

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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