

## Navy Prt Operating Guide

**opnavinst 6110.1j n135 11 jul 2011 opnav instruction 6110 ...** - opnavinst 6110.1j 11 jul 2011 2 b. the physical readiness program operating guide is the official physical readiness program supplement guide to the this

**frequently asked questions and answers - navy-prt** - answer: a member fails the bca if over the dod body fat maximums, i.e. over 26% for males and over 36% for females. if a member is over the navy's new graduated body fat maximums by age, this does not constitute an official failure.

**guide 11 member's responsibilities - united states navy** - it is the member's responsibility to maintain physical fitness standards constantly and consistently, not solely at the time of semi-annual testing.

**(prco) handbook - u.s. navy hosting** - the physical readiness program operating guide, also known as the opguide provides general guidance and recommendations for both commands and individual sailors on nutrition,

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