

the three events and the test, not toward making the highest possible score.

What I didn't expect was the cool reception the Marine officers showed toward any score other than First Class. Perhaps I should have expected it after I stood and watched almost all of the Marine officers in my study group (including the lieutenant colonel who was our faculty advisor) crank out, not ten or fifteen, but the maximum of twenty pullups with apparent ease. I also realized why they had been so conscientious about running five or six miles during the two hours that were scheduled for physical fitness and lunch each day.

From the colonel who was the Director of the College to the newest lance corporal who operated the audio-visual equipment, the Marines' attitude was to reach the First Class level. As I watched other Marine units at the base take their PFTs, I noticed that same attitude.

Given this challenge from the Marines, and without too much more effort, most of us from the Army moved our own scores into the First Class range on the end-of-course PFT. The only thing that had really changed was our attitude.

I don't propose that the Army adopt the USMC PFT. We are not the Corps. Also, while there is some value in having the Second and Third Class

levels for the individual Marine to progress through on successive PFTs, the real function of these other levels is to promote the attitude to "go for it" and reach First Class. I agree with Captain McEwen that a single top category (say, Expert) should be the motivating factor, but his proposed combat fitness badge test might be more appropriate as Phase II of a two-phased program. Phase I would be to establish Expert scores for each of the three events in the present APRT and for the overall test. Soldiers who scored Expert on the APRT could then go for the combat fitness badge.

The CFB would not have the logistic requirements of the Expert Infantry Badge test, and it would have the advantage of applying to all soldiers. But how many soldiers can swim 25 meters even in a swim suit, much less in boots and fatigues? A person has to run only about a mile and a half to "test" his endurance, so the five miles Captain McEwen suggests, plus the swim test, plus the weapon qualification constitute a goal that would, indeed, be worth striving for — but in Phase II.

We would not need to wait until the Institute of Heraldry could design a new badge; we would not need to start a massive swim training program. A one-page change to the field manual on physical fitness training could establish scores for males and

females, by age group, for Expert minimums in each of the APRT events as well as overall.

More quickly, organization commanders could establish local programs, specifying Expert minimums for members of their units (perhaps using the scores proposed in Figure 1 of Captain McEwen's article). They could award certificates and letters of commendation to soldiers who scored Expert overall.

Some soldiers always aim for the maximum score in all events of the APRT, but today there is no recognition factor between "maxing" the PT test and just passing it. The Army needs to reinforce the attitude that physical fitness is a good thing. The establishment of Expert scores for the APRT, coupled with some sort of certificate, would reinforce that attitude because many soldiers could attain the Expert level on the APRT.

The Combat Fitness Badge would be tough to achieve and a real distinction on the uniform, but let's implement Expert scores for the APRT now as Phase I of a program leading to the badge.



Major L.J. Sklenar commands a U.S. Army Reserve Special Forces company in Illinois. Commissioned from Infantry Officer Candidate School in 1967, he holds a master's degree from Northwestern University.

Aerobics: In *My* Army?

LIEUTENANT RAYMOND L. NAWOROL

The Army has changed its approach to physical training. The word has been put out by the Chief of Staff of the Army and by the Soldier Support Center at Fort Benjamin Harrison to get the soldiers in top physical condition.

If you are in charge of PT in your unit, you may be asked any day now to come up with a better PT program for your unit. If so, you might consider aerobics — with music. (Your first reaction here may be "What? In *my* Army?" But physical training, to be

effective, does not have to be boring and tedious.) A unit aerobics program can be designed to give the soldiers the best in cardiovascular and muscular development.

In approaching such a program, there are three things you need to

know: What the experts say about fitness; how such a program can benefit soldiers; and how the program operates.

Physical training experts have shown that during the first 30 to 35 seconds of a fast run (at a 7:30 per mile pace), the heart undergoes its greatest stress and therefore its greatest development. In addition, the experts agree that when a person trains for cardiovascular fitness, his heart rate should exceed 120 beats per minute and, to obtain the best results, it should go up to 160 or more when he runs for 25 to 40 minutes.

As for strength, muscular strength is often thought of as the need to spend long tedious hours in the weightroom. But the experts say that strength is developed by creating stress, or resistance, through a muscle's range of motion. Thus, to increase strength, all that is needed is to increase the stress on the appropriate muscles.

The key value of a unit aerobics program, when compared to programs in the civilian sector, is that it allows each soldier to exercise at a rate that will enable him to get the cardiovascular benefits and at the same time to develop the stress needed to gain muscular strength. Such a program also takes into account the fact that no two soldiers will work at the same rate; yet if they are motivated, all of the soldiers will derive the same cardiovascular and muscular benefits.

When you have to decide what to do in bad weather, while in the field, or coming out of the field after a rough ARTEP, you may find a unit aerobics program most effective. It can be implemented in the dayroom, the motor-pool, the mess hall, an aircraft hangar, or any other facility, and with any size formation. It can be used when you want a change of pace from your present PT program or when you are concerned about leaving the tired soldiers behind while the "rabbits" run out front. Because everyone can participate, everyone can be motivated.

The sample program shown in the table is designed to work in a way that will allow your troops to develop their

NUMBER	EXERCISE	TIME (Seconds)
1	Side straddle hop	60
2	Running in place	60
3	V-up	30
4	Pushup	30
5	Squat thrust	30
6	Situp	30
7	Side straddle hop	60
8	Leg spreader	30
9	Mountain climber	30
10	Body twist	30
11	High jumper	30
12	Leg over	30
13	Running in place	60
14	Situp	30
15	Pushup	30
16	Leg circle	30
17	V-up	30
18	Side straddle hop	60
19	Mountain climber	30
20	Body twist	30
21	Eight-count pushup	30
22	Squat thrust	30
23	Pushup	30
24	Running in place	60
25	Repeat again if time will allow, or shorten the time intervals if you don't have enough time to do the program in 30-second intervals.	

upper bodies in one exercise and lower bodies in the next, while their stomach muscles and cardiovascular systems are being worked in all the exercises. Breaks from the sequence are afforded by running in place or by using the side straddle hop.

If you are pressed for time, an intensive 10 or 15 minutes of this program will get the heart rate up to a point at which positive benefits should result. The benefits of the program will be minimal, however, if you as leader do not adhere to seven necessary measures:

- Prepare your troops for the PT session by briefing them on the program and on your expectations for it. Be thorough and give the briefing in advance of the PT session. (Consult FM 21-20 on the proper warm-up and stretching exercises to be done before and after any PT program.)
- Use cassette tapes of preprogrammed music with a flavor that will fit the personality of your unit.
- Use a formation that will allow your troops to see you perform the exercises.
- Be sure to keep track of the time.
- Watch to make sure the soldiers perform each exercise correctly and in a manner that allows for the most repetitions.

- When you perceive that the soldiers are lagging behind, use the side straddle hop or run in place to regain control. Then continue the program.

- Lead by example and set the pace. You must be able to perform each exercise correctly and must continue to perform when the exercises become difficult.

If the unit leaders are committed to physical training, this sample program will work for any unit — infantry, armor, medical, or headquarters. It takes only 15 minutes, but if you go through it twice, the additional work will ensure greater benefits.

The important points about a unit aerobic program is that it develops the soldiers' cardiovascular and muscular systems; it can be done anywhere; it allows the option of a short or a long workout; it allows the leaders to emphasize certain exercises more than others; and it gives the soldiers a taxing workout in which they are constantly moving. Most important, this program is a physical training vehicle that can help ensure our soldiers are ready for combat.

Lieutenant Raymond L. Naworol, when he wrote this article, was assigned to the U.S. Army Chemical School at Fort McClellan, Alabama.