

## Physical Fitness

Physical training is an area of great emphasis for all services. All students will participate in a structured physical training program according to their service guidelines. It is imperative that all students bring their service issued physical training uniform.

**AIR FORCE** - Physical training and location will be conducted as determined by the Senior Air Force Instructor. All personnel will wear the Air Force physical training uniform and attendance is mandatory.

**ARMY** - Physical training will be conducted with Alpha Company 369<sup>th</sup> AG BN Monday through Friday at the designated time. All personnel will wear the proper Army physical training uniform and attendance is mandatory.

**NOTE:** Active Army, Reserve and National Guard Soldiers will have their HT/WT measured and be administered a body fat test if they exceed their weight standard. They will be eliminated from the course if the standards are not met in one week.

---

**MARINES** - Physical training and location will be conducted as determined by the Senior Marine Corps Instructor. All personnel will wear the Marine Corps physical training uniform and attendance is mandatory.

**Note:** *Make sure you bring your branch of service physical training uniform for the season and if seasons cross each other make sure you bring both; the weather in South Carolina fluctuates regularly.*