



2019

Guide 10

Alternate Cardio Options Procedures

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1. Policy

Although the 1.5 mile run remains standard for testing cardio-respiratory fitness, the Navy has authorized Commanding Officers (COs)/ Officers in Charge (OICs) to allow command members to conduct their test on the stationary bike, treadmill or swim. Only OPNAV (N170) approved models, listed in the Physical Readiness Information

Management System (PRIMS) database may be used for testing. Testing conducted on other models will not be valid and the member will be required to retake the test on an approved machine. The Physical Fitness Assessment (PFA) notification should include the CO's policy on whether alternate cardio options are authorized.

2. Logistics

Planning is the key for ensuring test day success. The Command Fitness Leader (CFL) must work closely with Morale and Welfare Recreation (MWR) to reserve the appropriate number of machines needed for testing.

3. Command Fitness Leader (CFL) Responsibility

The CFL must obtain authorization to test on the alternate cardio options from the CO and verify that safety/start/stop and testing procedures work accurately on each machine prior to the test day. The CFL must also verify that test day is not the member's first time using the machine by asking the member if they have practiced on that specific machine or model.

Ensure no members participate in the bike alternate cardio options with a BCA waiver. An official BCA is required in order to determine the cardio score.

4. Alternate Cardio Options

The only approved alternate cardio options are the approved stationary bike, treadmill (any model), and 500/450 Yard/Meter Swim.

5. Stationary Bike

- a. Begin pedaling slowly until the machine turns on.
- b. Press "Manual"
- c. Enter time: 14 minutes; Press "Enter"
- d. Enter level (1-25); Press "Enter"
- d. Begin test.
- e. At the conclusion of 12 minutes, immediately record calories burned.

6. Life Fitness INC Stationary Bike



1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	GO	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

- a. Using Item (4), select the first button on the left with this (--) symbol. This is your MANUAL workout key.
- b. Select Item (7) for TIME, use the up/down arrow to select time enter 14 minutes, machine will automatically go into cool-down mode 2 minutes prior to reaching 14 minutes. At 12 minutes the CFL must record the calories burned in 12 minutes. Indicator (8) will illuminate for time.
- c. Select Item (7) to Increase or Decrease resistance LEVEL, use the up/down arrow to select resistance level.
- d. Select Item (7) to adjust member's WEIGHT, use the up/down arrow to select weight for member. Indicator (8) will illuminate for weight.
- e. Select Item (2) GO to start the PRT test.

Upon completion of the 12-minute PRT test the CFL/ACFL must record the number of calories burned during the 12-minute test and record on the official PRT score sheet.

7. Treadmill

Treadmill must have:

- a. Motor driven surface belt.
- b. Emergency stop button.
- c. Inclination adjustment.
- d. Odometer that accurately measures distance traveled in miles.
- e. Participant will stand on the belt and set the inclination to 1.0 percent.
- f. The participant will start the treadmill at desired speed.
- g. Timer will signal start as soon as the belt moves.
- h. Treadmill speed may be adjusted to participant's comfort throughout the test.
- i. Timer will call out time intervals until completion of test.
- j. Time is recorded with stopwatch to nearest second.

8. Swim Test

Event consists of swimming 500 yards or 450 meters in fastest time possible. The swim test is only authorized in a standard 25 or 50 yard/meter swimming pool:

- a. Swimmers must begin test in water.
- b. Timer will signal start and call out time intervals or lengths until completion of the test
- c. Time is recorded with stopwatch to nearest second.
- d. Swimmers may push off from sides with hands and feet after each pool length.
- e. Resting is permitted by holding side of pool, standing or treading water.
- f. Swimmers may use goggles, facemasks, swim caps, and or ear plugs.
- g. Fins, snorkels, floatation, wet suit and propulsion devices are not allowed.