

IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT)

DURING FIELDING BEGINNING 01 OCT 18 AND ENDING 30 SEP 20, BATTALIONS WILL OBTAIN ONE ACFT EQUIPMENT SET. TO PROVIDE GREATER FLEXIBILITY IN ORDERING EQUIPMENT ACROSS THE FORCE, THE DESCRIPTION BELOW IS FOR THE ACFT EQUIPMENT REQUIRED TO EXECUTE TESTING IN A SINGLE LANE: ANNEX D - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT). USACIMT RECOMMENDS 16 ACFT TESTING LANES PER BN SET.

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 DEADLIFTS.

B. SPECIFICATION:

- 1) HEXAGON BAR/TRAP-BAR (NO D-HANDLES)
- 2) OLYMPIC SIZE. WEIGHT: 60LB (UNLOADED) MUST BE WITHIN \pm 2 POUNDS 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.

C. USACIMT PROCUREMENT RECOMMENDATION: CHROME PLATED HEXAGON BARBELL HAVE IN OUR LIMITED USE BEEN KNOWN TO RUST DUE TO OUTSIDE USAGE & STORAGE; D-HANDLE HEXAGON BARBELL ARE NOT AUTHORIZED. OLYMPIC/STANDARD STRAIGHT BAR WILL NOT BE USED TO PERFORM THE 3 REPETITION MAXIMUM DEADLIFT TEST EVENT. LOADABLE SLEEVE LENGTH MUST BE ABLE TO HOLD 4x 45LB BUMPER PLATES WITH COLLAR. WEIGHT OF BAR SHOULD BE STANDARD 60 LBS EMPTY.

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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"

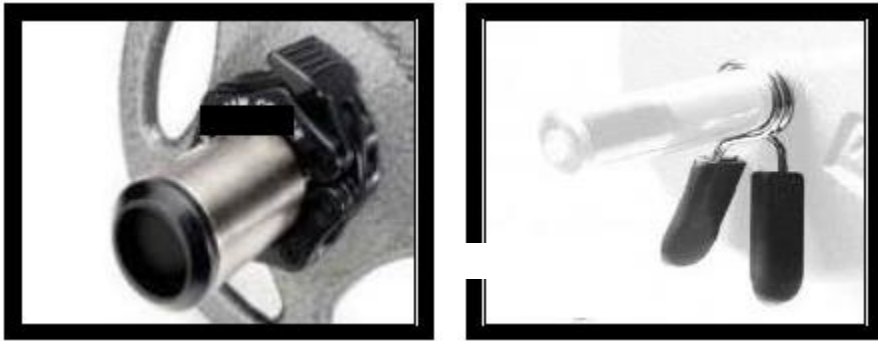
B. SPECIFICATION:

- 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.

C. USACIMT PROCUREMENT RECOMMENDATION: BUMPER PLATE QUALITY & DURABILITY IS ESSENTIAL. SHOULD BE CRACK AND PEEL RESISTANT, HAVE RUBBER CASINGS, RECESSED CENTER, AND WITHIN ACCURATE WEIGHT MEASURE. ALL METAL PLATES ARE LESS EXPENSIVE BUT RUST IN OUTDOOR USE AND PLACE SOLDIERS AT HIGHER RISK OF INJURY IN SET-UP AND TESTING. MUST FIT ON TRAP BAR SELECTED.

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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) WEIGHT: 1 TO 2 LBS PER PAIR.
- 3) MUST ENSURE COLLAR/SPRING AND BAR SELECTED ARE FULLY COMPATIBLE. FITS ALLOWABLE RANGE BETWEEN 1.937 TO 2.015 (INCHES). NOT ALL COLLARS/SPRINGS WORK WITH ALL BARS.
- 4) BARBELL COLLAR COLOR IS NON-SPECIFIC.

C. USACIMT PROCUREMENT RECOMMENDATION: QUALITY PRODUCTS ARE MORE DURABLE AND LESS PRONE TO BREAKAGE

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4. NOMENCLATURE: NYLON SLED (WITH PULL STRAP)



A. DESCRIPTION: 1 X PER LANE. THE NYLON SLED CAN BE DRAGGED ON MULTIPLE SURFACES (GRASS AND TURF). THE SLED CAN HANDLE UP TO FOUR 45LB PLATES AND IS 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 NYLON SLED CAN BE ROLLED UP FOR STORAGE.

B. SPECIFICATION:

- 1) MADE OF THICK HEAVY DUTY NYLON.
- 2) SIZE STANDARD IS 22" (LENGTH) BY 19.5" (WIDTH).
- 2) CAN HANDLE UP TO FOUR 45LB PLATES. WEIGHT STANDARD IS 90LBS (2 X 45LB PLATES).
- 3) MUST INCLUDE PULL 92" STRAP WITH HANDLE ON BOTH ENDS.
- 4) NYLON SLED COLOR IS NON-SPECIFIC.

C. USACIMT PROCUREMENT RECOMMENDATION: PRESENTLY, METAL SLEDS ARE NOT AUTHORIZED FOR USE IN THE ACFT. NYLON SLED WITH STRAPS IS ONLY AUTHORIZED SLED FOR RECORD TESTING. STRONGLY RECOMMEND PURCHASING SLEDS AND PULL STRAP AS A UNIT.

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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. 9" IN DIAMETER), OFTEN USED FOR REHABILITATION AND STRENGTH TRAINING.

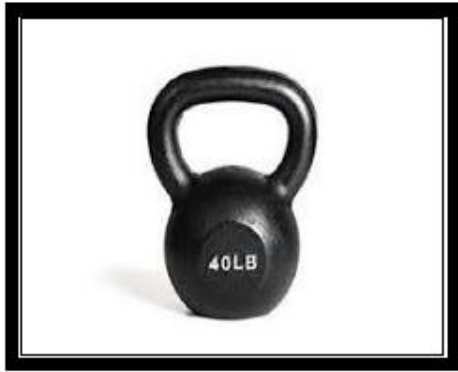
B. SPECIFICATION:

- 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.

C. USACIMT PROCUREMENT RECOMMENDATION: MUST BE 10 LBS, NO OTHER WEIGHT IS ACCEPTABLE

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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) WEIGHT WILL BE 40LBS +/- 1%.
- 3) CAST IRON OR STEEL CONSTRUCTION.
- 4) POWDER COATED.
- 5) APPROXIMATE HEIGHT: 11".
- 6) APPROXIMATE DIAMETER: 8".
- 7) ABLE TO ACCOMMODATE HANDS OF ANY SIZE.
- 8) ONE-PIECE DESIGN.
- 9) FLAT BASE.
- 10) KETTLEBELL COLOR IS NON-SPECIFIC.

C. USACIMT PROCUREMENT RECOMMENDATION: STANDARD PER FM 7-22 TRAINING - 40 LBS FOR TESTING

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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.

C. USACIMT PROCUREMENT RECOMMENDATION: ITEM PRONE TO BREAKAGE/DAMAGE/THEFT OVER TIME

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



TECHNICAL DESIGN PLANS AVAILABLE FROM
CIMT OR BASE DOL/ENGINEERS

SINGLE WOODEN PULL-UP BAR

A. DESCRIPTION: 1 X PER LANE. STANDARDIZED DESIGN FOR LEG TUCK BARS, PULL-UP BARS, CLIMBING BARS. THE DESIGN, NUMBER AND LAYOUT OF BARS, AS WELL AS MATERIAL SELECTED, SHOULD BE ADAPTED TO BEST FIT THE LOCATION WHERE THE TRAINING AND TESTING WILL BE CONDUCTED. STANDARDS PRESENTED HERE ARE GENERAL GUIDELINES AND NOT REGULATIONS. BARS SHOULD BE MADE AVAILABLE IN MULTIPLE HEIGHTS TO ACCOMMODATE SOLDIERS OF ALL STATURES. CLIMBING BLOCKS OR RUNGS MAY BE ADDED TO ASSIST SOLDIERS IN MOUNTING THE BAR. BARS MUST BE OF SUFFICIENT WIDTH FOR LEG TUCKS AND OTHER EXERCISES WITHOUT RISK OF INJURY, MANY OLDER BARS ARE OF INSUFFICIENT WIDTH PER FM 7-22. THE TOTAL GROUND SURFACE AREA FOR FOUR PODS IS ONLY 625 SQUARE FEET. FOUR PODS WILL ACCOMMODATE 16 STATIONS X 4 SOLDIERS PER STATION FOR A TOTAL OF 64 SOLDIERS.

B. SPECIFICATION:

- 1) PRESSURE TREATED WOOD POSTS (5) ARE 6" X 6" X 12' AND SUNK 3' INTO THE GROUND, ANCHORED WITH CONCRETE.
- 2) THE BARS (2) ARE THREADED WATER PIPE (SCH 40), 1-1/4" OUTSIDE DIAMETER, 12' LONG WITH 1" END CAPS (4).
- 3) THE BARS ARE THROUGH 6" X 6" POST AT 7.5 AND 8 FEET ABOVE THE GROUND.
- 4) THE DISTANCE FROM INSIDE POST EDGE TO INSIDE POST EDGE IS 62".
- 5) THE STEP-UPS (16" LONG) ARE CUT FROM 4" X 4" X 8' POST SECURED TO 6"X6" POST WITH LAG BOLT THAT IS COUNTER SUNK, SEE STEP-UP DETAIL.

C. UNITS ARE FOR A SINGLE PULL-UP BAR UNIT. PROVIDE A 6" LAYER 3/8" TO 3/4" SHREDDED RUBBER MULCH. SITE PLANS FOR EXTENTS (35'X35' FOR EACH SET OF 4 PULL-UP BARS).

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9. 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) 1.5 INCH OUTSIDE DIAMETER OF BAR.
- 2) SMOOTH, UNPAINTED, GALVANIZED STEEL BAR. KNURLING ACCEPTABLE
- 3) PRODUCT WEIGHT: 146 LBS.
- 4) HEIGHT: MIN 86".
- 5) STEEL NOTES: 2X3" 11 GAUGE.
- 6) OTHER PRODUCT SPECS: WEIGHT CAPACITY-TESTED AT 1,000 LBS.
- 7) SQUAT STANDS: STEEL, PULL-UP BAR.
- 8) COLOR IS NON-SPECIFIC

C. USACIMT PROCUREMENT RECOMMENDATION: 1.5" **OUTSIDE** DIAMETER IS CRITICAL, 2" ARE TOO LARGE FOR SMALL HANDS

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Supplemental ACFT Supporting Equipment List		
Nomenclature	Description	Specification
Sled Artificial Turf Strip 	Rolled artificial turf which works well for strength and conditioning platforms. Stadium padded artificial turf is an economical synthetic turf.	Rolls cut 8 ft wide by 50 ft in length (2ea), stays clean and green - even with heavy use. Nylon, diamond monofilament, 1/2 pile height, primary backing woven, coating 5 mm polyurethane foam. Grab tear strength >200lbs per foot.
Nomenclature	Description	Specification
Field Cones 	Any style of marking cone, painted lines, chalk lines, engineer tape or other lane marking method is acceptable. These are low cost and simple. Some prefer colored cones to better mark lanes	<ul style="list-style-type: none"> • These softer style markers are flexible and stack easily • Improve your practice with these lightweight and completely portable low profile cones
Nomenclature	Description	Specification
Measuring Wheel 	The wheel makes it easier to measure and set up lanes for the course. If not available use a 30 meter measuring tape	Lightweight and extremely durable <ul style="list-style-type: none"> • Measures in English up to 10,000 feet • Handle folds down for easy storage
Nomenclature	Description	Specification
Speaker Box 	PYLE VHF 200W Wireless	<ul style="list-style-type: none"> • Unit Powered by Internal Rechargeable Battery Pack • Dynamic Wireless Mic w/ 3 Position Power Switch & LED • Unit Battery Life: Approx. 5 Hours • 110/220 Voltage Switchable

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Nomenclature	Description	Specification
<p>Pointer</p> 	<p>Can be used to keep better mark the exact landing spot or. Other field expedient pointers are acceptable. Makes testing more efficient but not required. Note: one 10' white PVC pipe can make 2x5' pointers.</p>	<p>Meets NSF/ANSI safety standards</p> <ul style="list-style-type: none"> • Pliable with a limited lifetime warranty • Product Details: • Product Dimensions: 1" X 10' • Shipping Weight: 3.150 pounds • ASIN: 51V/105 002 • GSA Part number: 2510207497
Nomenclature	Description	Specification
<p>Outdoor Clock</p> 	<p>High-visibility red LEDs readable in bright sunlight • 5 digits Timing</p> <ul style="list-style-type: none"> • Should include Tripod and Carrying case 	<ul style="list-style-type: none"> • Timing Modes: • Time up or Time down • Time of day mode • Participants Place Count • Pace per mile • Projected Time to Finish • Split Modes: Frame and Lap
Nomenclature	Description	Specification
<p>Stopwatch</p> 	<p>Stopwatch with a hand or a digital display that can be started and stopped at will for exact timing (as of a race)</p>	<p>Product Description</p> <ul style="list-style-type: none"> • Water resistant • 1/100 second • Shock resistant • Shock resistant