



1 January 2025

APPROVED EQUIPMENT FOR ALTERNATE CARDIO FOR THE NAVY PHYSICAL READINESS PROGRAM (PFA)

Approved Stationary Bikes: Please refer to PRP Guide-5, Section 3 for procedures on how to properly set up the bike for testing.

- **Cybex (Series)**
 - **625C**
 - **750C**
 - **770C**
- **Life Fitness (Series)**
 - **95C Inspire**
 - **95Ci Classic Series (CLSC) Upright Bike**
 - **95Ci XXL**
 - **ASPC / SL Console Upright Bike**
 - **INC / SL Console Upright Bike**
 - **INC / Integrity Series Upright Bike**
- **Matrix U5X**

Approved Rowers: Please refer to PRP Guide-5, Section 3 for procedures on how to properly set up the rower for testing.

- **Concept2**
 - **Model D with Performance Monitor 3, 4, or 5**
 - ***Model D may also be referred to as the “RowErg”**
 - **Model E (with Performance Monitor 3, 4, or 5)**

Treadmill Requirements: The treadmill must have a motor-driven running surface belt with an emergency stop button, adjustable speed displayed in miles per hour, inclination adjustment, and odometer that accurately measures distance traveled in miles (ref. PRP Guide-5, Section 3).