DEPARTMENT OF THE ARMY
HEADQUARTERS, 101ST AIRBORNE DIVISION (AIR ASSAULT)
2700 INDIANA AVENUE
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REPLY TO ATTENTION OF

AFZB-CSM

21 August 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Memorandum of Instruction for the 101st Airborne Division (Air Assault) Command Sergeant Major's Iron Eagle Competition

1. PURPOSE. To provide detailed guidance for the 101st Airborne Division (Air Assault) Command Sergeant Major's Iron Eagle Competition.

2. GENERAL. The 101st Airborne Division (Air Assault) will conduct the Command Sergeant Major's Iron Eagle Competition quarterly. Competitors will perform a multi-event fitness test consisting of six separate events in order to identify the most outstanding and physically fit Soldier. The first five events test upper body muscular strength and endurance while the sixth and final event tests cardiovascular endurance.

FY13 Iron Eagle Competition Dates
03 October 2012 30 January 2013
03 April 2013 10 July 2013

3. ELIGIBILITY. Brigade Combat Teams and separate units will provide two Soldiers to represent their unit at the 101st Airborne Division (Air Assault) Command Sergeant Major's Iron Eagle Competition.

4. CONCEPT. The six events are as follows:

(1) Bench Press: This exercise tests the competitors' pectoral muscles. Males will be required to lift their full body weight; females will be required to lift 60% of their body weight. At the starting position, the competitor will lay on the bench, placing both hands so they are centered on the barbell and the distance between the thumbs are equal to the grip width. The grip width will be designated by the grader. When the whistle is sounded, the competitor may assume the starting position. They will begin lowering the barbell in a slight arch until it touches the chest. Once this point has been reached, the grader will signal the competitor to return to the starting position by saying "up". This is one repetition. The competitor will wait for a grader's signal to continue with the next repetition by saying "down" each time they return to the starting position. Failure to wait for the grader's signal to raise or lower the barbell will result in the grader not counting that repetition. Competitors will perform as many correct repetitions as possible.

(2) Wide Grip Pull Up: This exercise tests the competitor's back muscles. Both males and females will be required to pull their full body weight. At the starting position, competitors will grasp the handles with palms facing away ensuring they have a firm grip; arms should be fully extended, elbows locked body straight and motionless as they wait for the grader's command to begin. Upon the command to begin, competitors will pull their body up so that the tip of the nose is in line with the horizontal bar and then lower their body back down to the starting position. This is one repetition. Competitors will wait for the grade to signal them to begin the next repetition by saying "up". Competitors may hang from the bar unsupported any time after the whistle has sounded. Any kicking, jerking or intentional swaying will disqualify that repetition. Competitors will repeat this motion in order to perform as many correct repetitions as possible.

(3) Military Press: Males will be required to lift 50% of their body weight; females will be required to lift 30% of their body weight. At the starting position, competitors will sit on the seat so that the back is against the back support. The feet must remain in front of the chair legs at all times. Competitors will place their hands so they are centered on the barbell and the distance between the thumbs is equal to the grip width. The grip width will be designated by the grader. Competitors will then lift the barbell so that it is directly above the head/shoulders, arms fully extended and elbows locked. This is the starting position. When the whistle is sounded, competitors will assume the starting position. Once in the starting position, competitors will wait for the command to begin the exercise from the grader. Upon the command to begin, competitors will begin lowering the barbell until it is below the nose. Once this point is reached, the grader will give the command to return to the starting position by saying "up". At this time, competitors will begin raising the barbell back to the starting position. This is one repetition. The competitor will wait for the grader's signal to begin the next repetition by saying "down", returning to the start position after each repetition. Failure to wait for a grader's signal to raise or lower the bar will disqualify that repetition. Failure to keep the back against the support or feet to the front of the chair legs will disqualify that repetition. Swaying or rocking of the upper torso will disqualify that repetition. Competitors will perform as many correct repetitions as possible.

(4) Chin Up: The chin up tests competitors' bicep muscles. Males and females will be required to lift their full body weight. At the starting position, competitors will grip the bar with the palms facing to the rear, arms fully extended, elbows locked; body straight and motionless. Once in the starting position, competitors will wait for the command from the grader to begin the exercise. When given the command to begin, competitors will begin to pull their body up until the nose is in line with the horizontal bar and then lowering the body back into the starting position. This is one repetition. Competitors will wait for the grader to signal them to begin by saying "up" each time they return to the starting position. Competitors may hang from the bar unsupported any tie after the whistle has sounded. Failure to wait for the grader's signal to begin will disqualify that repetition. Any kicking, jerking or intentional swaying will disqualify that repetition.

(5) Bar Dip: The bar dip tests competitor's tricep muscles. Males and females will be required to lift their full body weight. At the starting position, competitors will support their

entire weight with their arms and elbows locked. When the whistle is sounded, competitors may assume the starting position. Competitors will then wait for the grader's command to begin the exercise. Upon the command, competitors will begin by lowering their body by bending at the elbows until the upper arms (triceps) are parallel with the ground. Once competitors have reached this point, the grader will signal them to return to the starting position by saying "up". On the command "up", competitors will begin raising the body back to the starting position. Failure to wait for a grader to signal you to raise or lower yourself will disqualify that repetition. Any kicking, jerking or intentional swaying will disqualify that repetition. Perform as many correct repetitions as possible.

(6) Three Mile Run The 3 mile run is the sixth and final exercise. Your run time starts 15 minutes from your overall start time. You may not begin any earlier than this prescribed start time. Failure to begin at your prescribed run time will not delay your start time. Begin at the start/finish line when the 3 minute whistle has sounded, not before. Sound off with your number to your assigned grader once you have reached the turnaround point. Once you reach the finish line your grader will write your time on your score card.

5. SCORING: The overall score is determined by adding the repetitions performed correctly for the five upper body exercises and dividing that total by the run time. To become an Iron Eagle the competitor must score a three or higher.

6. POC for this memorandum is SSG VanDunk, Eric L. II OPS NCO for the Division CSM at 270-798-9607 or email eric.L.vandunk2.mil@mail.mil.

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