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Focus Guide Lower Body Training Men's Health Total Fitness Guide Profitable Strategies for Fitness Managers, Directors and Owners Lovejoy's College Guide She's Tough Body Sculpting with Kettlebells for Women

The only conditioning book a rock climber needs! Rock climbing is one of the most physically challenging sports, testing strength, endurance, flexibility, and stamina. Good climbers have to build and maintain each of these assets. This revised and updated edition of the classic book, *Conditioning for Climbers*, provides climbers of all ages and experience with the knowledge and tools to design and follow a comprehensive, personalized exercise program. The use of bicycles by police, EMS, and security personnel continues to grow along with increased awareness of the benefits of an extremely mobile team of first responders. While the reasons for implementing a bicycle unit may vary, the goal of each agency is the same: to provide assistance to those who need it as quickly, safely, and effectively as possible. In the past, officers and agencies seeking to get a public safety bike unit rolling had to look far and wide to assemble the necessary information. *The Complete Guide to Public Safety Cycling* is the single comprehensive source of in-depth information on starting a bike unit or enhancing an established bike unit with tactical and technical tips on everything from basic equipment needs to detailed insights on policy, maintenance, training, legal issues, and much more. Elite trainer Mark Lauren has been at the front lines of preparing US Special Operations soldiers for action, getting them lean and strong in record time. Now, he shares the secrets to his simple, yet amazingly

effective regimen to get you into the best shape of your life. - Rapid results with minimum time commitment – work out for only 30-minutes a day, four times a week - No gym or equipment required – simple bodyweight resistance exercises you can do anywhere - Build muscle and burn fat – get more effective results than weightlifting and aerobics - Suitable for men, women and all abilities – choose your level from Basic, 1st Class, Master Class and Chief Class - Safe and effective – develop balance, stability and prevent injuries With 125 clear exercises to work every muscle in your body, motivation techniques and nutritional advice, Mark Lauren ' s method will get you the body you want simply by using the body you have. This is a complete guide that will walk you through step by step how to achieve the ultimate body that you desire. You will be brought through how your body responds to each and every single muscle activating mechanic so you can generate the most amount of muscle hypertrophy. We examine all forms of exercise from power resistance, what splits to incorporate, what targets the deepest rips into the muscle fibers. You will learn how to define the perfect workout, as well as how to supplement the right way. The supplement market is flooded with misinformation and false promises. We break down all protein sources, supplements, and drinks so you know what to put in your body, when, how much, and why. If you ' re looking to stand on stages one day, or just trim down some extra body fat, you will be taken through how the body works to achieve and maximize any result goal you have instore. If your already an advanced lifter and want to gain a competitive edge, we have you covered. If your just starting out, or just want to improve your strength, size, and confidence, we have you

covered. "The conventional management of allergic conditions relies on suppressive drugs that often lose effectiveness over time. In this book, Dr. Elizabeth Smoots does a terrific job of explaining how to use an integrative approach that can actually help the immune system unlearn allergic reactivity. She stresses the usefulness of dietary change, natural remedies, and mind/body therapies along with the pros and cons of the standard drugs. Essential reading for anyone who suffers from allergy." --Andrew Weil, MD

The full spectrum of allergy solutions at your fingertips: From an integrative medicine expert, a reader-friendly guide to alternative and conventional treatments for allergies such as hay fever, asthma, sinus problems, eczema and food allergies. Packed full of health tips and resources for additional learning, Allergy Guide explores your options above and beyond medications to help you alleviate your symptoms and feel well again. With easy-to-understand explanations about alternative and conventional approaches, this book empowers you to make health care decisions that can more effectively relieve your allergies.

Allergy Guide provides you with the information you need to:

- Know your options for alternative and complementary remedies for allergies and related conditions
- Be familiar with the top conventional treatments for hay fever, asthma, sinus problems, food allergies and eczema
- Utilize self care steps without leaving home to help alleviate allergy symptoms
- Understand the underlying causes of allergies
- Know what to expect during allergy diagnosis and testing
- Prevent allergies from occurring in the first place or repeatedly coming back
- What if someone would sit down with you to explain the alternative and conventional treatment options for your allergic condition and

answer your questions? That is what Allergy Guide aims to do. With a copy in your hand (or on your screen), you will be better equipped to care for your condition, or know what questions to ask when you visit your health care provider. Perfect for all aspiring fitness pros, with his book Vince Vaught has enabled anyone to launch their own career in personal strength training everything one needs to know and more. Here are all the exercise descriptions, workouts, and training schedules along with nutritional guidelines and everything necessary to assist clients with weight management. You will appreciate prospering in today ' s fitness culture while you enjoy helping others perform structured workout sessions by appointment. Buy this book and visit us at www.vaughtfitnessconsulting.com Purchase includes: free consulting and special pricing on all essentials for fitness trainers. Save time and money with in-depth reviews, ratings, and details from the trusted source for a successful Las Vegas vacation. How do some guests always seem to find the best restaurants, the best shows, the best hotels—and still come home with winnings in their pockets? Why do some guests pay full price for their visit when others can save hundreds of dollars? In Las Vegas, every minute and every dollar count. Your vacation is too important to be left to chance, so put the independent guide to Las Vegas in your hands and take control of your trip. The Unofficial Guide to Las Vegas explains how Sin City works and how to use that knowledge to stay ahead of the crowd. Authors Bob Sehlinger and Seth Kubersky know that you want your vacation to be anything but average, so they employ an expert team of researchers to find the secrets, the shortcuts, and the bargains that are sure to make your vacation exceptional! Find out

what ' s available in every category, ranked from best to worst, and get detailed plans to make the most of your time in Las Vegas. Stay at a top-rated hotel, eat at the most acclaimed restaurants, and experience all the most popular attractions. Inside You ' ll Find: Nearly 100 hotels and casinos described, rated, and ranked the most offered by any guidebook plus strategies for scoring the best room rate Reviews of more than 100 restaurants a complete dining guide within the guide, plus the best buffets and brunches The best places to play for every casino game Almost 50 pages of gambling tips, including how to play, recognizing sucker games, and cutting the house advantage to the bone Critical reviews of more than 70 of Las Vegas ' s best shows Complete coverage of the Las Vegas nightclub, bar, and lounge scene, with surefire advice on how to get into the most exclusive venues Detailed instructions for avoiding Strip and I-15 traffic gridlock In-depth descriptions and consumer tips on shopping and experiencing attractions Make the right choices to create a vacation you ' ll never forget. The Unofficial Guide to Las Vegas is your key to planning a perfect stay. Whether you ' re putting together your annual trip or preparing for your first visit, this book gives you the insider scoop on hotels, restaurants, entertainment, and more. Save time on your workouts and look better than ever! Unlike traditional dumbbells, the kettlebell's center of mass is extended beyond the hand. Because more muscle groups are utilized in the swinging and movement of a kettlebell than during the lifting of dumbbells, a kettlebell workout is more effective, and yields better results in less time. The momentum generated by the kettlebell also reduces stress on the joints and minimizes the chance for injury. While the general public is

starting to catch on to the power of the kettlebell, many kettlebell books on the market merely feature exercises for dumbbells, substituting the dumbbells with a kettlebell. This approach fails to maximize the efficacy and fun of the kettlebell as a workout tool. For the first time ever, *Body Sculpting with Kettlebells for Women* provides a female audience with kettlebell-specific workouts. *Body Sculpting with Kettlebells for Women* will teach you:

- The differences between dumbbells and kettlebells
- How the kettlebell's shape enables endless variety of movement patterns
- Sport-specific exercises to enhance performance
- Uniquely designed exercise programs to benefit all fitness levels
- Where to buy kettlebells and which kettlebells are best for your fitness level
- Basic nutritional guidelines for a more effective workout

With easy to follow instructions, clear photographs, and extensive information on the kettlebell, *Body Sculpting with Kettlebells for Women* provides a comprehensive guide to this unique fitness tool, making these powerful workouts accessible to people of all fitness levels. Created by U.S.A.'s first International Master of Kettlebell Sport, Lorna Kleidman, this guide is sure to bring one of the most effective workouts to date. It's show time! Home staging transforms rooms from that everyday lived-in look to ready-to-be sold for top dollar. This step-by-step guide offers the tactics used by home stagers - from de-cluttering and cleaning up to arranging and remodeling - that will often yield a quicker sale and higher selling price.

- Decorating tips to make a house appeal to the widest range of buyers
- Cost-effective techniques to highlight the home's selling points, whether it's the floor plan, the high ceilings, or a newly renovated bathroom
- Suggestions on how to downplay or eliminate features that

might be considered negatives. such as smaller rooms, minimal storage space, or ghastly wall colors This holiday themed release offers five religiously themed stories about Christmas, offering lessons about life and spirituality. Among the stories offered in the program are Oh Little Town of Bethlehem, Don't Forget the Baby Jesus, The Christmas Tree, Dear Santa, and The First Christmas. Cammila Collar, Rovi

Written for women who want more out of their workout routine than polite, early-evening sessions of Pilates or Zumba or yoga, this go-to manual is filled with a wealth of information on high intensity training (HIT) that will help readers meet quality, high-end fitness objectives. The book begins with profiles of a diverse range of women who have blazed a trail in extreme sporting activities. It then addresses some of the usual concerns women have about becoming overly muscled, offering facts and real-life stories that prove that femininity doesn't have to be sacrificed for fitness. The guide also discusses the importance and value of HIT, describing what it is, what is realistically achievable, and how approaches differ for men and women. Hundreds of illustrations of core exercises are also provided, from the basic building blocks to the most challenging exercises, and the exercises themselves are organized into a variety of conditioning programs that match different fitness levels and needs. Women looking to test the limits of their fitness and endurance need look no farther than this book. Jumpstart getting jacked with this illustrated workout guide containing 100 exercises, epic total-body workouts, and an 8-week fitness plan that will take your exercise regimen to the next level. Have you ever wanted to power up your fitness game? Imagined yourself as a barbarian warrior, Viking,

Spartan, or mythical hero as you worked on raising your reps and getting those gains? Chuckled a bit at calling pushups “ earth push-downs ” ? Then this is the fitness book for you. In it, you won ’ t find any vanilla exercises or tips for turning your office furniture into gym equipment. This is personal trainer, fitness instructor, and Deezify founder Fil Ruberto ’ s guide for anyone who wants to get “ deezed ” —as in diesel, yoked, pumped, jacked, and strong—just like the fantastical and mythical men and women who fill this book. Featuring more than 100 illustrated exercises, you ’ ll not only be inspired and motivated but also educated by a cast of epic, creative, and hilarious characters. See how Poseidon does dumbbell front raises, how a lumberjack gets jacked with medicine ball woodchoppers, and what a barbarian doing barbell shoulder presses looks like. This handbook tells fitness fanatics everything they need to know about getting those gains, including:

- Custom bodybuilding routines
- An eight-week fitness plan
- Pick-and-choose exercises for every part of the body, including leg day
- Stretches
- Routines for variety of weight types, including kettlebells, barbells, dumbbells, and machines

Bring Deezify ’ s colorful cast of outlaws and heroes to your next workout to inspire you during your next rest period after a heavy lift, or gift Deezify ’ s Epic Workout Handbook to a friend who needs some inspiration and a chuckle. Discover this exciting destination with the most incisive and entertaining guidebook on the market. Whether you plan to take a boat trip through stunning Ha Long Bay, trek in the mountains around Sa Pa or browse Ho Chi Minh's markets, this new edition of The Rough Guide to Vietnam will show you the ideal places to sleep, eat, drink, shop and visit along the way. Inside The

Rough Guide to Vietnam - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout - navigate the tangle of streets of Hanoi's Old Quarter or Ho Chi Minh's Cho Lon district without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Mekong Delta; Hanoi; Ho Chi Minh City and Hoi An; Da Lat; Nha Trang; My Son; Mui Ne; Da Nang; Hue; Cat Ba Island; Sa Pa. Attractions include: Ha Long Bay; Cu Chi Tunnels; Lak Lake; Tam Coc; Po Klong Garai; Cao Dai Great Temple; Bahnar villages; Dong Van Karst Plateau Geopark; The Citadel, Hue and Tet. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, crime and personal safety, festivals and religious events, sports and outdoor activities, shopping, travelling with children and more. - Background information - a Contexts chapter devoted to history, religion and beliefs, Vietnam's ethnic minorities, environmental issues, music and theatre, books, movies and film, plus a handy language section and glossary. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of

beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides. Do you want an easy and affordable option for your daily fitness schedule? If you think maintaining fitness starts and stops at the gym, you need to think again. While going to those establishments is all well and good, they're not the be-all and end-all when it comes to keeping physically (at times, even mentally) fit. Sure, they have the fancy equipment, the trainers who can keep you on track, and other amenities to make working out a luxurious experience. But at the end of the day, what's most important is you and how you feel. And you can keep fit just as well at home as you do in any gym. Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Discover How To Incorporate Home Fitness Programs In Your Daily Routine To Lose Weight, Get Fit And Look Good Right From The Comfort Of Your Home!!! So, here ' s what you are going to discover in this Advanced “ Home Fitness Regimen ” Info Course: A General Overview About Home Fitness Regimens Find Out How To Create Your Awesome Home Gym Explore How Muscle Growth Works Discover Everything About Using Intensity Techniques to Unlock Your Full Potential Find Out About Training Your Legs At Home Know Everything About Bodyweight Training and How to Learn Incredible Beast Moves Find Out About Introducing Cardio and Weight Loss Discover The Last Piece of the Puzzle – Diet Find Out All About The Benefits of Staying Fit Discover All About Doing It For Yourself

And So Much More... Finding Time For Fitness Is Never Easy, But Home Training Could Provide The Answer! From assembling a few pieces of basic training equipment, to setting up a complete gym in a room in your house, at-home workouts could be the key to your fitness. Home Fitness entails exactly what it implies: executing your personal fitness routine while at home using a variety of different techniques. Home fitness has been in our lives for decades – and it 's taken on a new role since the Covid-19 pandemic closed gyms around the world. Whether it 's a yoga class on Zoom or panic-buying a Peloton, many of us are trying to find ways to exercise effectively within four walls. Whether you are looking to improve your cardiovascular system, lose weight, gain lean muscle mass, or just stay active, in-home training has a place in your life. And the benefits of staying fit are no secret: Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications (such as for diabetes or blood pressure), weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you 're working out at home, you 're responsible for the whole plan: What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total body workout instead? For many of us, answering all these questions is an added stress we 'd rather avoid right now. And the good news is that 's something you can avoid—without skipping your workout. We are about to show you an immaculate at-home workout program that take the guesswork out for you and will give you the whole exercise plan. It is not

surprising that many individuals are now trying to lose weight and shed off extra calories. The previous holidays have put many in a disadvantage now as far as physical look and health are concerned because of the too-hard to resist delicious platters of holiday foods and glasses of caloric drinks. Discover everything you need to know by grabbing a copy of this ebook today. Public safety work is dangerous, and the link between fitness and remaining injury-free has been well established by research. *Designing the Fitness Program* examines the physical demands on public safety officers, as well as an array of related health and safety issues. In proposing that each public safety organization implements a fitness program for its personnel, the author provides a variety of options for ensuring that the standards and test regimens adopted by a department are suitable, both in terms of individual members and the roles that they fulfill. His unique, thought-provoking analysis of test protocols will help organizations avoid many of the pitfalls associated with modern labour laws and declaring anyone, whether rehabilitated member or new recruit, fit for duty.

Contents: Part 1: Analysis Identifying the problem Standards and legal aspects The labour/management agreement Part II: Design Fitness defined Basic design plan The design matrix Part III: Development Staff and resources Test selection an development Developing the pilot study Part IV: Implementation Conducting the pilot study Part V: Education Standards and statistics Exercise recommendations and training Evaluating the program Part VI: Supplemental programs Work/injury management Wellness Physical performance Appendices. Divided into eight major parts, *How to Create a Great Body* includes everything you need to create

your best possible body. It contains everything necessary not only to completely transform the way your body looks but also to improve every single key component of physical fitness. Contents in Brief* 8 professionally designed weight training programs for men, designed for maximum muscle and strength.* 8 professionally designed weight training programs for women, designed for maximum curves and functional strength.* 3 cardio training programs (steady-state training, interval training, and functional circuit training) with progressable and interchangeable workouts.* Instructions on how to design your own functional circuit training workouts!* 2 power workouts (1 upper body and 1 lower body).* 1 plyometric workout (whole body).* Bodyweight workouts for men and women (1 each).* Instructions on how to design your own bodyweight workouts!* 14 key static stretches for total-body flexibility.* A comprehensive Weight Training Guide, explaining everything you need to know about effective weight training.* A unique Target Muscle Guide, revealing all of the main muscles that are activated by different types of exercise, and listing all of the most effective exercises that target each major muscle!* A detailed Cardio Guide, explaining everything you need to know about effective cardio training.* A lengthy Nutrition Guide, covering everything you need to know about proper nutrition.* A short but useful Weight Loss Guide to give you extra help when/if losing body fat is your priority.* A large glossary that includes many key terms, concepts, and principles related to muscle science, weight training, cardio, fitness, and nutrition. The 8 weight training programs include:* a beginner program* 5 increasingly difficult programs that cater for different levels of experience* a “ plateau buster ” program

designed to ensure that you never stop making progress* a minimalistic program for busy individuals. The weight training programs have been optimized for phones, so you can take them to the gym if you have the ebook on your phone! You can complete the weight training programs at any gym or at home if you have a bench, dumbbells, a pull-up bar, a barbell, and a power rack for safety. Clip resistance bands and ankle straps are also important for home training, but not essential. How to Use the Ebook to Transform Your Body Just read the guides that are relevant to you and then start the training programs. If you want to develop a muscular and strong physique or a curvaceous and toned figure, start a weight training program. The weight training programs will also help to improve your functional fitness and flexibility. If you want to develop cardiorespiratory fitness, start a cardio program, and mix and match the different types of workout. If you use the functional circuit training workouts, you will also develop functional fitness. If you want to develop all key components of fitness, start a weight training program and a cardio program. The minimalistic weight training program together with just two short cardio workouts per week should be enough to completely transform your body and dramatically improve your weight, body composition, functional fitness, athleticism, and appearance! And if you use the more advanced weight training and cardio programs, they have the potential to give you a body similar to the one that you have always... A key title in the successful Complete Guides series, this is the definitive text on using free weights for strength, conditioning and flexibility training. Free weights are the simplest and most effective pieces of equipment and are found in every gym and many

homes. The benefits of their use - as opposed to fixed-weight machines - are becoming increasingly appreciated in the fitness industry, and include: saving money on gym membership with home workouts a wider range of exercises exercises working more muscles than fixed machines for a quicker workout avoiding over-training single muscle groups, which can lead to strength imbalances better co-ordination and core stability In addition to a variety of exercises, the book will also contain sample programmes, tips on technique, and exercises for specific sports, ages and body types. The complete guide to body sculpting with kettlebells. Unlike traditional dumbbells, the true power of the kettlebell lies in its unique shape. Because the kettlebell's center of mass is extended beyond the hand, more muscle groups are utilized in the swinging and movement of a kettlebell as opposed to the lifting of dumbbells, thus producing a much more effective workout. For this reason, the kettlebell has attracted attention from fitness professionals and is being increasingly adapted for the general public. For the first time ever, Body Sculpting with Kettlebells for Men gives readers a comprehensive guide to using this unique fitness tool, complete with workouts for people of all fitness levels. Simple to learn, easy to use and with a ton of benefits, Body Sculpting with Kettlebells for Men provides the perfect core or supplement to your existing workout routine. With Body Sculpting with Kettlebells for Men, you will learn:

- How the kettlebell's shape enables endless variety of movement patterns
- Sport-specific exercises to enhance performance
- Quick, convenient exercises that can be practiced anytime with minimal equipment

Utilizing the unique and proven benefits of kettlebells, Body Sculpting with

Kettlebells for Men provides instructions, exercises, and routines perfect for gaining strength, packing on muscle, and burning body fat. Kettlebells are a surprisingly simple and incredibly effective tool that works more muscle groups than dumbbells for a full-body workout like you've never seen before. NEW AND EFFECTIVE. Kettlebells are quickly growing in popularity, both among fitness professionals and the general public for overall body sculpting work. NO GYM REQUIRED. With a small investment in the kettlebells equipment, the workouts can be done at home. ACCESSIBLE TO ALL FITNESS LEVELS. Includes detailed exercises for beginners and advanced exercisers. Includes workouts for building muscle mass, toning, and increasing cardio fitness. Body Sculpting with Kettlebells for Men takes this amazing potential and turns it into results, with pinpointed exercise routines and disciplined strength building workouts to maximize the benefits of your kettlebell program. What are you waiting for? Get fit NOW! Over 600 total pages ... CONTENTS: Army Combat Fitness Test Training Guide Version 1.2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1.4 Army Combat Fitness Test CALL NO. 18-37, September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012 IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT) Version 1.1, 4 September 2018 ACFT Field Test Highlight Poster (Final) OVERVIEW: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability – IOC) includes a limited user Field Test with

approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the following: ACFT specific test equipment requirements: 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer 's production tolerance. The approved weight tolerance for the

hexagon bar is + 2 pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars. On average hexagon bar collars weigh

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