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.

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Suggested Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandbags</td>
<td>Substitute for any kettle bell exercise. Turkish get-ups, Farmer walk, Squats</td>
</tr>
<tr>
<td>Rope</td>
<td>Rope Climbs, Weighted Rope Pulls</td>
</tr>
<tr>
<td>Ammo Can (5.56/9mm)</td>
<td>Farmer Walk, Thrusters Fill with rocks or sand</td>
</tr>
<tr>
<td>Ammo Can (25mm)</td>
<td>Thrusters, Squats, etc…</td>
</tr>
<tr>
<td>Caving Ladder</td>
<td>Climbing.</td>
</tr>
<tr>
<td>Towel</td>
<td>Pull ups</td>
</tr>
<tr>
<td>Slosh Pipe</td>
<td>Hold cross body at chest (keeping level), OH squats.</td>
</tr>
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<tr>
<td>Parallettes</td>
<td>L-Sits, Pushups, Handstands, Handstand Pushups.</td>
</tr>
<tr>
<td>Tire</td>
<td>Tire Flips, Box Jumps, Hammer Swings</td>
</tr>
<tr>
<td>Sledge Hammer</td>
<td>Hammer Swings, Hammer Toss.</td>
</tr>
<tr>
<td>Atlas Stone</td>
<td>Walking, Lifting</td>
</tr>
<tr>
<td>Rescue Randy</td>
<td>Buddy Carries/Drag</td>
</tr>
<tr>
<td>1” Tubular Webbing</td>
<td>Weighted Pull-ups (Cheap way of making a waist harness to attach weights)</td>
</tr>
<tr>
<td>Sled</td>
<td>Sprint Workouts. (Can also wrap webbing around another person and they pull that person)</td>
</tr>
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<td>Basketball</td>
<td>Fill with sand and tape it up with 100mph tape. Cheap way to make a medicine ball.</td>
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<tr>
<td>Parachute</td>
<td>Sprint workouts.</td>
</tr>
<tr>
<td>Body Armor</td>
<td>Anything were extra weight is desired. This is great because it also gets the assaulter more use to wearing their kit. <em>(Running, Squats, Lunges, Pull-ups, Pushups, etc.)</em></td>
</tr>
<tr>
<td>Backpack</td>
<td>Pack runs, Marching. (Again just like Body Armor can be used to multiple exercises.)</td>
</tr>
<tr>
<td>Chain</td>
<td>Chain Drags</td>
</tr>
<tr>
<td>Vehicles</td>
<td>Push it.</td>
</tr>
</tbody>
</table>