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Corrective Training Physical Fitness and Smoke Sessions

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References

- AR 600-20 Army Command Policy & Procedure
- AR 27-10 Military Justice
- FM 7-22 Army Physical Readiness Training
- TC 7-21.13 Soldier's Guide



Purpose

- Discuss the correct application physical fitness exercises as a mean of corrective training
- Identify illegal application “smoke sessions”



Names for Corrective Training



Authority

- AR 600-20 and FM 7-22 provide the legal authority for corrective training



Improper Execution

- IAW FM 7-22 para 5-15
- When physical training is used for corrective training:
 - It is usually performed incorrectly
 - It promotes overtraining syndrome, and overuse injuries.
 - Often mimics *“smoke sessions,”* punishing Soldiers with little or no corrective value.
 - Consideration must be given to the number of times per day exercises are used for corrective action for individual Soldiers and groups of Soldier to avoid the cumulative effect and limit the potential for overtraining syndrome.

Smoke Sessions Are ILLEGAL and Abusive!



Rules for Implementation

Doctrine tells us only the follow exercises may be used for corrective training (FM 7-22 para 5-15)

- a. Rower
- b. Squat Bender
- c. Windmill
- d. Prone Row
- e. Push Up
- f. V Up
- g. Leg Tuck & Twist
- h. Supine Bicycle
- i. Swimmer
- j. 8 Count Push Up

The NUMBER of Repetitions ***Should not exceed FIVE*** for any one of the exercises listed above.



AR 600-20

Paragraph 4-19b(3) states:

When authorized by the chain of command and/or operationally required, the following activities do not constitute hazing or bullying:

- the physical and mental hardships associated with operations or operational training;
- lawful punishment imposed pursuant to the UCMJ;
- administrative corrective measures, including verbal reprimands and **command-authorized physical exercises**;
- extra military instruction or corrective training that is a valid exercise of military authority needed to correct a Soldier's deficient performance in accordance with paragraph 4-6;
- physical training and remedial physical training; and
- other similar activities that are authorized by the chain of command and conducted in accordance with this or another applicable regulation.

Notes:

1. When in doubt discuss the issue with your chain of command or the IG
2. Follow the requirements of AR 600-20 and FM 7-22
3. If it deviates from AR 600-20 & FM 7-22 chances are your actions are illegal and abusive in nature.



Smoke Sessions

- Using physical exercise to wear a Soldier out or SMOKE them physically and mentally is:
- Illegal
- Abusive
- Violates AR 600-20 and FM 7-22
- May be determined to be:
 - Hazing
 - Abuse of a Subordinate
 - Bullying
 - Or other appropriate charge under the UCMJ
- Remember you are responsible for the health and welfare of your Soldier at all times.
- You can be charged under the UCMJ for these violations



What Does a Smoke Session Look Like

- Excessive exercise
- Excessive repetitions
- Exercise not on the approved list
- Belittling the Soldier performing the exercise
- Ask yourself this question:
 - If a disinterested person walked up would they see this as corrective training or abuse?

Notes:

1. When in doubt discuss the issue with your chain of command or the IG
2. Follow the requirements of AR 600-20 and FM 7-22



Summary

- AR 600-20 & FM 7-22 cover physical exercise and corrective training
- You may only use one of the 8 approved exercises.
- Repetitions will not exceed 5
- Smoke Sessions are illegal
- If a Soldier is injured during corrective training you can be held responsible
- If the command has not authorized the use of the exercise- *don't use it*

Notes:

1. When in doubt discuss the issue with your chain of command or the IG
2. Follow the requirements of AR 600-20 and FM 7-22

