BASIC ENGINEER DIVER PHASE 1 INFORMATION PACKET



The purpose of Basic Engineer Diver Phase I course is to determine a student's potential to pass Phases II and III at the Naval Diving and Salvage Training Center in Panama City Florida.

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HIGH ATTRITION EVENTS

1. Class 1-Advanced Survival Swimmer Test (80-90% fail rate)

Key Information: To pass this test, you must execute each event in boots and full OCP uniform.

(1) Be able to swim 25 yards using the breast stroke and side stroke without touching the bottom of the pool or the wall.

(2) Be able to swim to the bottom of a 14 foot pool and across (20 meters) on a single breath before surfacing.

(3) Enter the water from a height of 10 feet and swim 50 meters using the breast stroke or side stroke technique.

(4) Tread water for 20 minutes.

(5) Perform a hanging float for 20 minutes.

2. Diver Physical Fitness Test (reference DPFT Standards on pg. 11)

Key Information: To pass this test, you must successfully complete:

(1) 500 yard/450 Meter swim using the breast stroke or side stroke technique in 12 minutes and 30 seconds or less.

(2) 50 Pushups in 2 minutes or less (no sagging or flexing, see below for more detailed information).

(3) 50 Curl-ups in 2 minutes or less (see below for more detailed information)

(4) 6 Strict Pullups (from a dead-hang position)

(4) 1.5 mile run in 12 minutes and 30 seconds or less.

3. Drown Proofing

Key Information: To pass this test, you must be able to use the basic survival stroke for 5 minutes, followed by a modified survival stroke while holding a line behind your back (5 minutes), followed by a modified survival stroke with the ankles (loosely) tied (5 minutes).

Other Graded Events

1. Dolphin Swim (Snorkel Only)

Key information: To pass this test, you must be able to swim underwater without a mask while breathing through a snorkel (and clearing it over water) for several laps around a pool.

2. In-Water Proficiency Assessment.

Key Information: To pass this test you must be able to:

(1) Retrieve a diver's mask and snorkel from the bottom of the pool, don and clear both prior to surfacing.

(2) Retrieve a 20 pound weight belt from the bottom of the pool and tread water on the surface while breathing through a snorkel without the use of your hands for 1 minute and 30 seconds.

3. Bay Swim.

Utilizing swim fins, swim 1000 yards on your back, using only the legs as propulsion in under 21 minutes. (This event is tested on a separate day from the DPFT.)

SKILLS TO HELP YOU PASS THIS COURSE

There are several other evolutions and training exercises to determine student comfortability in the water that students need to be able to do to progress through this course. The following list is a sample of skills to practice prior to coming to phase I. These skills are also reasons that attribute to the high attrition rate of this course.

Some of these are:

(1) Hold your breath for at least 45 seconds while swimming underwater.

Note: A good technique is to practice exhale breath holds.

- a) Breath normally
- b) At the bottom of the exhale, hold your breath
- c) At the first sign of the body's involuntary urge to breathe, resume breathing.
- d) Ensure to that you don't hold your breath to the point that when you resume breathing, your breathing rate isn't normal. In other words, don't hold it so long that you can't resume breathing as if you never held your breath.
- e) Ref. The Oxygen Advantage, Patrick McKeown

(2) Be able to swim at least 150 meters using a snorkel and no mask without the use of your arms. Grasp the snorkel with the right hand and hold against the right side of your face. Submerge entire body approximately 3-4 feet allowing snorkel to partially or wholly fill with water and then surface. When surfacing, forcefully blow the water out of your snorkel, take one breath and submerge body. Repeat this cycle for at least 150 meters as you swim while performing a dolphin-like movement.

(3) Tread water without the use of hands/feet (never both at the same time) for 10 minutes.

- (4) Clear a mask underwater.
- (5) Swim to the bottom of a 14 foot pool.
- (6) Swim the length of a 25 meter pool underwater while performing underwater tasks.
- (7) Remain calm underwater.
- (8) Treading water with various weights (up to 20 pounds).

ARMY ENGINEER DIVER: 8 WEEK PHASE 1 TRAINING PROGRAM

Being an Engineer diver is physically demanding. Divers are expected to perform strenuous tasks in and around an aquatic environment.

1. GENERAL TRAINING GUIDLINES

Key points to training:

- 1. Keep it simple
- 2. Use proper technique (get coaching from qualified sources if necessary)
- 3. Develop the whole body, especially the parts known to be vulnerable to injury

Your workouts should be

- 1. Planned, structured, organized
- 2. Balanced and well-rounded
- 3. Applied gradually and consistently

The weekly format tables provide samples of how you might arrange your weekly training schedule to combine all workouts for the first 8 weeks as well as for longer periods. You want to create balance considering how different workouts may interfere with each other, but results vary among different candidates, so construct a schedule that works for you. If you run and swim on the same day, you can do either one first.

You may choose to split a day into morning and afternoon/evening sessions to allow better recovery, but if that is not practical, do a single session. Worry more about completing your workouts every week rather than worrying about the exact schedule. Over time, make adjustments if necessary to the days you do specific workouts, but keep following the general progressions for increasing your running, swimming, lifting, and calisthenics. Maintain your commitment to train as effectively as possible to prepare for entering Phase 1.

2. WARM UP, ACTIVE RECOVERY AND COOL DOWN

<u>Warm Up</u>: Every workout should begin with a warm-up. You should spend several minutes preparing to improve the quality of your workout. Include some dynamic stretching, some easy jogging or swimming, and even some bursts of speed.

-Dynamic warm up exercise examples (use YouTube as a reference):

Walking Lunge w/Twist	Walking Lunge w/Overhead Reach
Lateral Lunge	Walking Lunge>Elbow to Instep>Twisting Overhead Reach
Knee Pull to Chest	High Knee Run
Power Skipping	T, Y, W & L's x 10 each
Heel Pull to Butt	Leg Cradle
Frankensteins	Lateral Shuffle
Carioca	

<u>Active recovery</u>: Spend at least half the recovery time jogging/walking briskly or swimming easily. This will maintain blood flow to the muscles, deliver oxygen and nutrients and remove waste, which allow you to perform at higher intensity during the work periods.

-Recovery time examples:

For longer interval training, recovery time should be between 7-10 min between intervals. When conducting shorter interval training, recovery times should be 2-2.5 times the work out time.

-<u>Cool-down</u>: After your workout, include a cool-down period. This means a few minutes of easy jogging or swimming and more extended work to gradually return to baseline after an intense workout session. For cool-down, you may choose to do a cross-training activity like cycling instead of running or swimming. Your total distance of warm-up, cool-down, and active recovery for all workouts may be 1/3 to 1/2 of your total training distance so it is important to give these aspects proper consideration and perform them with as much attention to detail as the actual workouts.

3. PUSH UPS, SIT UPS AND PULL UPS

The DPFT requires you to give maximum effort to perform as many push-ups, sit-ups, and pull-ups as possible in two minutes. This specific performance requires specific preparation (dedicated training to improve max reps for these exercises). While it is necessary to focus on push-ups, sit-ups, and pull-ups for the DPFT, be aware that this may contribute to muscle imbalances that affect the injury risk during Phase 1 and BCT candidates. It is important to be efficient when training for push-ups, sit-ups, and pull- ups to avoid overtraining and creating imbalances.

Minimum performance goals for the DPFT are 50 push-ups, 50 curl-ups and 6 dead hang pull-ups. The basic training method is to start with several small sets and gradually progress towards fewer, larger sets. Recover enough between sets to maintain quality repetitions. Over time, reduce the recovery between sets, without reducing the quality of reps. About once a week, practice doing push-ups, sit-ups, and pull-ups as if you are doing the DPFT (emphasize proper technique). Determine your current max for each exercise. Work on the rhythm and pacing that will produce your best DPFT score. Make sure to review the standards for acceptable technique so all your reps will count when taking the DPFT. The following tables can be used as a guideline or to supplement your workout routine:

PUSH UP AND SIT UP						
MAX # OF REPS	SETS	REPS	TOTAL REPS			
<40	5-6	10-15	50-90			
40-60	4-5	15-20	60-100			
60-80	4-5	20-25	80-125			
80-100	3-4	30-40	90-160			

PULL UPS						
MAX # OF REPS	SETS	REPS	TOTAL REPS			
<6	5-6	2-3	10-18			
6-9	4-5	4-5	16-25			
10-12	4-5	5-6	20-30			
13-15	3-4	8-10	24-40			
>15	3-4	10-12	30-48			

IF YOU ARE UNABLE TO PERFORM 1 PULL UP, UTILIZED THE PHASE 1 PULL UP PROGRESSION PLAN

4. SWIMMING (BREAST AND SIDE STROKE)

During Phase 1, it is imperative that candidates can swim for extended periods of time utilizing the side stroke and breast stroke. The first event of the DPFT is the 450 m swim which tests a candidate's aquatic adaptability, technique and endurance. If a candidate is unable to complete the swim they will have an extremely difficult time during the course.

-Training Recommendations: Candidates must utilize sprint and long distance swimming with limited rest periods.

5. TREADING WATER

Candidates must be able to tread water for extended periods of time with hands in and above of the water. They must also be able to tread while holding weights above the water surface.

-Training Recommendations: Practice treading water using the frog kick and egg beater techniques. Examples of how to use these techniques can be found on the internet.

6. FLUTTER KICKS

The flutter kick is important because it is the only form of movement utilized when conducting the 1000 meter bay swim during the course.

-Training Recommendations: Start position has the hands on your stomach with your fingers interlaced, head is up and looking at your feet, legs are straight with the toes pointed at approximately a 45 degree angle. The heel of your shoes are 6" off the floor. Begin the exercise by raising the left leg about 3' off the floor. As your left leg begins to come back down to the starting position raise your right leg about 3' off the floor. Lower your right leg and again raise your left leg. As your left leg returns to the starting position you have just completed one repetition. The repetitions are counted every other time the left foot returns to the starting position. After conducting all your repetitions return both legs to the starting position and hold them there for at least a ten count.

7. SPECIAL CONSIDERATIONS

<u>Running:</u> Try to do interval training on a measured course, such as a running track. If that is not possible, find a location with a firm, flat surface without traffic that is safe for fast running. Check out the POSE method on the internet.

<u>Swimming:</u> A pool is desirable for interval training, but ensure you take every safety precaution if you train in open water (lake or ocean). Also, mix free style swimming into your workouts in addition to the breast and side stroke. This will increase intensity and promote fitness that will translate to faster breast and side swimming.

<u>Cross /Low Impact Training:</u> You can supplement your run and swim training with cross/low impact training using other cardiovascular activities. Appropriate activities use large muscles and can be performed rhythmically and continuously. Examples include (but are not limited to) cycling, rowing, stair stepping, elliptical machines, and hiking. The use of cross-training activities help build your conditioning base without overtraining, it

also adds variety into your routine. When necessary, substitute cross-training for running or swimming. This might happen if you have a minor injury, there is bad weather, or your regular training facility is not available.

8 WEEK TRAINING PROGRAM

WEEK 1-4

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AM: AM: -Run 5 Miles (Slow pace) -P/S/PAM: -Upper body strength trainingAM: -Run Int: 400 m x 8 -Run Int: 400 m x 8 -P/S/PAM: -Run 5 Miles -Lower body strength trainingAM: -Run 5 Miles (Mod pace) -P/S/PAM: -Low Impact Conditioning (bike, elliptical, rower, etc.) 30 minRestPM: -Swim 500 m -Swim 600 m-Swim: 600 m -Swim: 600 mPM: -Swim: 50 m sprints x 8PM: -Swim: 50 m sprints x 8PM: -Swim: 50 m sprints x 8PM: -Swim: 50 m sprints x 8-Swim: 50 m sprints x 8-Swim: 50 m sprints x 8-Swim: 50 m sprints x 8-Swim: 50 m sprints x 8-Swim 450 m sprints x 8-Stretch/Foam Rolling- Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling-Tread water 15 min (2 min hands out of water)-Tread water 15 stretch/Foam Rolling-Abdominal exercise (include stretch/Foam Rolling-Addominal exercise (include stretch/Foam Rolling-Run 5 Miles stretch/Foam RollingRestRestAM: -Run 5 Miles (Mod pace) -P/S/P-Addominal exercise (include not (2 min hands exercise (include (Mod pace) -P/S/P-Run 5 Miles -Swim: 50 m sprints x 10-Run 5 Miles -Swim: 50 m -Swim: 600 m-Run 5 Miles -Swim: 50 m -Swim: 50 m sprints x 10-Run 5 Miles -Swim: 50 m -Swim: 50 m sprints x 10-Run 5 Miles -Swim: 50 m -Swim: 50 m sprints x 10-Run 5 Miles -Swim: 50 m -Swim: 600 m-Run 5 Miles -Swim: 60 m -Swim: 50 m -Swim: 50 m -Swim: 60 m-Run 5 Miles -Swim: 60 m -Swim: 60 m -Swim: 60 m-Run		-Stretch/Foam		-Stretch/Foam			
AM:AM:AM:AM:AM:AM:Cast-Run 5 Miles-Upper bodystrength training-Lower body-Run 5 Miles-Low ImpactConditioning (bike, elliptical, rower, etc.) 30 min-P/S/PPM:-Swim: 50 m-Swim: 50 m-Swim: 50 m-Swim: 50 mPM:-Swim: 50 m- Abdominal exercise (include flutter kicks)-Tread water 15 exercise (include mic 2 min hands out of water)-Abdominal exercise (include entrekicks)-Abdominal exercise (include strength training-Abdominal exercise (include stretch/Foam Rolling-Abdominal exercise (include stretch/Foam Rolling-Am:-Abdominal exercise (include stretch/Foam Rolling-Abdominal exercise entrekicks)-Stretch/Foam Rolling-Abdominal exercise entrekicksAM:-Abdominal exercise entrekicks-Abdominal exercise entrekicks-Abdominal exercise entrekicks-Run 5 Miles (Mod pace)RestRestAM:-Upper body strength training-Run Int: 400 m x 8 -P/S/P-Lower body strength training-Run 5 Miles (Mod pace) -P/S/P-Run 5 Miles strength trainingRestAM:-Tread water 15 mic (2 min hands out of water)-Addiminal exercise (include futter kicks)-Run 5 Miles strength trainingRestAM:-Cower body strength training-Run Int: 400 m x 8 -P/S/P-Run 5 Miles strength trainingRestAM:-Cower body strength training-Run 1ft: 400 m x 8 -P/S/P-Run 5 Miles strength training </td <td></td> <td>Rolling</td> <td></td> <td>Rolling</td> <td></td> <td></td> <td></td>		Rolling		Rolling			
Name (Slow pace) -P/S/POpper body strength training -P/S/PName strength training -P/S/PName strength training strength training -P/S/PName strength training -P/S/PName strength training -P/S/PConditioning (bike, elliptical, rower, etc.) 30 minPM: -Swim 600 m-Swim: 50 m sprints x 8-Abdominal exercise (include min (2 min hands out of water)-Swim: 50 m sprints x 8-Swim 450 m -Stretch/Foam Rolling-Stretch/Foam Rolling-Tread water 15 min (2 min hands out of water)-Abdominal exercise (include nuter kicks) -Stretch/Foam Rolling-Tread water 15 min (2 min hands out of water)-Abdominal exercise (include futter kicks) -Stretch/Foam Rolling-Tread water 15 min (2 min hands out of water)-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Run 5 Miles (Mod pace) -P/S/PRestRestAM: -Run 5 Miles (Mod pace) -P/S/P-Mi: -Swim: 50 m sprints x 10-Low er body -Stretch/Foam Rolling-Run 5 Miles -Stretch/Foam -Stretch/Foam -Swim: 600 m-Run 5 Miles -Stretch/Foam -Stretch/FoamRestPM: -Swim 600 m-Tread water 15 -Swim 600 m-Stretch/Foam -Stretch/Foam -Stretch/Foam-Abdominal -Stretch/Foam -Stretch/Foam-Stretch/Foam -Stretch/Foam- Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling-Abdominal -Stretch/Foam Rolling-Tread water 15 -Abdominal -Stretch/Foam -Stretch/Foam-Stretch/Foam -Stretch/Foam RollingAbling </td <td>AM: -Run 5 Miles</td> <td>AM: -Upper body</td> <td>AM: -Run Int: 400 m x 8</td> <td>AM: -Lower body</td> <td>AM: -Run 5 Miles</td> <td>AM:</td> <td>Rest</td>	AM: -Run 5 Miles	AM: -Upper body	AM: -Run Int: 400 m x 8	AM: -Lower body	AM: -Run 5 Miles	AM:	Rest
-P/S/PPM: -Swim: 50 m sprints x 8PM: -Swim: 600 m-P/S/Pelliptical, rower, etc.) 30 min- Abdominal exercise (include flutter kicks)-Swim: 600 m-Swim: 50 m sprints x 8-Swim: 50 m sprints x 8-Swim 450 m-Stretch/Foam Rolling- Abdominal exercise (include flutter kicks)-Tread water 15 min (2 min hands out of water)-Tread water 15 min (2 min hands out of water)-Abdominal exercise (include flutter kicks)-Abdominal exercise (include flutter kicks)-Abdominal exercise (include flutter kicks)- Ather - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam Rolling-Am-Abdominal exercise - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam Rolling-Abdominal exercise - Stretch/Foam - Abdominal exercise - Stretch/Foam-Abdominal exercise - Stretch/Foam-Abdominal exercise - Stretch/Foam-Abdominal exercise - Stretch/Foam-Abdominal exercise - P/S/P-Run 5 Miles - P/S/PRestRestPM: - Swim: 50 m PM: - Swim: 600 m-Tread water 15 - Swim: 600 m-Tread water 15 min (2 min hands out of water)-Tread water 15 min (2 min hands out of water)-Abdominal exercise (include flutter kicks) - Stretch/Foam-Tread water 15 - Abdominal exercise (include flutter kicks)-Stretch/Foam - Stretch/Foam </td <td>(Slow pace)</td> <td>strength training</td> <td>-P/S/P</td> <td>strength training</td> <td>(Mod pace)</td> <td>Conditioning (bike,</td> <td></td>	(Slow pace)	strength training	-P/S/P	strength training	(Mod pace)	Conditioning (bike,	
PM: -Swim 600 mPM: -Swim 50 m sprints x 8PM: -Swim 50 m sprints x 8PM: -Swim 50 m sprints x 8PM: -Swim 50 m sprints x 8etc.) 30 min -Stretch/Foam Rolling-Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling-Tread water 15 min (2 min hands out of water)-Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling-Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Run 5 Miles strength trainingRestRestAM: -Run 5 Miles (Mod pace) -P/S/P-Upper body -P/S/PAM: -P/S/P-Lower body strength training-Run 5 Miles strength trainingRestRestPM: -Swim: 50 m sprints x 10-Swim: 60 m -Swim: 50 m sprints x 10-Swim: 50 m sprints x 10PM: -Swim 600 m-Modominal exercise (include quiter kicks) -Stretch/Foam-Tread water 15 min (2 min hands out of water)-Tread water 15 min (2 min hands out of water)-Tread water 15 sprints x 10-Abdominal -Stretch/Foam Rolling-Tread water 15 sprints x 10-Abdominal sprints x 10-Abdominal sprints x 10-Abdominal exercise (include flutter kicks) 	-P/S/P	DIC			-P/S/P	elliptical, rower,	
Askin 600 msprints x 8Buttle controlButtle controlSuttle controlSuttle controlSuttle controlSuttle controlSuttle controlSuttle controlSuttle controlSuttle contr	PM∙	PM: -Swim: 50 m	PM: -Swim: 600 m	PM: -Swim: 50 m	PM.	etc.) 30 min	
- Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling- Tread water 15 min (2 min hands out of water)- Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling- RollingRolling- Abdominal exercise - Stretch/Foam Rolling- Abdominal exercise - Stretch/Foam Rolling- Abdominal exercise - Stretch/Foam Rolling- Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling- Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling- Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling- Abdominal exercise (include flutter kicks) - Stretch/Foam- Abdominal exercise (include flutter kicks) - Stretch/Foam- AM: - Run 5 Miles (Mod pace) - P/S/P- Quer body - P/S/P- Run 1st: 400 m x 8 - Run 1st: 400 m x 8 - P/S/P- Lower body - Swim: 50 m - Swim: 50 m- RestRestPM: - Swim: 50 m - Swim: 50 m - Swim: 50 m- Swim: 50 m - Swim: 600 mPM: - Swim: 50 m - Swim: 50 m- Tread water 15 min (2 min hands out of water)- Tread water 15 min (2 min hands out of water)- Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling- Abdominal exercise (include flutter kicks)- Abdominal exercise flutter kicks- Abdominal exercise (include- Abdominal exercise (include flutter kicks)- Abdominal exercise (include flutter kicks)- Abdominal exercise flutter kicks- Abdominal exercise - Stretch/Foam Rolling- Abdominal exercise - Stretch/Foam Rolling	-Swim 600 m	sprints x 8		sprints x 8	-Swim 450 m	-Stretch/Foam	
- Abdommal -1 read water 15 exercise (include -1 read water 15 - Abdommal exercise (include min (2 min hands flutter kicks) - Stretch/Foam - Stretch/Foam - Abdominal exercise - Stretch/Foam - Abdominal exercise - Abdominal exercise - Stretch/Foam - Abdominal exercise - Stretch/Foam - Stretch/Foam - Stretch/Foam Rolling - Abdominal - AM: - Upper body AM: - Lower body - Run 5 Miles Rest Rest (Mod pace) -P/S/P PM: - Swim: 50 m PM: - Swim: 50 m PM: - Swim 600 m - Tread water 15 - Abdominal - Stretch/Foam - Stretch/Foam - Abdominal exercise (include - Tread water 15 - Abdominal - Swim: 50 m PM: - Swim 600 m - Tread water 15 - Abdominal - Tread water 15 - Abdominal exercise (include - Abdominal min (2 min hands out of water) - Tread water 15 - Abdominal exercise (include - Swim 600 m - Tread water 15 - Abdominal - Stretch/Foa			-Abdominal			Rolling	
Enter kicks) -Stretch/Foam RollingAddominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam Rolling-Stretch/Foam RollingChurch Koks) -Stretch/Foam RollingAM: -Run 5 Miles (Mod pace) -P/S/P-Upper body strength training -P/S/PAM: -Run 1nt: 400 m x 8 -P/S/P-Lower body strength training -P/S/P-Run 5 Miles (Mod pace) -P/S/PRestRestPM: -Swim 50 m -Swim 600 m-Swim: 50 m sprints x 10PM: -Swim: 50 m sprints x 10-Swim: 50 m sprints x 10PM: -Swim: 50 m sprints x 10-Tread water 15 min (2 min hands out of water)-Tread water 15 min (2 min hands out of water)-Tread water 15 sprints x 10-Abdominal exercise sprints x 10- Abdominal exercise (Include flutter kicks)-Abdominal exercise (Include flutter kicks)-Tread water 15 min (2 min hands out of water)-Tread water 15 sprints x 10-Abdominal sprints x 10- Stretch/Foam Rolling-Abdominal exercise (Include flutter kicks)-Tread water 15 sprints a-Abdominal exercise scificlude flutter kicks)-Stretch/Foam scificlude scificlude scificlude- Stretch/Foam Rolling-Abdominal exercise scificlude-Abdominal exercise scificlude-Stretch/Foam scificlude- Stretch/Foam Rolling-Abdominal exercise scificlude-Abdominal exercise scificlude-Stretch/Foam scificlude- Stretch/Foam Rolling-Abdominal exercise scificlu	- Abdominal	-Tread water 15	exercise (include flutter kicks)	-Tread water 15	- Abdominal		
-Stretch/Foam Rolling-Abdominal exercise -Stretch/Foam RollingRolling-Abdominal exercise -Stretch/Foam Rolling-Stretch/Foam Rolling-Stretch/Foam RollingAM: -Run 5 Miles (Mod pace) -P/S/P-Upper body strength training -P/S/PAM: -Run Int: 400 m x 8 -P/S/P-Lower body strength training -P/S/P-Run 5 Miles (Mod pace) -P/S/PRestRestPM: -Swim: 50 m -Swim: 50 m -Swim: 50 mPM: -Swim: 600 m-Swim: 50 m sprints x 10PM: -Swim: 50 m -Swim: 50 m-Swim: 50 m sprints x 10PM: -Swim: 50 m sprints x 10-Abdominal exercise (include flutter kicks) -Stretch/Foam-Abdominal exercise (include flutter kicks) -Stretch/Foam-Abdominal exercise -Stretch/Foam-Abdominal exercise -Stretch/Foam- Abdominal exercise (include flutter kicks) -Stretch/Foam-Abdominal Rolling-Tread water 15 -Stretch/Foam -Stretch/Foam-Abdominal exercise -Stretch/Foam- Abdominal exercise (include flutter kicks) -Stretch/Foam-Abdominal exercise -Stretch/Foam-Abdominal exercise -Stretch/Foam	flutter kicks)	out of water)	-Stretch/Foam	out of water)	flutter kicks)		
Rolling-Abdominal exercise-Abdominal exerciseRollingAM: -Run 5 Miles-Upper body strength trainingAM: -Run 1000 m x 8 -P/S/P-Lower body strength training-Run 5 Miles -P/S/PRestAM: -Run 5 Miles-Upper body strength trainingAM: -Run Int: 400 m x 8 -P/S/P-Lower body strength training-Run 5 Miles -P/S/PRestPM: -Swim: 50 m -Swim: 50 mPM: -Swim: 50 m-Swim: 50 m sprints x 10PM: -Swim: 50 m-Swim: 50 m sprints x 10PM: -Swim: 50 m sprints x 10-Abdominal exercise (include flutter kicks)-Tread water 15 -Abdominal exercise (include flutter kicks)-Abdominal exercise (include flutter kicks)-Tread water 15 -Abdominal stretch/Foam-Abdominal exercise -Stretch/Foam- Abdominal Rolling-Abdominal RollingRolling-Abdominal exercise -Stretch/Foam-Abdominal exercise -Stretch/Foam- Stretch/Foam Rolling-Abdominal RollingRolling-Abdominal exercise -Stretch/Foam	-Stretch/Foam		Rolling		-Stretch/Foam		
AM: -Stretch/Foam Rolling-Upper body strength trainingAM: -Upper body-Lower body -Run 5 Miles-Run 5 Miles (Mod pace) -P/S/PRestRestAM: -Run 5 Miles-Upper body strength training-Run Int: 400 m x 8 -P/S/P-Lower body strength training-Run 5 Miles (Mod pace) -P/S/PRestRestPM: -Swim: 50 m -Swim 600 mPM: -Swim: 50 m-Swim: 50 m sprints x 10PM: -Swim: 50 m-Swim: 50 m sprints x 10PM: -Swim 600 m-Abdominal exercise (include flutter kicks)-Tread water 15 -Abdominal exercise (include flutter kicks)-Abdominal exercise (include flutter kicks)-Tread water 15 -Stretch/Foam-Abdominal exercise -Stretch/Foam-Stretch/Foam Rolling-Abdominal exercise -Stretch/FoamRolling-Abdominal exercise -Stretch/FoamRolling	Rolling	-Abdominal		-Abdominal	Rolling		
RollingRollingRollingAM: -Run 5 Miles-Upper body strength trainingAM: -Run Int: 400 m x 8 -P/S/P-Lower body strength training-Run 5 Miles (Mod pace) -P/S/PRestRest(Mod pace) -P/S/PPM: -Swim: 50 mPM: -Swim: 50 mPM: -Swim: 50 mPM: -Swim: 50 mPM: -Swim: 50 mPM: -Swim 600 m-Swim: 600 msprints x 10-Swim 600 m-Swim 600 m-Tread water 15 flutter kicks)-Tread water 15 flutter kicks)-Abdominal exercise (include flutter kicks)-Tread water 15 out of water)-Abdominal exercise out of water)-Stretch/Foam Rolling-Abdominal exercise greticeRolling-Abdominal exercise out of water)Rolling		-Stretch/Foam		-Stretch/Foam			
AM: Upper body AM: -Lower body -Run 5 Miles Rest Rest -Run 5 Miles strength training -Run Int: 400 m x 8 strength training (Mod pace) -P/S/P -P/S/P PM: -P/S/P PM: -P/S/P PM: -Swim: 50 m PM: -Swim: 50 m PM: -Swim: 50 m PM: -Swim: 600 m -Swim: 600 m sprints x 10 -Swim 600 m -Swim 600 m -Tread water 15 -Abdominal -Tread water 15 -Abdominal -Tread water 15 -Abdominal exercise (include flutter kicks) -Stretch/Foam -Stretch/Foam -Stretch/Foam -Stretch/Foam Rolling exercise -Stretch/Foam Rolling Rolling		Rolling		Rolling			
-Kun B Miles stellight failing -Kun Br. (Wod pace) -P/S/P -P/S/P -P/S/P PM: -P/S/P -P/S/P PM: -Swim: 50 m PM: -Swim: 50 m Sprints x 10 -Swim: 50 m PM: -Swim 600 m -Tread water 15 -Abdominal -Tread water 15 -Abdominal - Abdominal min (2 min hands exercise (include min (2 min hands exercise (include flutter kicks) -Stretch/Foam -Stretch/Foam -Stretch/Foam -Stretch/Foam Rolling exercise -Abdominal Rolling Rolling	AM: Bup 5 Miles	-Upper body	AM: Bup Int: 400 m v 9	-Lower body	-Run 5 Miles	Rest	Rest
-P/S/PPM: -Swim: 50 m sprints x 10PM: -Swim: 600 mPM: -Swim: 50 m sprints x 10PM: -Swim: 50 m 	(Mod pace)	strength training	-Run Int: 400 m x 8 -P/S/P	strength training	-P/S/P		
PM: -Swim: 50 m sprints x 10PM: -Swim: 600 m-Swim: 50 m 	-P/S/P	PM:		PM:			
-Swim 600 m -Tread water 15 -Abdominal -Tread water 15 -Abdominal - Abdominal min (2 min hands exercise (include min (2 min hands exercise (include flutter kicks) out of water) flutter kicks) out of water) flutter kicks) -Stretch/Foam -Abdominal Rolling -Abdominal exercise Rolling exercise -Stretch/Foam Stretch/Foam Rolling	DM.	-Swim: 50 m	PM:	-Swim: 50 m	PM:		
- Abdominal - Abdominal exercise (include flutter kicks) - Stretch/Foam Rolling - Stretch/Foam Rolling	-Swim 600 m	sprints x 10	-5wim: 000 m	sprints x 10	-Swim 000 m		
- Abdominal min (2 min hands exercise (include min (2 min hands exercise (include exercise (include out of water) flutter kicks) out of water) flutter kicks) -Stretch/Foam -Abdominal Rolling -Abdominal Rolling Rolling exercise -Stretch/Foam -Stretch/Foam Rolling exercise -Stretch/Foam Rolling		-Tread water 15	-Abdominal	-Tread water 15	- Abdominal		
exercise (include flutter kicks) out of water) flutter kicks) -Stretch/Foam -Abdominal Rolling exercise -Stretch/Foam -Abdominal Rolling exercise -Stretch/Foam -Stretch/Foam Rolling -Stretch/Foam Rolling -Stretch/Foam Rolling -Stretch/Foam	- Abdominal	min (2 min hands	exercise (include	min (2 min hands	exercise (include		
-Stretch/Foam Rolling -Abdominal Rolling -Abdominal Rolling exercise -Stretch/Foam Rolling -Stretch/Foam Rolling Rolling	flutter kicks)	out of water)	-Stretch/Foam	out of water)	-Stretch/Foam		
Rolling exercise -Stretch/Foam -Stretch/Foam Bolling Bolling	-Stretch/Foam	-Abdominal	Rolling	-Abdominal	Rolling		
-Stretch/Foam -Stretch/Foam Rolling Rolling	Rolling	exercise		exercise			
		-Stretch/Foam Rolling		-Stretch/Foam Rolling			

Weeks 5-8

Μ	Т	W	ТН	F	S	S
	AM:	AM:	AM:	AM:	AM:	Rest
	-Run 4 Miles	-Upper body	-Run Int: 800 m x 4	-Lower body	-Run 4 Miles	
	(Slow pace)	strength training	-P/S/P	strength training	(Mod pace)	
	-P/S/P	DM.	DM.	DM.	-P/S/P	
	PM∙	-Swim: 100 m	-Swim: 500 m	-Swim: 100 m	PM·	
	-Swim 500 m	sprints x 4	B winn 2000 in	sprints x 4	-Swim 500 m	
Diagnostic DPFT			-Abdominal			
	- Abdominal	-Tread water 15	exercise (include	-Tread water 15	- Abdominal	
	flutter kicks)	out of water)	-Stretch/Foam	out of water)	flutter kicks)	
	-Stretch/Foam		Rolling		-Stretch/Foam	
	Rolling	-Abdominal		-Abdominal	Rolling	
		exercise Stretch/Foam		exercise Stretch/Foam		
		Rolling		Rolling		
AM:	AM:	AM:	AM:	AM:	AM:	Rest
-Run 5 Miles	-Upper body	-Run Int: 800 m x 6	-Lower body	-Run 5 Miles	-Low Impact	
(Slow pace)	strength training	-P/S/P	strength training	(Mod pace)	Conditioning (bike,	
-175/1	PM:	PM:	PM:	-175/1	etc.) 45 min	
PM:	-Swim: 100 m	-Swim: 600 m	-Swim: 100 m	PM:		
-Swim 600 m	sprints x 6	A1. 1	sprints x 6	-Swim 450 m	-Stretch/Foam	
- Abdominal	-Tread water 15	-Abdominal exercise (include	-Tread water 15	- Abdominal	Kolling	
exercise (include	min (3 min hands	flutter kicks)	min (3 min hands	exercise (include		
flutter kicks)	out of water)	-Stretch/Foam	out of water)	flutter kicks)		
-Stretch/Foam	Abdominal	Rolling	Abdominal	-Stretch/Foam		
Ronnig	exercise		exercise	Koning		
	-Stretch/Foam		-Stretch/Foam			
	Rolling		Rolling			
AM: -Run 6 Miles	AM: -Upper body	AM: -Run Int: 800 m x 8	AM: -Lower body	AM: -Run 6 Miles	AM:	Rest
(Slow pace)	strength training	-P/S/P	strength training	(Mod pace)	Conditioning (bike,	
-P/S/P				-P/S/P	elliptical, rower,	
DM.	PM:	PM:	PM:	DM.	etc.) 45 min	
-Swim 700 m	sprints x 8	-Swim: 700 m	sprints x 8	-Swim 700 m	-Stretch/Foam	
	-1	-Abdominal			Rolling	
- Abdominal	-Tread water 20	exercise (include	-Tread water 20	- Abdominal		
exercise (include flutter kicks)	min (4 min hands	flutter kicks)	min (4 min hands	exercise (include		
-Stretch/Foam	out of water)	Rolling	out of water)	-Stretch/Foam		
Rolling	-Abdominal	5	-Abdominal	Rolling		
	exercise		exercise			
	-Stretch/Foam Rolling		-Stretch/Foam Rolling			
AM:	-Upper body	AM:	-Lower body	-Run 6 Miles	Rest	Rest
-Run 6 Miles	strength training	-Run Int: 800 m x 8	strength training	(Mod pace)		
(Mod pace) P/S/P	DM-	-P/S/P	DM.	-P/S/P		
-1/3/1	-Swim: 100 m	PM:	-Swim: 100 m	PM:		
PM:	sprints x 10	-Swim: 600 m	sprints x 10	-Swim 600 m		
-Swim 700 m	True form (Al de min d	True James - 20	Al-Jami J		
- Abdominal	- Iread water 20 min (5 min hands	-Abdominal exercise (include	-1read water 20 min (5 min hands	- Abdominal exercise (include		
exercise (include	out of water)	flutter kicks)	out of water)	flutter kicks)		
flutter kicks)		-Stretch/Foam		-Stretch/Foam		
-Stretch/Foam	-Abdominal	Rolling	-Abdominal	Rolling		
Konnig	-Stretch/Foam		-Stretch/Foam			
	Rolling		Rolling			

DIVER PHYSICAL FITNESS TEST (DPFT) STANDARDS

1. 450 meter Swim (Breast Stroke or Side Stroke) in 12:30 or less

The swim is a timed 450 meter swim. The student must complete the swim as quickly as possible using the side stroke or the breaststroke. Both strokes must be conducted without an overhand recovery, i.e., the student's hand must remain below the surface of the water.

Timer shall signal the start of the event. Students will call out their lap number as each lap is completed. Students may push off from the sides with hands and feet after each pool length. Resting is permitted by conducting survival float or by treading water. Students shall not stand on the bottom of the pool or hang on the side of the pool. Upon completion of the final lap, the student will call out "TIME," and the timer will call out the time to the nearest second. The event is terminated if the student completes the prescribed distance, receives or requires assistance, uses the overhand recovery, or uses the bottom or side of the pool to stand or rest.

-10 min Standing Rest

2. 50 Push Ups in 2 min

The student shall begin in a "front-leaning rest" position with the palms of the hands placed on the deck directly beneath or slightly wider than the shoulders. Both feet shall be together on the deck. The back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. The toes and palms of the hands shall remain in contact with the deck. The feet shall not contact a wall or other vertical support surface. The student may only rest in the "up" position while maintaining arms, back, buttocks, and legs in a straight position. The event is ended if the student touches the deck with any part of his or her body except for the hands and feet, raises one or both hands or feet off of the deck or ground, fails to maintain back, buttocks, and legs in a straight line from head to heels, or receives more than two verbal warnings for executing incorrect procedures.



-2 min Standing Rest

3. 50 Curl Ups in 2 min

The student shall start by lying flat on his or her back with knees bent (heels approximately 10 inches from the buttocks). The arms shall be folded across and touching the chest with the hands touching the upper chest or shoulders. The student's feet shall be held to the deck by a partner's hands. Any other means of securing the member's feet is not authorized. The student curls body up, touching the elbows to his or her thighs no more than 3 inches below the knees while keeping the hands in contact with the chest or shoulders. After touching the elbows to his or her thighs, the student lies back, touching the lower edge of the shoulder blades to the deck. The student may rest in the up or down (May only rest in the down position for 5 seconds) position, but the hands must remain

touching the upper chest or shoulders at all times. NOTE: When in the "up" position, the student may only rest with the elbows touching the thighs, not on top of his or her knees.

The event is ended if the student lowers his or her legs, raises feet off of the deck or ground, lifts buttocks off of the deck or ground, fails to keep his or her arms folded across and touching the chest, fails to keep his or her hands in contact with the chest or shoulders, remains in the down position for more than 5 seconds, or receives more than two verbal warnings for executing incorrect procedures.



-2 min Standing Rest

4. <u>6 Pull Ups</u>

The student shall mount the bar, starting with the arms and shoulders fully extended in a dead hang. The student shall pull his or her body up until the chin is even with, or above the top of the bar. The student shall not use a lateral, forward, or backward "kipping" motion while performing a pull-up. After the chin has passed the bar or is even with the bar, the student must return to the starting position to complete the repetition. The student may rest in the starting position at any time. Both hands must remain on the bar for the duration of the event. The event is ended if the student touches anything other than the horizontal portion of the pull-up bar, removes his or her hands from bar, receives more than two verbal warnings for executing incorrect procedures.



-10 min Standing Rest

5. <u>1.5 mile Run in 12:30 or less</u>

The run is a timed 1.5 mile run to be completed as quickly as possible. The event shall be conducted on a flat, solid surface. The student shall stand at start line. The timer shall signal the start and call out time intervals until the completion of the test. The student calls out lap number when passing the timer. Upon completion of the final lap, the student will call out "time," and the timer will call out the time to the nearest second. The event is ended if the student stops running or walking other than to retie his or her shoelace or to remove foreign objects from the shoes, deviates from prescribed course, completes the 1.5 miles.

PULLUP PROGRESSION PLAN

This is based on a Soldier being able to perform zero pull-ups and is intended to develop the Soldier to the point where they can perform 7-8 strict pull-ups. On training day 1 of the 12D AIT, Phase I course, Soldiers will be administered a Diver Physical Fitness Test (DPFT). This test consists of 5 events and the pull-up event is the fourth event. Naturally, after every event the body will continue to fatigue and so it's important that the Soldier be able to perform 8 or more strict pull-ups when rested to perform at least 6 strict pull-ups after having already finished 3 events. The following is a list of exercises with descriptions that will strengthen the Soldiers upper body and should be followed as closely as possible over the course of a 9 week period. If this pull-up regiment is adhered to it will assist Soldiers in meeting their goal of performing 7-8 strict pull-ups.

Exercise Descriptions

Hold, arms extended – Soldier mounts pull-up bar, palms facing out and proceeds to hang from bar. Depending on forearm and grip strength candidate will hold for at least 5 seconds and work their way up to at least 30 seconds. Soldier should vary the width of their grip between wide, slightly greater than shoulder width, and narrow.

Scapula pull – Soldier mounts pull-up bar with hands shoulder-width apart, palms facing out and proceeds to hang from bar. From the hanging position, with slightly shrugged shoulders, draw the scapulae or shoulder blades down and together, raising their body slightly but without bending their arms and pulling as in a regular pull-up. Candidate should feel their head shifting backwards and chest raising upward, as they try and pinch their shoulder blades together. Hold position for one second and then return to starting position.

Hold, scapula – Same as above, except Soldier will hold for 5-10 seconds with their shoulder blades pinched together before returning to the starting position.

Negative, chin-up – Soldier mounts pull-up bar with hands slightly greater than shoulder-width apart, palms facing in and proceeds to hang from bar. The goal of the negative is to lower oneself in a slow and controlled manner (5 seconds) before arms are fully extended.

Negative, pull-up - Soldier mounts pull-up bar with hands slightly greater than shoulder-width apart, palms facing out and proceeds to hang from bar. The goal of the negative is to lower oneself in a slow and controlled manner (5 seconds) before arms are fully extended.

Inverted row with dip bar - Soldier sits beneath and perpendicular to the bar. With hands slightly greater than shoulder-width apart, palms facing out, Soldier reaches up and places both hands on bar closest to them. Soldier pulls themselves up until they are hanging from the bar. With arms and body straight and body at a 45 degree angle, Soldier pulls their chest to the bar and returns to the starting position. The Soldier may have to adjust their legs (straight or slightly bent) and feet (heels on ground or entire foot is flat) to find a position that is challenging, but still allows them to perform the exercise.

Hold, middle – Soldier mounts pull-up bar with hands slightly greater than shoulder-width apart, palms facing out and proceeds to hang from bar. Soldier will raise their body until their arms are at a ninety-degree angle. This is the "middle or halfway" position and the Soldier will hold this position for 5 to 30 seconds before lowing themselves until their arms are extended and then dismount. Candidates should vary the width of their grip between wide, slightly greater than should width, and narrow.

Hold, top – Soldier mounts pull-up bar with hands slightly greater than shoulder-width apart, palms facing out and proceeds to hang from bar. Soldier will raise their body until their chin is even or above the bar, ensuring chin

DOES NOT rest on the bar. Soldier will hold this position for 5 to 30 seconds before lowering themselves until their arms are extended before dismounting. Soldiers should vary the width of their grip between wide, slightly greater than should width and narrow.

Hold with negative – This exercise is a combination of the Hold and Negative exercises and shall be performed utilizing the pull-up with palms facing out. After Soldier is done holding for a predetermined time Soldier will begin to slowly lower themselves until their arms are fully extended before dismounting the bar. Soldier should vary the width of their grip between wide, slightly greater than should width and narrow. The Hold in seconds will be listed in the table and it is assumed the Soldier will perform the negative as a 5 second count.

Chin-up – Soldier mounts pull-up bar with hands slightly less than shoulder-width apart or whatever feels comfortable, palms facing in and proceeds to hang from bar. When ready, Soldiers will raise their entire body until the chin is even or above the bar before returning to the starting position (arms extended).

Pull-up, alternating grip – Soldier mounts pull-up bar with hands together or no greater than 3-inches apart with an alternating grip and proceeds to hang from the bar. Soldier will pull upward, allowing the head to move to the left or right side of the bar, and touch the left or right shoulder to the bar depending on which hand is closest to the head. If the left hand is closest to the head with the palm facing in, then the Soldier will raise their left shoulder to the bar before returning to the starting position. Soldier should perform an equal amount of repetitions on both sides.

Pull-up, close grip – Soldier mounts pull-up bar with hands together or no greater than 3-inches apart, palms facing out and proceeds to hang from bar. When ready, Soldier will raise entire body until the chin is even or above the bar before returning to the starting position (arms extended).

Pull-up, slightly greater than shoulder-width – Soldier mounts pull-up bar with hands slightly greater than shouldwidth, palms facing out and proceeds to hang from bar. When ready, Soldier will raise entire body until the chin is even or above the bar. Afterwards, Soldier will return to starting position (arms extended) before dismounting or performing another repetition.

Pull-up, wide grip – Soldier mounts pull-up bar with hands wider than slightly greater than shoulder-width, palms facing out and proceeds to hang from bar. When ready, Soldier will raise entire body until the chin is even or above the bar before returning to the starting position (arms extended).

*Notes:

When pulling upward or returning to the starting position, Soldiers will attempt to raise or lower their body in a controlled manner, ensuring they DO NOT kip, sway or bicycle their legs

If a Soldier cannot perform the exercises or number of repetitions prescribed on their own then they should seek assistance from another Soldier.

Schedule

Week 1	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Hold, scapula	2	10 seconds	As Needed
	Scapula pull	2	5 reps	As Needed
	Hold, arms extended	2	10 secs	As Needed
Day 2	Scapula pull	3	5 reps	As Needed
	Hold, arms extended	3	10 secs	As Needed
Day 3	Negative, chin-Up	3	2 reps	As Needed
	Hold, scapula	2	10 secs	As Needed
	Hold, arms extended	3	10 secs	As Needed
Day 4	Negative, pull-up	2	3 reps	As Needed
	Scapula pull	3	8 reps	As Needed
Day 5	Inverted row with dip bar	3	4 reps	As Needed
	Negative, chin-up	2	3 reps	As Needed
	Hold, arms extended	3	10 secs	As Needed
Week 2	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Hold, scapula	3	10 secs	As Needed
	Scapula pull	2	8 reps	As Needed
	Hold, arms extended	2	15 secs	As Needed
Day 2	Scapula pull	3	8 reps	As Needed
	Hold, arms extended	3	12 secs	As Needed
Day 3	Negative, pull-up	2	4 reps	As Needed
	Scapula pull	3	8 reps	As Needed
	Hold, scapula	3	10 secs	As Needed
Day 4	Inverted row with dip bar	3	4 reps	As Needed
	Hold, middle	3	5 secs	As Needed
	Negative, chin-up	2	3 reps	As Needed
Day 5	Pull-up, slightly greater than shoulder width	2	3 reps	As Needed
	Negative, pull-up	2	4 reps	As Needed

	Scapula pull	3	4 reps	As Needed
Week 3	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Hold, scapula	3	10 secs	As Needed
	Scapula pull	1	10 reps	As Needed
	Hold, arms extended	3	10 secs	As Needed
Day 2	Hold, top	3	5 secs	As Needed
	Hold, middle	3	8 secs	As Needed
Day 3	Negative, pull-up	3	4 reps	As Needed
	Negative, chin-up	3	6 reps	As Needed
	Scapula pull	4	7 reps	As Needed
Day 4	Inverted row with dip bar	4	5 reps	As Needed
	Chin-up	3	4 reps	As Needed
Day 5	Pull-up, slightly greater than shoulder width	3	3 reps	As Needed
	Chin-up	2	5 reps	As Needed
	Hold, scapula	3	5 secs	As Needed
Week 4	Hold, scapula	3 SETS	5 secs REPS OR TIME	As Needed REST
Week 4 Day 1	Hold, scapula EXERCISE Hold, scapula	3 SETS 4	5 secs REPS OR TIME 10 secs	As Needed REST 30 secs
Week 4 Day 1	Hold, scapula EXERCISE Hold, scapula Scapula pull	3 SETS 4 2	5 secs REPS OR TIME 10 secs 10 reps	As Needed REST 30 secs 1 min
Week 4 Day 1	Hold, scapula EXERCISE Hold, scapula Scapula pull Hold, arms extended	3 SETS 4 2 2	5 secs REPS OR TIME 10 secs 10 reps 20 secs	As Needed REST 30 secs 1 min 1 min
Week 4 Day 1 Day 2	Hold, scapula EXERCISE Hold, scapula Scapula pull Hold, arms extended Chin-up	3 SETS 4 2 2 3	5 secsREPS OR TIME10 secs10 reps20 secs5 reps	As Needed REST 30 secs 1 min 1 min 2 min
Week 4 Day 1 Day 2	Hold, scapula EXERCISE Hold, scapula Scapula pull Hold, arms extended Chin-up Hold with negative	3 SETS 4 2 2 3 2 2	5 secsREPS OR TIME10 secs10 reps20 secs5 reps5 secs	As Needed REST 30 secs 1 min 1 min 2 min 1 min 1 min
Week 4 Day 1 Day 2 Day 3	Hold, scapula EXERCISE Hold, scapula Scapula pull Hold, arms extended Chin-up Hold with negative Pull-up, alternating grip	3 SETS 4 2 2 3 2 2 2 2 2	5 secsREPS OR TIME10 secs10 reps20 secs5 reps5 secs3 reps	As Needed REST 30 secs 1 min 2 min 1 min 2 min 1 min 2 min 1 min
Week 4 Day 1 Day 2 Day 3	Hold, scapula EXERCISE Hold, scapula Scapula pull Hold, arms extended Chin-up Hold with negative Pull-up, alternating grip Hold, top	3 SETS 4 2 2 3 2 2 2 2 3 3	5 secs REPS OR TIME 10 secs 10 reps 20 secs 5 reps 5 secs 3 reps 10, 5, 5 secs	As Needed REST 30 secs 1 min 1 min 2 min 1 min 2 min 30 secs
Week 4 Day 1 Day 2 Day 3	Hold, scapula EXERCISE Hold, scapula Scapula pull Hold, arms extended Chin-up Hold with negative Pull-up, alternating grip Hold, top Scapula pull	3 SETS 4 2 2 3 2 2 2 3 2 3 2 2 3 2	5 secs REPS OR TIME 10 secs 10 reps 20 secs 5 reps 5 secs 3 reps 10, 5, 5 secs 10	As NeededREST30 secs1 min1 min2 min1 min2 min30 secs2 min
Week 4 Day 1 Day 2 Day 3 Day 4	Hold, scapulaEXERCISEHold, scapulaScapula pullHold, arms extendedChin-upHold with negativePull-up, alternating gripHold, topScapula pullPull-up, close grip	3 SETS 4 2 2 3 2 2 3 2 2 3 2 3 2 3 3	5 secs REPS OR TIME 10 secs 10 reps 20 secs 5 reps 5 secs 3 reps 10, 5, 5 secs 10 4, 4, 3 reps	As NeededREST30 secs1 min1 min2 min1 min2 min30 secs2 min30 secs2 min2 min2 min
Week 4 Day 1 Day 2 Day 3 Day 4	Hold, scapulaEXERCISEHold, scapulaScapula pullHold, arms extendedChin-upHold with negativePull-up, alternating gripHold, topScapula pullPull-up, close gripNegative, pull-up	3 SETS 4 2 2 3 2 2 3 2 2 3 2 3 3 3 3	5 secs REPS OR TIME 10 secs 10 reps 20 secs 5 reps 5 secs 3 reps 10, 5, 5 secs 10 4, 4, 3 reps 5, 4, 3 reps	As Needed REST 30 secs 1 min 2 min 1 min 2 min 30 secs 2 min 30 secs 2 min 30 secs 2 min 30 secs 2 min 1 min 2 min 1 min
Week 4 Day 1 Day 2 Day 3 Day 4 Day 5	Hold, scapulaEXERCISEHold, scapulaScapula pullHold, arms extendedChin-upHold with negativePull-up, alternating gripHold, topScapula pullPull-up, close gripNegative, pull-upPull-up, slightly greater than shoulder width	3 SETS 4 2 2 3 2 2 3 2 3 2 3 2 3 3 2 3 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 3 2 2 2 3 2 2 2 3 2 2 2 3 2 2 2 3 2 2 2 3 2 2 2 2 3 2 2 2 2 2 3 2	5 secs REPS OR TIME 10 secs 10 reps 20 secs 5 reps 5 secs 3 reps 10, 5, 5 secs 10 4, 4, 3 reps 5, 4, 3 reps 5, 4 reps	As Needed REST 30 secs 1 min 2 min 1 min 2 min 30 secs 2 min 30 secs 2 min 30 secs 2 min 1 min 2 min 2 min 2 min 2 min 1 min 2 min 1 min 2 min

	Hold, arms extended	1	30 secs	
Week 5	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Hold, scapula	2	15 secs	1 min
	Scapula pull	2	10 reps	2 min
	Hold, arms extended	2	30, 15 secs	30 secs
Day 2	Pull-up, alternating grip	2	4, 2 reps	2 min
	Hold, middle	2	15 secs	30 secs
Day 3	Inverted row with dip bar	2	6 reps	1 min
	Hold, top	4	10, 8, 6, 4 secs	30 secs
	Negative, pull-up	1	8 reps	
Day 4	REST			
Day 5	Pull-up, slightly greater than shoulder width	2	Max Reps	2 min
	Pull-up, close grip	1	Max Reps	
Week 6	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Hold, scapula	2	15 secs	30 secs
	C 1 11	-	10	
	Scapula pull	2	10 reps	l min
	Hold, arms extended (wide grip, shoulder width, close grip)	3	20 secs	1 min
Day 2	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder width	2 3 2	10 reps 20 secs 7, 5 reps	1 min 1 min 2 min
Day 2	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negative	2 3 2 2 2	10 reps 20 secs 7, 5 reps 5 secs	1 min 1 min 2 min 1 min 1 min
Day 2 Day 3	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating grip	2 3 2 2 2 2 2	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps	1 min 1 min 2 min 1 min 2 min 2 min 2 min
Day 2 Day 3	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating gripHold, middle	2 3 2 2 2 2 2 2 2	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps 20, 15 secs	1 min 1 min 2 min 1 min 2 min 30 secs
Day 2 Day 3	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating gripHold, middleNegative, chin-up	2 3 2 2 2 2 2 2 2 2 2 2	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps 20, 15 secs 6, 4	1 min 1 min 2 min 1 min 2 min 30 secs 1 min
Day 2 Day 3 Day 4	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating gripHold, middleNegative, chin-upREST	2 3 2 2 2 2 2 2 2 2 2	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps 20, 15 secs 6, 4	1 min 1 min 2 min 1 min 2 min 30 secs 1 min
Day 2 Day 3 Day 4 Day 5	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating gripHold, middleNegative, chin-upRESTPull-up, slightly greater than shoulder width	2 3 2 2 2 2 2 2 2 2 2 2 2	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps 20, 15 secs 6, 4 Max Reps, +2 assisted	1 min 1 min 2 min 1 min 2 min 30 secs 1 min 3 mins
Day 2 Day 3 Day 4 Day 5	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating gripHold, middleNegative, chin-upRESTPull-up, slightly greater than shoulder widthHold, middle	2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps 20, 15 secs 6, 4 Max Reps, +2 assisted 20, 10, 10 secs	1 min 1 min 2 min 1 min 2 min 30 secs 1 min 3 mins 1 min
Day 2 Day 3 Day 4 Day 5	Scapula pullHold, arms extended (wide grip, shoulder width, close grip)Pull-up, slightly greater than shoulder widthHold, top with negativePull-up, alternating gripHold, middleNegative, chin-upRESTPull-up, slightly greater than shoulder widthHold, middleNegative, chin-upRESTPull-up, slightly greater than shoulder widthHold, middleNegative, chin-up	2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	10 reps 20 secs 7, 5 reps 5 secs 4, 3 reps 20, 15 secs 6, 4 Max Reps, +2 assisted 20, 10, 10 secs 8	1 min 1 min 2 min 1 min 2 min 30 secs 1 min 3 mins 1 min

Day 1	Pull-up, close grip	3	7, 7, 4 reps	2 min
	Hold, middle	1	15 secs	
	Negative, chin-up	1	8 reps	
Day 2	Pull-up, slightly greater than shoulder width	2	Max Reps, +2 assisted	3 mins
	Hold, top with negative	1	10 secs	
Day 3	REST			
Day 4	REST			
Day 5	Pull-up, slightly greater than shoulder width	3	Max Reps, +2 assisted	3 mins
	Hold, top with negative	1	5 secs	
	Hold, scapula	1	10 secs	
Week 8	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Hold, scapula	2	15 secs	30 secs
	Scapula pull	2	10 reps	1 min
	Hold, arms extended (wide grip)	3	30, 20, 20 secs	1 min
Day 2	Pull-up, close grip	3	5 reps	2 mins
	Hold, top with negative	3	10 secs	2 mins
Day 3	Pull-up, alternating grip	2	5, 4 reps	2 mins
	Hold, middle	2	20 secs	1 min
	Negative, pull-up	2	9 reps	2 min
Day 4	Chin-up	1	Max Reps	
	Hold, arms extended	1	45 secs	
Day 5	Pull-up, slightly greater than shoulder width	2	Max Reps, +2 assisted	3 mins
	Hold, top with negative	1	10 secs	
Week 9	EXERCISE	SETS	REPS OR TIME	REST
Day 1	Pull-up, close grip	3	8, 6, 6 reps	2 mins
	Hold, top with negative	3	5 secs	1 min
Day 2	REST	1	1	1

Day 3	Pull-up, alternating grip	3	4, 3, 2 reps	2 mins
	Chin-up	2	4 reps	3 mins
	Hold, arms extended	2	15 secs	30 secs
Day 4	REST			
Day 5	Pull-up, slightly greater than shoulder width	3	Max Reps, +2 assisted	3 mins
	Pull-up, wide grip	1	Max Reps, +2 assisted	

PACKING LIST

Bring all issued TA-50

- 4-Sets of serviceable ACU's (to include all patches/name tapes)
- 2- Patrol Caps
- 7-Tan T-Shirts
- 7- Pairs of green socks
- 7-Pairs of underwear
- 1-Belt, ACU
- 2-Pairs boots (1 Worn) (Cold Weather Boots Oct-March Classes)
- 1-Army Service Uniform w/ beret (Complete)
- 1-Wet weather top
- 1-Wet weather trousers
- 1-Cold weather top (Oct-March Classes)
- 1-Cold weather trousers (Oct-March Classes)
- 1-IPFU Jacket
- 1-IPFU Pants
- 3-Pairs Army PT Shorts
- 3-Short Sleeve PT Shirts
- 2-Long sleeve PT Shirts
- 1-PT Cap Fleece (Oct-March Classes)
- 1-Pair black leather gloves (All Classes regardless of season)
- 2-Pair of inserts for black leather gloves (All Classes regardless of season)
- 1-Pair PT Shoes
- 7-Pairs white PT Socks
- 5-Copies of orders/1610
- 1-Set linens (Soldier discretion)