



**Canadian Armed Forces
Pre-Basic Military Training
(PRE-BMT)
Fitness Training Program**



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About PSP

PSP – THE PREFERRED CHOICE FOR FITNESS, SPORTS AND RECREATION!

The Personnel Support Programs (PSP) division of Canadian Forces Morale and Welfare Services (CFMWS) contributes to the operational readiness and effectiveness of the Canadian Armed Forces (CAF). Through its programs and services, PSP strives to build a strong and healthy military community for all beneficiaries that make up the “One Community – One Million Strong”. PSP has over 300 highly trained specialized professionals who are committed to creating a culture of fitness in the CAF and play a key role in the development and delivery of leading edge occupational fitness, sport and wellness programs and services. PSP Fitness is focused on ensuring the operational readiness of the CAF personnel, with access capacity of our fitness facilities being available to the wider military community, as well as access to quality recreational programming and activities. PSP invests in the leadership of its workforce to ensure they are well trained, innovative and responsive to the needs of the CAF community. Find more about PSP [here](#).



Physical requirement of BMT

The aim of the Basic Military Training (BMT) is to graduate CAF members who are physically robust, mentally focused and resilient, able to function effectively as a member of a small team in basic operations in both garrison/home based and austere field conditions, and who understand their duties within the Profession of Arms in Canada. You will be asked to complete several tasks to help you understand your mental resilience and develop your leadership skills:

- I. Rappel tower;
- II. Zip line;
- III. Obstacle courses including climbing in a cargo net, crawling under logs, jumping over walls, arm ladder, etc.;
- IV. Forced marches of varying distances (up to 5 km) at a pace of about 11 min/km, wearing a rucksack (up to 20 kg) to develop physical resilience;
- V. Tasks in a small group;
- VI. Climbing up and down up to 1500 stairs daily.

During the first few days, you will have to perform a physical fitness screening assessment that includes 3 components: walking, speed/agility, strength/power. Additionally, you will be required to meet the standard of the [*FORCE evaluation*](#) during week 6 of your BMT.



Purpose of this training program

The Pre Basic Military Training (PRE-BMT) fitness training program aims to establish a minimum level of physical fitness needed to optimize performance and reduce the risk of injury during BMT. This program is designed to raise early awareness and for recruits to better understand the commitment and physical preparation required for the BMT course.

The fitness training program includes:

Walking sessions	Jogging sessions	Strengthening sessions
Modified Rockport walking test	Walking 5 minutes first, if possible	Performing a warm-up first
6 times a week with a longer walk	3 times a week	2 times a week
Once every 2 weeks with a 25 lbs load		* Progression of the exercises, if not enough challenging
AIM at the end of the program		
Walking 13 000 steps per day and walking for 1 hour with 25 lbs	Jogging 20 minutes continuously	Increase your stability and strength

This fitness training program is not intended to develop elite fitness but to adequately prepare your legs for walking, jogging, drill classes, and to familiarize you with different strengthening exercises. This will allow you to develop a sense of control over your course preparation, your commitment to the training process and your confidence in achieving your goals.

Despite the fact that walking is a simple and easy activity, if you are not familiar with the volume of walking required during BMT, you may be at risk of developing injuries that could interrupt your training.

Health appraisal questionnaire

Before initiating this fitness training program, it is recommended to complete the [GET ACTIVE QUESTIONNAIRE \(appendix A\)](#) to identify if you are ready to become more active.

Balance: The Canadian Armed Forces Physical Performance Strategy

Physical performance is an essential component of operational readiness. Research indicates that, to perform at your best, you need to be trained and fit, properly fueled, well-rested, and free from injury. The decision to be active, eat healthy, adopt proper sleep habits or train safely lies with you. Small changes, like cycling or walking to work, getting an extra hour of sleep per night, eliminating junk food from your diet, proper warm-up to avoid injury can make a big difference. Infrastructure, like new bicycle racks and walking paths on bases, and policies that support healthy, safe, active living will make it easier for you.

Injury Prevention / Recovery

Musculoskeletal injuries are one of the main reasons for delayed BMT graduation. Injury prevention involves the effort to prevent or reduce the severity of bodily injuries caused by external circumstances before they occur. Injury prevention is at the forefront of this PRE-BMT training package. Gradual and progressive increase in physical stress imposed on the body by participating in regular physical training ahead of BMT is one of the best ways to prepare for the rigours of the BMT. Recovery days are integrated into the PRE-BMT fitness training program to favor recovery and ensure your body can maximise the training effect. Here are some tips and tricks on injury prevention and physical recovery:

- Always warm up at the beginning of a training session;
- Respect your body. If you feel pain, take a day off physical training and consult a medical professional if the pain persists;
- Wear protective equipment and appropriate clothing when it is required (running shoes, exercise clothing, helmet, mouth guard, protective pads, and other).

For more information, visit the [Canadian Armed Forces Physical Performance Strategy: Balance](#).

Virtual Training by CAF Fitness

Canadian Armed Forces Fitness aka CAF Fitness is the place of choice for virtual fitness programming! It's the Canadian military and defense community's #1 resource for engaging, effective, and safe tactical online fitness training programs. It caters to all levels of fitness and provides evidence-based training techniques.

Join the *CAF Fitness* community if you are looking for ways to complement and/or upgrade your training program. Live and prerecorded workouts are available at your fingertips!

[Click here](#) to learn more about CAF Fitness.

12-Week Fitness Training Program

Weeks 1 to 4

	EXERCISES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Walk	Test Rockport	20 min	20 min	25 min loaded (25lbs)	REST	35 min	REST
	Jogging							
	Strengthening exercises		CIRCUIT 1		CIRCUIT 1			
WEEK 2	Walk	10 min	20 min	10 min	20 min	10 min	40 min	REST
	Jogging	4x (1'J / 1'W)		5x (1'J / 1'W)		6x (1'J / 1'W)		
	Strengthening exercises		CIRCUIT 1		CIRCUIT 1			
WEEK 3	Walk	15 min	25 min	15 min	25 min loaded (25lbs)		45 min	REST
	Jogging	6x (1'J / 1'W)		7x (1'J / 1'W)		8x (1'J / 1'W)		
	Strengthening exercises		CIRCUIT 1		CIRCUIT 1			
WEEK 4	Walk	20 min	20 min	20 min	20 min	20 min	20 min	REST
	Jogging	7x (1'J / 1'W)		8x (1'J / 1'W)		10x (1'J / 1'W)		
	Strengthening exercises		CIRCUIT 1		CIRCUIT 1			

NOTES:

- W = Walking
- J = Jogging
- ' = minutes
- Loaded = Wearing a 25 lbs backpack
- Start your jogging session with 5 minutes of walking to warm-up;
- If symptoms of discomfort develop: Stop the training session immediately. Once recovered, resume previous training. If it persists, reach pre-emb.bmt@cfmws.com for guidance.

12-Week Fitness Training Program

Weeks 5 to 8

	EXERCISES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 5	Walk	15 min	25 min	15 min	30 min loaded (25lbs)		50 min	REST
	Jogging	4x (2'J / 1'W)		5x (2'J / 1'W)		6x (2'J / 1'W)		
	Strengthening exercises		CIRCUIT 2		CIRCUIT 2			
WEEK 6	Walk	20 min	30 min	20 min	30 min	20 min	55 min	REST
	Jogging	6x (2'J / 1'W)		7x (2'J / 1'W)		3x (3'J / 1'W)		
	Strengthening exercises		CIRCUIT 2		CIRCUIT 2			
WEEK 7	Walk	20 min	35 min	20 min	35 min loaded (25lbs)		60 min	REST
	Jogging	4x (3'J / 1'W)		5x (3'J / 1'W)		3x (4'J / 1'W)		
	Strengthening exercises		CIRCUIT 2		CIRCUIT 2			
WEEK 8	Walk	20 min	20 min	20 min	20 min	20 min	20 min	REST
	Jogging	4x (2'J / 1'W)		5x (2'J / 1'W)		6x (2'J / 1'W)		
	Strengthening exercises		CIRCUIT 2		CIRCUIT 2			

NOTES:

- W = Walking
- J = Jogging
- ' = minutes
- Loaded = Wearing a 25 lbs backpack
- Start your jogging session with 5 minutes of walking to warm-up;
- If symptoms of discomfort develop: Stop the training session immediately. Once recovered, resume previous training. If it persists, reach pre-emb.bmt@cfmws.com for guidance.

12-Week Fitness Training Program

Weeks 9 to 12

	EXERCISES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 9	Walk	25 min	35 min	25 min	40 min loaded (25lbs)		65 min	REST
	Jogging	4x (4'J / 1'W)		2x (5'J / 1'W)		3x (5'J / 1'W)		
	Strengthening exercises		CIRCUIT 3		CIRCUIT 3			
WEEK 10	Walk	30 min	40 min	30 min	40 min	40 min	70 min	REST
	Jogging	4x (5'J / 1'W)		1x (10'J / 1'W)		1x (15'J / 1'W)		
	Strengthening exercises		CIRCUIT 3		CIRCUIT 3			
WEEK 11	Walk	35 min	45 min	35 min	45 min loaded (25lbs)		75 min	REST
	Jogging	2x (10'J / 1'W)		1x (15'J / 1'W)		1x (20'J / 1'W)		
	Strengthening exercises		CIRCUIT 3		CIRCUIT 3			
WEEK 12	Walk	20 min	20 min	20 min	20 min	20 min	20 min	REST
	Jogging	5x (2'J / 1'W)		5x (2'J / 1'W)		5x (2'J / 1'W)		
	Strengthening exercises		CIRCUIT 3		CIRCUIT 3			

NOTES:

- W = Walking
- J = Jogging
- ' = minutes
- Loaded = Wearing a 25 lbs backpack
- Start your jogging session with 5 minutes of walking to warm-up;
- If symptoms of discomfort develop: Stop the training session immediately. Once recovered, resume previous training. If it persists, reach pre-emb.bmt@cfmws.com for guidance.

Warm-Up

Exercise Demonstration

The warm-up allows for a gradual increase in body temperature and joint mobilization in order to reduce the risk of injury. For an optimal warm-up, follow the exercise sequence below. Click directly on the picture to view demonstration video of the exercise.

1

Walk



2

Skip A's



3

Hip mobility



4

Dorso mobility



5

Thoracic mobility



6

Prone Angel



7

Glute bridge





Modified Rockport Walking Fitness Test

The goal of the modified Rockport walking fitness test is to complete 15 minutes of walking while covering a distance of 1.6 km. It is important to note that running is not allowed during this test. It is suggested that you use a GPS-like mobile application (e.g. Runkeeper, Strava) to measure your distance and track your time. This test will also be administered during your first week of the BMT.

The table below demonstrates the classification of level in training program depending on your result from the modified Rockport walking test.

Level	Result
Beginner	Less than 1.6 km
Regular	More than 1.6 km

Strengthening Exercises: Circuit 1

Exercise Demonstration

Complete the warm-up before the strengthening exercises

















Complete each exercise as a circuit for **20 sec on / 40 sec off (repeat circuit 3 times)**

Complete progression exercise if you master the regular exercise

Click directly on the picture to view demonstration video of the exercise

REGULAR

PROGRESSION

1	Chair squat Equipment: stair/chair		➔		<u>Air squat</u>
2	Glute bridge		➔		<u>Glute bridge (single leg)</u>
3	<u>Calf raises</u>		➔		<u>Calf raises (single leg)</u>
4	<u>Shoulder taps (push-up position)</u>		➔		<u>Toes taps (push-up position)</u>
5	<u>Prone Angel</u>		➔		<u>Prone Angel</u> Equipment: Ball
6	<u>Step jack (glider)</u> Equipment: towel		➔		<u>Jumping jack</u>
7	<u>Pause Split Squat (R/L)</u>		➔		<u>Split squat (R/L)</u>
8	<u>Plank to standing in control</u>		➔		<u>Dynamic plank to standing</u>

Strengthening Exercises: Circuit 2

Exercise Demonstration

Complete the *warm-up* before the strengthening exercises

Complete each exercise as a circuit for **30 sec on / 30 sec off (repeat circuit 3 times)**

Complete progression exercise if you master the regular exercise

Click directly on the picture to view demonstration video of the exercise

REGULAR

PROGRESSION

1 **Air squat**



Dynamic squat

Equipment:
Backpack
(10-45 lbs)

2 **Glute bridge (single leg)**



Glute bridge loaded (single leg)

Equipment:
Backpack
(10-45 lbs)

3 **Calf raises (single leg)**



Jumping calf raises (single leg)

4 **Toes taps (push-up position)**



Push-ups

5 **Prone Angel**
Equipment:
Ball



Supported row (single arm; R/L)

Equipment:
Backpack
(10-45 lbs)

6 **Jumping jack**



Jumping jack

7 **Split squat (R/L)**



Back lunges (R/L)

Equipment:
Backpack
(10-30 lbs)

8 **Dynamic plank to standing**



Hand release get-up

9 **Shoulder press**
Equipment:
Backpack
(10-30 lbs)



Shoulder press

Equipment:
Backpack
(10-30 lbs)

Strengthening Exercises: Circuit 3

Exercise Demonstration

Complete the *warm-up* before the strengthening exercises

Complete each exercise as a circuit for **45 sec on / 15 sec off (repeat circuit 3 times)**

Complete progression exercise if you master the regular exercise

Click directly on the picture to view demonstration video of the exercise

REGULAR

PROGRESSION

1 Dynamic squat
Equipment:
Backpack
(10-45 lbs)



Goblet squat
Equipment:
Backpack
(10-45 lbs)

2 Glute bridge (single leg)



Glute bridge loaded (single leg)
Equipment:
Backpack
(10-45 lbs)

3 Jumping calf raises (single leg)



Jumping calf raises (single leg)

4 Inclined push-ups



Push-ups

5 Supported row (single arm; R/L)
Equipment:
Backpack
(10-45 lbs)



Bent over row (single arm; R/L)
Equipment:
Backpack
(10-45 lbs)

6 Jumping jack



Jumping jack

7 Back lunges (R/L)
Equipment:
Backpack
(10-30 lbs)



Walking lunges
Equipment:
Backpack
(10-30 lbs)

8 Hand release get-up



Hand release get-up

9 Shoulder press
Equipment:
Backpack
(10-30 lbs)



Ground to shoulder press
Equipment:
Backpack
(10-30 lbs)

Appendix A



Get Active Questionnaire

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY –
PHYSICAL ACTIVITY TRAINING FOR HEALTH (CSEP-PATH®)

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

- I am completing this questionnaire for myself.
- I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES** or **NO** to each question before you become more physically active. If you are unsure about any question, answer **YES**.

- | YES | NO |
|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
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| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> |
- 1 Have you experienced **ANY** of the following (A to F) **within the past six months**?
 - A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
 - B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?
 - C Dizziness or lightheadedness during physical activity?
 - D Shortness of breath at rest?
 - E Loss of consciousness/fainting for any reason?
 - F Concussion?
 - 2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?
 - 3 Has a health care provider told you that you should avoid or modify certain types of physical activity?
 - 4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

.....> **NO** to all questions: go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE

Appendix A - continued



Get Active Questionnaire

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

- 1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? DAYS/WEEK
- 2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? MINUTES/DAY
- For adults, please multiply your average number of days/week by the average number of minutes/day: MINUTES/WEEK

Canadian 24-Hour Movement Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).

GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.

DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct. If my health changes, I will complete this questionnaire again.

I answered **NO** to all questions on Page 1

I answered **YES** to any question on Page 1

Sign and date the Declaration below

Check the box below that applies to you:

- I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.
- I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.

<input type="text"/>	<input type="text"/>	<input type="text"/>
Name (+ Name of Parent/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
<input type="text"/>	<input type="text"/>	<input type="text"/>
Date	Email (optional)	Telephone (optional)

With planning and support you can enjoy the benefits of becoming more physically active. A QEP can help.

- Check this box if you would like to consult a QEP about becoming more physically active. (This completed questionnaire will help the QEP get to know you and understand your needs.)

Appendix A - continued



Get Active Questionnaire – Reference Document ADVICE ON WHAT TO DO IF YOU HAVE A **YES** RESPONSE

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

1 Have you experienced ANY of the following (A to F) within the past six months?

A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?

YES

Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light- to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.

B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?

YES

Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a health care provider or a Qualified Exercise Professional (QEP) to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult a QEP about safe and appropriate physical activity.

C Dizziness or lightheadedness during physical activity

YES

There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a health care provider to identify reasons and minimize risk. Until then, refrain from increasing the intensity of your physical activity.

D Shortness of breath at rest

YES

If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.

E Loss of consciousness/fainting for any reason

YES

Before becoming more active, consult a doctor to identify reasons and minimize risk. Once you are medically cleared, consult a Qualified Exercise Professional (QEP) about types of physical activity suitable for your condition.

F Concussion

YES

A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A health care provider will let you know when you can start becoming more physically active, and a Qualified Exercise Professional (QEP) can help get you started.

After reading the **ADVICE** for your **YES** response, go to Page 2 of the **Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY**

Appendix A - continued



Get Active Questionnaire – Reference Document ADVICE ON WHAT TO DO IF YOU HAVE A **YES** RESPONSE

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

YES

If this swelling or pain is new, consult a health care provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling. As the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult a Qualified Exercise Professional (QEP) in follow-up to help you become more active and prevent or minimize future pain.

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

YES

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

YES

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. A Qualified Exercise Professional (QEP) can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

After reading the **ADVICE** for your **YES** response, go to Page 2 of the *Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY*

WANT ADDITIONAL INFORMATION ON BECOMING MORE PHYSICALLY ACTIVE?

► csep.ca/certificationscsep.ca/guidelines

CSEP Certified members can help you with your physical activity goals.

Canadian 24-Hour Movement Guidelines for all ages.

Appendix B

Instructions for load carriage packing and fitting

When filling your backpack, you should organize the heavier loads in mid back. If you have a hip strap, you should locate your iliac crest (the top of the most prominent point of the hipbone) and position the strap on this area. When the hip belt is properly centered on the hip crest and tightened this will reduce the strain on your shoulders. The shoulder straps should contour smoothly and be in contact throughout the entire length of the shoulder strap padding. The adjustment buckle at the lower end of the shoulder strap should be positioned roughly even with the center of the armpit.



Questions

If you have any questions concerning the PRE-BMT fitness training program, please contact pre-emb.bmt@cfmws.com

