



DEPARTMENT OF THE ARMY
2ND BATTALION, 6TH AIR DEFENSE ARTILLERY
1612 RANDOLPH ROAD
FORT SILL, OKLAHOMA 73503

REPLY TO
ATTENTION OF:

ATSA-TPY

25 AUG 2025

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Letter #13 – Battalion Special Conditioning Physical Training Program

1. Physical Fitness is a key component of the Military lifestyle. Soldiers at all levels are required to maintain a basic level of physical fitness in order to perform in their job. The Army Fitness Test (AFT) standardizes the measure of Soldier fitness levels. Soldiers failing to meet the basic standards of fitness established for the AFT IAW FM 7-22 will be enrolled into a Battery-led Special Conditioning Physical Training Program. Failure, flagging, and dismissal from a course will be conducted in accordance with AR 350-1.
2. The Army Body Composition Program (ABCP) standardizes the maximum weight and body fat levels for Soldiers based on sex and height. This program was enacted to ensure Soldiers achieve and maintain optimal well-being and performance under all conditions. Soldiers who do not meet the standards established in AR 600-9 will be considered out of compliance with the Army's height/weight standards and will be placed into a Battery-led Special Conditioning Physical Training Program where they will undergo extra training that is tailored to get them back into compliance with Army standards.
3. Soldiers will be evaluated on their training needs, applicable profiles, and eligibility for the Program. Soldiers enrolled in the Special Conditioning Physical Training Program will conduct additional and extended hours of PRT under the supervision of a supervising leader or cadre. Battery leadership will implement a training schedule that meets the needs of the Soldiers' improvement plan. These training times will be annotated on the unit's training plan will be approved and tracked by the Battalion Command Sergeant Major.
4. Soldiers will be removed from the unit's Special Conditioning Physical Training Program once they pass the AFT IAW FM 7-22 and ATP 7-22.1, and/or meet the height/weight standards IAW AR 600-9.
5. The POC for this memorandum is CSM Reyes, Luis, BN Command Sergeant Major at 580-558-0793 or luis.a.reyes76.mil@army.mil.

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LTC, AD
Commanding