

HAMR

Component Testing Locations



	PRIMARY	ALTERNATE
LOCATION	Robert MXS Facility	KAFB Youth Center
SITE OPENING DATE	16 JULY 2024	05 AUGUST 2024
BLDG./ROOM	Bldg. 4221/ Rm. 125; Mobility Room	Bldg. 6801/Gymnasium
TESTING DATES	Tue, Thurs, Fri	Mon & Wed
TIME	9 am - Noon	9 am - Noon
TESTING INCREMENTS	30 min. increments; 6 available test windows	30 min. increments; 6 available test windows
MAX. TESTERS PER SLOT	5	10

Unit Fitness Program Managers (UFPM) remain responsible for conducting unit PT tests. The 81 TRW Fitness Information Manager (FIM) will manage the monthly HAMR calendar, sign-up site, and communication with the Unit POCs. UFPMs are required to have a defibrillator on site for all cardio components. If your unit does not own a defibrillator, one must be checked out at the Dragon Fitness Center front desk.

