



Air Force Instruction AFI 36-2905 Fitness Program October 2013

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This instruction, Air Force Instruction AFI 36-2905 Fitness Program October 2013, implements Air Force Policy Directive (AFPD) 36-29, Military Standards. It complements the physical fitness requirements of DoD Directive 1308.1, DoD Physical Fitness and Body Fat Program, DoD Instruction 1308.3, DoD Physical Fitness and Body Fat Procedures, AFI 40-101, Health Promotion, and Air Force Policy Directive (AFPD) 10-2, Readiness. This instruction applies to all Regular Air Force (RegAF), Air National Guard (ANG), and Air Force Reserve (AFR) members, except where noted otherwise. This instruction relates to AFI 10-203, Duty Limiting Conditions, AFI 34-266, Air Force Fitness and Sports Programs and AFI 40-104, Health Promotion Nutrition. This AFI may be supplemented at any level, but all supplements must be routed to AF/A1P for coordination prior to certification and approval.

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