

Navy Physical Readiness Program Update

Two new fitness events – the forearm plank and 2,000-meter row – have been incorporated into the Navy Physical Readiness Program, which improve the physical readiness of Sailors in alignment with the Culture of Excellence.

Forearm plank

The forearm plank will replace curl-ups as the abdominal muscular endurance assessment. The forearm plank is a functional exercise required in 85 percent of shipboard tasks involving pushing, pulling, lifting and carrying. Training for the forearm plank strengthens the core, improves posture and reduces the risk of sustaining lower-back injuries throughout the career of a Sailor.

A video that demonstrates the proper form and testing procedure for the forearm plank is at <https://www.dvidshub.net/video/773312/us-navy-plank-cfl-acfl-training-official> or <https://www.youtube.com/watch?v=iPVKhj3dudA&feature=youtu.be>.

2,000-meter row

A 2,000-meter row on the Concept-2 Rower serves as another alternate cardio option in addition to the 12-minute stationary bike, 500-yard/450-meter swim and 1.5-mile treadmill run.

The 2,000-meter row is a non-weight-bearing, low-impact exercise that reduces impact on the legs. More importantly, rowing provides a full-body cardio workout engaging 80 percent of the body's muscle system. Also, the rower is space-saving fitness equipment and can be used on any naval vessel or installation.

A video that demonstrates the proper form and testing procedure for the forearm plank is at 2,000-meter row is at <https://www.dvidshub.net/video/773313/us-navy-rowing-machine-cfl-acfl-training-official> or <https://www.youtube.com/watch?v=NKvFkZgvPmI&feature=youtu.be>.

Physical Readiness Test

Service Members medically cleared for the Navy Physical Fitness Assessment will participate in the Body Composition Assessment and Physical Readiness Test (PRT). The new PRT event sequence is:

- Push-ups
- Forearm plank
- Cardio or alternate cardio option

For more information on the new standards and other training resources, visit the Navy Physical Readiness Program website at https://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/physical/Pages/default2.aspx.