Basic Military Training (BMT) is an eight and a half week course completed at Lackland AFB, San Antonio, TX. It is designed to prepare all Active Duty, Reserve, and National Guard enlistees for military life by teaching you the critical importance of discipline, teamwork and foundational knowledge – both physically and mentally.

Physical Conditioning (PC) includes one-hour daily fitness workouts, 6 days per week. You need to prepare before you arrive. We recommend that you work out at least 3-5 times per week for at least six weeks prior to your arrival.

In addition to PC, you’ll be taught foundational Air Force information such as core values, customs and courtesies, and basic policies and procedures. This will include classroom instruction with some application, and you will need to complete a written exam in order to progress in training.

By the eighth and final week of training, you will have earned the privilege of wearing your blue uniform. Graduation week includes receiving your Airman’s Coins, practicing for retreat and parade, attending briefings to prepare you for technical training, participating in the Airman’s Run, and enjoying the city of San Antonio with your friends and family.
**BASIC TRAINING PREP**

Work out at least **3-5 times per week.**
Start each session with a **5 minute warm up stretch**
and close each session with a **2 minute cool down stretch.**

<table>
<thead>
<tr>
<th>Week #</th>
<th>Sessions</th>
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| **WEEK#1** | 2 Minute Sit-up / Push-up Intervals  
5 Minute Walk  
1 Minute Jog  
5 Minute Walk  
1 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#2** | 2 Minute Sit-up / Push-up Intervals  
5 Minute Walk  
3 Minute Jog  
5 Minute Walk  
3 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#3** | 2 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
5 Minute Jog  
4 Minute Walk  
5 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#4** | 4 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
5 Minute Jog  
4 Minute Walk  
5 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#5** | 4 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
6 Minute Jog  
4 Minute Walk  
6 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#6** | 4 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
6 Minute Jog  
4 Minute Walk  
6 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#7** | 6 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
8 Minute Jog  
4 Minute Walk  
8 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#8** | 6 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
9 Minute Jog  
4 Minute Walk  
9 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#9** | 4 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
13 Minute Run  
3 – 5 Minute Walk |
| **WEEK#10** | 4 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
15 Minute Run  
3 – 5 Minute Walk |
| **WEEK#11** | 2 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
3 Minute Jog  
4 Minute Walk  
3 Minute Jog  
3 – 5 Minute Walk |
| **WEEK#12** | 2 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
2 Minute Walk  
2 Minute Jog  
17 Minute Run  
3 – 5 Minute Walk |
| **WEEK#13** | 2 Minute Sit-up / Push-up Intervals  
4 Minute Walk  
3 Minute Jog  
17 Minute Run  
3 – 5 Minute Walk |
| **WEEK#14** | 2 Minute Sit-up / Push-up Intervals  
3 Minute Jog  
17 Minute Run  
3 – 5 Minute Walk |
Welcome to Basic Military Training located in Joint Base San Antonio, TX.
Below are highlights of training activities which occur each week.

**WEEK#0 / ORIENTATION**

- In Processing
- Haircuts
- Learn Reporting Statement
- Flight Assignment
- Clothing & Equipment Issue One
- Dorm & Drill Basics
- Individual Duty Assignment
- Fitness & Nutrition

**WEEK#1 / FALL IN**

- Reporting and Saluting
- Medical & Dental Appointments
- Educational Benefits Briefing (MGIB)
- ID Card Issue
- Entry Control Procedures
- Career Guidance
- Individual Drill Flight
- Drill Dorm Preparation
- Code of Conduct & Core Values
- Law of Armed Conflict
- Chain of Command
- Air Force Rank Insignia
- Weapons Issue
- Weapons Parts Identification
- Human Relations
- Cultural Sensitivity
**WEEK#2 / BASIC WAR SKILLS**

- Weapon Handling & Maintenance
- TEMPER Tents (Tent Extensible Modular Personell)
- Integrated Base Defense
- Cover & Concealment
- Tactical Movement
- Firing Positions
- FPCON (Fire Protection Conditions)
- Defense Fighting Positions
- SALUTE - (Size / Activities / Location / Unit ID / Time / Equipment)
- Reporting Challenge Procedure

**WEEK#3 / COMBAT LIFESAVING**

- SABC (Self Aid / Buddy Care) Under Fire
- Bleeding Control
- Bandages & Dressings
- Combat Application Tourniquet
- Blood Clotting Agents
- Splint Fractures
- Internal Bleeding
- Burn Treatments
- Shock Management
- Airway Management
- CPR
- Spinal Injury

**WEEK#4 / COUNTERING THE THREAT**

- CBRNE / Chamber Training
- Anti-Terrorism Security Programs
- BMT Obstacle Course
- Tactical Course
- Weapons Evaluation (breakdown & assembly)
WEEK#5 / READY TO FIGHT

Introduction to Code of Conduct
CATM (Combat Arms Training and Maintenance)
Mental Preparation for Combat
Pugil Stick Application
Basic Leadership

Basic Situational Awareness
AEF (Air Expeditionary Force) Prep
Pre-Deployment Prep
Public Relations Written Test 1

WEEK#6 / THE BEAST

SERE (Survival Evasion Resistance Escape)
Mobility Processing Line

Post-Operation Critiques
WEEK#7 / AIRMANSHP

Air Force History
Enlisted Heritage
Joint Warfare
Combat Stress Recovery
Sexual Assault Prevention & Reporting
Suicide Awareness & Prevention
Financial Management
Sexually Transmitted Diseases
Ethics Evaluation of Drill
Reporting & Courtesies
PRT (Physical Readiness Training) Evaluation
Written Test 2

WEEK#8 / GRADUATION

Final Written Test
Airmanship & Core Values
Formal Retreat
Haircuts
Technical School Briefing
Commander’s Departure Briefing
Town Pass Briefing
Orders Pick-Up
Graduation Parade
Airman’s Coin Ceremony

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