



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS, EIGHTH ARMY
UNIT #15236
APO AP 96205-5236

EACG

NOV 21 2012

MEMORANDUM FOR Eighth Army Soldiers

SUBJECT: Eighth Army Command Policy Letter #44 – Physical Readiness Training

1. REFERENCES.

- a. Army Regulation 600-9, The Army Weight Control Program, 27 November 2006.
- b. Field Manual (FM) 7-22, Army Physical Readiness Training, 26 October 2012.

2. PURPOSE. To provide guidance and establish policy for Physical Fitness and Training for Soldiers assigned to Eighth Army.

3. BACKGROUND. This physical fitness training policy applies to all units assigned to Eighth Army (8A). Physical Readiness Training (PRT) provides a foundation for combat readiness and must be an integral part of every Soldier's daily life. Physical Fitness is a critical component of the dimensions of Comprehensive Soldier Fitness. Physical Fitness remains a central pillar of Soldier readiness in Eighth Army. All Soldiers have a duty to remain physically fit and capable of performing their mission under stressful and adverse conditions. Unit readiness begins with the physical fitness of Soldiers and the non-commissioned officers (NCOs) and officers who lead them. Leaders at all levels must participate along with their Soldiers in the conduct of this training. Leader presence and supervision ensures that the Army standards are met, that the training is conducted safely and that the leader can evaluate the fitness level of their unit. Soldiers using gyms during installation PT hours will be involved in a unit or group fitness program supervised by unit leaders, individual PT is not allowed unless approved by an O5 commander or above and due to mission related constraints. Sports will not be conducted during unit prescribed PT time unless conducted at the company level as part of organizational day activities and approved by a commander grade O5 and above.

4. DISCUSSION.

a. Commanders or senior military supervisors will establish physical fitness training programs consistent with FM 7-22, Army Physical Readiness Training (APRT) and unit missions. Commanders will implement a written program to complement the Army PRT program including Foot Marching and Modern Army Combatives. Other programs may be included like Tae Kwon Do and strength and conditioning type functional fitness programs. Commanders will ensure Soldiers meet Army APFT standards before being allowed to participate in additional programs. Exercise periods will be conducted with sufficient intensity, frequency, and duration to maintain adequate cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition.

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b. Soldiers must meet the physical fitness standards (as measured during the Army physical fitness test (APFT) set forth in FM 7-22. Soldiers who are unable to meet these standards or the mission-related physical fitness standards required of their duty assignment will be flagged IAW AR 600-8-2.

c. Performing high-quality training daily rather than high-volume training avoids overuse injuries. Additional reinforcement training, if determined appropriate by the commander, will focus on correcting identified weaknesses and sustaining strengths. Additional reinforcement training will not be used to punish a Soldier or for any other purpose not directly related to correcting identified weaknesses.

d. Units will establish a Supplemental PRT program to be conducted in a designated area that allows for proper supervision and does not interfere or impede unit physical training. Supplemental training will be approved by the Battalion or first O5 commander and supervised by a NCO. Profile PT is not an individual event. Soldiers with temporary or permanent physical limitations are expected to remain fit using techniques that prevent further injury to themselves while building their aerobic and anaerobic capacity. Commanders have a responsibility to ensure resources of time, adequate facilities, and appropriate instruction and oversight are available to adequately accommodate the fitness needs of physically limited Soldiers. Special conditioning programs will be conducted in accordance with Chapter 6 of FM 7-22.

e. Soldiers who are not in compliance with applicable weight limitations as specified in Tables 3-1 and 3-2 of AR 600-9, may be required to perform supplemental PRT and will require education on diet and exercise (Chapter 6, FM7-22 and AR 600-9). The focus of supplemental PRT sessions for overweight Soldiers is on low-impact activities and resistance training to achieve caloric expenditure, build lean muscle mass, and promote optimal fat loss.

f. Pregnancy and Postpartum Physical Training (PPPT) Programs will be conducted on every installation to ensure women are afforded a quality program to meet their needs in the various stages of pregnancy and recovery. The program will be conducted at the installation level under the direction of the Senior Responsible Officer. The purpose of the Pregnancy/Postpartum Physical Training Program is to provide the senior commander with a standardized physical training (PT) and education program for pregnant and postpartum Soldiers and to train local PPPT Program personnel in pregnancy and postpartum fitness. Programs will be conducted daily during organized PT times. Enrollment is mandatory once soldiers are cleared through the normal pregnancy profiling system. Any unit, Battalion level and above, that has the possibility of having pregnant Soldiers will maintain a primary PPPT certified exercise trainer and an alternate trainer, appointed on additional duty orders, to rotate as installation program trainers as directed by the installation commander via official duty roster DA6.

g. Senior Responsible Officers and Garrison Commanders will coordinate daily PRT hours for each installation. Physical Readiness Training will be conducted 5 days a week. Thursday PRT can be incorporated into Sergeant's Time Training. Senior Responsible officers will direct road closure times and routes In Coordination With the Garrison Commander during PRT hours

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to allow for a safe environment. Running in formation off post is only authorized after coordination with local authorities and traffic flow must not be impeded.

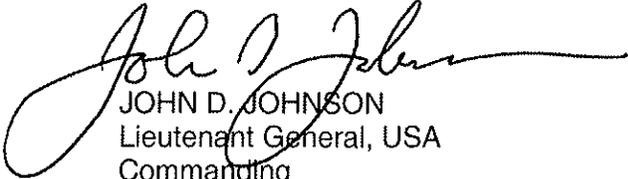
h. During designated PRT hours Soldiers will wear the Improved Physical Fitness Uniform/Army Combat Uniform (IPFU/ACU) with the appropriate PT Belt, as designated by the Senior Responsible Officer (SRO) for each area, regardless of the time of day. The commander or leader in charge will prescribe the specific uniform for each PRT session.

i. Individuals conducting personal PT (running, jogging, biking, rollerblading, etc.) during **non-PRT hours** may wear appropriate civilian attire, with reflective belt or vest regardless of the time of day. Reflective belts will be worn around the waist or shoulder. Soldiers on leave / pass status on our installations may also wear appropriate civilian attire.

j. Organized athletics during normal PRT hours must be approved by an O-5 Commander. Units should only conduct organized athletics for special occasions to build unit cohesion. Organized athletics should be supervised to avoid injuries, and not be conducted at a frequency that negatively impacts Soldiers' individual physical readiness. The conduct of organized athletics must ensure the participation of all unit members not involved in special population PT, and result in activities that build cardiovascular stamina and strength.

k. Soldiers are not allowed to run on post while wearing ear buds or headsets for MP3 or other music players.

5. PROPONENT. The proponent for this policy is Eighth Army ACoS G-3/5/7. The POC is Training and Exercise Division (Trex) at usarmy.yongsan.8-army.list.g37trex@mail.mil.



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