



# **Air Force Instruction AFI 36-2905 Fitness Program including 3 January 2013 changes**

*United States Government US Air Force*

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The United States Air Force USAF Physical Fitness Program is fully detailed in AFI 36-2905 including:  
Chapter 1: Responsibilities Chapter 2: Fitness Assessment Chapter 3: Fitness Assessment Waivers Chapter 4: Exemptions Chapter 5: Physical Fitness Education/Intervention Chapter 6: Special Populations Chapter 7: Program Management Chapter 8: Fitness Metrics Chapter 9: Administrative and Personnel Actions  
Attachment 1: Glossary of References and Supporting Information Attachment 2: Physical Fitness Guidelines Attachment 3: Sample Unit Physical Fitness Programs Attachment 4: Fitness Screening Questionnaire Attachment 5: ARC Fitness Test Deferral Guidance Attachment 6: ARC Fitness Deferral Follow Up Questionnaire Attachment 7: Muscle Fitness Assessment Procedures Attachment 8: 1.5 Mile Run and 1.0 Mile Walk Course Requirements Attachment 9: DOD Waiver From Body Fat Methodology Attachment 10: REGAF Sample Memorandum for Medical Clearance Attachment 11: ARC Sample Memorandum for Medical Clearance Attachment 12: Sample Memo for TDY/PME Attachment 13: Medications Affecting Fitness Program Participation Attachment 14: Fitness Assessment Score Charts Attachment 15: 1.0 Mile Timed Walk Instructions Attachment 16: Alternate Aerobic Test Standards; 1.0 Mile Walk Test Minimum Component Values Attachment 17: Alternate Aerobic Test (1 Mile Walk Test) V02 Assessment Chart Attachment 18: Sample Fitness Assessment Score Charts Attachment 19: Administrative and Personnel Actions for Failing to Attain Physical Fitness Standards

It is every Airman's responsibility to maintain the standards set forth in this AFI 365 days a year. Being physically fit allows you to properly support the Air Force mission. The goal of the Fitness Program (FP) is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength/flexibility training, and healthy eating. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness. Commanders and supervisors must incorporate fitness into the AF culture establishing an environment for members to maintain physical fitness and health to meet expeditionary mission requirements. The Fitness Assessment (FA) provides commanders with a tool to assist in the determination of overall fitness of their military personnel. Commander- driven physical fitness training is the backbone of the AF physical fitness program and an integral part of mission requirements. The program promotes aerobic and muscular fitness, flexibility, and optimal body composition of each member in the unit.

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