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**Physical Readiness
Program Operating
Guide**

A History of the U.S. Navy
Physical Readiness Program
from 1976 to 1999 Command

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Fitness Coordinator
Orientation Manual Health
and Physical Readiness U. S.
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Fitness Training) Army
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the Official U. S. Army
Field Manual FM 7-22, C1 3
May 2013 Naval Military
Personnel Manual

**Alternative Physical Fitness
Program** *The Women's Health
Big Book of Pilates Power of*
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Now by Eckhart Tolle - Book

Review by Billy Barefoot

Yogi 6 PACK ABS For

Beginners You Can Do

Anywhere **Navy Physical**

Readiness Test How-To //

Navy Fitness Exam // PRT

Requirements

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Operating Guide
Foundation Training original
12 minutes

The PERFECT Home Workout
(Sets and Reps Included)

15 Minute Beginner Weight
Training - Easy Exercises -
HASfit Beginners Workout
Routine - Strength Muscle

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~~Hypertrophy Explained (How to get MASSIVE Gains) WORKOUT #LIKENINA | 30 minute LES MILLS GRIT Cardio Workout~~ *Winning The Mental Battle of Physical Fitness and Obesity | Ogie Shaw | TEDxSpokane The Army Combat*

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~~*Fitness Test*~~ ~~The brain-~~
~~changing benefits of~~
~~exercise | Wendy Suzuki~~ ~~How~~
~~Physical Fitness Empowers~~
~~the Mind — Joeko Willink and~~
~~Echo Charles~~ ~~1 hour Vinyasa~~
~~Flow For Flexibility — 60~~
~~min Intermediate Yoga~~

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Before You Exercise, Watch This! | Eric Edmeades **The 8 Worst College Majors**

Yin Yoga to Open the Heart |
Yoga for Emotional Healing |
20 Minute Class Crossfit
Athletes Attempt the US Navy
Physical Readiness Test

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Military Physical Standards
| Navy Physical Readiness
Test Physical Readiness
Program Operating Guide
Spot Checks and Check-in
BCAs are considered a part
of the Physical Fitness
Assessment (PFA). The intent

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Operating Guide
of NAVADMIN 193/20 was to suspend spot check / check-in BCAs as a part of the Physical Fitness Assessment (PFA) in order to mitigate the spread of COVID-19. The only "exception" for a command to perform a BCA is

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Operating Guide
for the "mock" PFA ONLY,
which is outlined in
NAVADMIN 193/20.

Navy Physical Readiness
Guide 9. Managing PFA
Records for
IA/OSA/GSA/PEP/Mobilized

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Reservist Guide 10-
Alternate Cardio Options
Procedures 2019 - MAY 19
Guide 11- Member's
Responsibilities 2016.pdf
Guide 12. Glossary of
Physical Readiness Program
Related Terms Guide 13-

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Operating PT and FEP Guide
(AUG19) Guide 14- Nutrition
Resource Guide 2018 -
UPDATED JUL 19

Guides - U.S. Navy Hosting
Physical Readiness Program
Guides 2011 . OPNAVINST

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6110.1J ** These documents
will change as necessary.
Please check for updates
regularly using the below
change records. ** Change
Records Operation Guide
(OPGUIDE) CFL Administrative
Duties and Responsibilities;

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Command Inspection Self -
Assessment Checklist;
Physical Fitness Assessment
(PFA ...

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Guides 2011 - Navy Fitness
The Physical Readiness

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Operating Guide is now in place, accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness web page.

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Physical Readiness Program
Operating Guide

Revised instruction
announces changes to
physical The Physical
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Guide is now in place, (FEP)

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Operating Guide
guidance that will reside
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Health.mil - physical
therapy helps injured airmen
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Navy Physical Readiness
Program Operating Guide
Physical Readiness Program
(PRP) matters. The CFL

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Administers the semi-annual Physical Fitness Assessment (PFA), manages command/unit Physical Training (PT) and the command's Fitness Enhancement Program (FEP). The CFL is responsible for training the Assistant CFLs

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Operating Guide
in all aspects of the PRP,
to include leading command
PT,

Guide 1 Command Fitness
Leader (CFL) Administrative
Duties ...

The Physical Readiness

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Operating Guide is the official Physical Readiness Program supplement guide to the this instruction and will be referred to as the Operating Guide throughout this...

OPNAVINST 6110.1J N135 11

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JUL 2011 . . . - United States
Navy Glossary of Physical
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Terms . . .

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(OPNAV N170). The request
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Correction (LOC) with CO
endorsement and supporting
documentation (e.g. NAVMED
Form 6000/10) from the
servicewoman's OB HCP. For

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guidance see Operating Guide
1, Section 1, paragraph 14.

2018 Guide 8 Managing
Physical Fitness Assessment
Records ...

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Operating Guide is now in place, accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness web page.

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The new guide incorporates
policy guidance from
OPNAVINST 6110.1H and
NAVADMINs 293/06, 277/08,
073/09, 247/09 and 131/10.

Revised instruction
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