

STRETCH

Arm + Shoulder

Overhead Arm Pull

Shoulder Rotations

Chest Back

Chest Front

Upper Back

Full Extension

Side Stretch

Hamstring-V

Groin

Hamstring -Line

Lower Back

Thigh

Calf 1 + 2

4 for the Core

Bent Leg Raise

Side Bridge

Back Bridge

Quadruplex

(Plus 1) Plank

Recovery Drill

Overhead Arm Pull

Rear Lunge

Extended Flex

Thigh Stretch

Single Leg Over

ARMY PHYSICAL READINESS TRAINING REFERENCE SHEET

Hip Stability Drill

Lateral Leg Raise

Medial Leg Raise

Single Leg Tuck

Single Leg Over

Shoulder Stability Drill

I – Raise

T – Raise

Y – Raise

L – Raise

W – Raise

Preparation Drill

Bend and Reach

Rear Lunge

High Jumper

Rower

Squat Bender

Windmill

Forward Lunge

Prone Row

Bent Leg Body Twist

Push Up

Conditioning Drill #1

Power Jump

V-UP

Mountain Climber

Leg Tuck + Twist

Single Leg Push Up

Conditioning Drill #2

Turn + Lunge

Supine Bicycle

Side Straddle Hops

Swimmer

8 Count Push Up

Conditioning Drill #3

Y Squat

Single Leg Dead Lift

Side to Side Knee Lifts

Front Kick Alternate Toe Touch

Tuck Jump

Straddle Run (FWD/Back)

Half Squat Laterals

Frog Jumps (FWD/Back)

Alt Turn Jump

Alt Staggered Squat Jump

FM 7-22

Running

30-60s

60-120s

Warrior Run

1 Mile Run

2 Mile Run

Stairs

Military Movement Drill #1

Verticals

Laterals

300 Yard Shuttle Sprint

Military Movement Drill #2

Power Skip

Cross Overs

Crouch Run

Other Drills

Push Up Improve

Curl Up Improve

Pull Up Improve

Circuits

PREs: Partner

Resistance

Exercises

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U.S. Army Physical Readiness Training Manual U.S. Department of the Army, 2012-01-14 Time tested physical training from the U S Army now available to **FM 7-22 Army Physical Readiness Training** Headquarters Department of the Army, 2017-08-27 Field Manual 7 22 encompasses the US Army Physical Readiness Training program in its entirety This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT Physical Readiness Training at the Squad Company Battery Troop and higher levels This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series **The Compact Edition of the Oxford English Dictionary** Sir James Augustus Henry Murray, 1971 Micrographic reproduction of the 13 volume Oxford English dictionary published in 1933 **Field Manual FM 7-22 Army Physical Readiness Training with Change 1 3 May 2013** United States Government US Army, Us Army, 2013-05-25 This FM provides Soldiers and leaders with the doctrine of Army PRT It is a product of our history forged out of the great battles from the past to the present Its doctrinal concepts also reflect emerging trends in current physical culture This FM will impact the Army in a manner of importance toward the continuation of our national strength and security The purpose of Army PRT is not merely to make our Soldiers look fit but to actually make them physically ready for the conduct of full spectrum operations Soldier physical readiness is acquired through the challenge of a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System Terms that have joint or Army definitions are identified in both the Glossary and the text This publication prescribes DA Form 705 Army Physical Fitness Test Scorecard The proponent for this publication is the United States Army Training and Doctrine Command TRADOC The preparing agency is the United States Army Physical Fitness School *Army Physical Readiness Training* Headquarters Department of the Army, 2013-11-12 United States Army manual for Army physical training and readiness training *U.S. Army Physical Readiness Training Manual* United States. Department of the Army, 2019 **Army Study Guide** Eugenio Saenz, 2018-01-11 Army Study Guide contains more than 30 subjects with review questions to assist in preparing for military Promotion Boards Complete with tips on how to prepare and conduct yourself before a board Subjects include Leadership and Counseling Map Reading Drill and Ceremony Physical Readiness Guard Duty Military Justice Training The Force Army Values Geneva Convention Army Programs and much more Use highlighting to study and quickly reference areas of study Study on the go no need for internet connection once downloaded Future updates available **Army Physical Readiness Training: the Official U. S. Army Field Manual FM 7-22, C1 3 May 2013** U. S. Army U.S. Army Physical Fitness School, 2019-11-06 Soldier physical readiness is acquired through the challenge of a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for

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