



Pass Your PT Test: An Unconventional Guide to Passing the Air Force Physical Fitness Assessment.

David Soto Jr.

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If you have never failed your PT Test, then this little book is not for you. Sorry, save your money and go buy a Monster instead.

If have recently failed, concerned about an upcoming assessment, want to get leadership off your back, tired of bad advice that doesn't work from people who have never failed, never want your PT Test to interfere with your career ever again, just plain frustrated, or have troops that have failed, keep reading!

I have gone from failing and being in "the program" to ending my career with a 97.5. My goal is to produce the same results for all the Airmen out there, who are struggling with the PT Test, themselves.

This is not going to turn you into a machine overnight. This not my version of P90X. This is not Weight Watchers. I am not going to sell you a magic drink powder. I am not going to ask you to join a network marketing or multi level marketing scheme. What I am going to give you is information and guidance.

The Air Force Physical Fitness Assessment is broken down to three parts. Strength, Aerobic Endurance, and Waist Measurement. In this book I will give you unconventional methods to address each of these.

I will help you Pass Your PT Test by covering the following:

- * Strength (push-ups and sit-ups)- I can teach you how to improve these numbers drastically in 30 days by teaching you how to "grease the groove."
- * Aerobic Endurance (1.5 mile run)- This one isn't so easy. We will address ankle and foot mobility, running efficiency and training to specifically target you heart and lungs.
- * Body Composition (waist measurement)- This can be easy but in most cases we really need to spend some time on this. We will cover food addiction, inflammatory foods and stress management.

Although I am retired, I still want to serve. The best way I see that's possible is to apply my years of research and experience to helping Airman never let the PT Test get in the way of a 5 EPR, promotion, or assignment ever again.

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Sheila Rivera:

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Kari Annis:

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