



DEC 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).