

WARRIOR ATHLETE
READINESS & RESILIENCE

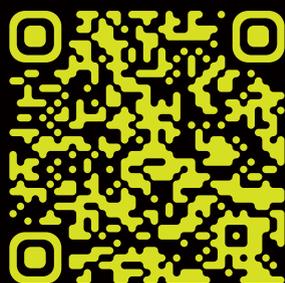
PFT PREP

MCAS HITT FACILITY

03 MAR - 24 APR | 1130-1230

EVERY MONDAY, WEDNESDAY, AND FRIDAY

START TRAINING



DOWNLOAD OUR
"MCCS-SC" APP TO
ACCESS THE PROGRAM.

Find it in the "WARRIOR ATHLETE" Section.

8 week program designed to enhance your PFT performance and improve your PFT score.

This program incorporates all aspects of the PFT to include modifications for light and limited duty Marines. If you are unable to make it to the instructor-led class, feel free to do the program on your own time!

SEMPER FIDELIS



Disclaimer: No Federal or DoW endorsement implied