



Physical Training Uniform(PTU) Components

Basic PTU Components

Navy Fitness Suit Article 3601.12

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 a gold color heat transfer "NAVY" logo. The jacket and pants may or may not be trimmed in reflective silver piping. All fitness suit jackets will have reflective piping outlining the front zipper fastener. 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.



Fitness Jacket with Piping

Fitness Jacket without Piping

Fitness Pants with Piping

Fitness Pants without Piping

PTU Shirt Article 3601.2

PT Shorts Article 3601.6

A gold short sleeved shirt with silver NAVY logo and a navy blue short with silver NAVY logo, designed primarily for group/unit physical training activities and the semi-annual Physical Fitness Assessment (PFA). Authorized wear on and off base for fitness and/or leisure unless determined otherwise by Regional Coordinators or Commanding Officers.



Article 3601.4 Shoes, (Sneakers), Athletic

Low or high-cut commercial brand athletic shoe designed to support planned exercise. Shoes should be comfortable and support the planned exercise, color is optional.

Optional PTU Components



Article 3601.3

Long Sleeve shirt with silver NAVY logo.



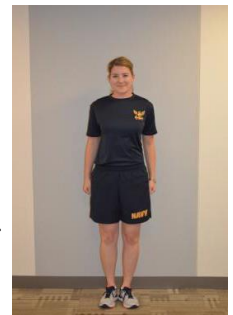
Article 3601.11
PTU Sweat pants



Article 3601.10
PTU Sweat Shirt



Blue shirt and shorts with performance fabric and featuring gold 'Forged by the Sea' logo and Navy branding. Five inch shorts featuring 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: All OPTU components are optional for wear.

