

WATTBIKE

TESTING

*wattbike*



UNIFORMED SERVICES



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# WATTBIKE TESTING IN UNIFORMED SERVICES

**Next in our series on Wattbike and testing performance around the globe is our nation's pride: our Uniformed Services.**

The British Army has adapted to many changes during the last 30 years. Shifts in conflicts, threats, and tactics, have led to inevitable developments in the way the army trains and tests their troops. Traditionally, the army tested the fitness level of soldiers through a number of rigorous assessments, including a timed 1.5 mile run. In 2013 however, it became apparent that these tests required updating as they did not fully reflect the demands of current and future military operations.

At this moment in time, the Special Forces, the Defence Medical Rehabilitation Centre, and the Defence Primary Healthcare had already been using Wattbikes for rehabilitation for a number of years, and in collaboration with the RAPTC

(Royal Army Physical Training Corps), the idea of off-feet training and an alternative option to the 1.5 mile run was proposed to test the physical capabilities of troops. In 2013, Wattbike Consultant Sport & Exercise Physiologist Eddie Fletcher and Business Development Manager Gary Mason joined forces after Brigadier John Donnelly, Major Ian Phillips, and Lt.Col. Brian Dupree expressed the need for an alternative test to the 1.5 mile run. After two years of developing, designing, and testing, the Wattbike Alternative Aerobic Assessment (A3 Test) was presented as an alternative.

The A3 Test was designed as a three part assessment on the Wattbike that allowed Physical Training Instructors and the Chain of Command to accurately monitor the aerobic fitness of each individual. In addition, the A3 Test provided a challenging, low impact, and individualised training routine as well as an alternative to the 1.5 mile run. The test consists of a sub-

maximal ramp test to determine each individual's training zones and a 13 week individualised training plan. When the A3 test was presented, decision makers such as Brigadier John Donnelly, Major Ian Phillips, and Lt.Col. Brian Dupree pushed for the test to be included in the military's testing protocols. Their support resulted in the Wattbike A3 pilot launching in April 2015, with 600 Wattbikes introduced across the country and PTI's being offered Wattbike training.

The Wattbike A3 Test is now officially part of the MATT2 Fitness Document (Military Annual Training Tests and Workplace Induction Programme), which maps out the mandatory fitness tests military personnel must undertake. The A3 test has become the mandatory test for medically downgraded troops and in April of 2016 the A3 Test replaced the 1.5 mile run for all personnel aged 35+. The test has seen great success and continues to pick up support across the ranks,



Wattbikes are used to physically test troops



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BRITISH ARMY

and there are now over 2000 Wattbikes within Army units and over 100 specially trained RAPTI's. One of them states:

“The Alternative Aerobic Assessment on the Wattbike was an exciting new development and our first official partnership with a supplier to progress physical training assessments. These bikes give people the tools they need to set specific goals, giving a real sense of purpose to their training. The research undertaken by the RAPTIC with Wattbike has allowed us to design an assessment that will allow soldiers to stay fit and injury free, benefiting both the Army and individuals.”

Lancashire Fire & Rescue soon followed suit as they saw the benefits of incorporating the Wattbike into testing and training protocols. They subsequently purchased over 40 bikes two years ago, placing at least one in each station. Since all UK based firefighters are subject to annual

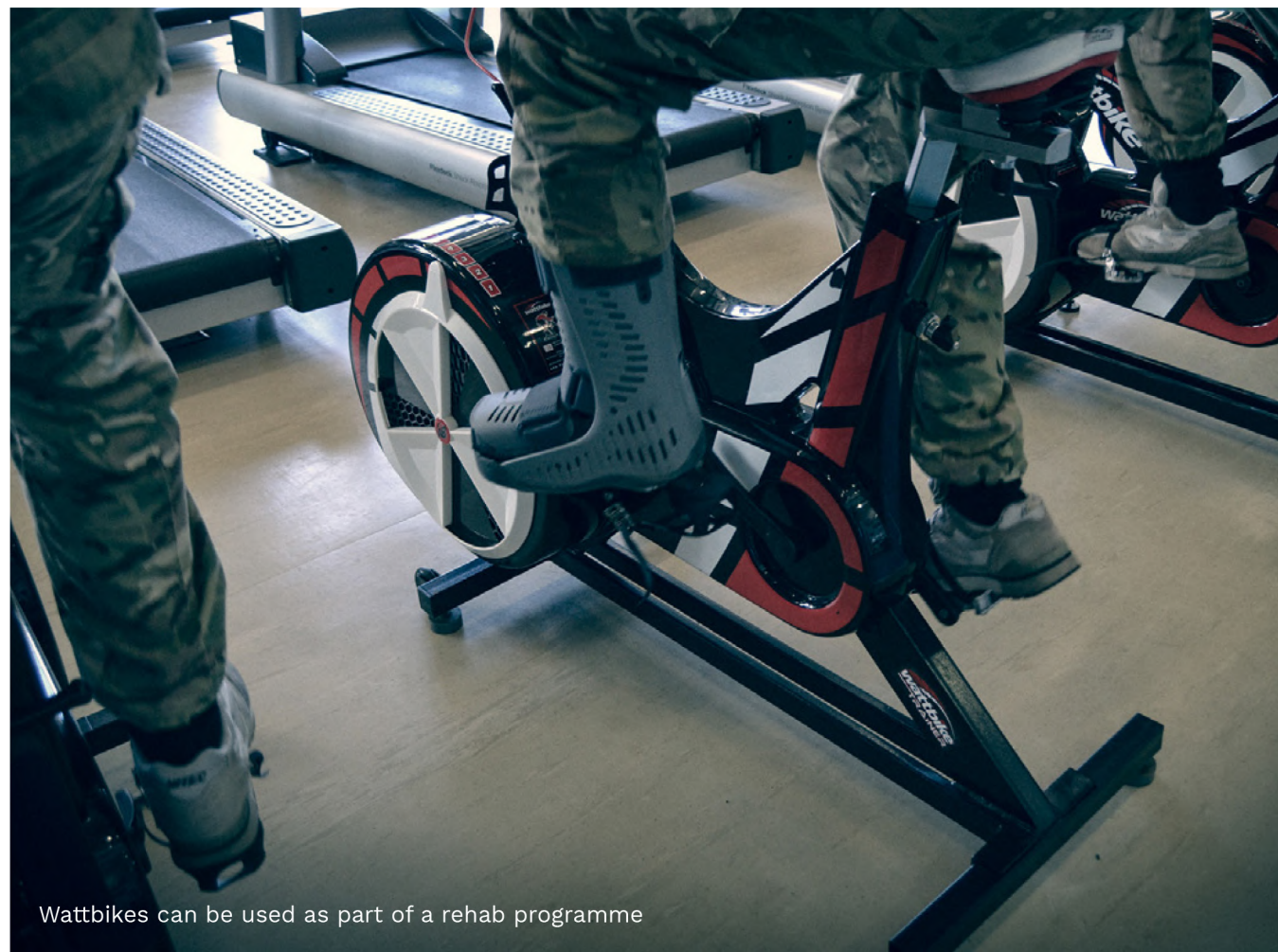
fitness tests, the Wattbikes have allowed for more precise and measurable training which puts men and women in the best possible position to train and complete assessments.

Around the world, Wattbikes are becoming the go-to tool for accurate fitness testing for uniformed services personnel. In the US, Wattbikes are currently being used by Vandenburg Air Force Base, Blue Grass Army Depot, XVII Special Tactics Squad, and by the 25th Air Support Operations Squad in Hawaii. Many of Sweden's military regiments have also been using Wattbikes for training of their troops.

If you want to train like the British Army, download our app and try our 13 week Army Fitness Plan. For more training plans, **[check this out](#)**



A tough training session being undertaken by British Army personnel





Wattbikes can be used as part of a rehab programme

# *wattbike*

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