



U.S. AIR FORCE

THE WARFIGHTER'S FITNESS PLAYBOOK

ELEVATE
YOUR
FIGHT





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ELEVATE YOUR FIGHT

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

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

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

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

G.R.I.T.
(Greatness Requires Intentional Training)



How to use this Playbook

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

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

Complete the Workouts

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

Recover Smart

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

Fuel Right

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

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

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



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Airmen are Expected to:

Lead or participate in workouts using these core principles:



1. Three-phased approach

Warm-up, Workout, Cool-down



2. Form Over Speed and Intensity (FOSI):

Master the movement before adding weight or increasing pace.



3. Scalable movements and substitution options:

Adapt the workout to your individual needs.



4. Prioritize Recovery:

Warm-up, Workout, Cool-down

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



Teamwork Takes the Weight

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

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



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Exercise Precautions

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

Universal Precautions for Physical Training & Conditioning:

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

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



Teamwork Takes the Weight

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



Exercise Precautions

Universal Precautions for Physical Training & Conditioning:

Exercise and Heat Stress Risk Factors

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

Exercise Warning Signs

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

Recognizing Overtraining

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



Fitness Principles

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

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

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

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

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

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

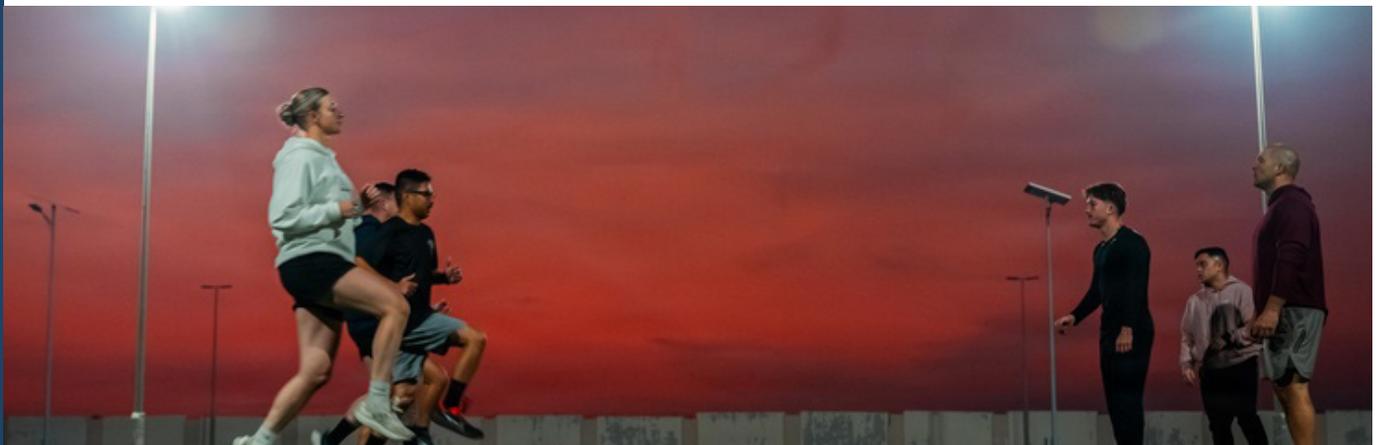
FITT Principle

FITT - Frequency – Intensity – Time – Type

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

Workout Components

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



380th AEW Phantoms accelerate Fitness

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



Domains of Fitness

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

1. Physical Fitness

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

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



380th AEW Phantoms accelerate fitness

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



Domains of Fitness

2. Stress Utilization Fitness

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

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

3. Nutritional Fitness

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

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



Nellis Dietitians Aid in Readiness, Improve Performance

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



Domains of Fitness

4. Sleep & Recovery Fitness

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

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

Tips for a better night's sleep:

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

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

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



Understanding Workout Programs: Resistance/Strength Training

Repetitions, Volume, and Intensity

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

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

Exercise Prescription Guidelines:

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

Training Goals

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

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



Understanding Workout Programs: Resistance/Strength Training

Progression/Regression

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

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

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



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

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





Understanding Workout Programs: Cardiovascular/Endurance Training

Training Methods

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

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

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

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



Measuring and Tracking Intensity

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

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

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

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

Sample Workouts

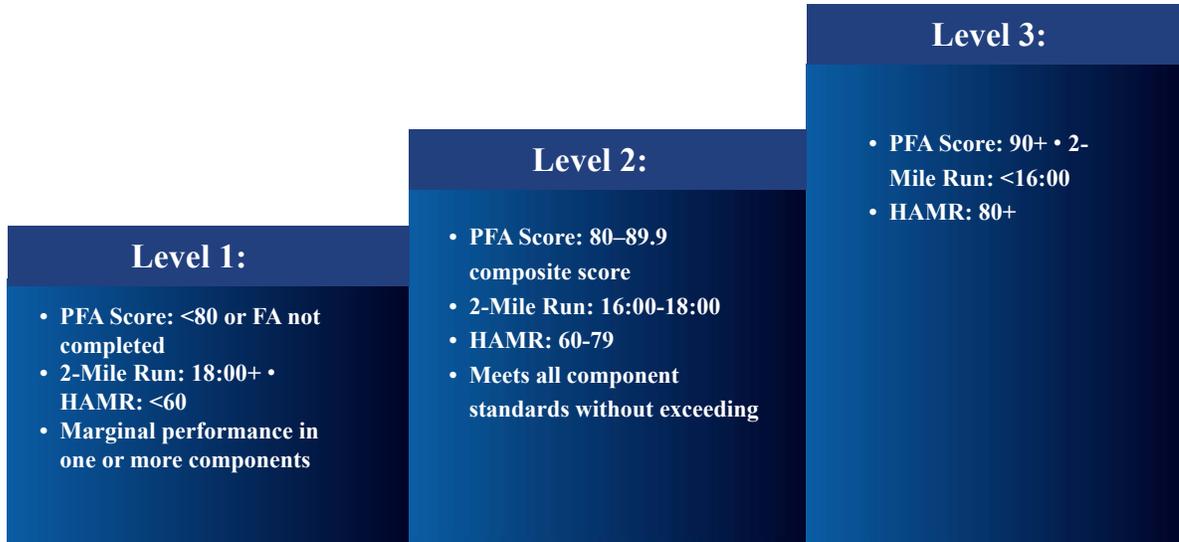
Located in Appendix 4 are a variety of sample workouts. These can be modified to fit an individual (performed as is), as a small group (splitting the exercise by smaller groups or done in sections) or as a large group. It's always important to remember that the workout should meet the goals of the individual/group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



Fitness Reconditioning Programing:

Training Tiers & Ability Group Placement

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



Reconditioning:

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

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

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





Nutrition:

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

Macronutrients

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

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

Micronutrients

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

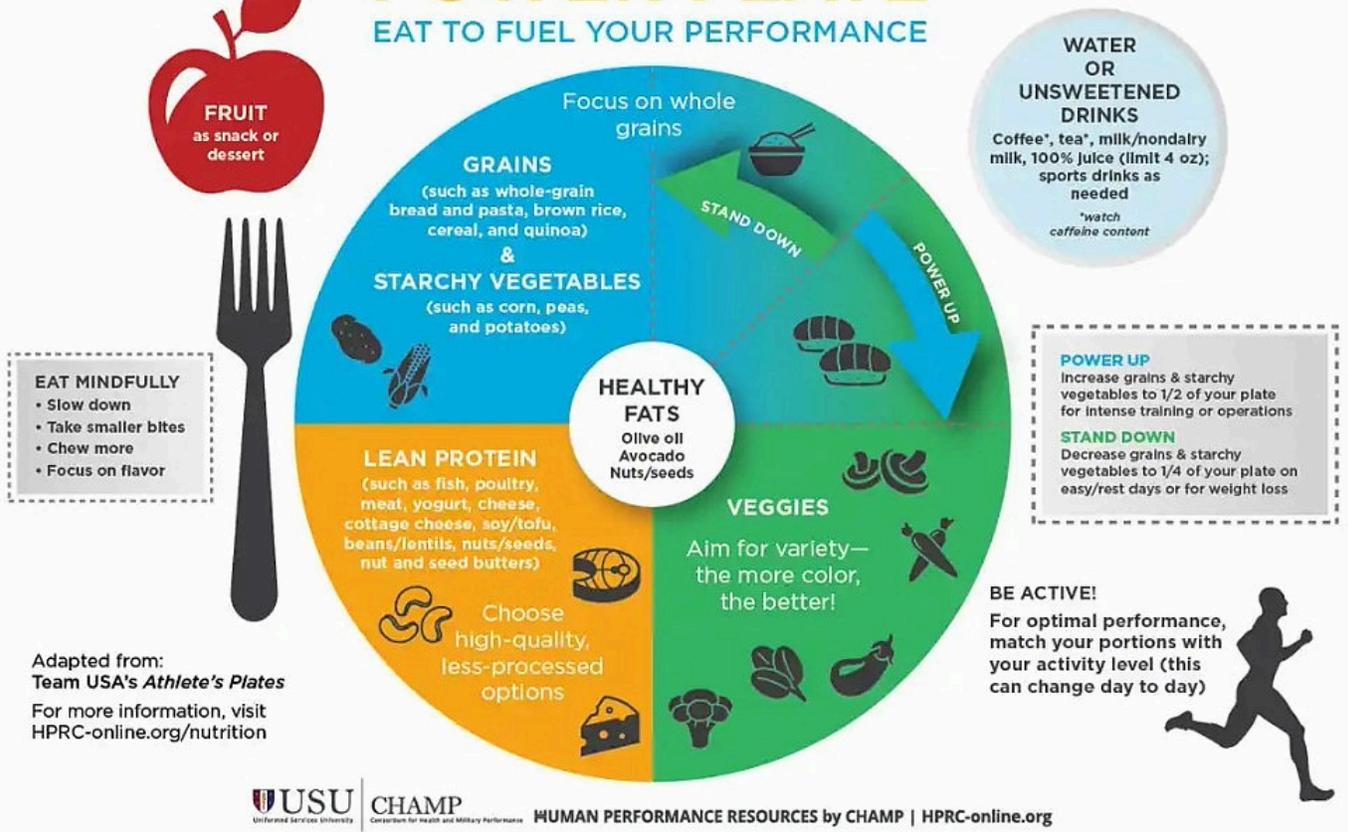


Food Quality is an important! **Calorie dense** foods contain a high number of calories relative to their weight. These are usually processed foods with a high amount of saturated fat, sodium, and added sugars. **Nutrient dense** foods contain a lower number of calories by weight, but a higher number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



POWER PLATE

EAT TO FUEL YOUR PERFORMANCE



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

Healthy Weight Loss Tips for Warfighters

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



Body Composition

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

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



How Fast Should Weight/Fat Loss Occur?

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

Avoid rapid weight loss:

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

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



Adaptive Fitness Programing:

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

Key Principles:

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

Abbreviations:

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

Implementation Strategies

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



Profiles:

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

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

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

The AF Form 469 includes the following components:

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

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



Profiles:

Roles & Responsibilities:

Airman's Responsibilities:

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

HCP's Responsibilities:

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

PFL's Responsibilities:

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



Profiles:

Exercise Selection Key Principles:

Exercise Selection:

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

- **Cardiorespiratory Fitness:**

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

- **Resistance Training:**

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

- **Compound movements:**

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

- **Isolation movements:**

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



Profiles:

Exercise Selection Key Principles:

Exercise Dosage and Programming:

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

• For Cardio Respiratory Fitness:

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

• For Resistance Training:

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



Lifestyle Dynamics:

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

Physical Dynamics

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



Lifestyle Dynamics:

Sleep Dynamics

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

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



Lifestyle Dynamics:

Stress Dynamics

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

- **Manage stress:**

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

- **Build a social network:**

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

- **Seek services to mentally rebound:**

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



Lifestyle Dynamics:

Nutrition Dynamics

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

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



Conclusion

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

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

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

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

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



ELEVATE YOUR FIGHT



Physical Training

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

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

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

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

Physical Training: 30-40 minutes

Exercise Focus: LE: Lower Extremity; UE: Upper Extremity; ULE: Upper/Lower Extremity; C/LE: Core/Lower Extremity; C/ULE: Core/Upper Lower Extremity; CRF: Cardiorespiratory Fitness
Instructions: Complete the bodyweight exercises as a circuit following the work (W) to rest (R) ratios for 2-4 rounds. The conditioning exercise is completed after the strength exercise or as a separate training session.

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

Aerobic Conditioning (choose 1 CRF option per training session)

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

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

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



Adaptive Exercise Program (Bodyweight Day)

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

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

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

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

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

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

Aerobic Conditioning

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

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

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

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

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

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

Initial Cool Down: 3-5 min walk

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

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

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



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Adaptive Exercise Program (Metabolic Interval Day)

Dynamic Warm-Up/Movement Prep (10 min), 10 total reps or 10 yards each drill		
1) Calf Raise / Dorsi-Flex	6) Glute Bridge	11) Alternating Lateral Lunge
2) Arm Rotations (small to large)	7) Bird Dog	12) Jumping Jacks
3) 4-Way Neck Series	8) Air Squats	13) Butt Kicks
4) Walk-Outs	9) Reverse Lunge & Twist	14) Vertical / Side Hops
5) World's Greatest Stretch	10) 1 Leg RDL	

Bodyweight Movement		Level 1	Level 2	Level 3
LE	Air Squats	20 sec on / 40 sec off each movement	-	-
LE	Frog Jumps		25 sec on / 35 sec off each movement	-
UE	Push-ups			-
C/UE	Forearm Plank			-
LE	Run In Place	-		30 sec on / 30 sec off each movement
LE	Reverse Lunge	-		
LE	Side Hops	-		
UE	HR Push-ups	-		
C/LE	Cross Leg Reverse Crunch	-		
C/UE	Side Plank	-	-	

Rest 2 minutes between each complete round

Exercise Focus: LE: Lower Extremity/ UE: Upper Extremity/ ULE: Upper/Lower Extremity/ C: Core Exercise
Level 1: Complete 3-4 rounds of the interval circuit with members moving at a high pace with good form.
Level 2: Complete 4-5 rounds of the interval circuit with members moving at a high pace with good form.
Level 3: Complete 4-5 rounds of the interval circuit with members moving at a high pace with good form.

Aerobic Conditioning
Weeks 1 & 2: 12 x 30 sec Run/Jog (medium-hard pace) / 1:00 walk
Weeks 3 & 4: 12 x 45 sec Run/Jog (medium-hard pace) / 1:00 walk
Weeks 5 & 6: 4x1:00 on (medium pace) / 1:00 off followed by 4x1:00 on (easy pace) / 1:00 off followed by 4 x 1:00 on (hard) / 1:00 off (12 sets in total)
Week 7: Steady state run for 20:00 @ medium, slightly stressed conversation pace
Week 8: Steady state run for 24:00 @ medium, slightly stressed conversation pace
Week 9: Steady state run for 28:00 @ medium, slightly stressed conversation pace
Weeks 10 & 11: Steady state run for 32:00 @ medium, slightly stressed conversation pace
Week 12: Steady state run for 25:00 @ easy, conversation pace

Initial Cool Down: 3-5 min walk
Low Impact Modification: Perform the same times & intensities on low impact cardio equipment

Recovery / Mobility (all x 20 – 30 sec hold)	
Hamstring Stretch	Chest Stretch
90 / 90 Stretch	Frog Stretch
Figure 4 Stretch	
Hip Flexor Stretch	



Adaptive Exercise Program (Hybrid Day)

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

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

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

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

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

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

Aerobic Conditioning

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

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

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

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

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

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

Initial Cool Down: 3-5 min walk

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

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

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



Sample 8 Week Physical Conditioning Program

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

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

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

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

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



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Couch to 5K Program

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



Workout 1

Workout 1

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

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

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

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

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



Workout 2

Workout 2 The purpose of this session is to target all major muscle groups for a full body weight training workout. This session includes explosive movements to improve power.

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

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

Notes
 Split up into 2 groups. One group completes Block A and the other completes Block B. After group completes assigned block, they will switch to other block. For each block, complete one set of each exercise, then repeat second set starting back at first exercise.
 BB = barbell ; DB = dumbbell ; KB = kettlebell ; MB = Medicine Ball ; OH = overhead

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



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Workout 3

Workout 3

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

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

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

Notes

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

BB = barbell ; DB = dumbbell

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

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



Workout 4

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

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

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

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

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



Workout 5

Workout 5

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

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

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

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

Notes

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

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

Cooldown/Recovery

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



Workout 6

Workout 6

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

Warmup – 15 Minutes

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

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

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

Notes

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

Time Goal is between 8 – 15 minutes.

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

Cooldown/Recovery – 15 Minutes

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



Exercise Library Categories

1

Dynamic Warm-Up

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

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

2

Physical Training

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

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

3

Recovery Training

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

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



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4-Way Neck Series

Upper Extremity: Low Demand

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



A Skip

Lower Extremity: High Demand

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



Air Squat

Lower Extremity: Low Demand

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



Alternating Lateral Lunge

Lower Extremity: Low Demand

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





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Arm Circles

Upper Extremity: Low Demand

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



Bird Dog

Upper and Lower Extremity, Core: Low Demand

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



Butt Kickers

Lower Extremity: High Demand

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



Calf Raise

Lower Extremity: Low Demand

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





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Glute Bridge

Lower Extremity: Low Demand

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



Hamstring Scoop

Lower Extremity: Low Demand

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



Jumping Jacks

Upper and Lower Extremity: High Demand

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



Pike Plank Ankle Mobility

Upper and Lower Extremity: Low Demand

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





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Reverse Lunge and Twist

Lower Extremity: Low Demand

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



Single Leg Romanian Deadlift

Lower Extremity, Core: Low Demand

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



Spiderman

Upper and Lower Extremity, Core: High Demand

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



Swimmers Prone Scap Reach

Upper Extremity, Core: High Demand

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





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Vertical Side Hops

Lower Extremity: High Demand

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



Walk Outs

Upper and Lower Extremity, Core: Low Demand

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



Worlds Greatest Stretch

Upper and Lower Extremity, Core: Low Demand

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





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Biking

Lower Extremity: Low Impact

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



Elliptical

Upper and Lower Extremity: Low Impact

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



Jogging/Running

Lower Body: High Impact

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



Rowing

Upper and Lower Extremity, Core: Low Impact

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





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Air Squat

Lower Extremity, Low Demand

Standing feet shoulder width apart.

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



Alt V-up

Upper and Lower Extremity, Core: High Demand

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



Bear Stance Plank Taps

Upper and Lower Extremity, Core: High Demand

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



Cross-Legged Reverse Crunch

Core: Low Demand

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





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Dumbbell Chest Press

Upper Extremity: High Demand

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



Dumbbell Thrusters

Upper and Lower Extremity, Core: High Demand

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



Deadbug

Upper and Lower Extremity, Core: Low Demand

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



Dumbbell Alternating Lunge

Lower Extremity: High Demand

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





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Dumbbell Shoulder Press

Upper Extremity: High Demand

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



Farmer's Carry

Upper and Lower Extremity, Core: High Demand

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



Flutter Kicks

Lower Extremity, Core: Demand

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



Forearm Plank

Upper Extremity, Core: Low Demand

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





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Frog Jump

Lower Extremity: High Demand

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



Glute Bridge

Lower Extremity: Low Demand

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



Goblet Squat

Upper and Lower Extremity, Core: High Demand

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



Hand Release (HR) Push-up

Upper Extremity: Low Demand

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





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Hollow Body Hold

Core: Low Demand

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



Lat Pull-down

Upper Extremity, Core: High Demand

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



MedBall Clean and Press

Upper and Lower Extremity: High Demand

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



Mini-band Monster Walk

Lower Extremity, Core: High Demand

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





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Push-Up

Upper Extremity: Low Demand

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



Renegade Row

Upper Extremity, Core: High Demand

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



Rope Face Pull

Upper Extremity, Core: High Demand

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



Rotational Medball Throw

Upper and Lower Extremity, Core: High Demand

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





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Run in Place

Lower Extremity: High Demand

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



Side Hops

Lower Extremity: High Demand

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



Side Plank

Upper Extremity, Core: Low Demand

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



Sit-up

Core: High Demand

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





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Split Squat

Lower Extremity: Low Demand

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



Stability Ball Leg Curls

Lower Extremity, Core: Low Demand

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



Step Up to Hip Flexion

Lower Extremity, Core: High Demand

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



Suitcase Carry

Upper and Lower Extremity, Core: High Demand

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





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90/90 Stretch

Lower Extremity: Low Demand

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



Chest Stretch

Upper Extremity: Low Demand

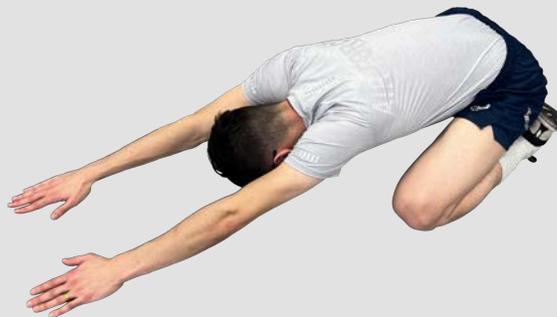
Laying prone with arms extended to both sides, slightly bend one elbow with that palm placed flat on the ground. Slowly, lifting that shoulder off the ground while simultaneously reaching the same foot behind and across the body to stretch the shoulder and chest of the extended arm.



Child's Pose

Upper and Lower Extremity: Low Demand

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



Cobra/Upward Dog

Core: Low Demand

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





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Figure 4 Stretch

Lower Extremity: Low Demand

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



Frog Stretch

Lower Extremity: Low Demand

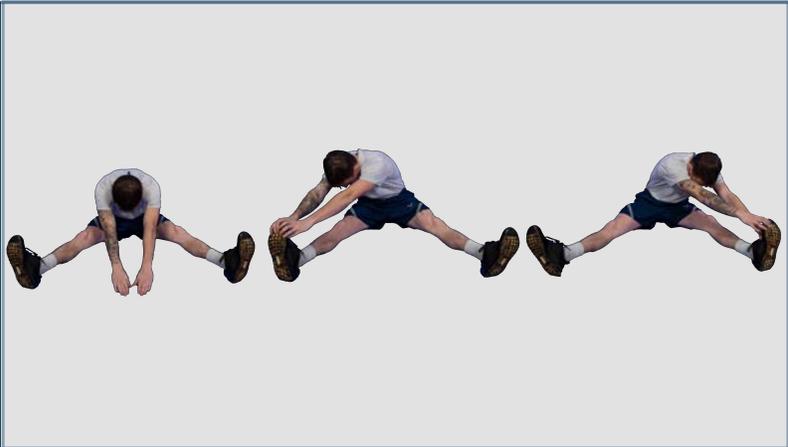
Kneel on the floor with knees well outside hip-width apart. Place your forearms on the ground in front and slowly shift weight back towards your feet, then forwards towards your forearms.



Hamstring Stretch

Lower Extremity: Low Demand

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



Hip Flexor Stretch

Lower Extremity: Low Demand

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





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Pigeon

Lower Extremity: High Demand

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



Quad Stretch

Lower Extremity: Low Demand

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



Shoulder 90-degree Rotation

Upper Extremity: Low Demand

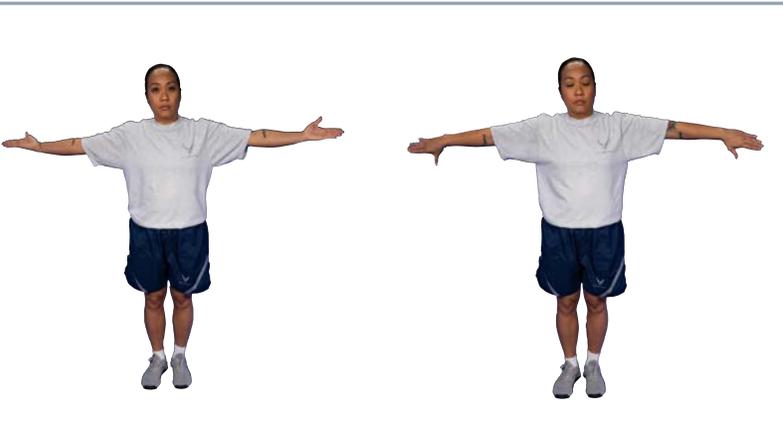
Stand straight with shoulders back and down, bring your arms up into a 90-degree position. Rotate forward until you reach the end of your range of motion and return to the starting position while maintaining a 90 degree bend of the arms.



Shoulder Thumbs Rotation

Upper Extremity: Low Demand

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





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Shoulder Stretch

Lower Extremity: Low Demand

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



Single Leg Groin

Lower Extremity: High Demand

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



Triceps Stretch

Lower Extremity: Low Demand

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





HAMR Improvement Program

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



Data Conversion Tables

Distance Conversions

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

Calorie Conversions

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



Sleep Hygiene

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



Sleep Diary

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

SLEEP SCHEDULE	Bedtime:
	Rise Time:

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

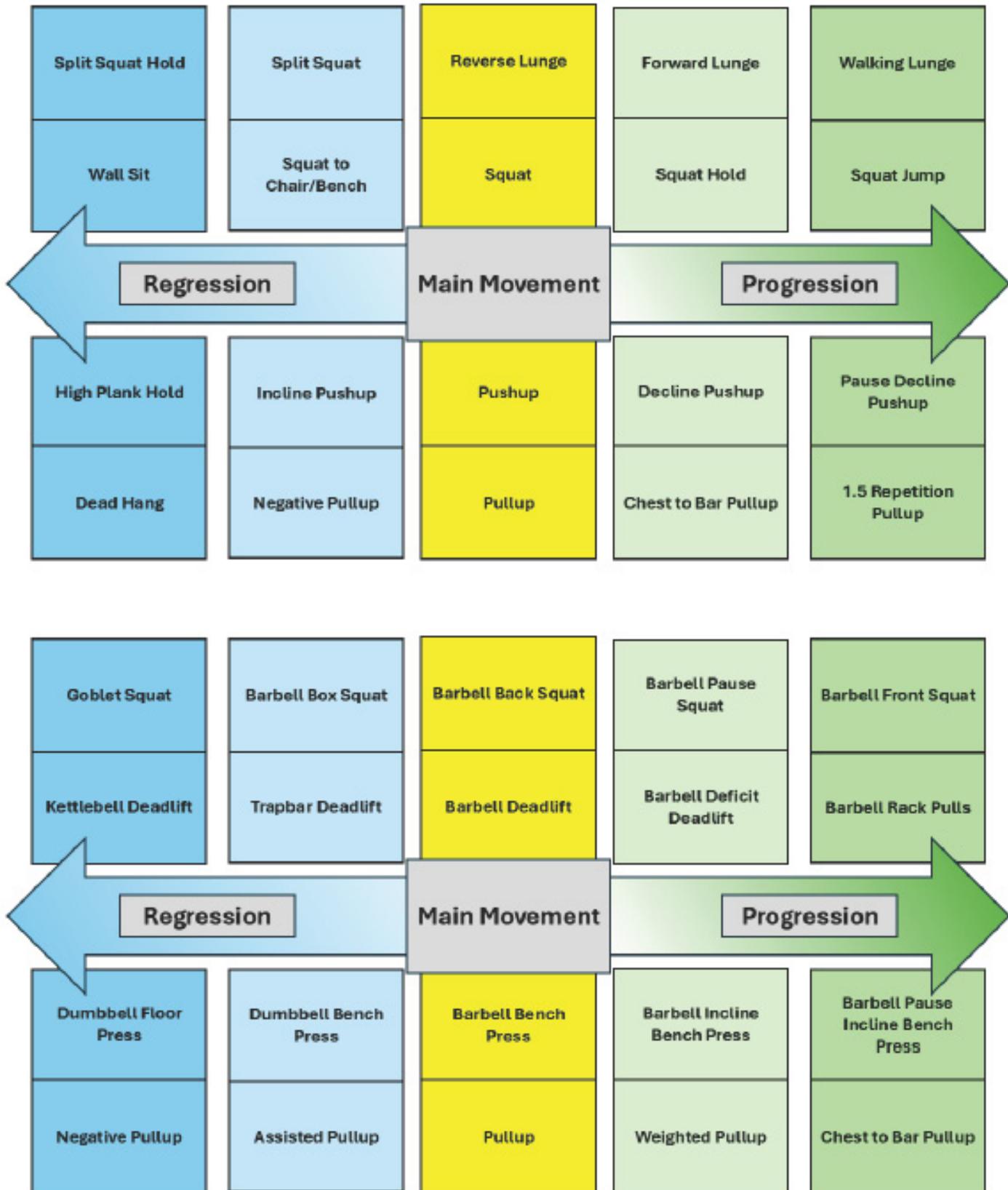
SLEEP NUMBERS	1 Sleep window:	3 Time asleep:
	2 Time awake:	4 Sleep efficiency: %


End-of-week calculations
 Easy calculations at
mysleepwell.ca/calculator
© 2018 D. Gardner, A. Murphy - Update: Dec 2024



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Progression and Regression Examples



Progression and Regression

Appendix F



POWER PLATE

EAT TO FUEL YOUR PERFORMANCE



EAT MINDFULLY

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



POWER UP

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

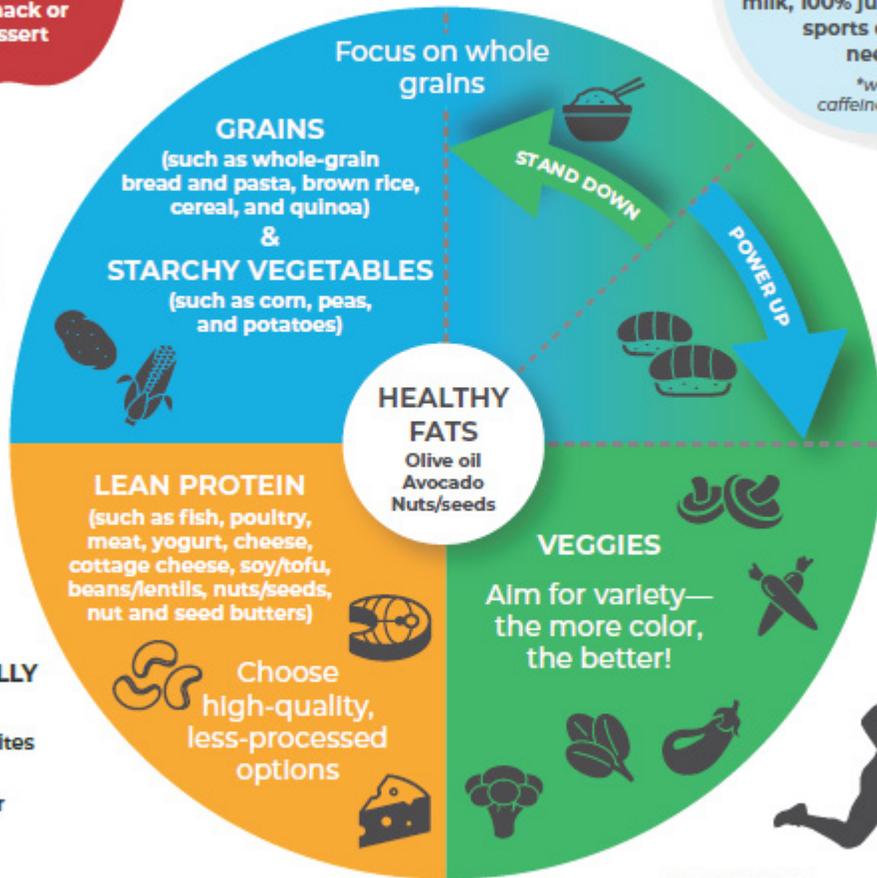
STAND DOWN

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

WATER OR UNSWEETENED DRINKS

Coffee*, tea*, milk/nondairy milk, 100% juice (limit 4 oz); sports drinks as needed

*watch caffeine content



BE ACTIVE!

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

Adapted from: Team USA's Athlete's Plates
For more information, visit HPRC-online.org/nutrition



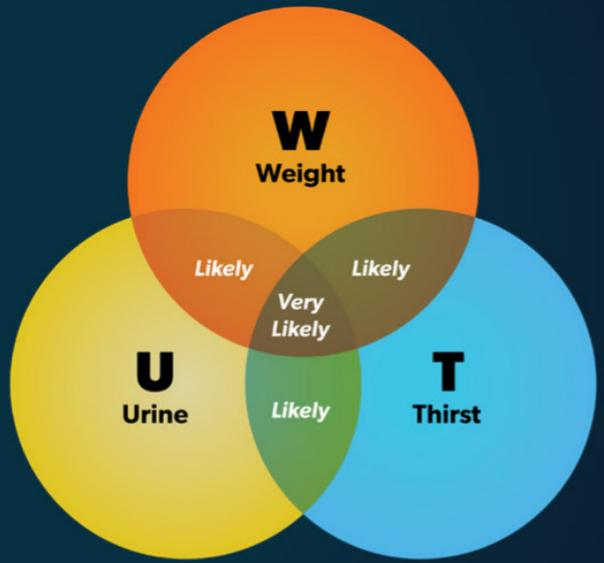
HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org



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 **DEHYDRATED?**

WUT TO LOOK FOR



Throughout the day, remember to check your:

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



Check the scale

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



Check your urine

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



Check in with your body

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

Two or more WUT criteria mean you're dehydrated.

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

Watch out for other signs of dehydration:

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



Scan to learn more:



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Warmups

1. 2 Minute Jog (or jog in place)

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

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

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

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

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

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

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

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

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



Warmups

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

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

7. Good Morning (10x)

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

8. Heel Rocker (10x)

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

9. Pendulum Leg Swing (10x each leg)

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

10. Soccer Kicks (10x each leg)

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



Cooldowns

1. 2-minute walk to lower heart rate

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

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

2. Shoulder Stretch (10x each arm)

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

3. Triceps Stretch (10x each arm)

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

4. Quad Stretch (10x each leg)

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

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

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



Cool Downs

6. Butterfly Stretch (10x)

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

7. Modified Hurdler Stretch (10x each leg)

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

8. Piriformis Stretch (10x each leg)

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

9. Half Pretzel (10x each leg)

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