



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

29 April 2013

MEMORANDUM FOR ALL INCOMING CADETS

FROM: AFROTC DETACHMENT 730

SUBJECT: Physical Training Information for Incoming Cadets

1. Congratulations on your decision to enter the AFROTC program! Your next step should be to prepare yourself physically over the summer so that you'll be ready for our rigorous workout program in the fall semester. This memo and its attachments will give you some information designed to help you succeed at physical fitness.
2. **Expectations.**
 - a. We expect you to be physically fit! Once you enter the active duty Air Force, you'll need to be physically fit in order to support the Air Force's mission. Additionally, there are numerous health benefits from an active lifestyle, including increased productivity and lower levels of stress.
 - b. We expect you to remain within your maximum weight. There is a chart attached to this document that shows the requirements (Attachment 1). If you fall outside of the range, you will not be able to participate in the AFROTC program unless you obtain a waiver.
 - c. We expect you to attempt and eventually pass the Air Force's Physical Fitness Assessment (PFA). If you are on contract/scholarship, you will be required to pass it every time it is offered.
3. **AFROTC Physical Training (PT) Program**
 - a. PT sessions are offered 2 - 3 times per week throughout the school year. The program emphasizes total fitness, to include aerobic conditioning, strength/flexibility training, and healthy eating.
 - b. A typical workout session includes a warm-up, stretching, cardio, calisthenics, and down-stretching. Sample workout plans are shown in Attachment 2. Demonstrations and information about various calisthenics exercises are shown in Attachment 3.
 - c. You will be given the PFA once per semester as part of the PT program. Your score will be determined by how well you do on four events: 1.5 mile timed run, abdominal circumference measurement, 1-minute push-ups, and 1 minute sit-ups. See Attachment 1 for required scores.
4. **Summer Preparation .** We encourage you to begin following the workout plans as shown in Attachment 2. Start slow, but continue working hard until you can complete a full workout within an hour's time, multiple times per week. Always remember to drink plenty of water before and during your workout. If you are not within current weight standards, don't be discouraged. Your behavior and attitude are important influences in your body weight. Build a good nutritional base by eating healthy and choosing sensible portion sizes. Utilize our training plans and supplement with additional cardio fitness. If you have any questions, feel free to contact anyone in the Detachment for more information. We want to see you succeed!

Attachments:

1. Body Weight and Physical Fitness Assessment Requirements
2. Sample Workout Plans
3. Calisthenics Exercise Tutorial

**ATTACHMENT 1:
BODY WEIGHT AND PHYSICAL FITNESS ASSESSMENT REQUIREMENTS**

BODY WEIGHT

In order to be within body weight standards, you must fall within the weight range listed below for your height:

Height	Minimum Weight	Maximum Weight	Height	Minimum Weight	Maximum Weight
58"	91	131	70"	132	191
59"	94	136	71"	136	197
60"	97	141	72"	140	202
61"	100	145	73"	144	208
62"	104	150	74"	148	214
63"	107	155	75"	152	220
64"	110	160	76"	156	225
65"	114	165	77"	160	231
66"	117	170	78"	164	237
67"	121	175	79"	168	244
68"	125	180	80"	173	250
69"	128	186			

PHYSICAL FITNESS ASSESSMENT (PFA)

The Air Force Physical Fitness Assessment (PFA) is broken down into 4 components: 1.5 mile timed run, abdominal circumference measurement, push-ups (1 minute timed), and sit-ups (1 minute timed). The test is completed with at least 3 minutes of rest between each exercise. In order to pass, you must achieve a total score of 75, as well as earn the minimum scores on all four components. For example, if you run the fastest 1.5 mile time, but fail the push-ups component, you fail the overall test.

The tables below show the scores you'll need to achieve in order to pass and the scores you'll need if you want to max out the test. Notice that points are broken down as 10% for push-ups, 10% for sit-ups, 20% for the abdominal circumference, and 60% for the 1.5 mile timed run. Cardio training will earn you the most "bang for your buck" since the run comprises 60% of the test. Also notice that if you only achieve the minimum required scores in all components, you will not earn the score of 75 required to pass.

MALE, < 30 YRS OLD

Component	Weight	Minimums Required		Maximum Scores	
		Performance	Score	Performance	Score
1.5 Mile Run	60%	13:36	42.3	≤ 9:12	60.0
Abdominal Circumference	20%	39.0"	12.6	≤ 35.0"	20.0
Push-ups	10%	33	5.0	≥ 67	10.0
Sit-ups	10%	42	6.0	≥ 58	10.0

FEMALE, < 30 YRS OLD

Component	Weight	Minimums Required		Maximum Scores	
		Performance	Score	Performance	Score
1.5 Mile Run	60%	16:22	44.1	≤ 10:23	60.0
Abdominal Circumference	20%	35.5"	12.8	≤ 31.5"	20.0
Push-ups	10%	18	5.0	≥ 47	10.0
Sit-ups	10%	38	6.0	≥ 54	10.0

ATTACHMENT 2: SAMPLE WORKOUT PLANS

The workouts below are based on a one-hour PT session. The times listed in the left column show the actual time (based on an 0600 start time) and time spent in the activity.

WORKOUT 1

Time	Minutes	Activity
0600 – 0610	10	Stretch
0611 – 0626	15	Run (moderate pace)
0626 – 0629	3	Hydrate (water break)
0629 – 0645	16	- 40 push-ups - 40 sit-ups - 30 squats - Run 3 laps (~.25 mi) Repeat, decreasing 10 reps from each exercise, until down to 10
0645 – 0648	3	Hydrate
0648 – 0655	7	- 20 wide-arm push-up - 25 flutter kicks - 25 side straddle hop - 15 close grip push-up - 25 crunches - Plank (1 minute) - 10 push-up
0655 – 0700	5	Down stretch

WORKOUT 2

Time	Minutes	Activity
0600 – 0610	10	Stretch
0611 – 0631	20	Tempo Run (jog 8 min, fast pace 4 min, jog 8 min)
0631 – 0634	3	Hydrate (water break)
0634 – 0645	11	Ab exercises (1 min ea): - Crunch - Bicycle - Flutter kick - Plank - Side plank - Other side plank - American twist - Sit-up - Crunch - 6 inch hold
0645 – 0648	3	Hydrate
0648 – 0655	7	- 25 push-up - 25 side straddle hop - 25 squat - 15 wide-arm push-up - 15 mountain climbers - 10 body builders
0655 – 0700	5	Down stretch

WORKOUT 3

Time	Minutes	Activity
0600 – 0610	10	Dynamic Stretch
0611 – 0640	30	Long run (moderate pace)
0640 – 0645	5	Hydrate
0645 – 0655	10	- 6 inch hold (1 min) - 30 flutter kicks - 25 push-ups - 15 mountain climbers - Plank (1 min) - Side plank (1 min) - 35 squats
0655 – 0700	5	Down stretch

WORKOUT 4

Time	Minutes	Activity
0600 – 0610	10	Stretch
0611 – 0626	15	Fartlek Run (30 sec hard running, 30 sec jog; increase by 15 sec each time up to 1 min 30 sec)
0626 – 0629	3	Hydrate (water break)
0629 – 0641	12	- 150 arm circles - 150 reverse arm circles
0641 – 0644	3	Hydrate
0644 – 0655	11	Ab exercises (1 min ea): - Crunch - Bicycle - Flutter kick - Plank - Side plank (both) - American twist - Sit-up - 6 inch hold
0655 – 0700	5	Down stretch

WORKOUT 5

Time	Minutes	Activity
0600 – 0610	10	Dynamic Stretch
0611 – 0655	45	Interval track workout (run ¼ mile intervals at PFA pace; 6 of them with 3 min rest between) Hydrate in between as necessary
0655 – 0700	5	Down stretch

ATTACHMENT 3: CALISTHENICS EXERCISE TUTORIAL

CHEST EXERCISES

Push-Up (2 Count)

Start resting on hands and toes with arms shoulder-width apart and feet together. Start with arms fully extended. Your back should be straight throughout the exercise. Lower your body until your upper arms are parallel to the ground. Raise yourself back up to the starting position. This is one repetition.

Position 1



Position 2



Position 3



Wide-Arm Push-Up (2 Count)

Start resting on hands and toes with arms 6-12 inches wider than the shoulder (on each side) and feet together. Start with arms fully extended. Your back should be straight throughout the exercise. Lower your body until your upper arms are parallel to the ground. Raise yourself back up to the starting position. This is one repetition.

Position 1



Position 2



Position 3



Close-Grip Push-Up (2 Count)

Start resting on hands and toes. Arms should be slightly less than shoulder-width apart and feet together. Start with arms fully extended. Your back should be straight throughout the exercise. Lower your body until your upper arms are parallel to the ground. Raise yourself back up to the starting position. This is one repetition.

Position 1



Position 2



Position 3



ABDOMINAL EXERCISES

Plank

Assume the push-up position, but instead of resting on your hands, use your elbows. Keep your back straight and your ab muscles tight throughout the exercise. Hold position until time is up.

Position



Reverse Plank

Facing up, body is supported by elbows and feet. Keep your back straight and your ab muscles tight throughout the exercise. Hold position until time is up.

Position



Side Plank

Leaning on one side, use your elbow and side of your bottom foot to support your body. Lift your hips upward to focus on your oblique abs and hold. Your top arm should not be used to support your weight. Hold position until time is up.

Position



Six Inch Hold

Start by lying on your back, then raise your feet six inches off the ground. You may place your hands under your butt for stabilization if desired. Hold position until time is up.

Position



Sit-Ups (2 Count)

Start with your back flat on the ground and your legs in a 90-degree arch. Cross your arms with your hands touching your collar bones. Raise your upper body and touch your elbows to your thighs. Your hands cannot come off your collar bone. Lower your upper body back down until your shoulder blades touch the ground. This is one repetition.

Position 1



Position 2



Position 3

**Flutter Kicks (4 Count)**

Start lying on your back with your feet raised 6 inches off the ground. Your hands can rest under your body. As each count is called, move one leg to the high position, keeping both legs as straight as possible. Rotate legs on each count. Never allow your feet to touch the ground. Return to the 6 inch position after the exercise is over.

Position 1



Position 2



Position 3

**Shimmies (2 Count)**

Start with your back flat on the ground, your legs in a 90-degree arch, and your arms extended along your sides. Crunching your abs slightly and keeping your back flat on the ground, reach with one arm toward your shoe, then do the same on the other side.

Position 1



Position 2



Position 3

**Lemon Squeeze (2 Count)**

Start by balancing yourself on your butt, with your legs outstretched and your arms extended to the sides. On count 1, bring your knees toward your chest, while moving your arms forward around your knees. On count 2, return to the starting position.

Position 1



Position 2



Position 3

**Bicycle (4 Count)**

Start lying on your back with your legs elevated at 90 degrees and your fingers interlocked behind your head. Rotate your upper body while bringing one leg back towards your chest. On each count, touch your elbow with the opposite knee/thigh. Then extend the leg you just touched and bring your other leg up to your chest. Rotate your body and touch your knee/thigh with your opposite elbow. The motion of your legs is similar to you riding a bicycle. Complete this twice for one repetition.

Position 1



Position 2



Position 3









Position 4












Position 5



<p>Crunches (2 Count)</p> <p>Start lying on the ground with your legs elevated and crossed at a 90 degree angle. Use your abs to crunch up and touch your elbows to your thighs. Your hands remain behind your head with your fingers interlocked. Never pull on your neck – use your ab muscles instead.</p>	<p>Position 1</p> 	<p>Position 2</p> 
<p>American Twist (4 Count)</p> <p>Sit on the floor with your legs and upper body raised off the ground. You will have to lean slightly back to change your center of gravity. On each count, rotate your hands and upper body from side to side and tap the floor. Do not allow your feet to touch the ground.</p>	<p>Position 1</p> 	<p>Position 2</p> 
<p>V-Ups (2 Count)</p> <p>Start by lying completely flat on the ground with your arms extended above your head. On count 1, lift both your arms and legs to the center of your body – creating a “V.” On count 2, return to the starting position.</p>	<p>Position 1</p> 	<p>Position 2</p> 

LEG EXERCISES

<p>Squat (2 Count)</p> <p>Start standing with your legs wider than shoulder-width and your arms extended out in front of you. Lower your butt down until your legs are bent at 90 degrees. Make sure your knees do not go farther forward than where your feet are planted.</p>	<p>Position 1</p> 	<p>Position 2</p> 	<p>Position 3</p> 
<p>Lunge (4 Count)</p> <p>Start standing with your feet shoulder-width apart. On count 1, step forward with your left foot and bend your knee until it almost touches the ground. On count 2, return to the starting position and perform the same movement with your other leg.</p>	<p>Position 1</p> 	<p>Position 2</p> 	<p>Position 3</p> 
<p>Mountain Climbers (4 Count)</p> <p>Start in the push-up position. Similar to high-knees, on each count, you will bring one leg up to your chest and keep the other leg back. Your hands remain in contact with the floor at all times.</p>	<p>Position 1</p> 	<p>Position 2</p> 	<p>Position 3</p> 

Squat Jump (2 Count)

Start standing with your feet shoulder-width apart. Bend down and perform a squat, then jump up and reach for the ceiling. Your feet should come off the floor. When you hit the ground, you will again be at the starting position. This is one repetition.

Position 1



Position 2



Position 3



High Knees (4 Count)

Stand with your feet shoulder-width apart and hold your hands in front of you, parallel to the ground. On each count, move one knee directly up and touch the outstretched hand above it. Think of this as jogging in place, but lifting your legs higher than you normally would.

Position 1



Position 2



ARM EXERCISES

Shoulder Tap (4 Count)

Stand with your arms outstretched to your sides with palms facing up. On count 1, bring your hands up as if you're flexing your biceps and tap your shoulders. On count 2, raise your elbows up so that you can move your hands to the opposite shoulders, effectively crossing your arms behind your head. On count 3, bring your hands back to tap the first shoulder. On count 4, return your arms to the starting position. This is one repetition.

Position 1



Position 2



Position 3



Position 4



Position 5



COMBINATION EXERCISES

Side Straddle Hop aka Jumping Jacks (4 Count)

Start with your feet together. On count 1, spread your feet apart to beyond shoulder-width and bring your arms in a half-circle above your head. Return to the starting position on count 2. Repeat twice for one repetition.

Position 1



Position 2



Body Builders (8 Count)

Start in the standing position. On each count, move to the positions shown. First, you will bend down so your hands are touching the floor. Next, kick your feet out behind you to move into the push-up position. On count 3, kick your feet out to the sides to a distance farther than shoulder-width. Bring them back together on count 4. On count 5, perform the down portion of the push-up, and on count 6, return to the push-up position. From the push-up position, jump back up to where your legs are underneath you and your hands are touching the ground. This is count 7. On count 8, return to the starting position. This is one repetition.

Position 1



Position 2



Position 3



Position 4



Position 5



Position 6



Position 7



Position 8



Position 9



Burpees

Start in the standing position. Drop down to a crouching position where your hands and feet are both on the ground. Almost instantaneously as your hands are hitting the ground, kick your feet out behind you into the push-up position. Perform one push-up repetition. Bring your feet forward so you're back in the crouching position, then as you return to the standing position, jump with your hands raised so that your feet come off the ground. When your feet hit the ground, you'll be back in the starting position. This is one repetition. This exercise is more of a fluid motion; you won't count out the specific positions it contains.

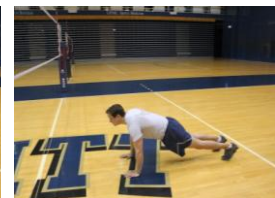
Position 1



Position 2



Position 3



Position 4



Position 5



Position 6



Position 7



Position 8

