



Physical Training Uniform Components

Navy Fitness Suit Article 3601.12



Fitness Jacket
Article 3601.12a

Fitness Pants
Article 3601.12b

Navy Fitness Suit

The Fitness Suit consists of a unisex, Navy Blue, water repellent, nylon jacket and pants. The nylon fabric offers moisture management and anti-microbial/odor resistant performance features. The jacket and pants each have gold color heat transfer "NAVY" logo and are trimmed with silver reflective piping. The Fitness Suit is designed primarily for group/unit physical training activities and the semi-annual physical readiness test that involve standing, running and exercises on non-abrasive surfaces.

Note: Mandatory wear date is September 30, 2021.

Note: Sweat shirt and pants are optional PT components



PTU Sweat pants
Article 3601.11



PTU Sweat Shirt
Article 3601.10

Basic PTU Components

The PTU is comprised of gold short sleeved shirt and blue shorts, designed primarily for group/unit physical training activities and the semi-annual Physical Fitness Assessment (PFA); however, it can be worn both on and off base for fitness and/or leisure unless determined otherwise by Regional Coordinators or Commanding Officers.

Physical Training Uniform
Shorts, Basic/Prescribed silver
'NAVY' logo Article 3601.6



Physical Training Uniform Shirt,
Basic/Prescribed Sleeve. Long Sleeve
optional Articles 3601.1 and 3601.3



OPTIONAL PTU

New 'Forged by the Sea' **Optional** PTU components features include blue shirt and shorts with performance fabric and gold logos, Navy branding, five inch shorts with a rear zippered pocket. The OPTU shirt and shorts are to be worn together. Mix matching wear of Basic and Optional PTU components is not authorized.

Note: No mandatory wear date

