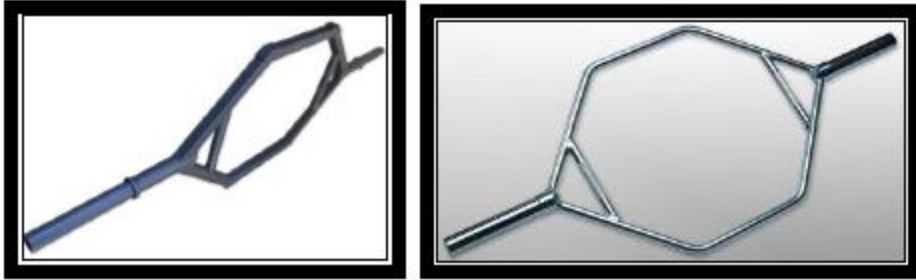


ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

During IOC and FOC beginning 01 OCT 18 and ending 30 SEP 20, the standard ACFT equipment set will reside at the battalion level, which will consist of fifteen lanes. ACFT equipment found within a single lane can be identified within in following ANNEX D - ACFT EQUIPMENT LIST (1 X Lane Requirement).

1. NOMENCLATURE: HEXAGON BARBELL (HEXAGON BAR/TRAP-BAR)



A. DESCRIPTION: 1X per LANE. ITS CONFIGURATION LEADS TO A MUCH MORE UPRIGHT TORSO POSITION, ALLOWING THE SOLDIER TO "SIT" INTO THE MOVEMENT WITH FAR FEWER TECHNICAL REQUIREMENTS THAN A TRADITIONAL STRAIGHT BAR DEADLIFT. IDEAL FOR SHRUGS AND DEAD LIFTS.

B. SPECIFICATION:

- 1) HEXAGON BAR/TRAP-BAR (NO D-HANDLES)
- 2) OLYMPIC SIZE. WEIGHT: 60LB (UNLOADED) MUST BE WITHIN 5% OF CLAIMED WEIGHT.
- 3) DURABLE HEXAGONAL FRAME WELDED FROM 1.5" SQUARE STEEL TUBING (1.5" SCH 80 PIPE SLEEVES).
- 4) 16.4" OF LOADABLE SLEEVE LENGTH (TO ACCOMMODATE FOUR EACH 45LB BUMPER PLATES W/COLLAR).
- 5) BOTH SETS OF KNURLED, PARALLEL HANDLES MEASURE 1.34" IN DIAMETER AND ARE SPACED 25" ON CENTER.
- 6) HEXAGON BAR REQUIRES RUST PROOFING. EXAMPLES: BLACK OXIDE BARE STEEL; BRIGHT ZINC; BLACK ZINC CHROME; NICKEL; AND PHOSPHOROUS ZINC PLATE TO RESIST RUSTING.
- 7) REQUIRED TO HAVE A SOLID SLEEVE DESIGN.
- 8) COLOR IS NON-SPECIFIC.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

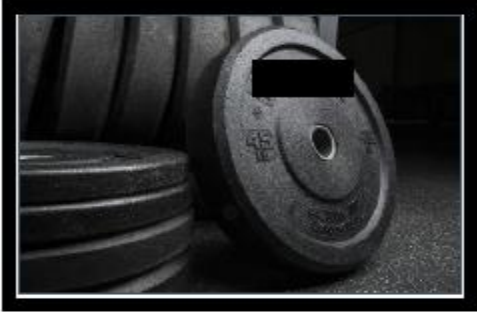
<https://www.roguefitness.com/rogue-tb-1-trap-bar-2-0>

https://www.gsaadvantage.gov/advantage/catalog/product_detail.do?gsin=11000057678663

http://americanmadefitnessequipment.com/index.php?option=com_virtuemart&page=shop.browse&category_id=37&Itemid=84

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

2. NOMENCLATURE: SINGLE HI-TEMP BUMPER PLATES (550LB)



A. DESCRIPTION: BUMPER PLATE SHOULD BE CONSTRUCTED OF VULCANIZED RUBBER AND A 2" STAINLESS STEEL INSERT. COLLAR ON BUMPER PLATES SHOULD BE INSET FROM THE PLANE OF THE PLATE, ALLOWING FOR BETTER PROTECTION WHEN MULTIPLE PLATES ARE ON THE BAR, AND REDUCING THE RISK OF INSERTS GETTING IMPACTED OR POPPING OUT.

- 1) 4X10LB PLATE WIDTH 1 3/8"
- 2) 2X15LB PLATE WIDTH 1 7/8"
- 3) 2X25LB PLATE WIDTH 2 1/4"
- 4) 2X35LB PLATE WIDTH 3 1/8"
- 5) 8X45LB PLATE WIDTH 3 3/4"

B. SPECIFICATION:

- 1) STANDARD DIAMETER 450MM (17.7165 INCH).
- 2) SOLID RUBBER PLATES MADE FROM VIRGIN OR HIGH QUALITY RECYCLED RUBBER.
- 3) SHORE DUROMETER A 87.7 - 88.3.
- 4) COLLAR OPENING: 50.4MM.
- 5) INSERT TYPE: FORGED STAINLESS STEEL.
- 6) BUMPER PLATE THICKNESS MEASUREMENTS ARE WITHIN 1\16" OF AN INCH.
- 7) WEIGHT TOLERANCE: +/- 1% OF CLAIMED WEIGHT.
- 8) BUMPER PLATE COLOR IS NON-SPECIFIC.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

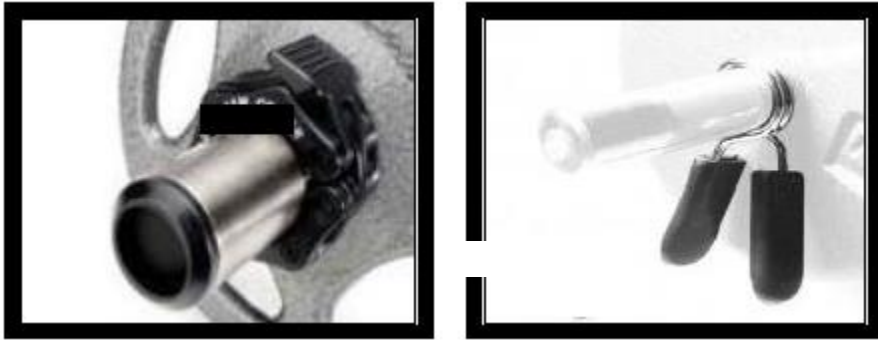
<https://www.roguefitness.com/weightlifting-bars-plates/bumpers>

<https://www.vulcanstrength.com/Bumper-Plates-s/92.htm>

<https://www.titan.fitness/strength-equipment/weightlifting-plates-and-bars.html?p=2>

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

3. NOMENCLATURE: BARBELL COLLAR/SPRING



A. DESCRIPTION: 2x (Pair) PER LANE. DESIGNED TO BE USED ON 50MM OLYMPIC BAR SLEEVES. LONG LASTING RUBBER INTERIOR TO PROTECT YOUR BARBELL AND PROVIDE A SNUG FIT. QUICK AND EASY LOCKING MECHANISM PROVIDES SECURE HOLD AND EASY ON/OFF

B. SPECIFICATION:

- 1) PLASTIC OR METAL 2" X 2" BARBELL COLLAR.
- 2) MUST ENSURE COLLAR AND BAR SELECTED ARE FULLY COMPATIBLE. NOT ALL COLLARS/SPRINGS WORK WITH ALL BARS.
- 3) BARBELL COLLAR COLOR IS NON-SPECIFIC.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

<https://www.vulcanstrength.com/OSO-Barbell-Collars-p/voso1.htm>

https://www.bodysolid.com/home/bstljhx/body-solid_tools_hex_lock_jaw_collars

http://americanmadefitnessequipment.com/index.php?option=com_virtuemart&page=shop.browse&category_id=38&Itemid=84

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

4. NOMENCLATURE: NYLON SLED (WITH PULL STRAP)



A. DESCRIPTION: 1 X PER LANE. THE NYLON SLED CAN BE DRAGGED ON MULTIPLE SURFACES. THE SLED CAN HANDLE UP TO FOUR 45LB PLATES AND CONSIDERABLY LIGHTER THAN THE TRADITIONAL METAL DRAGGING SLED. THE SLED SHOULD NOT BE USED ON CONCRETE, ASPHALT, OR ANY ROUGH TEXTURED SURFACE. USE OF SLED ON AGGRESSIVE SURFACES (CONCRETE, ASPHALT, OR ANY ROUGH TEXTURED SURFACE) WILL SIGNIFICANTLY SHORTEN THE LIFESPAN OF THE SLED. THE SLED CAN BE ROLLED UP FOR STORAGE.

B. SPECIFICATION:

- 1) MADE OF THICK HEAVY DUTY NYLON.
- 2) CAN HANDLE UP TO FOUR 45LB PLATES.
- 3) MUST INCLUDE PULL STRAPS.
- 4) NYLON SLED COLOR IS NON-SPECIFIC.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

<http://www.spud-inc-straps.com/>

https://www.gsaadvantage.gov/advantage/catalog/product_detail.do?gsin=11000036935367

https://www.gsaadvantage.gov/advantage/catalog/product_detail.do?gsin=11000057678504

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

5. NOMENCLATURE: 10LB RUBBER MEDICINE BALL



A. DESCRIPTION: 1 X PER LANE. A MEDICINE BALL (ALSO KNOWN AS AN EXERCISE BALL, A MED BALL, OR A FITNESS BALL) IS A WEIGHTED BALL (APPROX. 13"), OFTEN USED FOR REHABILITATION AND STRENGTH TRAINING.

B. SPECIFICATION:

- 1) THE MEDICINE BALL SHOULD BE MADE FROM HARD RUBBER.
- 2) IT SHOULD BE INFLATABLE, HEAVY DUTY, AND NON-MALLEABLE UNLIKE A SLAM BALL. A TEXTURED GRIP SURFACE SHOULD MAKE IT EASY TO HANDLE.
- 3) MEDICINE BALL SHOULD NOT LOSE ITS SHAPE AND SHOULD BE MADE FROM A DURABLE WEIGHTED RUBBER SHELL SPECIALLY DESIGNED TO WITHSTAND NORMAL IMPACT.
- 4) WEIGHT CANNOT SHIFT INSIDE AND CANNOT BE FILLED WITH SAND OR SIMILAR MATERIAL.
- 5) MEDICINE BALL NEEDS TO BE WEATHER PROOF.
- 6) MEDICINE BALL COLOR IS NON-SPECIFIC.

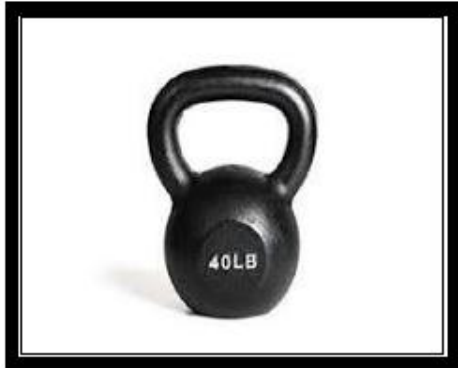
NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

<https://www.ironcompany.com/shop-by-category/all-products/medicine-balls-slammer-balls/slammer-balls>

https://www.gsaadvantage.gov/advantage/catalog/product_detail.do?gsin=11000006696658

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

6. NOMENCLATURE: 40LB KETTLEBELL



A. DESCRIPTION: 2 X PER LANE. THE KETTLEBELL IS A CAST-IRON OR CAST STEEL WEIGHT (RESEMBLING A CANNONBALL WITH A HANDLE) USED TO PERFORM MANY TYPES OF EXERCISES, INCLUDING BUT NOT LIMITED TO BALLISTIC EXERCISES THAT COMBINE CARDIOVASCULAR, STRENGTH AND FLEXIBILITY TRAINING. SHOULD BE MADE OF A NATURAL, SLIP-FREE TEXTURE WITH A SEAMLESS AND EVEN FINISH.

B. SPECIFICATION:

- 1) SHOULD BE MADE OF A NATURAL, SLIP FREE TEXTURE WITH A SEAMLESS AND EVEN FINISH.
- 2) CAST IRON OR STEEL CONSTRUCTION.
- 3) BLACK POWDER COATED.
- 4) HEIGHT: 10.9".
- 5) DIAMETER: 8.2".
- 6) ABLE TO ACCOMMODATE HANDS OF ANY SIZE.
- 7) ONE-PIECE DESIGN.
- 8) FLAT BASE.
- 9) KETTLEBELL COLOR IS NON-SPECIFIC.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

<https://www.titan.fitness/cast-iron-kettle-bell-40lbs.html>

<https://www.vulcanstrength.com/Vulcan-Absolute-Training-Kettlebells-p/blktrn.htm>

<https://www.bodysolid.com/home/kb/kettlebells>

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

7. NOMENCLATURE: MEASURING TAPE (METRIC)



A. DESCRIPTION: 1 X PER LANE. MUST BE CAPABLE OF MEASURING IN METRIC. DURABLE, LONG-LASTING, VINYL-COATED FIBERGLASS TAPES IN ABS SHATTER RESISTANT CASE. CLOSED REEL TAPES FEATURE AN EASY TO WIND, FLUSH-FOLDING HANDLE.

B. SPECIFICATION:

- 1) 100' TAPE WITH A "METRIC" SIDE.
- 2) MINIMUM TAPE LENGTH IS 30M (98 FEET).
- 3) MEASURING TAPE COLOR IS NON-SPECIFIC.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

<https://www.stanleytools.com/en-us/products/hand-tools/measuring-layout/long-tape-measure/300-ft-powerwinder-fiberglass-long-tape/34-762>

<https://www.gsaadvantage.gov/advantage/s/search.do?q=0:2metric+measuring+tape&db=0&searchType=0>

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

8. NOMENCLATURE: PORTABLE SQUAT STAND W/PULL UP BAR (ALTERNATE TO CLIMBING PODS)



A. DESCRIPTION: 1 X PER LANE. SQUAT STAND 92" HEIGHT GIVES YOU AMPLE SPACE FOR PULL-UPS UNDER AN 8-FOOT CEILING WITH A COMPACT 8"X48" BASE FOOT PRINT, THAT CAN BE EASILY TRANSPORTED OR RELOCATED.

B. SPECIFICATION:

- 1) PRODUCT WEIGHT: 146 LBS.
- 2) HEIGHT: MIN 86".
- 3) STEEL NOTES: 2X3" 11 GAUGE.
- 4) OTHER PRODUCT SPECS: WEIGHT CAPACITY-TESTED AT 1,000 LBS.
- 5) SQUAT STANDS: STEEL, PULL-UP BAR.
- 6) COLOR: N/A.

NOTE: THE FOLLOWING ARE RANDOM EXAMPLES OF COMMERCIAL EQUIPMENT FOUND DURING A WEB SEARCH. ITEMS APPEAR TO MEET EQUIPMENT SPECIFICATIONS. CIMT/U.S. ARMY DOES NOT ENDORSE ANY OF THE COMMERCIAL WEBSITES BELOW:

https://www.gsaadvantage.gov/advantage/catalog/product_detail.do?gsin=11000025565367

<https://www.roguefitness.com/rogue-s2-squat-stand-2-0>

ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

9. NOMENCLATURE: CLIMBING PODS (PER FM 7-22, ARMY PHYSICAL READINESS TRAINING)



A. DESCRIPTION: 1 X PER LANE. CLIMBING PODS PROVIDE ADEQUATE SPACE AND FACILITATE BETTER COMMAND AND CONTROL THAN TRADITIONAL PULL-UP BARS. TRADITIONAL PULL-UP BARS ARE TOO NARROW TO SAFELY AND EFFICIENTLY CONDUCT THE CLIMBING DRILLS. MULTIPLE CLIMBING BAR "PODS" ALLOWS FOR EFFICIENT MASS TRAINING. THE CLIMBING DRILLS REQUIRE ONE BAR FOR EVERY THREE SOLDIERS WHEN PERFORMED AS A SINGLE ACTIVITY. THE TOTAL GROUND SURFACE AREA FOR FOUR PODS IS ONLY 625 SQUARE FEET. FOUR PODS WILL ACCOMMODATE 16 STATIONS X 3 SOLDIERS PER STATION FOR A TOTAL OF 48 SOLDIERS. ADDITIONAL FREE-STANDING PODS SHOULD BE CONSTRUCTED TO ACCOMMODATE MORE SOLDIERS.

B. SPECIFICATION:

- 1) THE POSTS (5) ARE 6" X 6" X 12' AND SUNK 3 FEET INTO THE GROUND.
- 2) THE BARS (2) ARE THREADED WATER PIPE, 1.5 INCH OUTSIDE DIAMETER, 12 FEET LONG WITH 1-INCH END CAPS (4).
- 3) THE BARS ARE THROUGH THE 6X6s AT 7.5 AND 8 FEET ABOVE THE GROUND.
- 4) THE DISTANCE FROM INSIDE POST EDGE TO INSIDE POST EDGE IS APPROXIMATELY 62 INCHES. THIS IS TO ALLOW ENOUGH BAR SPACE TO CONDUCT ALL EXERCISES SAFELY.
- 5) THE STEP-UPS (16 INCHES LONG) ARE CUT FROM 4" X 4" X 8' POSTS AND SECURED TO THE 6X6s WITH 3 INCH SCREWS THAT ARE COUNTER SUNK. THE STEP-UPS ON THE OUTSIDE 6X6 POSTS ARE 18 INCHES FROM THE GROUND, THE STEP-UPS ON THE INSIDE POST ARE 24 INCHES ABOVE THE GROUND.