

BY ORDER OF THE COMMANDER
SECOND AIR FORCE

AIR FORCE MANUAL 36-2905
SECOND AIR FORCE SUPPLEMENT



25 AUGUST 2026

Personnel

AIR FORCE PHYSICAL FITNESS READINESS PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

ACCESSIBILITY: Publications and forms are available on the e-Publishing website at **www.e-Publishing.af.mil** for downloading or ordering.

RELEASABILITY: There are no releasability restrictions on this publication.

OPR: 2 AF/A3O

Certified by: 2 AF/A3

Supersedes: DAFMAN36-2905_2AFGM2026-01

Pages: 8

This supplement extends the Air Force Manual (AFMAN) 36-2905, *Air Force Physical Fitness Readiness Program*, with specific United States Air Force (USAF) fitness guidance for the Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program. This supplement applies to the Regular Air Force, Air Force Reserve (AFR), Air National Guard (ANG), and Department of the Air Force (DAF) civilians permanently or temporarily assigned to the Second Air Force (2 AF). Guardians follow United States Space Force (USSF) specific physical training (PT) program guidance. Civilian and international students may participate in physical fitness training sessions.

This publication requires the collection and/or maintenance of information protected by the Privacy Act of 1974 authorized by Title 10 U.S.C., Sec 9013, Secretary of the Air Force. The applicable System of Record Notice F036 AF PC C, Military Personnel Records System is available at: <http://dpclo.defense.gov/Privacy/SORNs.aspx>. Ensure all records generated as a result of processes prescribed in this publication adhere to AFI 33-322, *Records Management and Information Governance Program*, and are disposed in accordance with (IAW) the Air Force Records Disposition Schedule, which is located in the Air Force Records Information Management System. Refer recommended changes and questions about this publication to the office of primary responsibility using DAF Form 847, *Recommendation for Change of Publication*; route DAF Form 847 from the field through the appropriate functional manager's chain of command. This publication may be supplemented at any level, but all supplements must be routed to the office of primary responsibility 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 DAFMAN 90-161, *Publishing Processes and Procedures*, for a description of the authorities associated with the Tier numbers. Per DAFMAN 90-161, paragraph 9.2.2, for non-tiered compliance items in this supplement, submit waiver requests to 2 AF/A3O (via 2 AF Tasker Workflow) for 2 AF/CC or 2 AF/CD approval. DAFMAN 90-161, paragraphs 9.5.1 and 9.5.3 apply when there is a change of command. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority. All waivers are requested/approved using DAF Form 679, *Department of the Air Force Publication Compliance Item Waiver Request/Approval*. A copy of all approved waivers must be sent to the Office of Primary Responsibility for the publication being waived within 30 days of approval. Compliance with the attachments is mandatory.

This is a new publication and should be reviewed thoroughly. This supplement includes guidance for commanders at all levels to use when developing robust local physical fitness programs. There is specific guidance for use at BMT as well as within the TT environment.

6.1.2.1. (Added-2 AF) Commanders at all levels will develop and execute an integrated physical fitness training plan that ensures PT is conducted every duty day for 2 AF permanent party, students, and trainees that promotes a culture of physical fitness and warfighter readiness.

6.1.2.2. (Added-2 AF) Commanders will ensure all BMT trainees and TT students adhere to physical fitness requirements and ensure accountability for those not achieving/maintaining fitness standards.

6.1.2.3. (Added-2 AF) Military Training Instructors, Military Training Leaders, and PFLs will be present during BMT, TT Non-Prior Service (NPS), and Enlisted Airman Orientation Course (EAOC)/TT Prior Service (PS) PT sessions, respectively, to ensure compliance with the commander's integrated physical fitness training plan and to facilitate medical responses as needed.

6.1.2.4. (Added-2 AF) Basic Military Training.

6.1.2.4.1. (Added-2 AF) Trainees must successfully complete the last physical fitness assessment (PFA) prior to BMT graduation. PFAs do not apply to prior (sister) service students attending the Enlisted Airman Orientation Course (EAOC). **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.4.2. (Added-2 AF) Trainees must meet or exceed the minimum values for standard push-ups, standard sit-ups, standard run, Waist-to-Height Ratio (WHtR), and meet or exceed the minimum composite point total. Retests will include reassessment of all components with the same minimum requirements for passing. Points will be tabulated through the use of the fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate components is prohibited.

6.1.2.4.3. (Added-2 AF) BMT PFA results are documented in eBMT. **Note:** The results will not be documented in myFitness.

6.1.2.4.4. (Added-2 AF) PT at BMT will be conducted at least six (6) days per week. PT for Enlisted Airman Orientation Course (EAOC) students will be conducted each duty day.

6.1.2.4.5. (Added-2 AF) PT will be implemented as integrated physical activities and curriculum.

6.1.2.4.6. (Added-2 AF) 37 TRW will establish a human performance cell. The cell will:

6.1.2.4.6.1. (Added-2 AF) Ensure warfighter training and readiness.

6.1.2.4.6.2. (Added-2 AF) Develop a BMT-integrated physical training program that seamlessly incorporates progressive, applied fitness within the existing curriculum. This program must enhance training physical readiness for military service demands. Additionally, it will include performance training and injury prevention.

6.1.2.4.6.3. (Added-2 AF) Capture and analyze data related to trainee physical performance.

6.1.2.5. (Added-2 AF) Technical Training.

6.1.2.5.1. (Added-2 AF) Non-Prior Service (NPS) Students.

6.1.2.5.1.1. (Added-2 AF) NPS students will complete a passing PFA immediately prior to TT graduation of Air Force Specialty Code (AFSC) awarding course. Military Training Leaders will administer NPS student PFAs. **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.5.1.1.1 (Added-2 AF) Air Reserve Component (ARC) NPS students must achieve a passing PFA at the end of the AFSC awarding course to successfully complete training. Students who successfully complete academic requirements but fail to achieve a passing PFA at the end of training will not have orders extended and will return to their home unit. The training group will place student in Ineffective: Administrative (IA) status in TTMS-LMS, with comments.

6.1.2.5.1.1.2 (Added-2 AF) If an ARC NPS student does not pass a PFA immediately prior to graduation of the AFSC awarding course, and the PFA requirement is not waived, successful completion of a Physical Fitness Readiness Assessment (PFRA) at their home unit is required for graduation credit and award of 3-skill level. The training group (TRG) will update student status to GE upon receipt of a passing PFRA from the home unit, granting graduation credit for an award of the 3-skill level.

6.1.2.5.1.2. (Added-2 AF) NPS students must meet or exceed the minimum values for standard push-ups, standard sit-ups, standard run, Waist-to-Height Ratio (WHtR), and meet or exceed the minimum composite point total. Retests will include reassessment of all components with the same minimum requirements for passing. Points will be tabulated through the use of the most recent fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate DAF components is prohibited.

6.1.2.5.1.3. (Added-2 AF) Conduct NPS student PT sessions every duty day in accordance with the commander's integrated physical fitness training plan.

6.1.2.5.1.4. (Added-2 AF) NPS students struggling to meet fitness standards will be directed to attend MTL/PFL-led, small-group physical fitness improvement sessions until assessed with a passing score.

6.1.2.5.1.4.1 (Added-2 AF) The training squadron (TRS) representative will notify the ARC liaison within 2 duty days when an ARC NPS TT student is not meeting fitness standards in accordance with this Supplement.

6.1.2.5.1.4.2. (Added-2 AF) The ARC liaison will notify the student's home unit POC and unit commander of any issues that may impact the student's successful completion of the course. The ARC liaison will recommend communication between the home unit commander and the TRS commander to discuss a plan for the student upon return to their home unit, if applicable.

6.1.2.5.1.5. (Added-2 AF) NPS student PFA results will be documented in unit developed devices until the TTMS-LMS PT enhancement is complete. **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.5.1.6. (Added-2 AF) NPS students with a valid and current physical profile will undergo PFAs according to their Adaptive Fitness Program (AFP). If the profile exempts all PFRA components and the trainee's most recent PFA (prior to the profile being issued) met passing standards, commanders may waive the PFA graduation requirement.

6.1.2.5.2. (Added-2 AF) Prior Service (PS) Students.

6.1.2.5.2.1. (Added-2 AF) PS students include all officer and enlisted (other than NPS) students attending initial skills, advanced, or supplemental training courses. **Exemption:** The requirements of this supplement do not apply to Faculty Development courses.

6.1.2.5.2.2. (Added-2 AF) PS students must possess a current and passing/exempt official DAF PFRA score based on the standards in AFMAN 36-2905 upon reporting for TT. PS students enrolled in AFP will have an approved modified exercise plan. **Note: AFMAN 36-2905, paragraph 5.6.9** applies to members enrolled in an AFP.

6.1.2.5.2.3. (Added-2 AF) PS students attending AFSC awarding or advanced and supplemental courses over 21 calendar days will complete a passing PFA prior to TT graduation. PFAs are not required for PS students in courses lasting 21 calendar days or fewer. **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.5.2.3.1 (Added-2 AF) ARC PS students must achieve a passing PFA at the end of the AFSC awarding or advanced or supplemental course to successfully complete training. Students who successfully complete academic requirements but fail to achieve a passing PFA at the end of training will not have orders extended and will return to their home unit. The training group will place student in Ineffective: Administrative (IA) status in TTMS LMS, with comments.

6.1.2.5.2.3.2 (Added-2 AF) If an ARC PS student does not pass a PFA immediately prior to graduation from an AFSC awarding or advanced or supplemental course, and the PFA requirement is not waived, successful completion of a PFRA at their home unit is required for graduation credit and award of 3-skill level. The TRG will update student status to

GE upon receipt of a passing PFRA from the home unit granting graduation credit for an award of the 3-skill level.

6.1.2.5.2.3.3. (Added-2 AF) PS students must meet or exceed the minimum values for standard push-ups, standard sit-ups, and standard run, Waist-to-Height Ratio (WHtR), and meet or exceed the minimum composite point total. Retests will include reassessment of all components with the same minimum requirements for passing. Points will be tabulated through the use of the most recent fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate DAF components is prohibited.

6.1.2.5.2.3.4. (Added-2 AF) PS students with a valid and current physical profile will undergo PFAs according to their Adaptive Fitness Program (AFP). If the profile exempts all PFRA components and the trainee's most recent PFA (prior to the profile being issued) met passing standards, commanders may waive the PFA graduation requirement.

6.1.2.5.2.3.5. (Added-2 AF) PS students struggling to meet fitness standards will be directed to attend PFL-led, small-group physical fitness improvement sessions until assessed with a passing score.

6.1.2.5.2.3.5.1 (Added-2 AF) TRS representative will notify the ARC liaison within 2 duty days when an ARC PS TT student is not meeting fitness standards in accordance with this Supplement.

6.1.2.5.2.3.5.2 (Added-2 AF) The ARC liaison will notify the student's home unit POC and unit commander of any issues that may impact the student's successful completion of the course. The ARC liaison will recommend communication between the home unit commander and the TRS commander to discuss a plan for the student upon return to their home unit, if applicable.

6.1.2.5.2.3.6. (Added-2 AF) PS student PFA results will be documented in unit developed devices until the TTMS-LMS PT enhancement is complete. **Note:** The results will not be documented in myFitness.

6.1.2.5.2.4. (Added-2 AF) Conduct PS student PT sessions every duty day in accordance with the commander's integrated physical fitness training plan.

6.1.2.5.2.5. (Added-2 AF) PS students are authorized and may volunteer to complete an official USAF PFRA while at the TT location per **AFMAN 36-2905, paragraph 3.24.**

6.1.2.6. (Added-2 AF) Failure to Meet Physical Fitness Standards and Graduation Requirements – BMT and TT.

6.1.2.6.1. (Added-2 AF) Waiver Authority. The TRG/CC or TRG/CD (on G-series orders) is the waiver authority for trainees/students not meeting minimum physical training standards at BMT and TT. This waiver should only be considered under extraordinary circumstances. Examples of such circumstances may include, but not limited to, a documented injury temporarily preventing the student from achieving a passing score before graduation or

other unforeseen and significant event beyond the student's control and fully documented. However, waiver approval is not guaranteed. Each case must be evaluated individually by the waiver authority.

6.1.2.6.2. (Added-2 AF) BMT Failure Notification. The 737 TRG/CC will notify 2 AF/A3 and the gaining TT TRG commander/gaining operational unit when a trainee/student fails to meet physical fitness standards, and the graduation requirement is waived allowing the trainee/student to proceed to technical training.

6.1.2.6.3. (Added-2 AF) TT NPS/PS Failure Notification. The TT TRG commanders will notify 2 AF/A3 and the gaining operational unit when a member fails to meet physical fitness standards, and the graduation requirement is waived, allowing the member to proceed to the operational unit.

6.1.2.7. (Added-2 AF) The physical fitness standards for AFSCs/courses requiring higher standards take precedence over the minimum physical fitness standards stated in this Supplement. Air Force students attending sister service or joint courses follow the guidance provided by the sister service or joint training personnel. Sister service students attending TT provided by 2 AF will follow their respective sister service guidance. Civilian and international student participation in physical fitness training sessions and PFAs is optional, unless it is a course requirement, in which case they will participate as required.

6.1.2.8. (Added-2 AF) Coordinate with the local Air Reserve Component liaison, as applicable, for guidance pertaining to Air Reserve Component BMT trainees and/or TT students with PFA failures or other physical fitness concerns.

6.1.2.9. (Added-2 AF) Commanders will capture PFA metrics depicting organization's physical fitness health.

HOWARD T. CLARK, III
Major General, USAF
Commander, Second Air Force

Attachment 1

GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

References

(Added-2 AF) AFMAN 36-2905, *Air Force Physical Fitness Readiness Program*

Prescribed Forms

None

Adopted Forms

(Added-2 AF) DAF Form 679, *Department of the Air Force Publication Compliance Item Waiver Request/Approval*

Abbreviations and Acronyms

(Added-2 AF) **AFSC**—Air Force Specialty Code

(Added-2 AF) **ARC**—Air Reserve Component

(Added-2 AF) **BMT**—Basic Military Training

(Added-2 AF) **DAF**—Department of the Air Force

(Added-2 AF) **DAFMAN**—Department of the Air Force Manual

(Added-2 AF) **IAW**—In Accordance With

(Added-2 AF) **NPS**—Non-Prior Service

(Added-2 AF) **PFA**—Physical Fitness Assessment

(Added-2 AF) **PS**—Prior Service

(Added-2 AF) **PT**—Physical Training

(Added-2 AF) **TRG**—Training Group

(Added-2 AF) **TT**—Technical Training

(Added-2 AF) **TTMS-LMS**—Technical Training Management System-Learning Management System

(Added-2 AF) **USAF**—United States Air Force

(Added-2 AF) **USSF**—United States Space Force

(Added-2 AF) **WHtR**—Waist-to-Height Ratio

Office Symbols

(Added-2 AF) **2 AF**—Second Air Force

(Added-2 AF) **2 AF/A3**—Second Air Force Operations Directorate

(Added-2 AF) **2 AF/A3M**—Military Training Special Duty Manager

(Added-2 AF) **2 AF/A3O**—Second Air Force Operations Division

(Added-2 AF) **2 AF/CC**—Second Air Force Commander

(Added-2 AF) **2 AF/CD**—Second Air Force Deputy Commander

(Added-2 AF) **37 TRW**—37th Training Wing

(Added-2 AF) **737 TRG/CC**—737th Training Group Commander

Terms

(Added-2 AF) **Advanced Training**—Formal course that provides individuals who are qualified in one or more positions of their AF specialty with additional skills and knowledge to enhance their expertise in the career field. Training is for selected career Airmen at the advanced level of the AF specialty. Provides advanced training to individuals who have completed initial skills training. This type of training is required when increased competency is required to meet higher (advanced) knowledge, skill, or attitude requirement.

(Added-2 AF) **Non-Prior Service Airmen**—Entry-level accession Airmen with no prior service (to include sister service) experience.

(Added-2 AF) **Physical Fitness Assessment**—Fitness assessment conducted periodically during training to ensure Airmen are meeting/maintaining Air Force fitness standards while in resident training. Is not used to replace the PTRA or recorded in myFitness.

(Added-2 AF) **Prior Service Student**—Airmen with prior or current military service and are in student status.

(Added-2 AF) **Supplemental Training**—Formal AF specialty specific training (post initial skills training) on new equipment, methods or technology that are not suited for on-the-job training. Provides supplemental or additional training to individuals who have completed initial skills training. This type of training is required to meet new or unique mission requirements.

(Added-2 AF) **Technical Training**—Instructional courses used to develop the force and prepare individuals to perform tasks within an AF specialty, occupational series, special duty, or function.