



AIR FORCE RESERVE



BASIC MILITARY TRAINING

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.

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★ 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.**



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
7 Minute Jog
4 Minute Walk
7 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
17 Minute Run
3 – 5 Minute Walk

WEEK#12

2 Minute Sit-up / Push-up Intervals
1 Minute Walk
17 Minute Run
3 – 5 Minute Walk

WEEK#13

2 Minute Sit-up / Push-up Intervals
2 Minute Walk
2 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

★ BASIC TRAINING SCHEUDLE ★

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 Personnel)

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 / AIRMANSHIP

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