

**BY ORDER OF THE
39TH AIR BASE WING COMMANDER
(USAFE)**



AIR FORCE INSTRUCTION 36-2905

**INCIRLIK AIR BASE
Supplement**

22 JUNE 2012

Personnel

FITNESS PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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Air Force Instruction (AFI) 36-2905, *Fitness Program*, 1 July 2010, to include Air Force Guidance Memorandum 3 (AFGM3), 3 January 2012, is supplemented as follows: The purpose of this supplement is to establish policy and procedures unique for Incirlik Air Base (AB), Turkey. This supplement applies to all personnel assigned to the 39th Air Base Wing (39 ABW) and transient personnel accomplishing fitness assessments. Refer recommended changes and questions regarding this publication to the Office of Primary Responsibility (OPR), 39 FSS/CC using AF Form 847, *Recommendation for Change of Publication*. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with Air Force Manual (AFMAN) 33-363, *Management of Records*, and disposed of in accordance with Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS) located at <https://www.my.af.mil/gcss-af61a/afirms/afirms/>.

1.21.4.3. **(Added) FAC Trained Physical Training Leaders (PTLs).** Fitness Assessment Cell (FAC) PTL Augmentee trained personnel are required to administer all portions of the fitness assessment in accordance with (IAW) AFI 36-2905, Chapter 2. To ensure mission completion, unit PTLs will remain current on testing procedures and units will provide PTL FAC augmentation in the following order:

1.21.4.3.1. **(Added)** January – 39th Logistics Readiness Squadron (39 LRS) male and 39th Comptroller Squadron (39 CPTS) female.

1.21.4.3.2. **(Added)** February – 39th Communications Squadron (39 CS) male and 39th Civil Engineering Squadron (39 CES) female.

- 1.21.4.3.3. **(Added)** March – 39th Security Forces Squadron (39 SFS) male and 39th Maintenance Squadron (39 MXS) female.
- 1.21.4.3.4. **(Added)** April – 39 CES male and 39th Medical Operations Squadron (39 MDOS) female.
- 1.21.4.3.5. **(Added)** May – 39th Medical Support Squadron (39 MDSS) male and 39th Force Support Squadron (39 FSS) female.
- 1.21.4.3.6. **(Added)** June – 39 MXS male and 39 LRS female.
- 1.21.4.3.7. **(Added)** July – 39 CPTS male and 728th Air Mobility Squadron (728 AMS) female.
- 1.21.4.3.8. **(Added)** August – 39th Operations Squadron (39 OS) male and 39 SFS female.
- 1.21.4.3.9. **(Added)** September - 39 FSS male and 39 ABW Staff Agencies/Armed Forces Network (AFN) female.
- 1.21.4.3.10. **(Added)** October – 39 MDOS male and 39 CS female.
- 1.21.4.3.11. **(Added)** November – 39 ABW Staff Agencies/AFN male and 39 OS female.
- 1.21.4.3.12. **(Added)** December – 728 AMS male and 39 MDSS female.

Note: In the event assigned units are unable to provide required FAC trained PTL augmentees on assigned dates, they remain responsible for coordinating a trained backfill in advance from other units to ensure coverage.

2.7.1.1. **(Added)** Airmen testing with the 1.5 mile run as their cardio assessment will normally be tested in the following order: Abdominal circumference measurement, push ups, sit ups and then run. This sequence for strength and the run may be changed by FAC Manager if necessary.

2.7.4. **(Added)** All members tested on the cardio portion will wear the numbered, light-weight jerseys provided by the FAC.

CHRISTOPHER E. CRAIGE, Colonel, USAF
Commander

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

AFI 36-2905, *Fitness Program*, 1 July 2010 and AFGM3, 3 January 2012

AFMAN 33-363, *Management of Records*, 1 March 2008

Prescribed Forms

No forms prescribed.

Adopted Forms

AF Form 847, *Recommendation for Change of Publication*, 22 September 2009

Abbreviations and Acronyms:

39 ABW—39th Air Base Wing

39 CES—39th Civil Engineering Squadron

39 CPTS—39th Comptroller Squadron

39 CS—39th Communications Squadron

39 FSS—39th Force Support Squadron

39 LRS—39th Logistics Readiness Squadron

39 OS—39th Operations Squadron

39 MDSS—39th Medical Support Squadron

39 MDOS—39th Medical Operations Squadron

39 MXS—39th Maintenance Squadron

39 SFS—39th Security Forces Squadron

728 AMS—728th Air Mobility Squadron

AB—Air Base

AFI—Air Force Instruction

AFGM3—Air Force Guidance Memorandum 3

AFMAN—Air Force Manual

AFN—Armed Forces Network

AFRIMS—Air Force Records Information Management System

FAC—Fitness Assessment Cell

IAW—In Accordance With

OPR—Office of Primary Responsibility

PTL—Physical Training Leader

RDS—Records Disposition Schedule