

**BY ORDER OF THE COMMANDER
56TH FIGHTER WING (AETC)**

AIR FORCE INSTRUCTION 36-2905



**LUKE AIR FORCE BASE
Supplement**

13 OCTOBER 2015

Personnel

FITNESS PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This supplement implements and extends Air Force Instruction (AFI) 36-2905, *Fitness Program*. It applies to all personnel attached or assigned to the 56th Fighter Wing (56 FW), including tenant units, Air Force Reserve and Air National Guard members who accomplish fitness assessments on Luke AFB. Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using the AF Form 847, *Recommendation for Change of Publication*; route AF Forms 847 from the field through the appropriate functional chain of command. Ensure that all records created as a result of processes prescribed in this publication are maintained IAW Air Force Manual (AFMAN) 33-363, *Management of Records*, and disposed of IAW Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS). This publication may be supplemented at any level, but all direct Supplements must be routed to the OPR of this publication for coordination prior to certification and approval. The authorities to waive wing/unit level requirements in this publication are identified with a Tier ("T-0, T-1, T-2, T-3") number following the compliance statement. See AFI 33-360, *Publications and Forms Management*, for a description of the authorities associated with the Tier numbers. The use of the name or mark of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

SUMMARY OF CHANGES

Added paragraphs 2.24.13; 2.24.14; 2.24.14.1; 2.24.14.2; 2.24.15; 2.24.16; 2.24.17; 2.24.17.1; 2.24.17.2; 2.24.18; and 2.24.19. Updated reference publication date.

2.24.13. **(Added)** Fitness Assessment Cell (FAC) Manager Responsibilities. Trains Group Fitness Program Managers (GFPMs), Unit Fitness Program Managers (UFPMs), and Fitness Assessment Cell (FAC) Physical Training Leaders (PTLs) on Fitness Assessment (FA) policies and metrics. The 944th Fighter Wing (944 FW) will take on the FAC Manager responsibilities for their assigned traditional reservists on unit training assemblies.

2.24.14. **(Added)** FAC PTL Augmentation Staffing. Military PTLs from throughout the wing will augment the FAC and administer FAs. For continuity purposes, the PTLs will be assigned to the FAC on a 30-day rotation. PTLs assigned to the 944 FW will augment their FAC and administer FAs on a rotational basis as deemed appropriate by the 944 FW FAC Manager.

2.24.14.1. **(Added)** FAC PTL Group Quota. The FAC PTL quota is as follows: 56th Fighter Wing (FW) - 1 Male, 56th Mission Support Group (MSG) - 1 Male and 1 Female, 56th Operations Group (OG) - 1 Male, 56th Maintenance Group (MXG) - 3 Male and 1 Female, 56th Medical Group (MDG) - 1 Male.

2.24.14.2. **(Added)** FAC PTL Schedule 56 FW, 56 MSG, and 56 MDG provides the necessary personnel for months of January, March, May, July, September, and November. 56 MXG and 56 OG provide necessary personnel for the months of February, April, June, August, October, and December.

2.24.15. **(Added)** FAC PTL Augmentee Requirements. Minimum FA score must be above 80 points (ensures tester can properly demonstrate each component IAW AFI 36-2905), cannot be on profile and must be CPR certified.

2.24.16. **(Added)** FAC PTL Augmentee Training. Just-in-time PTL-B training consists of 2 hours of policy review, hands-on taping and correct counting of the muscular components by the FAC Manager.

2.24.17. **(Added)** GFPM Responsibilities. Be the FAC Manager focal point for all FAs.

2.24.17.1. **(Added)** Ensure every unit has a UFPM assigned and ensure compliance with AFI 36-2905.

2.24.17.2. **(Added)** Ensure their respective groups provide the required number of FAC PTLs.

2.24.18. **(Added)** Runners. The order of FA with individuals testing with the 1.5 mile run as their cardio assessment is as follows: check-in, height/weight, abdominal circumference, push-ups, sit-ups, and run.

2.24.19. **(Added)** Walkers. The order of FA with individuals walking for the cardio assessment is as follows: check-in, height/weight, abdominal circumference, push-ups, sit-ups, and walk.

SCOTT L. PLEUS
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Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

AFI 36-2905, *Fitness Program*, 21 October 2013 w/IC1, 15 August 2015

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

Adopted Form

AF Form 847, *Recommendation for Change of Publication*

Abbreviations and Acronyms

AETC—Air Education Training Command

AFB—Air Force Base

AFFMS—Air Force Fitness Management System

AFI—Air Force Instruction

AFMAN—Air Force Manual

AFRIMS—Air Force Records Information Management System

ANG—Air National Guard

FA—Fitness Assessment

FAC—Fitness Assessment Cell

FSS—Force Support Squadron

FW—Fighter Wing

GFPM—Group Fitness Program Manager

HAWC—Health and Wellness Center

MDG—Medical Group

MSG—Mission Support Group

MXG—Maintenance Group

OG—Operations Group

OPR—Office of Primary Responsibility

PCS—Permanent Change of Station

PTLs—Physical Training Leaders

RDS—Records Disposition Schedule

TDY—Temporary Duty

UFPM—Unit Fitness Program Manager