

ARMY WEIGHT CONTROL PROGRAM (AR600-9)

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Army Body Composition Program - Wikipedia

AR -9. The Army Body Composition Program. This major revision, dated 28 June o Changes the name of the regulation from the.

o Supersedes AR , dated 1 September .. (1) Institute weight reduction and counseling programs in Army medical facilities in.

The Army may be blowing up its entire body composition regulation

Question (Q): Who is authorized to grant a waiver (exception to policy) to the provisions of AR , the Army Body Composition Program.

, The Army Weight Control Program (AWCP), that focused on body fat rather than body . tively, to determine compliance status with AR Trained.

"The revision process for AR , The Army Body Composition Program (dated June) will begin summer of ," said Paul Prince.

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Entered into a weight control program C. Applications For the Military Services. Ensure that all members are provided the opportunity to attain and maintain a level of physical readiness consistent with the standards defined in this instruction. Headquarters, Department of the Army, 01 September The only approved aerobic events are the 2-mile run, yard swim, 6. The standards for retention in the U.

Weight for height tables screening table weight Table 3-2: The primary objective of the Army Weight Control Program is to insure that all personnel- 1 Are able to meet the physical demands of their duties under combat conditions. If this cannot be accomplished, a female soldier will be present when males measure females.