

Non-Traditional PT Equipment (NTPTE)

NTPTE includes any occupational or household item that can be used to create an obstacle or provide resistance during exercise training.

<i>Equipment</i>	<i>Suggested Exercises</i>
Sandbags 	Substitute for any kettle bell exercise. Turkish get-ups, Farmer walk, Squats
Rope 	Rope Climbs, Weighted Rope Pulls
Ammo Can (5.56/9mm) 	Farmer Walk, Thrusters Fill with rocks or sand
Ammo Can (25mm) 	Thrusters, Squats, etc...
Caving Ladder 	Climbing.
Towel 	Pull ups
Slosh Pipe 	Hold cross body at chest (keeping level), OH squats.

Non-Traditional PT Equipment (NTPTE)

NTPTE includes any occupational or household item that can be used to create an obstacle or provide resistance during exercise training.

<i>Equipment</i>		<i>Suggested Exercises</i>
Parallettes		L-Sits, Pushups, Handstands, Handstand Pushups.
Tire		Tire Flips, Box Jumps, Hammer Swings
Sledge Hammer		Hammer Swings, Hammer Toss.
Atlas Stone		Walking, Lifting
Rescue Randy		Buddy Carries/Drag
1" Tubular Webbing		Weighted Pull-ups (Cheap way of making a waist harness to attach weights)
Sled		Sprint Workouts. (Can also wrap webbing around another person and they pull that person)

Non-Traditional PT Equipment (NTPTE)

NTPTE includes any occupational or household item that can be used to create an obstacle or provide resistance during exercise training.

<i>Equipment</i>	<i>Suggested Exercises</i>
Basketball 	Fill with sand and tape it up with 100mph tape. Cheap way to make a medicine ball.
Parachute 	Sprint workouts.
Body Armor  <small>EMDOM USA, INC. 2005</small>	Anything were extra weight is desired. This is great because it also gets the assaulter more use to wearing their kit. (Running, Squats, Lunges, Pull-ups, Pushups, etc.)
Backpack 	Pack runs, Marching. (Again just like Body Armor can be used to multiple exercises.)
Chain 	Chain Drags
Vehicles 	Push it.