



DEPARTMENT OF THE ARMY  
2D BRIGADE, 1<sup>ST</sup> ARMORED DIVISION  
UNIT 23704  
APO AE 09034-3704

AETV-THO-Z (100)

12 August 2002

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Letter 13, Physical Training

1. Purpose. To establish policies concerning Physical Training within the 2<sup>nd</sup> Brigade, 1<sup>st</sup> Armored Division.
2. APPLICABILITY. All soldiers within the 2<sup>nd</sup> Brigade, 1<sup>st</sup> Armored Division.
3. REFERENCES.
  - a. USAREUR Command Policy Letter 8, Physical Fitness Programs, dated 6 Nov. 2001.
  - b. V Corps Command Policy Memorandum #10, Physical Fitness Training in V Corps, dated 26 Nov. 2001.
4. POLICY.
  - a. Physical Fitness is an extremely important activity, which promotes individual health, unit cohesion, and overall combat readiness. We must constantly strive to maintain high levels of physical fitness at all times. Commanders will ensure their programs provides challenging conditioning exercises, which include a variety of aerobic and conditioning tasks.
  - b. The standard Physical Training period within the Iron Brigade is from 0630 hours to 0730 Hours, Monday through Friday, excepting Thursday for Sergeant's Time Training. Commanders and chain of command will ensure that soldiers are not giving any other tasks during this period. Units may conduct PT during extended hours if planned and annotated on the company training schedule, approved by the battalion commander, and resourced (arrange for late feeding, if required). The Battalion Commander/CSM is the approving authority for soldiers not conducting physical training.
  - c. Guidelines for conducting physical training in the Iron Brigade:
    - (1) All soldiers within the Iron Brigade will conduct physical training at least four times each Week (Monday through Wednesday and Friday; Thursday physical training must be linked to Sergeants' Time Training. The goal for each individual soldier is to obtain at least 240 or higher on the APFT (70 points in each event).
    - (2) Leaders will lead and join their soldiers in physical training. PT will be conducted by units, with smallest unit being squad/section.

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(3) Senior Leaders are encouraged to routinely conduct training with their units. They will be visible and active participants in the unit physical training programs.

(4) Absolutely no other activities should take place during physical training sessions. (ie. dispatching of vehicles, turn in of status reports, etc.)

(5) Leaders must ensure PT is conducted according to FM 21-20. This includes proper stretching, warm-up, and cool down exercises.

(6) Commanders may allow soldiers achieving 270 or above to conduct individual PT on Tuesdays. Soldiers in this category must be awarded the Army Fitness Badge and the badge must be worn on fitness uniform IAW AR 670-1. The Battalion Commander, his CSM, SGMs, field grade officers, company commanders and first sergeants are the only other individuals authorized to conduct individual PT, to make routine assessments of their units.

(7) Profile PT will be consolidated at Battalion level. The Battalion MFT or designated instructors will ensure fitness sessions are conducted in one location. No individual with profile is authorized to conduct individual PT. The MFT/Instructor will maintain accountability and ensure that these soldiers are conducting rigorous physical training within the limits of their profiles.

(8) The use of gyms is authorized. However, units conducting physical fitness in the gym will have a PT plan prepared and on hand, including tasks, conditions, and standards and the workout routine. Leaders conducting such training must be trained on the proper and safe use of all equipment and be prepared to brief their training plan (ie. strength training, circuit training, number of repetitions, etc.) An example: (Station #1-Leg Press, Station #2- Leg Raise, Station #3- Biceps Curl). Individual workouts from 0630-0730 are prohibited.

(9) Soldier failing to meet the required army standards will be placed on the Unit Remedial PT program, along with soldiers failing to meet the standards of AR 600-9 (Weight- Control). IAW Army regulations, these soldiers may be given additional physical retraining outside the normal training day. Note: This does not include soldiers failing unit-designated standards. Soldiers failing to achieve unit standards may only be retrained during normal duty hours.

(10) Commanders are encouraged to use ability group runs which provides enough intensity for improving soldier fitness and challenging soldiers at a level commensurate with their abilities. (ie. Interval Training, Fartlek Training, and Road Marches.)

(11) Driving of private owned vehicles during PT hours is not authorized. If caught, you will receive a ticket from the military police.

(12) Organized athletics will not be conducted during normal PT hours unless approved by the Battalion Commander. This should be limited to special occasions such as Organization Days.

(13) The 47<sup>th</sup> FSB will conduct the BCT's pregnancy PT program at Mountaineer Gym. Units with pregnant female soldiers must register the soldier in the 47<sup>th</sup> FSB program. The 47<sup>th</sup> will be responsible for accountability during PT periods.

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5. POC is the 2<sup>nd</sup> Brigade Commander at DSN 485-7290/7511.
6. This policy supersedes the previous policy, is effective immediately, will be briefed to incoming soldiers by their first line supervisors and will be posted on all unit bulletin boards.
7. IRON BRIGADE! STRIKE HARD!



JOHN D. JOHNSON  
COL, IN  
Commanding

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