



UNITED STATES MARINE CORPS
MARINE AIR GROUND TASK FORCE TRAINING COMMAND
MARINE CORPS AIR GROUND COMBAT CENTER
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AUG 29 2019

POLICY LETTER 3-19

From: Commanding General

To: Director, Marine Corps Community Services

Subj: GUIDANCE FOR SEMPER FIT PROGRAMS ABOARD MARINE AIR GROUND TASK FORCE TRAINING COMMAND, MARINE CORPS AIR GROUND COMBAT CENTER

Ref: (a) MCO 1710.40B

1. Purpose. To provide prescription guidance regarding the use of Marine Corps Community Services (MCCS) fitness facilities aboard Marine Air Ground Task Force Training Command, Marine Corps Air Ground Combat Center, in accordance with the reference. The below detailed instructions are to be read and enforced in all facilities by all personnel assigned to work in our Semper Fit Programs.

2. Background. The Combat Center has a world-class fitness facility in Wilburn Gym and our other fine fitness services that offer variety and quality training for their patrons. Collectively, our fitness venues have a high usage rate and make a significant contribution to individual readiness and the overall quality of life at Twentynine Palms. I am extremely proud of our Semper Fit programs and the level of effort put forth by the Semper Fit staff. It is my desire that these programs continue to grow, and this policy provides clarity on the development and use of these facilities.

3. Guidance

a. Vision & Use. The primary purpose of our fitness facilities is to generate combat readiness of the force. Each fitness resource we provide aboard the Combat Center serves as an outlet to reinforce physical and mental resiliency, while providing locations for Marines and their families to enjoy physical activities in the form of recreation. Key to this is the environment we foster. It is my vision to provide facilities where everyone feels welcome to exercise, while having unrestricted access to the equipment relevant to their level of fitness. Based on the factors above, our fitness centers are by far the most popular MCCS activities on the installation. Factoring in the number of people using these facilities, the maintenance, upkeep, and staffing of these facilities will be the main effort for MCCS/Semper Fit.

b. Efforts & Focus. The approach Semper Fit has taken to create and maintain fitness facilities that are inclusive to all Service members and their families is outstanding and will be sustained. Having top quality equipment that allows both Service members and their families to build fitness for military readiness and for recreation is extremely important. Each facility currently has a functional fitness area, power lifting area, bodybuilding area, grappling area, and cardiovascular fitness area. These areas are to be incrementally improved and sustained.

c. Functional Fitness Services. The functional fitness areas are especially important due to their linkage to combat fitness and popularity. These facilities will continue to be equipped with sufficient quantities of: kettlebells, climbing ropes, pull-up rigs, wall-balls, 20"/24"/30" boxes, wall-ball targets, areas for hand stand push-ups, and barbells with associated bounce plates. The ability for patrons or units to combine workouts in-and-around the turf and rubberized platforms with the above equipment will be sustained. Although the demographic of the base is mostly male, we will have sufficient quantities of equipment that is accessible to smaller patrons with lower weight kettlebells, lighter full sized bounce plates, lighter wall-balls, and lighter and small diameter barbells with bounce plates.

d. Strength Equipment. Many patrons conduct power lifting/Olympic lifting/HITT/CrossFit in our facilities or combine power lifting in circuit type workouts. The barbells with bounce plates are designed to be lifted in various forms of squats, cleans, shoulder presses, snatches, clean and jerks, push jerks, etc. Patrons will have the ability to drop the barbells with bounce plates while performing these lifts. Semper Fit employees shall ensure that patrons aren't abusing equipment by dropping empty barbells or dropping loaded bars on power rack safety stops. Also, Semper Fit employees will observe these areas to ensure unfamiliar customers aren't getting behind powerlifters who might bail out of a heavy snatch or clean and jerk unexpectedly.

e. Closing. I am extremely proud of our Semper Fit team, which has built and runs the best fitness facilities in the Department of Defense, and sustaining this level of excellence, access, and capability is among my top priorities for the installation. This guidance will remain in force until modified by me or my relief.



R. B. TURNER, JR.

DISTRIBUTION: A