EFFECT OF A TRAINING METHOD ‘HIIT’ IN DEVELOPING THE COMBAT COMPETENCE OF IRAQI SPECIAL FORCES SOLDIERS

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ABSTRACT

To identify the effect of the training curriculum on developing competence, and the researcher used the experimental method in his study. The research sample consisted of fighters of the Iraqi Special Forces, totaling 250 (fighters) and 32 fighters were selected. The researcher used the experimental method, in his main designs using one group, and it was conducted Tribal tests at 7 am. The experiment was conducted in the military field of the course, as well as the training units were conducted by one group, as one group underwent subsidized training prepared for one group before and after. The duration of the program was two months, with (5) short units and (6) long training units Weekly. And by (44) special training units, and post-tests were conducted, and the statistics were extracted by means of the statistical bag (spss), and in the fourth chapter, the results were presented, analyzed and discussed for the research sample. The post test in the experimental group, and this indicates that the sample has developed well, and this indicates that the sample has developed well in this tactical combat test, which includes the performance of all physical and kinetic attributes and combat skills. Moral in the development of combat efficiency.

Keywords: Hiit, fighter, Iraqi Special Forces

I. INTRODUCTION

In the midst of the great scientific development witnessed by the world, all countries, and developed ones, in particular, have been interested in sciences related to military sciences and have invested all training curricula for the purpose of improving and developing the capabilities of their fighters for the purpose of increasing their military strength of all kinds. Therefore, specialists on the military side sought to conduct more Research and studies to raise the level of performance of the soldier and officer alike. Their research focused on the physical aspects to raise the level of physical fitness and mobility of their military forces of all kinds and formations. So, based on the idea of owning military power, studies have been constantly designing and developing training curricula that include many methods and methods that keep pace with the development that exists at the present time, including the intensive training that a fighter needs to be highly prepared. The Special Forces are on the highest possible readiness because Iraq has passed and is still going through a difficult time to fight terrorism, and one of the most important of these conditions and requirements is the good training of fighters, The broad and great interest in building armies and their numbers in a way that qualifies them to complete their work in maintaining security. Military specialists have sought to Conducting more research and studies to raise the level of performance of both the soldier and the officer. Their research was focused on the physical aspects to raise the level of physical fitness and mobility in order to contribute to raising the combat level of the Special Forces men, The importance of the research comes to improve the capabilities of preparing a proposed training curriculum according to the training method hiit To develop some of the motor, physical and functional capabilities of the combat sufficiency of the fighters of the Iraqi Special Forces in order to defend its people and land and be the fortress of the fortified homeland.

Research problem: The tasks assigned to the Special Forces need special capabilities and high kinetic, physical and functional specifications with advanced combat efficiency accompanied by the highest morale and clear military doctrine as well as the availability of solid doctrine. The military institution in public life, on the other hand, is intended to clearly define the enemy and the threats that a country may face and how the army is prepared to confront them. And through the experience and work of the researcher in the field of training and his
consideration as one of the valiant Iraqi army officers, and his field inspection during military courses and official working hours, He noticed that there were several researches and studies dealing with physical fitness and special exercises on the military side, but they were not enough. He noticed that the physical training used in the training fields is improvised and random. And the approved curriculum for this, has not been selected in a sound scientific manner, which does not make it the ideal curriculum in determining the level of physical fitness of members of the Iraqi Special Forces.

Hence, the researcher believes that it is necessary to find a proposed training curriculum based on scientific physical training and efficient special tactical training in order to prepare an elite group of Special Forces fighters..

Research objectives: Develop the vocabulary of a proposed training curriculum according to the intensive training method for the members of the research sample, fighters of the Iraqi Special Forces. To identify the effect of the intensive training method in developing some of the motor, physical and functional abilities of the members of the research sample, fighters of the Iraqi Special Forces..

Research hypothesis: There are statistically significant differences between the pre and post tests in the investigated physical tests in favor of the post test.


Definition terms

Procedural definition: Special Forces: They are tactical military forces with quick maneuverability, quality operations, characterized by rapid movement and few numbers, with sophisticated training.

Combat proficiency: "means the possibility of fighters to perform the duties of combat and tactical war, whether in other pages or areas of combat efficiently and effectively and in various circumstances" (Abbas, 1988).

Intensive training: It is also called high intensity interval training which is known as (HIIT) high intensity interval training or HIIE) high intensity intermittent exercise), And it is a form of intermittent training Which includes a variety of exercises aimed at developing the heart and blood vessels, alternating between intense anaerobic exercises, followed by periods of less intense work or positive rest periods. As a result of this rationing in the training load, the description of this method will be summarized by the following points:

- The most time efficient way to exercise (Gillen JB, 2013)
- The duration of the exercise ranges from 10-30 minutes, and accordingly, it will result in double functional benefits for less intense training as a result of the higher intensity (Gibala, 2012) Which lies in the following themes
  1. Aerobic and Anaerobic Fitness
  2. blood pressure
  3. Cardiovascular health
  4. Insulin sensitivity (which helps exercise) optimally
  5. Muscles use glucose for fuel more easily to make energy
  6. Low blood cholesterol
  7. Reducing belly fat and increasing or maintaining muscle mass in an optimal manner.
II. LITERATURE REVIEW

Intense high intensity training HIIT

High Intensity Interval Training: High intensity interval Training abbreviated with HIIT) Is a new style of fitness it makes you play a set of aerobic exercise in less time but doubling the effort, "called the name of the Heat exercises or (HIIT) as an acronym for High Intensity Interval Training (HIIT), a way to perform your exercise routine with maximum intensity and in the shortest amount of time to gain a lot of health benefits. High-intensity interval training refers to an exercise program characterized by a relatively short volume of vigorous activity, interspersed with rest periods or low-intensity exercise for recovery, and although this type of training has been used among athletes since the latter part of the twentieth century, it has recently gained momentum Among fitness enthusiasts, it has been identified as the “Top Ten Biggest Fitness Trend of 2018 Over the past decade, studies evaluating the effectiveness of the Institute's metabolic and respiratory programs have shown improvements in metabolic and cardiorespiratory adaptations (1) In addition, “Burgomaster and colleagues report significant improvements in time to exhaustion after only six courses of the Institute over a two-week period.. This increase in tolerance is noteworthy because it was achieved without an increase in maximum oxygen consumption (VO2max), suggesting conditioning-like processes, "such as changes in carbohydrate metabolism and enzymatic activity within muscles, could be responsible for these changes to HIIT exercise.” (Perry, 2008)

Special forces

Special Forces are one of the types of military formed in the army and have difficult and special tasks that they carry out in the event that they are assigned those tasks that the rest of the types are not able to perform. Therefore, the members of these forces have special specifications and their training is very difficult. So that they are distinguished by the integration of the physical, military and mental skill, and coexistence in the most extreme circumstances, and this is what (Sir Ahmed) indicated to him “that the basic special forces, which are the Thunderbolt Forces (considering that the rest of the species can perform their tasks with other forces with less sufficiency, while the Thunderbolt is impossible for others to implement) Its missions are: “Special forces from the regular armed forces are distinguished by their very high capabilities in carrying out daring combative actions against the vital enemy targets in the depth, with the aim of confusing its leaders and forces and losing control, to provide the most appropriate conditions for the work of the main forces in the field, to achieve their military objectives. In the end, with the greatest success and the least possible losses” (Sir, 2011). The special forces are generally characterized as a type of fighting that has a special character in military thought, as a complete conflict can arise between two warring opponents, its mainstay and concept is the strategy of special operations, and this type can also participate in Fighting within the comprehensive battle in cooperation with the rest of the weapons within the framework of the joint arms battle (Sir, 2011) The planning and organizational theories of the Special Forces are flexible in place, as they are placed In the form of imagination and borrowing, and then the capabilities and human capacity are capable of implementation. Special operations may be simple in their appearance or reckless in their implementation. However, the civility of planning in the general strategic framework of the state is measured by accurate information and the provision of capabilities is the originality of its creed, thought and maturity, and its planners know very well that access through special forces to the strategic goals drawn for the state is far from time. It is always controlled by local and international circumstances, whether political or military, so it is necessary to maintain and persevere in the goal under this method.

III. METHODOLOGY

Research Methodology: The nature of the study and the stability of the problem at hand determine the appropriate research method for this. The researcher used the appropriate experimental method to solve it, and here the researcher used the experimental method by designing a group (one) with two tests, pre and posttests, to suit the nature of the research problem, as “the experimental method is a deliberate and exact change to the specific conditions of an accident and to note the resulting changes in the accident itself and their interpretation and the reasons that affected it. (Dhafer, 2012)

Means, devices and tools used

- Arab and foreign sources.
- International information network.
- the interview.
• Questionnaires.
• 4 type stopwatch swan foreign made.
• Medical scale for measuring height and weight.
• German-made pressure and pulse meter sprints.
• An assistant team of officers and teachers of the special forces.
• 50 meter tape measure.
• The field of violent training.
• Whistle.
• Characters number 10.
• Hand calculator type (Casio).
• Medical scale to measure weight.
• Computer with accessories.
• stationary
• A smooth wall not less than 4 m high.
• Flexibility Bench
• balance ball

Field Research Procedures

Heavy Duty Training Range Test 2500m Combat Proficiency
Test name: Intensive training field (Fitness field) 2500 meters.

Objective: To measure combat proficiency.

Equipment: hard training and shooting range, whistle, stopwatch, red flags, white flags, travel equipment.

Performance description: The fighter runs (2000m) with the full- size travel equipment, weighing (28,750) kg, and as follows: They start from the starting line from a standing position by jogging quickly to cover a distance of (2000) meters to reach the first obstacle, the training ground, and jogging quickly towards the first obstacle: which is The field is Burma Bridge, 5 meters high and 10 meters deep, up and down. And then travel a distance of (20) meters to

The second obstacle: for a distance of 20 meters towards the second barrier and hanging and running with the hands under the stairs, the length of 10 meters and the height of 2 meters

Third: a 20-meter sprint towards the third barrier, which is the monkey climb, 2 meters high and 10 meters deep.

Fourth: sprinting for a distance of 20 meters, which is a balance beam with a height of 170 cm and a depth of 10 meters.

Fifth: Quick sprint after that for a distance of 30 meters towards the fifth barrier, which is a climbing wall 250 cm high.
Sixth: Rapid jogging distance of 30 Mitranho inhibitor VI and crossing the barrier wall height of 150 cm.

Seventh: Sprinting for a distance of 20 meters towards the seventh barrier for a distance of 20 meters, climbing the net, then hanging with the hands, climbing with the hands and descending from the other side, is 5 meters high.

Eighth: Sprinting for a distance of 20 meters above the tires fixed on the ground for a distance of 10 metres.

Ninth: Fast running for a distance of 50 meters above the ground (battle trench), the width of the barrier is 4 m, its length is 1 and its depth is 1.5 m.

Tenth: Sprinting for a distance of 25 meters (tyre barrier / crossing the swamp),

Eleventh: Sprinting for a distance of 9 m and crossing an obstacle (graded pit) depth of 1 m, length of barrier 1 m, length of stands 50 cm, width of barrier 40 cm,

Twelfth: Run fast for a distance of 9 m to the barrier, a moving iron crossbar, 1.25 cm high and 4 m wide.

Thirteenth: The wall barrier is 2 m high and 4 m wide, and the distance between the twelfth and third is 30 m.

Fourteenth: Barbwire barrier, height 50 cm, length 8 m, width 3 m. The distance between the fourteenth and fifth barriers is 15 m.

Fifteenth: The mane (the stabbing hole) is 1 m long, 4 m wide, 1 m deep, and 10 m is between the fifteenth and sixteenth.

Sixteenth: Tunnel blocker 4 m wide and 1 m high

Seventeenth: Barrier (Facade of the house) width 4 m, height 4 m, length of the railing 4 m, length of the column of the railing 3 m, the length of the first bench is 1 m, the height of the first bench is 2 m, the length of the second bench is 1 m, the height of the second bench is 1 m, the distance between the column of the railing and between each bench is 1 m.

Eighteenth: Barrier (Throwing Trench) 3 m long, 150 cm deep, pit width 2 m, and 1 m above ground height

Nineteenth: the zigzag blocker, the height of the barrier is 1 m, and the zigzag run between the barriers is zigzag.

Twenty: Blockers of different heights, sprinting for a distance of 9 m and passing hurdles 10 m long, 2 m wide, 80 cm high, the first and second 90 cm and the third 100 cm.

Twenty-first: The obstacle (the spindle barrier) is running fast for a distance of 3 m, crossing the barrier, width of 2 m, length of 1 m, roundabout.

Twenty-second: The wall blocker and the porch Quick run for a distance of 9 m, length 1 m, width Twenty-third: The tunnel blocker Fast jogging to the tunnel barrier for a distance of 9 m The length of the tunnel is 2 m, width 80 cm.

Twenty-fourth: The tire blocker is 10 m long and 3 m wide. Molds are installed above the ground.

Twenty-fifth: The added objection is a water pit or a water swamp, 30 m long and 50 m wide. It is crossed by a rope from and when passing, the fighter shoots and throws towards the target.

Recording: Measuring the level of combat proficiency by recording the time in minutes, seconds and tenths of a second from the beginning of the test until the end of the shooting, as well as calculating the launches that hit the target.

The exploratory experiment: The exploratory experiment is a preliminary experimental study carried out by the researcher on a small sample before entering into the procedures that follow this experiment. Therefore, the reconnaissance experiment was conducted on Saturday and Sunday on 17-18/5/2021 on the Special Forces yard.
and on the sample of (5) fighters (Arabic Dictionary, 1984), without the research sample, as the appropriate weight of the medical ball (3 kg) was installed as well as to verify the following purposes:

The purpose of the exploratory experiment was to find out the following:

- The validity of the devices and tools used in the research
- Adequate staff.
- Obstacles and difficulties facing the researcher and the assistant work team.
- Validity of field and laboratory tests and suitability of the research sample.
- The time required to complete the search procedures.
- Avoiding mistakes that the researcher and the work team face.

### Tribal tests

The pre-tests for the experimental group were conducted on 05/22/2021, on Saturday and Sunday at (7) am as follows:

#### First day

- Measuring the body mass index (height and weight).
- Step test measurement.
- Sergeant test measurement.
- Cooper ran 2400 meters (measuring the efficiency of the circulatory and respiratory systems (aerobic endurance) by running).
- The wide jump from stability (explosive force).
- Illinois test (agility).
- The bar until exhaustion of the effort (strength length).

#### The second day:

1. Throwing a medicine ball weighing 3 kg.
2. Shinaw (front-facing) for (10) seconds.
3. He ran 35 meters (speed).
4. Sit from a lying position on the back and bend the knees for 60 seconds.
5. Balance test.
6. Flexibility test
7. Combat adequacy.

### The main experience:

The main program: The researcher prepared special exercises that fit the research sample and the objective of the study, including exercises to raise the kinetic, physical and functional ability and combat adequacy of the sample, which works to raise the morale of the fighters mentally, mentally and physically, relying on taking the opinions
of experts in sports and military training, in addition to the researcher’s experience being a military man. Implementation of the training curriculum started on (22/5/2021) on Saturday and ended on (19/7/2021) on Monday. The curriculum consists of (22) training units per month, i.e. (44) units during the implementation period, performed at a rate of (5-6) Units per week Long week (6) training units from Saturday to Thursday, Friday is a rest and a short week (5) training units per week starts from Saturday to Wednesday, or Thursday and Friday is a rest, as the training units are implemented in the morning. The training unit is performed at (7) until (8.30) for the morning unit, including special exercises for the HIIT Hiit For speed of all kinds, strength of all kinds, agility and elongation, and the use of the principle of raising the intensity while reducing the size, the purpose is to raise the fighting ability of individuals and the various physical abilities they are going through, and supervised the application of the curriculum by lightning teachers and physical training.

Post-tests: The post-tests were conducted after the end of the training period on Wednesday and Thursday, 14-15/7/2021, at the same time at (7) in the morning - and the same sequence as the pre-tests.

Statistical means: The researcher used the statistical bagspss To extract statistical coefficients.

Presentation, analysis and discussion of the results:

Significance of differences between the two periods test for physical indicators: In order to determine the degree of changes in the digital physical abilities related to each of the single experimental sample (independently, the repeated measurements model was tested (Measures Repeated)teacher and table number(2)Includes the results of the significant comparisons of the mean differences for opposing pairs according to the t-test for correlated pairstest-t Paired Matched Which resulted in the presence of highly significant differences Bdallh statistically less than 01.0 experimental sample in the posttest and the absence of significant differences Bdallh greater than the level of 05.0 per sample in the pre - test) heavy / 2500 m field of matter which reflects the success of the changes Rat developments in the F - Rad experimental group As a result of applying the proposed training program in light of the changes taking place under the connected digital capabilities.

Table No. (2) The results of the significant comparisons of the mean differences for the opposite pairs according to the test (test-t Paired Matched)For the sample (one experimental) between the pre and post tests

<table>
<thead>
<tr>
<th>the exams</th>
<th>physical abilities</th>
<th>average differences</th>
<th>Difference ratio)Development</th>
<th>Test t for opposite couples</th>
<th>df</th>
<th>level (*) Function</th>
<th>Statistical decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>dimensional</td>
<td>Violent field / 2500m - time</td>
<td>4.96</td>
<td>25.45</td>
<td>11.97</td>
<td>29</td>
<td>0.000</td>
<td>HS</td>
</tr>
<tr>
<td>tribal</td>
<td>Violent field / 2500m - time</td>
<td>1.32</td>
<td>-6.70</td>
<td>1.72</td>
<td>29</td>
<td>0.095</td>
<td>NS</td>
</tr>
</tbody>
</table>

Significant in terms of less than: 0.01 HS

Not significant with a significance greater than 0.05 N. S

Moral test for differences between forbid NH one in the only test posttest: -4-2-1

In order to stand on the degree of changes taking place measurements of physical capacity digital related to each of the eye of) the one (independently tested independent data model in the only test posttest, and Table 3)) includes the results of the moral comparisons of the eye of one independent of.

Table No. (3) A. Tests morale between the eye of the one in the only test posttest indicators physical

<table>
<thead>
<tr>
<th>physical abilities</th>
<th>Levin's test for homogeneity of two inequalities</th>
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<tr>
<td>Counting f</td>
<td>Significance level</td>
<td>Statistics t</td>
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It is clear that there are high significant differences with statistical significance at less than level 0.01 in favor of the experimental sample in the post-test in general, (violent field), in light of the positive changes that occurred 2500m – time.

IV. DISCUSS THE RESULTS:

2500m Heavy Duty Training Field Test Combat Proficiency

The results of Table (2) show that there is a high significant difference with a significance level of (0.01) between the two group tests (pre-test) and in favor of the post-test. In order to explain the significant reasons for the differences in these motor, physical and functional tests, they are due to the effectiveness of the application of special exercises. HIIT One experimental group should achieve the goal of developing it compared to the previous results in the tables, and this confirms the validity of the contents of the proposed program and its effectiveness in influencing the development of motor, physical and functional abilities. (Test of the 2500-meter hard training field with striking aiming and traveling equipment) The ability of the treadmill in military equipment. The researcher attributes significant differences in the variable running (2500 m) with travel equipment, weighing (28.750) kg to the proposed training curriculum, which has brought about a clear and very large development in battle fitness through the development of skillful and combative physical training and the difficulty of training doses through intensity and size. The researcher tried to be hard on these fighters, whether in the implementation of training units or through the implementation of physical, skill and combat tests, as they do not become easy prey in the hands of those who do not have mercy on them. Indirect”. (Herbert.A.Deveise.Physiology) And the researcher believes that the exercises daily Almentdmh and under the supervision of a number of training teachers of physical Almohl, which is carried out using weights progressively and training similar to the test distances, as well as emphasis on the development of speed in this distance, as is the distance (2500 meters) of spaces medium Almtaulh as well for the development of Mtolh force according to the shape and purpose of use in the battle, any pregnancy to achieve harmony of the weight of military equipment on the body and its organs members, and confirms the "David" requires soldiers h ml weightlifting or realism loads in the field which loads itself supposed to be carried in war situations truth, and it is not correct to leave some equipment at the back, and they must be physically fit to carry this equipment that they are expected to use during the fighting and to walk with it for long distances marching carrying all their equipment (David, 1981). The training state by means of the load is achieved according to the kinetic form in the game or the activity, and this increases the emphasis on diversity and difficulty in using the load, as it does not affect the occurrence of disturbances in the technical qualities and the development of skills. For the internal organ systems, it is also possible through pregnancy to increase the effectiveness of motor coordination, increase the appearance of adaptation of the devices and the growth of capabilities and better mobilization. There is no place for the fighter but to benefit from pregnancy, comfort, energy source and improvement of physiological characteristics (Abd Ali, 1980). Special exercises HIIT Weight training has clearly and effectively affected the fighters’ ability to develop their combat capabilities, as this test requires the development of all physical attributes, which in turn helps to develop combat competence, and that this test is completely similar to real conditions of battle. Training units have been separated within the program dedicated to this tactical exercise on passing this field in the form of stations any casual yet casual and then continuously with equipment for the battle for the combatant status as much as possible in a similar battle conditions and can say that the fighter who possesses no fitness can not be of this test and the correct format so it had to be trained on this field Also through training on other physical attributes, and thus we can say that we have gained two important aspects, and one is the development of physical fitness and combat ability together. Indeed, the Special Forces fighters have reached the level that they were able to complete this test in less time and with little effort. The introduction of tactical exercises and training On it and placing it as a test basis for identifying the combat competence of the fighters is one of the important foundations for building the fighters, and that is whenever it is placed With the fighters and their training in conditions similar to the battle, we can develop their capabilities more effectively, and this aspect allows the fighter to get used in one way or another to the conditions of combat through training. Therefore, the new training program contained special units designed for this purpose and called the skill performance. This is an effective step. In the inclusion of these exercises within the training programs, and indeed, the percentage of these exercises within the training program was large and was distributed in a thoughtful manner, from the
gradual giving of exercises and the gradual increase in the intensity of these exercises throughout the duration of the training program until the fighters during training reached the maximum intensity in Alada while reducing the time. And that the combat proficiency test requires a great longevity during performance due to the large number of obstacles and obstacles inside the field with running without stopping with the weapon and that the repeated performance within the circular training units and the lack of stopping due to the presence of the barrier system has earned the fighter a high endurance and this has greatly helped the fighters’ ability to perform The important combat skills, as high moral differences appeared between the two groups and the results were very good. As for the control group, the deterioration of performance was evident through the test, because the fighters were not trained in this type of training, and the program did not include training the skillful performance of tactical exercises, and this combat aspect was neglected, Which is the basis for the fighter's work during the fighting in the battles, so it became clear the weakness of the combat efficiency of the tribal tests through the combat ability designated for this purpose.

V. CONCLUSIONS

The researcher reached only conclusions the following:

1. No significant statistically significant differences for hid Art combat capability for the benefit of only test posttest in the experimental group and this shows that the sample has developed well and this shows that the sample has developed well in the only test tactical combat, which includes the performance of all physical and kinetic characteristics and combat skills.

2. At this researcher that training, particularly training hiit It has helped to contribute to the development of the physical fitness of the fighters, which helped to keep the fighters in continuous movement without stopping, in addition to ensuring the performance of the whole group because it is in front of the teacher and helps in discipline and order in training on the basis of work and rest time, which ensures that no part of time is lost.

3. The proposed training curriculum had a significant impact on the development of combat competence.

RECOMMENDATIONS

By discussing the results and the field experience that were applied to the fighters of the Special Forces and in light of the conclusions that emerged as a result of the statistical analysis, the researcher recommends the following:

1. To benefit as much as possible from the proposed training curriculum prepared for Special Forces fighters.

2. Use the training method HIIT In developing the physical fitness of fighters.

3. The introduction of combat exercises and skill performance within the training programs and the development of special units for them within the programmes.

4. It is necessary to open specialized training courses for teachers on an ongoing basis to find Professional teachers.

5. Field research conducted at mesh a Bhh in this area six Wifadah as only a place of Hola fighters and bring them to a high level of combat sufficiently.

6. The introduction of the proposed curriculum within the training curricula of the armed forces, as it has proved to have a significant impact on the development of combat competence.

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