

## Are You Ready for Basic Training?

Air Force (AF) Basic Military Training (BMT) is an exciting, demanding, and most rewarding experience. The best thing you can do to be ready is to prepare yourself in advance. Getting an early start on physical conditioning is among the most important steps you can take to be successful.

Fitness standards upon arrival at BMT (effective 7 May 2015)

Enlistees failing to meet either: 1) aerobic fitness standards of: 1.5 mile run times of 18:30 for males, 21:35 for females, or 2) body composition standards of: Maximum abdominal circumference of 39.0 inches male, 35.5 inches female or maximum body fat of 20% for males, 28% for females upon arrival at BMT are deemed medically unable to safely complete the BMT program. In order to avoid injuries, you may be immediately processed for entry-level separation.

Individuals at or below a minimum Body Mass Index (BMI) of 18.5 must undergo a medical evaluation prior to participation in any physical training (PT) in BMT. BMI measurements are taken while at AF BMT.

### Physical Preparation

You will perform physical conditioning six days a week with alternating days of muscular endurance exercises and aerobic running. The program will be much easier for you if you prepare in advance and are able to meet the suggested fitness level below upon arrival to BMT.

### Suggested fitness level upon arrival at Basic Training

	1.5. Mile Run	Push-ups	Sit-ups
Males	<13:45	>25	>35
Females	<16:00	>15	>30

Meeting these suggested fitness levels upon arrival increases the likelihood that you'll graduate on-time.

Recruits who prepare in advance often exceed standards and receive special awards and recognition.

### Fitness graduation requirement

The following are BMT fitness targets that need to be achieved in order to successfully meet or exceed the Air Force Fitness Assessment. Failure to meet or exceed all of the targets may result in an unsatisfactory Air Force Fitness Assessment score and delay graduation until the standards are achieved.

#### Men: Physical Training Targets

Age	1.5 Mile Run	Push-Ups	Sit-Ups	Abdominal Circumference
<30	11:57	33	42	35"
30-39	11:57	27	39	35"

#### Women: Physical Training Targets

Age	1.5 Mile Run	Push-Ups	Sit-Ups	Abdominal Circumference
<30	14:26	18	38	31.5"
30-39	14:26	14	29	31.5"

Push-ups and sit-ups are conducted in a one-minute time frame and must be performed with proper form. Those performed improperly will not count.

Push-ups: To complete a push-up, assume the front leaning rest position with your arms shoulder width apart, feet together or up to 12 inches apart and body forming a generally straight line from your shoulders to your ankles. Your body should maintain a rigid head to heel form. This is the up/starting position. Begin by lowering your body to the ground until your upper arms are at least parallel to the floor (elbows bent at 90 degrees) then return to the up position (arms fully extended but not locked). This is one repetition.

Sit-ups: When practicing sit-ups, lay on your back with your feet together or up to 12 inches apart, knees bent at a 90-degree angle with a spotter holding your feet at the ankles. Place your arms crossed over the chest with your hands at the shoulders or resting at the upper chest. Bring your upper body forward until your elbows touch your knees or thigh. Lower your back until your shoulder blades touch the ground.

Running: You can build up your running ability by starting out at a slow pace for 15 to 20 minutes. To ensure a smooth transition into the BMT fitness program, your goal should be a continuous 30 to 40 minute run 3-5 times a week. Consistency is the key. Make a schedule and stick to it!