2024.pdf
- Hear Her- from CDC (includes support resources/questions to ask medical provider: <https://www.cdc.gov/hearher/index.html>
- DOD/VA Apps (Couples Coach, Virtual Hope Box, Mindfulness & Breathe to Relax): <https://mobile.va.gov/appstore>
- Defense Enrollment Eligibility Reporting System (DEERS)
 - Beginning from the child's birthdate or date of adoption you have 90 days within the Continental United States (CONUS) and 120 days Outside Continental United States (OCONUS) to [register in DEERS](#). Once registered you have an additional 90 days to enroll in or [change health plans](#).

Authors

This product was adapted from the Army H2F P3T Program and its authors include:

- Samantha Miller, COTA, HSP, P&PA Coach
- Jennifer Fallon, CSCS, CSAC
- Kelsey Mathias, OTR, PRPC
- Kimberly Schorn, MS, RDN, CSSD, LDN, EP-C, EIM (2)
- Amanda Musgrove-Currie, MS, CPT, TSAC-F
- Kristin Jaskolski, MS, ATC
- CH (CPT) Joshua Cook

While this program was adapted from the Army H2F P3T Program the training programs within the DAF P3T Program are separate from the Army and its authors did not create and are therefore not responsible for it.

The authors of the Air Force P3T Program include:

- Shannon Smith MSc, CSCS, PN-L1
- Zachary Nielsen, MS, CSCS*D, RSCC, TSAC-F*D
- Maj Danielle Langness, USAF, BSC
- Deborah Davis, MPH, C-EP, FNS, CHC
- Logo Created by: Ashley Guajardo

Additional Reviews Completed by:

- Lt Col Minette S.R. Herrick, USAF, BSC, PhD, RD, IBCLC
- Lt Col Daniel Watson, USAF, BSC
- Col Larissa Weir, USAF, MD, FACOG, MC
- Maj Brittany R. Nores, USAF, BSC

Pregnancy & Postpartum Performance Training Guide

Conclusion

Photos used

- [DVIDS - Images - Incirlik keeps moms in shape with Pregnancy PT \[Image 1 of 4\]](#)
- [DVIDS - Images - Incirlik keeps moms in shape with Pregnancy PT \[Image 2 of 4\]](#)
- [DVIDS - Images - MDG cares for Offutt patients \[Image 19 of 50\]](#)
- [DVIDS - Images - nurse midwife \[Image 1 of 2\]](#)

HAF/A1 Air Force Physical Fitness Readiness Program

Frequently Asked Questions (FAQs)

Glossary and Terms

Q1: What is the updated fitness assessment test called?

A1. The updated fitness assessment is called the Physical Fitness Readiness Assessment (PFRA) to emphasize the assessment is no longer just a fitness test but a measure of an Airman's overall readiness. The official term is PFRA, but other terms like PFA and fitness assessment can be used interchangeably.

Q2: What changes are coming to myFitness beginning 1 Mar 26?

A2. Beginning 1 Mar 26, myFitness will record scores for diagnostic fitness tests as well as official fitness tests. Additionally, members' due dates will be aligned to the updated testing cycles (6 months for RegAF, 12 months for ARC). (See Q23) for unit testing.

Q3: What is a diagnostic test and how many times can I take one?

A3. A diagnostic fitness test is an unofficial physical fitness assessment conducted under official conditions (by a certified Physical Fitness and Readiness Assessment (PFRA) Administrator). It is a non-attribution assessment aimed to provide feedback and help members identify and improve any problem areas. Diagnostic test scores, regardless of score, will not be used for any official personnel actions to include Enlisted Forced Distribution Panel (EFDP) promotion recommendation, stratification, or recorded on the member's evaluation, unless the member chooses to document as their official score (see Q9). AFMAN 36-2905 limits the number of times a member may complete a diagnostic test within a 365-day period. However, diagnostic tests taken during the baseline period do not count against the number of times an Airman may complete a diagnostic test in a given year. Airmen are encouraged to take a diagnostic test during the baseline period, conducted under official conditions, with the opportunity to convert that diagnostic score to an official score if the member chooses.

Q4: What is mass testing or unit testing?

A4. These terms are used interchangeably. Unit testing is an opportunity for commanders to conduct physical fitness testing for their entire unit. Unit testing is not limited to a single day, in order to meet mission needs and FAC/UFAC availability. Wing Commanders will determine how units should conduct unit testing, and will ensure commanders schedule unit tests no later than 30 days prior to allow members time to prepare. Unit testing is the recommended approach for most units, and individual testing should be reserved for units with specific operational necessities or approved by the unit commander for specific personnel with persistent scheduling conflicts (shift workers, frequent travelers, etc). During the baseline period, units may conduct mass-diagnostic tests, however, after the baseline period, unit testing is reserved for official fitness assessments. After the baseline period, members are authorized in AFMAN 36-2905 to take a diagnostic fitness test one month prior to a scheduled unit assessment and may use the diagnostic assessment as their official assessment in place of the scheduled unit test.

Q5: What is a Combat Field Test (CFT)?

A5. The Combat Field Test is an umbrella term used for those Air Force combat related AFSC specific fitness tests to include the Air Force Special Warfare Operator Fitness Test (OSPFA) (1ZXXX and 19ZXXX) and the Explosive Ordnance Disposal (EOD) Occupationally Specific Physical Fitness Assessment (OSPFA) (3E8XX and 32EXH).

Q6: What Air Force combat related AFSCs are included in the guidance?

A6. Air Force combat related AFSCs include the following AFSCs: 19ZXA Special Tactics Officer; 19ZXB Tactical Air Control Party Officer; 19ZXC Combat Rescue Officer; 1Z1X1 Pararescue; 1Z2X1 Combat Control; 1Z3X1 Tactical Air Control Party; 1Z4X1 Special Reconnaissance; 3E8X1 Explosive Ordnance Disposal; 32EXH Explosive Ordnance Disposal Engineer.

Diagnostic Testing

Q7: Is a diagnostic test the same as a mock test? How do I know which test my unit is hosting?

A7. A diagnostic test is defined in AFMAN 36-2905 and is conducted by a certified PFRA Administrator. During a diagnostic test, members wear authorized physical training gear and results of the fitness assessment are recorded on a DAF Form 4446 and uploaded to myFitness. Members can elect to save the score from a diagnostic test as their official fitness score (see Q9). Mock tests are not formally authorized and are not recorded in myFitness. Additionally, results from a mock test cannot be recorded as an official test score.

Q8: If my commander directs a diagnostic test, does that count as one of the allowed DPFRA within a 365-day period?

A8. During the baseline period, Airmen may complete unlimited diagnostic tests, both unit-directed and individually scheduled. After the baseline period, unit tests are considered official fitness tests. Members may schedule diagnostic tests one month prior to your due date or scheduled unit assessment (see AFMAN 36-2905).

Q9: Can members record their diagnostic score as their official PFA if they would like to?

A9. Yes. A member may voluntarily elect to record a diagnostic test score as an official fitness test score. This can be done upon completion of a certified diagnostic test. Once a score is recorded as an official score, it becomes your most recent and current official fitness test, and as such, will be the score used on your evaluation as of your SCOD. Once a diagnostic test is recorded as an official score, this action cannot be undone. Beginning in March 2026, diagnostic scores will also be recorded in myFitness, but will not be used for personnel actions.

Q10: Will diagnostic testing still be available when official testing starts in July or will members receive only one opportunity for diagnostic testing?

A10. After the baseline period, Airmen will have the option to take a diagnostic fitness assessment no earlier than one month prior to their due date or unit's scheduled assessment. Additional details will be provided in AFMAN 36-2905, to include limits on the number of times members may complete a diagnostic test within a 365-day period.

Q11: My unit is not facilitating a diagnostic testing opportunity during the baseline period. How can I participate so I can understand my performance under the new standards?

A11. Airmen whose units are not conducting a unit test during the baseline period may schedule a diagnostic test with the FAC/UFAC. Airmen whose units are conducting unit testing during the baseline period will complete the test with their unit as required by their commander but may also schedule an individual diagnostic test if they would like an additional opportunity to record a diagnostic or official score.

Baseline Period

Q12: When the baseline period begins in March, how do I know when to test (i.e. should members who are due in those months test first, etc)? Who will be due to test in July and the following months?

A12. If units elect to conduct unit testing, they may schedule their test(s) anytime during the baseline period. Additionally, members who elect to take an individual diagnostic test may schedule their test anytime during the baseline period. Members are not required to test during the baseline period, but those who do test during the baseline period and elect to convert a certified diagnostic test to an official score during the baseline period will reset their due date according to their testing cycle (6 months for RegAF, or 12 months for ARC members). Members who conduct a diagnostic but do not record an official, scored assessment during the baseline period will follow the PFRA Due-Date Matrices, which will be released, to determine their next fitness assessment due date when the baseline period ends.

Q13: Is the baseline period mandatory? Are we required to take the updated test before the official implementation begins in July?

A13. No, the baseline period is not mandatory. Units are encouraged, but not required, to participate by completing unit wide diagnostic tests conducted by a certified PFRA Administrator. Your unit commander determines if and when diagnostic testing will occur during the designated baseline period. Additionally, Airmen may also complete a diagnostic test individually by contacting the FAC/UFAC.

You are not required to complete a fitness test before the official implementation begins in July. The baseline period is an opportunity for units to familiarize members with the new assessment and gather helpful data ahead of official implementation.

Q14: When will testing be administered after the baseline period?

A14. Official testing will be administered bi-annually for Regular Air Force members, and annually for all Air Reserve Component members. Commanders will determine if testing is conducted as a unit or on an individual basis.

Testing Currency & Due Dates

Q15: How can I tell when I'm due for my next official fitness test?

A15. You can find your due date in myFitness. During the baseline period, members are not required to take an official fitness test, and fitness assessment due dates will be manually adjusted in myFitness (see Q16). For all other questions, refer to the PFRA Due-Date Matrix to understand when you will be due for your next fitness test.

Q16: MyFitness shows me that I'm due for a test during the baseline period. When and how do I take my test so I am not overdue?

A16. Airmen who received an unsatisfactory score on their most recent fitness assessment as of 31 Dec 25 continue to take the legacy assessment on scheduled due dates until a passing score is achieved or the end of the baseline period. Airmen who had a current and passing score on file as of 1 Jan 26 are not required to test through the baseline period and will remain current through the baseline period. myFitness will assign new due dates to keep Airmen current through the baseline period and will stagger the roll out of assessments to reduce burden on FACs and UFACs (see PFRA Due Date Matrix). If your unit participates in unit testing during the baseline period, your unit will notify you when to test. Any diagnostic test completed during the baseline period, whether as a unit or individual, will not change your assigned myFitness due date. Airmen who do not complete a fitness test during the baseline period will not be penalized.

Q17: How should I document an assessment for an Airman who is not current?

A17. If, as of the closeout date of the evaluation or TR, the member is overdue or not current, the rater will document by annotating "Required - Not Current." **Example:** PFA: Required – Not Current

Q18: Do members within 12 months of retirement/separation remain exempt from the PFA if they are current?

A18. Members with an approved retirement or separation within 12 months are exempt from the fitness assessment. For guidance on how to document this on an evaluation (see Q30).

PCS, Deployments & PME Requirements

Q19: For service members who are scheduled for a PCS between now and July 2026, should they complete a fitness assessment to ensure their status is current before they depart? Will the results of a diagnostic test be reflected on their Fitness Report in myFitness?

A19. Members who were current prior to the baseline period and are scheduled to PCS during the baseline period do not require a fitness assessment prior to their projected departure date. Additionally, members who were current as of 1 Jan 26 who have an RNLT in July 2026 will remain current through the prescribed acclimatization period (found in AFMAN 36-2905). For members with an RNLT in August and thereafter,

they will follow PCS guidance and may require an official test to be completed prior to their PDD. Both diagnostic and official tests completed after 1 Mar 26 will be recorded and visible in myFitness. If a member completes a diagnostic fitness test, it will be reflected on their Fitness Report in myFitness.

Q20: Do members deploying at the end of March have to complete a diagnostic test before leaving?

A20. The baseline period is not mandatory. Airmen are encouraged, but not required, to complete a diagnostic test during the baseline period to understand their performance under the new standards. Certain deployment locations do not support fitness testing. Members assigned to those locations will be granted a deployment exemption in myFitness for the duration of the deployment. For these members, fitness will be documented using the approved term for a full mission-related exemption. **Example:** PFA: Not Required. (See Q30)

Q21: Will PME students test on the legacy assessment or the new assessment during the baseline period?

A21. The schoolhouse will determine if students are required to take a diagnostic fitness test during the baseline period. If a diagnostic test is conducted, it will not be used on the member's training report. Only official fitness scores will be recorded on a member's evaluation or training report. A member can elect to record their own diagnostic score as an official score; this will not be mandated by a commander or PME authority. If members do not record a new official fitness score while attending PME during the baseline period, they will use their most current and recent official fitness score for all official personnel actions.

Mass Testing

Q22: Is the Wing Commander permitted to implement a hybrid testing model in which unit commanders decide whether to use mass testing?

A22. Yes. While unit testing is the recommended approach for most units, individual testing should be reserved for units with specific operational necessities or approved by the unit commander for personnel with persistent scheduling conflicts (e.g., shift workers, frequent travelers).

Q23: If a unit conducts mass testing, how will that impact due dates for members that are due prior to the unit test date?

A23. If a commander directs mass unit testing, the member's due date will be updated to reflect the unit's scheduled assessment month as their next due date. If a unit conducts mass testing during the baseline period, the next due date will not change if the assessment is a diagnostic test. For members that opt to have their test recorded as an official assessment, the next due date will be set based on the frequency requirements for their specific component (RegAF or ARC).

Testing and Components

Q24: Can non 3F1s be considered for the Master Fitness Leader (MFL) course?

A24. The primary AFSC that is being leveraged for MFL duties is the 3F1 due to a core requirement in physical fitness. Installations that do not have a 3F1 or do not meet course qualifications may explore any AFSC (including Fitness Center APF civilians and NAF employees that are on an APF funded MOA) on the installation to assume the duties of the MFL.

Q25: Why did the Air Force transition from a 1.5-mile run to a 2-mile run?

A25. Both the 1.5-mile and 2-mile run tests are highly valid field assessments for predicting VO2 max and aerobic capacity. The **2-mile run** is a validated predictor of aerobic capacity, specifically favored in military settings to assess both cardiorespiratory endurance and leg muscle endurance.

Q26: Can I complete my WHtR measurement separate from the remaining PFRA components?

A26. Airmen may decouple the body composition component of the remaining components NET 5 days prior (not after) to the Physical Fitness Readiness Assessment (UTA/RSD prior to assessment); however, may not be directed to do so.

Q27: I am approved to take the 2.0 Kilometer Walk. How do I document this on my evaluation?

A27. The 2.0 kilometer walk is an alternative to the Cardiorespiratory Fitness component. When authorized, it is not considered an exemption and should be documented no differently than members who complete the 2.0 mile run or the 20 meter HAMR. The PRFA Score Card contains a field to record the 2 kilometer walk score in the Cardiorespiratory Fitness section.

Documenting Fitness on Evaluations, TRs

Q28: Where will the ratee's fitness assessment score be documented?

A28. The rater will document the ratee's most recent and current official fitness assessment score in the mandatory fitness comments section.

RATER ASSESSMENT		STRATIFICATION	REFERRAL REPORT
EXECUTING THE MISSION		<i>Effectively uses knowledge, initiative, and adaptability to produce timely, high quality/quantity results to positively impact the mission.</i>	
LEADING PEOPLE		<i>Fosters cohesive teams, effectively communicates, and uses emotional intelligence to take care of people and accomplish the mission.</i>	
MANAGING RESOURCES		<i>Manages assigned resources effectively and takes responsibility for actions/behaviors to maximize organizational performance.</i>	
IMPROVING THE UNIT		<i>Demonstrates critical thinking and fosters innovation to find creative solutions and improve mission execution.</i>	
MANDATORY FITNESS COMMENTS		Enter appropriate fitness score, category, and exemptions IAW AFM 38-2406. Note: References to conduct as a fitness representative will NOT be included in this section. ☒ Yes ☐ No	
PFA: 91.7; Excellent; Exemptions: None			
RATER NAME, GRADE, BRANCH OF SERVICE		RATER DUTY TITLE	
RATER ORGANIZATION AND COMMAND		TYPE OF SIGNATURE	RATER SIGNATURE
		Digital	

Q29: How do I document the fitness assessment score on an evaluation?

A29. The fitness assessment will be documented using the following format. The comment will be limited to: the score achieved, the fitness category, and all component exemptions using the following format:

PFA: [score]; Category; Exemptions: [list any component exemptions].

MANDATORY FITNESS COMMENTS	Enter appropriate fitness score, category, and exemptions IAW AFM 38-2406. Note: References to conduct as a fitness representative will NOT be included in this section.
PFA: 88.5; Satisfactory; Exemptions: Muscular Strength	

Examples:

- PFA: 91.7; Excellent; Exemptions: None
- Satisfactory Score – PFA: 88.5; Satisfactory; Exemptions: Muscular Strength
- Unsatisfactory Score – PFA: 64.2; Unsatisfactory; Exemptions: None
- Passing Score but Failed Component(s) – PFA: 79.4; Unsatisfactory; Exemptions: None

Q30: How should I document an assessment for an Airman with a full exemption?

A30. For Airmen with full exemptions who receive no score, raters will include the authorized exemption status in the mandatory comments section. Raters will not include any narrative beyond the exemption status and may not reference any diagnosis, symptoms, treatment, or underlying personal condition. The full exemption status must be limited to the following standard terms:

- **Not Required** – use this exemption status if the ratee is fully exempt from all components, to include the WHtR, due to mission reasons (i.e., deployment), pregnancy and post-partum, or approved military separations/retirements. Do not use this term for any other reasons, such as partial medical exemptions or commander exemptions. **Example:** PFA: Not Required.
- **Medical Restriction** – use this exemption status if the ratee receives no score due to a medical profile, unless otherwise noted above under “Not Required.” **Example:** PFA: Medical Restriction.

Q31: How do I document an assessment for an Airman with a partial exemption?

A31. You will annotate the fitness score as recorded in the system and then explicitly list the component(s) that were exempted. Evaluations will refer to components as outlined on the fitness assessment: Cardiorespiratory Fitness, Muscular Strength, Core Endurance, and Waist to Height Ratio. Example: PFA: 96; Excellent; Exemptions: Cardiorespiratory Fitness.

Q32: How should I document an assessment for an Airman who is not current?

A32. If, as of the closeout date of the evaluation or TR, the member is overdue or not current, the rater will document by annotating “Required - Not Current.” **Example:** PFA: Required – Not Current

Q33: What are the consequences of a member who is overdue and therefore not current or receives an Unsatisfactory fitness score?

A33. Airmen who are overdue for their fitness test and are therefore not current, or have an unsatisfactory score as of the SCOD are not authorized to be considered for stratification, forced distribution, and the following promotion recommendations: “Definitely Promote” for officers; “Must Promote” and “Promote Now” for enlisted members. Refer to AFI 36-2406, para 1.11 for referral procedures. For AFR only: While the ability to award “Definitely Promote” promotion recommendation for officers will be tied to the PRF cutoff date, an officer who is overdue for a fitness test or received an unsatisfactory fitness assessment as of the SCOD will be factored into the overall promotion recommendation.

Note: Individuals who were due prior to the testing pause and went non-current or overdue are ineligible for stratification and promotion recommendations, unless they take an official scored fitness assessment prior to the applicable cutoff date. However, if an Airman is due during the testing pause or baseline period, their last official scored assessment remains current, and they will remain eligible for stratifications and “Definitely Promote” recommendations for officers and “Must Promote” and “Promote Now” consideration for enlisted members on SCODs through the baseline period.

Q34: Will an overdue fitness test or Unsatisfactory fitness score cause the evaluation to be a referral?

A34. A supervisor must make a determination IAW AFI 36-2406 1.11.3.1 When considering the Airman's ability to meet standards, consider unacceptable performance as actions that are incompatible with, and/or Airmen who have routinely (i.e., a repeated inability to meet standards that would render the aggregated performance assessment over the entire reporting period as below AF standards and expectations) and/or significantly (i.e., a single instance where failure to meet standards is either egregious in nature or so far short of a standard that it impacts overall aggregated performance assessment) failed to adhere to established AF standards and expectations.

Q35: Will myEval default the promotion-statement block for EPBs to a specific value if a member is overdue/not current?

A35. The myFitness system is not linked to the myEval system at this time. Commanders must be diligent in their review of a member's fitness information when completing evaluations. We're actively evaluating long-term system enhancements that would enable these capabilities as part of our broader roadmap.

Q36: Are there special requirements for Airmen in combat-related career fields?

A36. Yes. For Airmen in designated combat-related AFSCs, you must document results for both the PFA and the Combat Field Test (CFT) in the mandatory fitness comments section. Designated combat-related AFSCs can be found in the AFGM to AFI 36-2406.

Examples:

- PFA: 99.8; Excellent; Exemptions: None / CFT: 95.2; Excellent; Exemptions: None
- If a valid CFT is not on file due to exemption or authorized non-participation, the evaluator will indicate the reason. **Example:** "CFT: Not Required".

Q37: Will myEval enforce the stratification and promotion recommendation rules automatically, or will it rely on supervisors to comply?

A37. MyEval currently cannot be modified to automatically enforce these rules; therefore, supervisors must be diligent in their review of member's fitness information to ensure compliance. Additionally, CSSs will review each evaluation for compliance and provide a copy of fitness information to MPFs for examination during their review. It is recommended to upload members' fitness reports into myEval to allow review of this information at all levels.

Q38: If the promotion recommendation block on an EPB is left unchecked due to ineligibility, will the system allow routing and signature?

A38. Yes, ineligibility and routing are not linked in myEval; therefore, if left unchecked, it will still allow for routing and signatures.

Q39: Where can I put fitness-related comments in the evaluation?

A39. All scores, categories, and exemption details must only be documented in the mandatory fitness comments section. No additional verbiage is authorized.

Exception: Comments may be included elsewhere if they are related to conduct, attitude, or performance that impacts readiness or mission execution. These comments must be specific, objective, and fact-based.

- Comments regarding contributions to the unit fitness program (e.g., Physical Training Leader duties) are authorized but must be placed elsewhere, not in the mandatory fitness comments block.

Q40: Which score is used if an Airman has results from both the old and new fitness standards?

A40. During the baseline period (1 Mar 26 through 30 Jun 26) fitness tests completed on the new fitness standards are considered diagnostic and nonpunitive. During this time, members will use their most recent and current official fitness score of record from their last legacy assessment prior to the baseline period. However, members have the option to use the score from the new fitness assessment, achieved during the baseline period, if the following conditions are met:

- The test was completed prior to the SCOD.
- The member achieved a passing score on the new assessment and chooses to have it recorded as an official fitness test.

Enlisted SNCO Stratification, Promotions & Force Distribution

Q41: What are the enlisted grades that are exempt from this requirement until the SCOD?

A41. Staff Sergeants (SSgt) are exempt from this requirement until the 31 January 2027 static closeout date (SCOD), and senior airmen (SrA) and below are exempt until the 31 March 2027 SCOD.

Q42: What is required to be eligible for a promotion recommendation or stratification on my evaluation?

A42. To be eligible for a promotion recommendation or stratification, an Airman must meet all the following criteria:

- Be promotion eligible based on Time-in-Grade (TIG) and Time-in-Service (TIS).
- As of the Static Close-Out Date (SCOD), member has a current fitness assessment (member is not overdue) and meets minimum fitness standards.

Q43: Does an Airman's fitness status affect their eligibility for promotion recommendation?

A43. Individuals who are not current on their fitness assessment or have failed to meet minimum standards as of the SCOD are ineligible to be considered for “Must Promote” and “Promote Now” promotion recommendations.

Q44: Are Airmen with component exemptions eligible for stratification and promotion consideration?

A44. Fitness exemptions alone are not disqualifying factors for stratification and promotion recommendation consideration, provided they meet all other requirements and have a valid exemption recorded in the official fitness system.

Q45: As a SMSgt, my SCOD is 31 July 26, after the baseline period ends. What fitness assessment score am I authorized to use in the mandatory fitness comments section of my EPB?

A45. The first thing members should do is review the Physical Fitness and Readiness Assessment Due-Date Matrix, to determine their updated due date. If a member was previously due in January 2026, that due date will be automatically updated in myFitness to reflect a new due date of July 2026. SMSgts who are now due in July 2026 must complete an official fitness assessment prior to the SCOD to remain current. If your unit conducts a unit diagnostic test during the baseline period, you may voluntarily elect to convert the diagnostic score to an official score, which will reset your next due date according to your testing cycle. In this case, if the SMSgt converted a diagnostic test during the baseline period to an official test score, they would no longer be due in July 2026 and would use this score on their EPB.

If your unit is not participating in unit testing during the baseline period, Airmen may elect to complete a diagnostic test individually, and once complete, may elect to convert that diagnostic score to an official score. Members will capture their most recent and current official fitness test score as of the SCOD, on their EPB.

If you are current as of the SCOD and not due until after July 2026, you will continue to use your most recent and current official fitness score on your EPB. For example, a SMSgt who received a Satisfactory score in November 2025 would have been due in May 2026. According to the PFRA Due-Date Matrix, RegAF members who were due in May 2026 have been moved to September 2026. The member’s last official fitness test in November 2025 remains current for the 31 Jul 26 SCOD. The member’s unit conducts a diagnostic test in April 2026, and the member scores a passing score. The member may elect to convert this new score to an official test and record this on their SCOD, only if they choose to do so.

Officer Evaluations

Q46: How is fitness information documented on an officer's DAF Form 475 (Training Report)?

Current as of 26 Feb 26

A46. For officers receiving a DAF Form 475 from a formal education or training course that is 20 weeks or more, and the closeout date is within 120 days of the SCOD, fitness will be documented in the “Professional Qualities” block of the form. The comment must reflect the most recent and current, official fitness assessment on file as of the closeout date of evaluation or TR.

Q47: How does an officer's fitness status impact their consideration for a stratification on an Officer Performance Brief (OPB) or Promotion Recommendation Form (PRF)?

A47. Officers who are overdue and therefore not current or have an "Unsatisfactory" fitness score as of the SCOD or PRF cutoff date are ineligible to be considered for stratification on the applicable OPB or PRF and are ineligible for “Definitely Promote” promotion recommendations on the PRF. For AFR only: While the ability to award “Definitely Promote” promotion recommendation for officers will be tied to the PRF cutoff date, an officer ALQ evaluation with a not current or unsatisfactory fitness assessment as of the SCOD will be factored into the overall promotion recommendation. Refer to AFI 36-2406, para 8.2.1.3.1 and 8.2.1.3.2 for AFR PRFs.

Q48: Are Airmen with exemptions eligible for stratification and promotion consideration?

A48. Fitness exemptions alone are not disqualifying factors for stratification and promotion recommendation consideration, provided they meet all other requirements and have a valid exemption recorded in the official fitness system.

Q49: Where can I find answers to questions regarding fitness scores being documented on Airmen evaluations?

A49. Please review the following myFSS knowledge article - [Evaluations Fitness Policy Update](#)

Additional

Q50: The Secretary of War released a memo in December 2025 regarding changes to body composition, including a requirement for members who have a WHtR of 0.55 or above to be further evaluated. How will these members be evaluated?

A50. Details for the Tier 2 Body Fat Assessment (BFA) measurement will be provided in AFMAN 36-2905.

Q51: When will myFitness functionality be restored?

A51. System updates for myFitness are ongoing, and adjustments may continue to roll out during the baseline period. Airmen are encouraged to keep a copy of their AF Form 4446 as a backup until all updates are completed and system functionality is fully restored.

Q52: I have other questions about the AF Physical Fitness Readiness Program changes. When will more information be released?

A52. More information on the AF Physical Fitness Readiness Program will be available once updates are published to AFMAN 36-2905 in March 2026. Information regarding evaluations is now published in the new [Air Force Guidance Memorandum to AFI 36-2406](#), available on e-pubs.