DIVER PHASE 1

INFORMATION PACKET

The purpose of the 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

Army Water Survival Techniques (80-90% fail rate)

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

1. Be able to swim 25 yards using the breaststroke 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 breaststroke or side stroke technique.

4. Tread water for 20 minutes.

5. Perform a hanging float for 20 minutes.

Diver Physical Fitness Test (reference DPFT Standards on Pages. 13-17)
Ref. MILPERSMAN 1220-410, 02 DEC 2021

To pass this test, you must successfully complete:

1. **500 yards/450-meter swim** using the breaststroke and/or side stroke technique in 12 minutes and 30 seconds or less.

2. **50 pushups** in 2 minutes or less.

3. **50 curl-ups** in 2 minutes or less.

4. **6 pullups** (from a dead-hang position).

5. **1.5 mile run** in 12 minutes and 30 seconds or less.

Drown Proofing

Drown Proofing training consists of two five-minute events. The first event consists of tying a line around the ankles and the second event consists of holding the hands behind their back with line. Satisfactory completion of the evolution requires the trainee to complete both five-minute events successfully. A failure of the 2nd event (hands behind their back) will require the trainee to reattempt the 2nd event only.

Using front roll water entry, enter water with ankles tied (loosely) and use the modified basic survival float for five minutes.

<u>The modified basic survival float is as follows:</u>

1. Take a deep breath and hold it.

2. Roll shoulders forward and float with your face down in the water. Only the back of your head and shoulders should breach the surface. The air in your lungs should keep you floating.

3. Relax. The purpose of the survival float is to conserve energy.

4. Let your arms and legs dangle. Your arms may float up to the surface.

5. Raise your head when you need a breath of air. If you need to, bring your arms slightly upward, and then push them downward to help you elevate your head for a breath. You may kick using the dolphin, frog, or scissor kick.

6. Return to a relaxed floating position.

At the completion of five minutes, the trainees shall be directed by the Lead Instructor to remove the line from ankles. Trainees will then place hands behind their back and grasp the line until hands meet. The feet may remain together or separated. Continue for an additional five minutes.

Raise your head when you need a breath of air. If you need to, you may kick your feet to elevate your head for a breath. The dolphin, frog, or scissor kick may be used.

Satisfactory completion of the evolution requires the trainee to complete both five-minute events successfully. A failure during any portion of the evolution will result in the trainee reattempting the event failed.

OTHER GRADED EVENTS

Dolphin Swim (Snorkel Only)

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 with the use of fins.

The Dolphin Swim will be executed as follows:

1. Don the snorkel, dive boots, and fins.

2. Maintain control of the snorkel with the right hand.

3. Bend at the waist and submerge approximately three feet underwater allowing your snorkel to fill completely.

4. Proceed to swim the perimeter of the pool.

Note: When the students need a breath, they will…

5. Surface while keeping the face in the water and the snorkel end out of the water.

6. Exhale forcefully.

7. Take one breath.

8. Re-submerge.

9. Swim two laps around the perimeter of the pool.

Note: If a student takes more than one breath, remains on the surface for too long, or pulls their face out of the water to clear the snorkel, instructors will provide simulated stressors to include loud verbal instruction and splashing or spraying with water.

In-Water Proficiency Assessment.

To pass this test you must be able to:

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

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 with the use of fins.

Bay Swim.

To pass this test you must be able to:

Utilizing swim fins, swim 1000 yards on your back, using only the legs as propulsion in under 21 minutes.

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 reasoning 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.
        i. **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 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 10 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.

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.

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, adjust 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.

Warm Up, Active Recovery and Cooldown

Warm Up: 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
Frankenstein	Lateral Shuffle Carioca

Active recovery: 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.

Cool-down: 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.

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:

| MAX # OF REPS | PUSH UP AND SIT UP | | TOTAL REPS |
| | SETS | REP | |
	S		
<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

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 breaststroke. The first event of the DPFT is the 500-yard (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.

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 up to 10 pounds above the water's surface.

Training Recommendations: Practice treading water using the frog kick and eggbeater techniques. Examples of how to use these techniques can be found on the internet (https://openwaterhq.com/swimming/how-to-tread-water/).

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 is 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.

Special Considerations

Running: 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.

Swimming: 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.

Cross /Low Impact Training: 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 helps 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

Weeks 1-4

M	T	W	TH	F	S	S
Diagnostic DPFT	AM: -Run 3 Miles (Slow pace) -Push Up/Sit up/Pull Up (P/S/P) PM: -Swim 450 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Upper body strength training PM: -Swim: 50 m sprints x 4 -Tread water 10 min (1 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 400 m x 4 -P/S/P PM: -Swim: 450 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Lower body strength training PM: -Swim: 50 m sprints x 4 -Tread water 10 min (1 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run 3 Miles (Mod pace) -P/S/P PM: -Swim 450 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	Rest
AM: -Run 4 Miles (Slow pace) -P/S/P PM: -Swim 500 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Upper body strength training PM: -Swim: 50 m sprints x 6 -Tread water 10 min (1 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 400 m x 6 -P/S/P PM: -Swim: 450 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Lower body strength training PM: -Swim: 50 m sprints x 6 -Tread water 10 min (1 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run 4 Miles (Mod pace) -P/S/P PM: -Swim 450 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Low Impact Conditioning (bike, elliptical, rower, etc.) 30 min -Stretch/Foam Rolling	Rest
AM: -Run 5 Miles (Slow pace) -P/S/P PM: -Swim 600 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Upper body strength training PM: -Swim: 50 m sprints x 8 -Tread water 15 min (2 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 400 m x 8 -P/S/P PM: -Swim: 600 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Lower body strength training PM: -Swim: 50 m sprints x 8 -Tread water 15 min (2 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run 5 Miles (Mod pace) -P/S/P PM: -Swim 450 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Low Impact Conditioning (bike, elliptical, rower, etc.) 30 min -Stretch/Foam Rolling	Rest
AM: -Run 5 Miles (Mod pace) -P/S/P PM: -Swim 600 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	-Upper body strength training PM: -Swim: 50 m sprints x 10 -Tread water 15 min (2 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 400 m x 8 -P/S/P PM: -Swim: 600 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	-Lower body strength training PM: -Swim: 50 m sprints x 10 -Tread water 15 min (2 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	-Run 5 Miles (Mod pace) -P/S/P PM: -Swim 600 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	Rest	Rest

Weeks 5-8

M	T	W	TH	F	S	S
Diagnostic DPFT	AM: -Run 4 Miles (Slow pace) -P/S/P PM: -Swim 500 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Upper body strength training PM: -Swim: 100 m sprints x 4 -Tread water 15 min (3 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 800 m x 4 -P/S/P PM: -Swim: 500 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Lower body strength training PM: -Swim: 100 m sprints x 4 -Tread water 15 min (3 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run 4 Miles (Mod pace) -P/S/P PM: -Swim 500 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	Rest
AM: -Run 5 Miles (Slow pace) -P/S/P PM: -Swim 600 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Upper body strength training PM: -Swim: 100 m sprints x 6 -Tread water 15 min (3 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 800 m x 6 -P/S/P PM: -Swim: 600 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Lower body strength training PM: -Swim: 100 m sprints x 6 -Tread water 15 min (3 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run 5 Miles (Mod pace) -P/S/P PM: -Swim 450 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Low Impact Conditioning (bike, elliptical, rower, etc.) 45 min -Stretch/Foam Rolling	Rest
AM: -Run 6 Miles (Slow pace) -P/S/P PM: -Swim 700 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Upper body strength training PM: -Swim: 100 m sprints x 8 -Tread water 20 min (4 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 800 m x 8 -P/S/P PM: -Swim: 700 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Lower body strength training PM: -Swim: 100 m sprints x 8 -Tread water 20 min (4 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run 6 Miles (Mod pace) -P/S/P PM: -Swim 700 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	AM: -Low Impact Conditioning (bike, elliptical, rower, etc.) 45 min -Stretch/Foam Rolling	Rest
AM: -Run 6 Miles (Mod pace) -P/S/P PM: -Swim 700 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	-Upper body strength training PM: -Swim: 100 m sprints x 10 -Tread water 20 min (5 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	AM: -Run Int: 800 m x 8 -P/S/P PM: -Swim: 600 m -Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	-Lower body strength training PM: -Swim: 100 m sprints x 10 -Tread water 20 min (5 min hands out of water) -Abdominal exercise -Stretch/Foam Rolling	-Run 6 Miles (Mod pace) -P/S/P PM: -Swim 600 m - Abdominal exercise (include flutter kicks) -Stretch/Foam Rolling	Rest	Rest

DIVER PHYSICAL FITNESS TEST (DPFT) STANDARDS
Ref. MILPERSMAN 1220-410, 02 DEC 2021

Swim Event

The swim event is a timed 500-yard (450-meter) swim. The swimmer must use the side stroke and/or breaststroke. Both strokes must be conducted without an overhand recovery, i.e., the student's hand must remain below the surface of the water. The event will only be conducted in a standard swimming pool (minimum length of 25 meters). The uniform for the swim portion is the APFU.

The swim event shall be conducted as follows:

1. The swimmer enters the water.

2. The timer shall signal the start.

3. The swimmer will call out the last name and lap number as each lap is completed.

4. Swimmers may push off from sides with the hands and feet after each pool length.

5. Resting is permitted by conducting hanging float or by treading water. Candidates shall not stand on the bottom of the pool or hang on the side of the pool or lane lines.

6. Goggles or facemasks are optional, but swimmers may not use swim caps, ear plugs, fins, snorkels, a wet suit, or flotation and/or propulsion devices.

7. Upon completion of the final lap, the candidate will call out last name and "time" and the timer will call out the time to the nearest second.

8. The swimmer then reports their last name and event time to the recorder.

The swim event is ended if the swimmer:

1. Completes the prescribed distance.

2. Receives or requires assistance from a lifeguard or other person.

3. Uses an overhand recovery at any time.

4. Uses the bottom, side of the pool, or lane lines to stand or rest.

- Allowed 10 min rest

Push-up Event

The push-up event will be conducted per reference and any executed by the candidate using improper form should not be counted towards the candidate's total. Push-ups should be performed on a firm (or suitably padded) level surface.

Push-ups must be performed as follows:

1. The candidate will 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 must be together on the deck.

2. The back, buttocks, and legs must be straight from head to heels and must remain so throughout test. The toes and palms of the hands must remain in contact with the deck. The feet must not contact a wall or other vertical support surface.

3. The timer will signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed.

4. The candidate must lower their entire body as a single unit by bending the elbows until the arms form right angles and the upper arms are parallel to the deck.

5. The candidate shall return to starting position by extending the elbows, raising the body as a single unit until the arms are straight.

6. The candidate may only rest in the "up" position while maintaining arms, back, buttocks, and legs in a straight position.

Push-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the candidate's partner. Incorrect push-ups will not be counted. Candidates will receive a verbal warning for any incorrect push-ups. Results for an event ending in less than 2 minutes will be the number of push-ups properly performed at the time of termination

The event is ended if the candidate:

1. Touches the deck with any part of his or her body except for the hands and feet.

2. Raises one or both hands or feet off the deck or ground.

3. Fails to maintain back, buttocks, and legs in a straight line from head to heels.

4. Receives more than two verbal warnings for executing incorrect procedures.

-Allowed 2 min rest

Curl-up Event

The event must be conducted with a partner on a level surface, using a blanket, mat, or other suitable padding.

Curl-ups will be conducted as follows:

1. The candidate shall start by lying flat on his or her back with knees bent (so the feet are flat on the ground). The arms shall be folded across and touching the chest with the hands touching the upper chest or shoulders.

2. The candidate'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.

3. The timer shall signal the start for the candidate and call out 15-second time intervals until 2 minutes have elapsed.

4. The candidate 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.

5. After touching the elbows to his or her thighs, the candidate lies back, touching the lower edge of the shoulder blades to the deck.

6. The candidate may rest in the up or down position, but the hands must remain always touching the upper chest or shoulders.

Note: When in the "up" position, the candidate may only rest with the elbows touching the thighs, not on top of his or her knees.

Curl-ups are repeated correctly as many times as possible in 2 minutes and are counted aloud by the instructor. Incorrect curl-ups shall not be counted. Candidates will receive a verbal warning for any incorrect curl-ups. Results for an event ended in less than 2 minutes shall be the number of curl-ups properly completed at the time of termination.

The event is ended if the candidate:

1. Lowers his or her legs.

2. Raises the feet off the deck or ground.

3. Lifts the buttocks off the deck or ground.

4. Fails to keep his or her arms folded across and touching the chest.

5. Fails to keep his or her hands in contact with the chest or shoulders.

6. Remains in the down position for more than 5 seconds.

7. Receives more than 2 verbal warnings for executing incorrect procedures.

-Allowed 2 min rest

Pull-up Event

The event shall be conducted at a pull-up bar.

Pull-ups are conducted as follows:

1. The candidate shall mount the bar, starting with the arms and shoulders fully extended in a dead hang.

2. The candidate shall pull his or her body up until the chin is above the top of the bar.

3. The candidate shall not use lateral, forward, or backward "kipping" motion while performing a pull-up.

4. After the chin has passed the bar, the candidate must return to the starting position to complete the repetition.

5. The candidate 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 completed when the candidate dismounts the bar. Pull-ups are repeated correctly as many times as possible and are counted aloud by the instructor. Incorrect pull-ups will not be counted. Candidates will receive a verbal warning for any incorrect pull-ups. Results for an event will be the number of pull-ups properly completed.

The event is ended if the candidate:

1. Touches anything other than the horizontal portion of the pull-up bar.

2. Removes his or her hands from bar.

3. Receives more than two verbal warnings for executing incorrect procedures.

- Allowed 10 min rest

1.5 Mile Run Event

The run is a timed 1.5 mile run to be completed as quickly as possible. The uniform for the timed run is the appropriate APFU for the season. The event shall be conducted on a flat, solid surface.

The run will be conducted as follows:

1. The candidate shall stand at start line.

2. The timer shall signal the start and call out time intervals until the completion of the test.

3. The candidate calls out last name and lap number when passing the timer.

4. Upon completion of the final lap, the candidate will call out last name and "time," and the timer will call out the time to the nearest second.

5. The candidate will report his or her last name and time to the recorder.

The event is ended if the candidate:

1. Stops running or walking other than to re-tie his or her shoelace, or to remove foreign objects from the shoes.

2. Deviates from prescribed course.

3. 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 number 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 should- 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. 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	**EXERCISE**	**SETS**	**REPS OR TIME**	**REST**
Day 1	Hold, scapula	4	10 secs	30 secs
	Scapula pull	2	10 reps	1 min
	Hold, arms extended	2	20 secs	1 min
Day 2	Chin-up	3	5 reps	2 min
	Hold with negative	2	5 secs	1 min
Day 3	Pull-up, alternating grip	2	3 reps	2 min
	Hold, top	3	10, 5, 5 secs	30 secs
	Scapula pull	2	10	2 min
Day 4	Pull-up, close grip	3	4, 4, 3 reps	2 min
	Negative, pull-up	3	5, 4, 3 reps	1 min
Day 5	Pull-up, slightly greater than shoulder width	2	5, 4 reps	2 min
	Hold, top	1	12 secs	---

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

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			

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

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 (ASU) w/ beret or Army Garrison

Service Uniform (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)

1- Pair of inserts for black leather gloves (All Classes regardless of season)

1- Pair PT Shoes

7- Pairs black PT Socks

5- Copies of orders/1610

1- Set linens (Soldier discretion)

1- Rucksack

1- Wet Weather Bag