



HITT THE POOL

BENEFITS OF THE AMP-IT PROGRAM

- Low impact, water-based unit physical training program
- Increases strength, cardiovascular endurance, and lung capacity, helping to improve PFT scores
- Reduces risk of injury, facilitates recovery, and decreases recovery time
- As challenging as on-land PT but reduced stress on joints and bones makes it accessible to injured Marines.
- Enables Marines on light or limited duty to continue to train with their unit.

