GUIDE 10

ALTERNATE CARDIO OPTIONS
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1. **Policy.** Although the 1.5 mile run remains standard for testing cardio-respiratory fitness, CO/OICs are authorized to utilized alternate cardio options described in this guide and in the Physical Readiness Information Management System (PRIMS) for official PRT testing. This guide provides detailed information on how to utilize each alternate cardio option.

2. **Alternate Cardio Options.** The only PRP approved PFA alternate cardio options are:
   
   a. Concept-2 Rower (Models D and E only with Performance Monitors 3, 4, or 5)
   
   b. Stationary bike
   
   c. Treadmill (any model)
   
   d. 500/450 Yard/Meter Swim (pools only).

3. **Concept-2 Rower.** Proper procedures for conducting the 2000-meter alternate cardio row on approved Concept-2 Rowers (Models D and E only with Performance Monitors 3, 4 or 5):
   
   a. Set damper setting on the flywheel.
   
   b. Sit on rower machine and adjust the foot straps of footplate to secure feet. The foot straps should be secured at the widest portion of the foot to permit freedom of movement of the heel during rowing.
   
   c. Grasp the handle with both hands and placed along the outer edge of the handle. Once you begin 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.
   
   d. 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.
(d) Time starts automatically on the rowing performance monitor display when rowing begins. The rowing distance display counts down from *2000m* to *0m*.

(e) The rower event ends when the participant completes 2000-meters or stops rowing for a period long enough that the monitor turns off.

4. **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”

   d. Begin peddling and at the conclusion of 12 minutes, record calories burned.
5. **Life Fitness INC Stationary Bike**

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.

6. **Treadmill.** An authorized treadmill must have the following:

   a. Motor driven surface belt.

   b. Emergency stop button.

   c. Inclination adjustment.

   d. Odometer that accurately measures distance traveled in miles.
e. Set the inclination to 1.0 percent.

f. Set desired speed.

7. Swim. Prior to participating in the PRT swim, Sailors are required to practice in a 500 yards or 450 meters swim test in a standard 25 or 50 yard/meter swimming pool.

8. PRT Guidance. See Guide 5 for specific guidance on how to properly conduct an alternate cardio modality for the PRT.