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 Concept 2 rower, stationary bike, treadmill or 500/450 Yard/Meter 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 Concept 2 rower, stationary bike, treadmill (any model), and 500/450 Yard/Meter Swim.

5. **Concept-2 Rower**

Proper procedures for conducting the 2000-meter alternate cardio row on approved Concept-2 Rovers (Models D and E only):

a. Personnel who intend to use the rower for the PRT are required to train and familiarize themselves on the approved Concept-2 rower to ensure they are meeting their goals.
b. This event is a timed 2000-meter row. The CFL/ACFL must conduct the rowing test as follows:

(1) Obtain authorization for alternate cardio options from the Commanding Officer/Officer-In-Charge for the current PFA cycle.

(2) Practice safety, setup, start, stop and testing procedures on each individual machine prior to conducting any official testing.

(3) Ensure the Service Member has practiced on the Concept-2 rower machine used for the test and is familiar with all safety requirements.

(4) Instruct Service Member to set damper setting on the flywheel of their choosing. Service Member will not be able to adjust the damper setting during the test.

(5) Instruct Service Member to sit on rower machine.

(a) Adjust the footplate placements and secure feet using adjustable straps. The foot straps should be secured at the widest portion of the foot to permit freedom of movement of the heel during rowing.

(b) The Service Member should grasp the handle with both hands and placed along the outer edge of the handle. Once the Service Member begins pulling on the handle, he or she should remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which would result in a test graded as a failure) until the 2000-meter test is complete.

(6) The CFL/ACFL will program the rowing machine performance monitor with the following items:
(a) From the main menu of the performance monitor, press the *Select Workout* button.

(b) Press the "Standard List" button and then select *2000m*. 
(c) Press *Change Display* until the top line shows *2000m|0 s/m*, the third line will show the overall elapsed time (00:00) and the bottom line will show the projected finish time.

(7) The event begins when the CFL/ACFL gives the command “Start”. Time starts automatically on the rowing performance monitor display when the member starts rowing. The rowing distance display counts down from *2000m* to *0m*.

(8) Once Service Member reaches “0m”, the CFL/ACFL announces and records elapsed time from performance monitor rounding the time to the nearest whole second (0.4 and lower, round down; 0.5 and higher, round up).

(9) The Service Member begins the test by pressing with their legs and moving entire body back away from the performance monitor.

(10) The rower event ends when the participant:

(a) Completes 2000-meters.

(b) Stops rowing for a period long enough that the monitor turns off.

(11) If Service Member does not complete the rower portion of the PRT, other than for injury, the time will be recorded as 59:59 and scored as *FAILED.* In the event the Service Member would like to participate in the Bad Day PRT, Service Member must be cleared by medical prior to CO approval.
6. **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”

   e. Begin test.

   e. At the conclusion of 12 minutes, immediately record calories burned.

7. **Life Fitness INC Stationary Bike**

   ![Diagram of Life Fitness INC Stationary Bike](image)

   Using Item (4), select the first button on the left with this (---) symbol. This is your MANUAL workout key.
a. 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.

b. Select Item (7) to Increase or Decrease resistance LEVEL, use the up/down arrow to select resistance level.

c. Select Item (7) to adjust member’s WEIGHT, use the up/down arrow to select weight for member. Indicator (8) will illuminate for weight.

d. 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.