



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK  
6661 WARRIOR TRAIL, BUILDING 350  
FORT POLK, LOUISIANA 71459-5339

REPLY TO  
ATTENTION OF:

AFZX-CSM

SEP 18 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum CSM-02 – Physical Training

1. Purpose: Maintaining physical fitness is a critical task to all of our Soldiers, whether assigned to deployable or TDA organizations. Unit physical training programs will challenge Soldiers and instill healthy practices. This memorandum established physical training (PT) policy issues for all Joint Readiness Training Center (JRTC) and Fort Polk units.

2. Physical Training Guidance:

a. Units will conduct physical training 5 days a week, between 0630 and 0730, starting each session with tasks, conditions, and standards. Units will run in company, platoon, squad/section, or ability group formations. All pregnant Soldiers will participate in the Soldiers Training Ability Readiness and Spirit (S.T.A.R.S.) program. All company commanders, first sergeants, and below will do physical training with their assigned/attached unit. Commanders and command sergeants major (BN/BDE and higher) are the only individuals authorized to do individual PT.

b. Road Marches: Units will road march once per week using progression in their program. Units will march on the shoulders of the road. Individual foot marchers will march facing the flow of traffic.

(1) For safety purposes, units conducting foot marches will use road guards. Based on the unit commander's decision, position road guards 20-50 meters forward and rearward of the marching formation. Uniforms will include reflective belts. During hours of limited visibility, a flashlight will be used. Soldier visibility to tracked and wheeled vehicle traffic is paramount.

(2) Normally, the foot march uniform will include BDUs (sleeves down), boots, LBE, assigned weapon, rucksack, Kevlar helmet, and protective mask. Unit METL will dictate additional equipment. However, conditioning foot marches can be conducted in IPFU with boots and rucksack at the commander's decision. While in formation, all Soldiers will be in the same uniform.

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c. Battle Focused PT: Commanders will ensure that the emphasis remains on “Battle Focused PT” and the activities do not degenerate into non-military, recreational events. Units will not conduct recreational-type sports activities during the prescribed PT hours of 0630 – 0730.

d. Combatives: Commanders will implement combatives in their PT program, instilling the “Warrior Ethos.”

e. Soldiers Training Ability Readiness and Spirit (S.T.A.R.S.) program is conducted Monday, Wednesday, and Friday at Wheelock gym; Tuesday at the 50-meter pool; and Thursday at the Wellness Center, building 3504.

3. Special Fitness Training: Special fitness training programs target Soldiers who have failed the Army Physical Fitness Test (APFT), failed to meet fitness standards that are integral to a unit’s mission essential task list (METL), or are in the overweight program. The special fitness training program will:

a. Use master fitness trainers to develop unit fitness programs and assess individual weaknesses, such as cardiovascular endurance, muscular strength, and muscular endurance.

b. Concentrate on exercises for push-up and sit-up improvement and ability group runs. Create a variety in your fitness exercise to achieve push-up and sit-up goals.

c. Be developed by the master fitness trainers and approved by the unit/troop commander.

d. Be led by at least one unit NCO who has met the fitness standard.

e. Use intermediate goals and rewards as incentives to achieve the unit standard.

f. Be conducted in accordance with Field Manual (FM) 21-20 and Army Regulation (AR) 350-15.

4. Profiles: Soldiers with profiles will do physical training consistent within the limitations of their profiles. Unit CDRs/ISGs will identify leaders to conduct the profile PT; they will not do PT on their own.

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5. Physical training cancelled due to inclement weather, etc, will be disseminated from the commanding general, JRTC and Fort Polk, through the FOD/SDNCO to the major subordinate commands (MSCs). Unit commanders have the authority to modify or cancel PT for their unit IAW the MSC commander's guidance.

6. This policy will remain in effect until superseded or rescinded.



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Commanding