Army Physical Readiness Training

DECEMBER 2007

HEADQUARTERS
DEPARTMENT OF THE ARMY

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Army Physical Readiness Training

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*This publication supersedes FM 21-20, 30 September 1992.
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Preface

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. FM 3-22.20, Army Physical Readiness Training, contains doctrine for the execution of the Army Physical Readiness Training (PRT) system. This manual contains four interrelated parts that assist leaders in the preparation of Soldiers and units for the physical challenges inherent to a wide range of threats in a complex set of operating environments. Parts include:

- Part One – Army Physical Readiness Training Philosophy
- Part Two – Physical Training Strategy
- Part Three Physical Training Activities
- Part Four – Physical Training Assessment

FM 3-22.20 supersedes FM 21-20, Physical Fitness Training, dated 30 September 1992. This revised manual’s instruction is definitive in its guidance to leaders in the progression toward achieving the Soldier physical readiness standards required in AR 350-1, Army Training and Leader Development. Great emphasis is placed on the conditioning of Soldiers in the areas of strength, endurance, mobility, and injury control.

Leaders at all levels understand that PRT is fundamental to a combat-ready force. This manual is therefore precise in its description of PRT activities at all ability levels. It provides leaders guidance on the planning and execution of activities, drills, and exercises that will ensure units and individual Soldiers are physically ready to perform their mission and METL. The chapters of this manual contain precise exercise description and instruction for the development of strength, endurance, and mobility. Comprehensive doctrine on special conditioning programs, foot marching, obstacle negotiation, water survival, and the conduct of the Army Physical Fitness Test (APFT) are also included. Appendix A provides PRT Leader Drill Cards for use during the instruction and performance of PRT exercise drills and activities.

Leaders who inspire in their Soldiers the physical readiness training disciplines instructed in this manual will develop the skillful, strong fighting force America is renowned for around the world.

The United States Army Physical Fitness School is the specified proponent for the Army Physical Fitness Training Program IAW AR 5-22, The Army Proponent System and AR 350-1, Army Training and Leader Development. The preparing agency is the U.S. Army Infantry School (USAIS). Comments and recommendations for improvement of this manual must be submitted on DA Form 2028, Recommended Changes to Publications and Blank Forms. To contact the United States Army Physical Fitness School, write:

USATC&FJ
4325 Jackson Blvd
ATTN: Director, Physical Fitness Division
ATZJ-PF
Fort Jackson, SC 29207

You may also e-mail DA Form 2028 to: www.bct.army.mil/pfs.aspx

This publication applies to the Active Army, the Army National Guard (ARNG)/Army National Guard of the United States (ARNGUS), and the United States Army Reserve (USAR) unless otherwise stated.

Unless otherwise stated, whenever the masculine gender is used, both men and women are implied.
PART ONE
ARMY PHYSICAL READINESS
TRAINING PHILOSOPHY

Chapter 1

Army Approach to Physical Readiness Training

“Military leaders have always recognized that the effectiveness of fighting men depends to a large degree upon their physical condition. War places a great premium upon the strength, stamina, agility, and coordination of the Soldier because victory and his life are so often dependent upon them. To march long distances with full pack, weapons, and ammunition through rugged country and to fight effectively upon arriving at the area of combat; to drive fast-moving tanks and motor vehicles over rough terrain; to make assaults and to run and crawl for long distances; to jump into and out of foxholes, craters, and trenches, and over obstacles; to lift and carry heavy objects; to keep going for many hours without sleep or rest – all these activities of warfare and many others require superbly conditioned troops.”

FM 21-20, Physical Training (January 1946)

SECTION I — ARMY PHYSICAL FITNESS TRAINING PROGRAM

ARMY TRAINING AND LEADER DEVELOPMENT

1-1. AR 350-1, Army Training and Leader Development, provides policy guidelines for the Army Physical Fitness Training Program. The Army physical fitness training policy applies Armywide. It includes all Soldiers, functional branches, units and operating agencies. Physical readiness is the ability to meet the physical demands of any combat or duty position, accomplish the mission and continue to fight and win. Physical Readiness Training (PRT) provides the physical component that contributes to tactical and technical competence and forms the physical foundation for all training. Commanders and supervisors will establish physical fitness training programs consistent with the requirements stated in AR 350-1, unit missions, and this manual. Soldiers must meet the physical fitness standards (APFT) set forth in AR 350-1 and this manual.

COMMON MILITARY TRAINING PROGRAMS

1-2. One of the Army’s common military training (CMT) programs, Physical Readiness Training (PRT), is specified as a program training requirement for all units. PRT provides the foundation of combat readiness and is an integral part of every Soldier’s life. Unit readiness begins with the physical readiness of Soldiers and the NCOs and officers who lead them. CMT consists of senior leader selected general training requirements considered essential to individual and unit readiness. Due to the importance of CMT programs to overall force readiness, PRT is directed by law as essential to individual and unit readiness.
“Training is the means to achieve tactical and technical competence for specific tasks, conditions and standards.”

*FM 7-0, Training the Force*

**TRAINING THE FORCE**

1-3. FM 7-0, *Training the Force*, provides the training and leader development methodology that forms the foundation for developing competent and confident Soldiers. The tasks, conditions, and standards of PRT activities are derived from the mission analysis of the physical demands of warrior tasks and battle drills. The Army PRT System is performance-based, incorporating physically demanding activities that prepare Soldiers and units to successfully accomplish the physical requirements of these warrior tasks and battle drills. As Soldiers’ physical performance levels increase, standards remain constant while conditions under which tasks are performed become more demanding. To ensure the generation of superior combat power, the end state requires leaders to integrate the relative physical performance capabilities of every Soldier. Soldiers and leaders must execute the planned training, assess performance, and retrain until Army Physical Fitness Training Program standards as specified in AR 350-1, *Training and Leader Development*, are met under conditions that attempt to replicate wartime conditions.

**BATTLE FOCUSED TRAINING**

1-4. FM 7-1, *Battle Focused Training*, explains how the Army assesses, plans, prepares, and executes training and leader development through task-, condition-, and standards-based training. Knowing the task, assessing the level of proficiency against the standard, and developing a sustained or improved training plan is the essence of all Army training. PRT doctrine includes explanations of the training requirements and objectives, target audience, implementation of instructions, required resources, and justification for making the CMT physical fitness a directed training requirement. This doctrine is written to provide specific learning objectives that are taught by an instructor/trainer in a structured manner with the use of prescribed training conditions and performance standards IAW AR 350-1. A proficiency evaluation is required.

**PRT DOCTRINE**

1-5. This manual presents the Army’s PRT doctrine. Army training prepares Soldiers, leaders, and units to fight in the full spectrum of operations. The purpose of PRT is to prepare Soldiers and units for the physical challenges inherent to a wide range of threats in a complex set of operating environments that incorporate emerging technologies. Combat readiness is the Army’s primary focus as it transitions to a more agile, versatile, lethal, and survivable force. It is set up in four interrelated parts:

- Part I: Army Physical Readiness Training Philosophy
- Part II: Physical Training Strategy
- Part III: Physical Training Activities
- Part IV: Physical Training Assessment

“Closing the gap between training, leader development, and battlefield performance has always been a critical challenge for any Army.”

*FM 7-0, Training the Force*

**SECTION II — PRINCIPLES OF ARMY TRAINING**

1-6. The Army’s approach to PRT is directly linked to its 10 principles of training described in FM 7-0. Leaders must understand how these Army training principles and PRT relate to improve war-fighting capabilities.
COMMANDEARS ARE RESPONSIBLE FOR TRAINING

1-7. As with all Army training, PRT is the commander’s program. The tenets of this principle of training are discussed in detail in Part I, Chapter 3, Army Physical Readiness Training Leadership.

1-8. Commanders are the primary training managers and trainers for their organization. Commanders delegate authority to non-commissioned officers (NCOs) as the primary trainers for PRT. Leaders must emphasize the value of PRT by clearly explaining the objectives and benefits of the program. They must also ensure that the time allotted for PRT is used effectively. PRT is executed with specific task, conditions, and standards for all sessions conducted. Commanders must do the following to optimize the effect of PRT:

- Conduct PRT with their Soldiers to the maximum extent possible.
- Align PRT with Mission/METL requirements.
- Train to standard IAW this manual.
- Assess individual/unit physical readiness IAW this manual.
- Provide resources required to execute PRT.

NCOs TRAIN INDIVIDUALS, CREWS, AND SMALL TEAMS

1-9. NCOs are responsible for the soldierization process of newly assigned enlisted Soldiers. NCOs are responsible to conduct standards-based, performance-oriented, mission-focused PRT. They must also gather feedback IAW the Army Training Management Cycle. To accomplish the PRT mission, NCOs:

- Identify specific individual, crew, and small team tasks that are enhanced through PRT in support of the unit’s collective mission essential tasks.
- Prepare, rehearse, and execute PRT.
- Evaluate PRT and conduct AARs to provide feedback to the commander.
- Senior NCOs train junior NCOs to master all PRT drills, exercise activities and assessments.

1-10. The tenets of this training format are discussed in (Part I) Chapter 3, Army Physical Readiness Training Leadership; (Part II) Chapter 5, Army Physical Readiness Training Planning; (Part III) Chapter 7, Physical Readiness Training Execution; and (Part IV) Chapter 14, Army Physical Fitness Test (APFT).

TRAINING AS A COMBINED ARMS AND JOINT TEAM

1-11. War is uncompromising and unforgiving. The rigors of battle demand mental and physical toughness and teamwork. Whether the Soldier occupies a combat, combat support, or combat service support role, a high level of physical readiness is required. It is therefore vital that PRT is consistent across all branches and military occupational specialties (MOS). The Army Physical Readiness Training Program ensures that the force is physically ready to expand its range of military options in full spectrum operations. This is approached through the concept of training as a combined arms and joint team.

TRAINING FOR COMBAT PROFICIENCY

1-12. All Army training is based on the principle of training for combat proficiency. Therefore, the primary focus of PRT must go far beyond preparation for the Army Physical Fitness Test (APFT). The physical readiness capabilities of Soldiers are improved through PRT. If Soldiers are to achieve the desired standard of physical readiness, a well-conceived plan of mass military PRT must be an integral part of every unit training program. Training must be both realistic and performance-oriented to ensure physical readiness to meet mission/METL requirements.

REALISTIC

1-13. Army PRT should be tough, realistic, and physically challenging; yet safe in its execution. The objective is to develop Soldiers’ physical capabilities to perform their duty assignments and combat roles. Army PRT must incorporate those types of training activities that directly support war-fighting tasks. PRT
activities must include such fundamental skills as climbing, crawling, jumping, landing, and sprinting because all contribute to success in the more complex skills of obstacle negotiation, combatives, and military movement.

**PERFORMANCE-ORIENTED**

1-14. Soldiers and units must be proficient in the warrior tasks and battle drills required to perform their missions during duty and wartime conditions. Therefore, Army PRT must be performance based, incorporating physically demanding activities that prepare Soldiers and units to accomplish the physical requirements of these tasks and drills. The tasks, conditions, and standards of PRT activities are derived from the mission analysis of the physical demands of warrior core tasks. Examples of physical requirements for the performance of warrior tasks are shown in Table 1-1.

*Table 1-1. Physical requirements for performance of warrior tasks.*

<table>
<thead>
<tr>
<th>Move under direct fire</th>
<th>Run, jump, bound, crawl, push, squat, roll, stop, start, change direction</th>
</tr>
</thead>
<tbody>
<tr>
<td>React to indirect fire</td>
<td>Run, jump, bound, crawl, push, squat, roll, stop, start, change direction</td>
</tr>
<tr>
<td>React to direct fire</td>
<td>Run, jump, bound, crawl, push, squat, roll, stop, start, change direction</td>
</tr>
<tr>
<td>React to unexploded ordinance hazard</td>
<td>Run, jump, bound, squat, dive, roll, crawl, stop, start, change direction</td>
</tr>
<tr>
<td>React to man-to-man contact</td>
<td>Push, pull, run, roll, throw, land, manipulate body weight, squat, lunge, rotate, bend, block, strike, kick</td>
</tr>
<tr>
<td>React to chemical or biological attack/hazard</td>
<td>Run, jump, bound, crawl, push, squat, roll, stop, start, change direction</td>
</tr>
<tr>
<td>Decontaminate yourself and individual equipment</td>
<td>Squat, lunge, trunk flexion, extension, rotation, run, crawl</td>
</tr>
<tr>
<td>Maintain equipment</td>
<td>Squat, lunge, trunk flexion, extension, rotation</td>
</tr>
<tr>
<td>Evaluate a casualty</td>
<td>Squat, lunge, trunk flexion, extension, rotation, run, crawl, stop, start, change direction</td>
</tr>
<tr>
<td>Perform first aid for open wound</td>
<td>Squat, lunge, trunk flexion, extension, rotation</td>
</tr>
<tr>
<td>Perform first aid for bleeding of extremity</td>
<td>Squat, lunge, trunk flexion, extension, rotation</td>
</tr>
<tr>
<td>Select temporary fighting position</td>
<td>Dig, squat, run, climb, crawl, rotate, lunge, crouch, jump, land, roll, pull, push, stop, start, change direction</td>
</tr>
</tbody>
</table>

**INTEGRATED APPROACH**

1-15. The Army Physical Readiness Training System employs an integrated approach to physical conditioning by developing the critical components of strength, endurance, and mobility. The correlation between warrior tasks and PRT components and activities is shown in Table 1-2.
Table 1-2. Warrior core tasks—PRT components and activities.

<table>
<thead>
<tr>
<th>Warrior Core Tasks</th>
<th>Components</th>
<th>PRT Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Muscular Strength</td>
<td>Mobility</td>
</tr>
<tr>
<td></td>
<td>Muscular Endurance</td>
<td>Calisthenics</td>
</tr>
<tr>
<td></td>
<td>Aerobic Endurance</td>
<td>Movement Drill</td>
</tr>
<tr>
<td></td>
<td>Anaerobic Endurance</td>
<td>Climbing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Speed Running</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shuttle Run</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sustained Running</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stretch Drill</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Obstacle Course</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move under direct fire</td>
</tr>
<tr>
<td>React to indirect fire</td>
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<td>React to direct fire</td>
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<td>React to unexploded ordinance hazard</td>
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<td>Evaluate a casualty</td>
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<td>Perform first aid for open wound</td>
</tr>
<tr>
<td>Perform first aid for bleeding of extremity</td>
</tr>
<tr>
<td>Select temporary fighting position</td>
</tr>
</tbody>
</table>

1-16. As Soldier physical performance levels increase, conditions under which tasks are performed become more demanding while standards remain constant. Soldiers and leaders must execute the planned training, assess performance, and retrain until Army PRT System standards are met under conditions that attempt to replicate wartime conditions. The end-state requires leaders to integrate the relative physical performance capabilities of every Soldier to generate superior combat power. Critical to successful individual and unit performance is the ability to develop the physical potential of all Soldiers for maximum performance in the accomplishment of the warrior tasks and drills. The tenets of this principle of training are discussed in detail in (Part I) Chapter 2, The Army Physical Readiness Training (PRT) System; (Part II), Chapter 4, The Army Physical Readiness Training Program, and Chapter 5, Army Physical Readiness Training Planning.

TRAINING TO STANDARD USING APPROPRIATE DOCTRINE

1-17. Doctrine represents a professional Army’s collective thinking about how it intends to fight, train, equip, and modernize. It is the condensed expression of the Army’s approach to war fighting. The tactics, techniques, procedures, organizations, support structures, equipment, and training must all derive from it. Training to standard using appropriate doctrine prepares Soldiers to fight and sustain in the fight. Therefore, to be most effective, standards and doctrine must be uniformly known, understood, replicable, and accepted. PRT doctrine applies Armywide. It includes all Soldiers, functional branches, units, and operating agencies. PRT provides a foundation for combat readiness and must be an integral part of every Soldier’s life. Unit readiness begins with the physical fitness of Soldiers and the NCOs and officers who lead them. PRT must be conducted IAW The Army Physical Fitness Training Program, as prescribed in AR 350-1, Army Training and Leader Development, and conform to the Army doctrine prescribed in this manual. Army manuals have undergone cycles of change after major periods of armed conflict to take advantage of Soldiers’ lessons learned during the rigors of combat. This manual is descriptive in nature, rooted in time-tested theories and principles, yet forward-looking and adaptable to unit missions and individual capabilities. It will guide leaders in the progressive conditioning of all Soldiers in the areas of strength, endurance, and mobility. The following chapters provide a variety of PRT activities that enhance military skills essential to effective combat and duty performance.
TRAINING TO ADAPT

1-18. Commanders train and develop Soldiers and leaders to adapt, preparing their subordinates to operate in positions of increased responsibility. Commanders intensify training experiences by varying training conditions. In PRT, this is accomplished by a progressive approach to training through which training intensity and duration are appropriately increased throughout the training cycle. Activities are directed to impose a combination of physical and metabolic demands on the Soldier. Surmounting a ledge, climbing stairs, sprinting from one covered and concealed position to another, and performing casualty transport are examples of how a Soldier will be challenged to overcome an ever-changing set of physical demands. To properly prepare Soldiers to meet the physical demands of their profession, a system of training must focus on the development of strength, endurance, and mobility, plus the enhancement of the body’s metabolic pathways. Developing the ability of Soldiers to meet the changing physical demands that are placed upon them without undue fatigue or risk of injury is woven into the fabric of the PRT System. Standards are achieved through precise control of the following:

- Prescribe appropriate intensity and duration that Soldiers perform PRT.
- Properly distribute external loads across the major joints of the body.
- Integrate and balance of the components of strength, endurance, and mobility.
- Provide adequate rest, recovery and nutrition.

PERFORMANCE RELATED FACTORS

1-19. Every PRT session emphasizes the performance related factors for the successful accomplishment of warrior tasks and battle drills. The systematic stress of each Soldier’s metabolic system has a substantial impact on their ability to physically perform at an optimum level. Competence in individual Soldier performance of all PRT activities instills confidence in the ability to perform. It also gives personnel the confidence that all Soldiers in the unit possess similar physical capabilities along with the physical and mental discipline needed for adapting to changing situations and physical conditions. Commanders at every echelon integrate training events in their training plans to develop and train imaginative, adaptive leaders, and units. Commanders must understand the fundamental doctrinal training principles described in this manual and apply them accurately to the unit mission training plan (MTP). This ensures Soldiers are physically prepared to accomplish the unit mission/METL.

TRAINING TO MAINTAIN AND SUSTAIN

1-20. PRT provides a foundation for combat readiness and must be an integral part of every Soldier’s life. Unit readiness begins with the physical fitness of Soldiers and the NCOs and officers who lead them. Soldiers and leaders are responsible for maintaining a high state of physical readiness to support training and operational missions. Units must be capable of fighting for sustained periods of time. Soldiers must therefore become experts in the conduct and performance of PRT. This link between training and sustainment is vital to mission success.

TRAINING WITH MULTI-ECHELON TECHNIQUES

1-21. Multi-echelon training is the simultaneous training of more than one echelon on different tasks. It is the most effective and efficient way of sustaining proficiency on mission essential tasks with limited time and resources. All multi-echelon training techniques have these distinct characteristics:

- They require detailed planning and coordination by commanders and leaders at each echelon.
- They maintain battle focus by linking individual and collective battle tasks with unit METL tasks and within large-scale training event METL tasks.
- They habitually train at least two echelons simultaneously on selected METL tasks and require maximum use of allocated resources and available time.

1-22. Prior to the conduct of multi-echelon training, commanders must assess their unit’s proficiency to determine the appropriate tasks to be trained. The same is true for commanders in the execution of PRT. The commander plans PRT based on the assessed level of physical readiness of his Soldiers. An example is
the ARFORGEN model that utilizes the Train – Alert – Deploy sequence (Figure 1-1). The PRT System consists of three training phases: Initial Conditioning, Toughening, and Sustaining, with conditions for transition between each phase. These three phases align with Soldiers’ current career paths (Future Soldier, IMT, Unit PRT) within the Operational, Institutional, and Self-development domains of the Army Training System.

**TRAINING TO SUSTAIN PROFICIENCY**

1-23. Once individuals and units have trained to a required level of proficiency, leaders must structure individual and collective training plans to retrain critical tasks at the minimum frequency necessary to sustain proficiency. Sustainment training is the key to maintaining unit proficiency through personnel turbulence and operational deployments. Army units train to accomplish their missions by frequent sustainment training on critical tasks.

![Figure 1-1. PRT train-alert-deploy sequence.](image)

**MISSION FOCUSED TRAINING**

1-24. PRT involves mission-focused training that supports the physical performance of warrior tasks. Sustainment training enables units to operate in a band of excellence through appropriate repetition of critical tasks. The band of excellence is the range of proficiency within which a unit is capable of executing its METL tasks. The Army provides combat-ready forces on short notice to combatant commanders. Units transition from training locations to operational theaters using the train-alert-deploy sequence depicted in Figure 1-1 above. Commanders recognize that crises rarely allow sufficient time to correct training deficiencies between alert and deployment. They strive to ensure their units are prepared to accomplish their METL tasks before alert and refine mission specific training in the time available afterwards. Accordingly, applying the principles of training, the commander conducts training to sustain proficiency on METL tasks within the band of excellence to ensure mission readiness. The primary focus of PRT must go far beyond preparation for the Army Physical Fitness Test (APFT). Infrequent "peaking" of training for an event does not sustain the physical readiness required for wartime proficiency. The physical challenges of the contemporary operating environment make the missions of physically and mentally toughening Soldiers more important than ever. PRT, conducted with rational progression, provides challenging training while
controlling injuries and allows individual Soldiers and units to sustain proficiency. The tenets of this principle of training are discussed in detail in Part Two, Army Physical Readiness Training Strategy, Chapter 4, The Army Physical Readiness Training Program.

TRAIN AND DEVELOP LEADERS

1-25. Physical readiness is a CMT subject that requires synchronization of the Army Physical Fitness Training Program strategy across the training domains of the Army Training System: the operational domain, the institutional domain, and the self-development domain. The objective of PRT is to prepare Soldiers to meet the physical demands related to mission/METL and achieve the Army Standard on the APFT. The intent of PRT is to develop and sustain a high state of unit physical proficiency throughout the Army. This is accomplished through an organized schedule of prescribed PRT drills and activities. These activities are methodically sequenced to adequately challenge all Soldiers through progressive conditioning of the entire body while controlling injuries. Commanders execute a vital role in PRT leader training and development in the operational and self-development domains. They plan training in detail, prepare for training thoroughly, execute training to standard, and evaluate short-term training proficiency in terms of desired long-term results.

1-26. Training and developing leaders is an embedded component of every training event, especially in PRT. NCOs are responsible for conducting standards-based, performance-oriented, battle-focused training. Senior NCOs train junior NCOs to master all PRT drills and exercise activities and assessments. NCOs have an opportunity to lead everyday during PRT. Nothing is more important to the Army than building confident, competent, adaptive leaders for tomorrow.

SUMMARY

1-27. This manual provides Soldiers with the doctrine of Army Physical Readiness Training. It is the product of our history, forged out of the great battles from the past and present. Its doctrinal concepts also reflect emerging trends in current physical culture. This will impact the Army in a manner of importance toward the continuation of our national strength. The purpose of Army PRT is not merely to make our Soldiers look fit, but to actually make them physically ready.

“Military physical training should build Soldiers up physically, wake Soldiers up mentally, fill Soldiers with enthusiasm, and discipline them.”

Chapter 2

The Army Physical Readiness Training (PRT) System

“Army physical readiness is defined as the ability to meet the physical demands of any combat or duty position, accomplish the mission, and continue to fight and win.”

U.S. Army Physical Fitness School, 2002

PHYSICAL READINESS TRAINING SYSTEM

2-1. The overall goal of the Army Physical Fitness Training Program is to develop Soldiers who are physically capable and ready to perform their duty assignment or combat role, and to aid in the continuance of good health and fitness through exercise. To reach this goal, the PRT System is employed to first aim at developing strength and endurance in adequate amounts to perform required duties and sustain activity over a long period of time. Soldiers trained through PRT will demonstrate the mobility to functionally apply strength and endurance to the performance of basic military skills such as running, jumping, vaulting, climbing, crawling, and water survival—with or without equipment. These skills are essential to personal safety and effective performance in combat.

PHYSICAL READINESS IS ESSENTIAL TO COMBAT READINESS

2-2. Secondary goals are to instill confidence and the will to win; develop teamwork and unit cohesion; and integrate aggressiveness and resourcefulness. Physical readiness is essential to combat readiness. The PRT System brings Soldiers to a state of physical readiness through a standardized program of drills and activities specifically designed to enhance performance of warrior tasks and battle drills. Army Physical Readiness Training must seek to attain the development of all Soldiers’ physical attributes to the fullest extent of their potential. This will instill confidence in their ability to successfully perform their duties under any and all circumstances.

PHASES OF PHYSICAL READINESS TRAINING

2-3. Commanders are faced with the continual challenge of how to train Soldiers of varying physical capabilities. Training to the level of the least fit removes rigor from the program, while excessive rigor places less fit Soldiers at risk of injury. Most commanders recognize this dilemma and attempt to occupy a reasonable middle ground. This chapter guides commanders in the implementation of safe and challenging PRT. It should be applied IAW Chapter 5, Army Physical Readiness Training Planning, and Chapter 6, Special Conditioning Programs.

2-4. The Army PRT system utilizes phased training to create activities that are appropriate for Soldiers of various physical capabilities. The system incorporates three separate phases as shown in Figure 2-1:
INITIAL CONDITIONING PHASE

2-5. The purpose of the initial conditioning phase is to establish a safe starting point for delayed enlistment “future” Soldiers to learn and adapt to Army PRT. This phase of training is conducted prior to enlistment or pre-commissioning.

TOUGHENING PHASE

2-6. The purpose of the toughening phase is to develop foundational fitness and fundamental movement skills. A variety of training activities with precise standards of execution ensures that bones, muscles, and connective tissues gradually toughen, rather than break. In the toughening phase, Soldiers gradually become proficient at managing their own body weight. Toughening phase activities develop essential skills associated with critical Soldier tasks such as jumping, landing, climbing, lunging, bending, reaching, and lifting. Physical readiness improves through progression in these activities. The toughening phase is conducted during initial military training (BCT, AIT, OSUT and BOLC I and II). The phase prepares Soldiers to meet the transition criteria to move to the sustaining phase.

SUSTAINING PHASE

2-7. The purpose of the sustaining phase is to continue physical development and maintain a high level of physical readiness appropriate to duty position. In this phase, activities become more demanding. Advanced conditioning, military movement, dumbbell, log, and climbing drills are performed with increasing resistance. Running activities increase in intensity and duration. Activities that directly support unit mission and METL (such as individual movement techniques, casualty carries, obstacle courses, and combatives) are integrated into PRT sessions. The sustaining phase is conducted in unit PRT throughout the Army for Soldiers who meet the transition criteria of passing the Army Physical Fitness Test (APFT).

RECONDITIONING

2-8. The objective of reconditioning is to restore physical fitness levels that enable Soldiers to safely re-enter the toughening or sustaining phase and progress to their previous level of conditioning. Refer to Chapter 6, Special Conditioning Programs, for more information on rehabilitation and reconditioning PRT. Soldiers may participate in reconditioning after rehabilitation and recovery from injury or illness before re-entering training in the toughening or sustaining phases.

2-9. Factors such as extended deployment, field training, block leave, and recovery from illness or injury can cause Soldiers to move from the toughening or sustaining phases to reconditioning. Once the transition
criteria for re-entry into training is made, Soldiers can re-enter unit training. Units usually conduct reconditioning and toughening or reconditioning and sustaining phases at the same time.

TRANSITION CRITERIA

2-10. The purpose of transition criteria is to ensure that Soldiers can safely progress to more complex and intense activities, drills, and exercises. Soldiers must score 60 points or higher in each APFT event to transition from the toughening phase to the sustaining phase. Soldiers must meet established reconditioning transition criteria to re-enter PRT in the toughening or sustaining phase. Refer to Chapter 6, Special Conditioning Programs, for transition criteria for those Soldiers who are APFT unit fitness goal failures, enrolled in the AWCP, or on medical profile.

PRINCIPLES OF PHYSICAL READINESS TRAINING

2-11. The conduct of Army PRT is guided by the overarching principles of precision, progression, and integration. These principles ensure that all PRT sessions, activities, drills, and exercises are performed correctly within the appropriate intensity and duration for optimal conditioning and injury control.

PRECISION

2-12. Precision is the strict adherence to optimal execution standards for PRT activities. Precision is based on the premise that the quality of movement is just as important as the weight lifted or repetitions performed. It is important not only for improving physical skills and abilities, but to decrease the likelihood of injury due to faulty movement. Adhering to precise execution standards in the conduct of all PRT activities ensures the development of body management and fundamental movement skills.

PROGRESSION

2-13. Progression is the systematic increase in the intensity and duration of PRT activities. The proper progression of PRT activities allows the body to positively adapt to the stresses of training. When progression is violated by too rapid an increase in intensity and/or duration, the Soldier is unable to adapt to the demands of training. The Soldier is then unable to recover, which leads to over-training, or the possibility of injury. Phased training ensures appropriate progression.

INTEGRATION

2-14. Integration uses multiple training activities to achieve balance and appropriate recovery between activities in the PRT program. Because most warrior tasks require a blend of strength, endurance, and mobility, PRT activities are designed to challenge all three components in an integrated manner. The principle of integration is evident when warrior tasks or component movements of these tasks are a part of PRT. For example, conditioning and climbing drills develop the strength, mobility, and physical skills needed to negotiate obstacles. Military movement drills are designed to improve running form, movement under direct or indirect fire, and casualty evacuation. The drills and activities in this manual integrate essential Soldier tasks, making PRT a critical link in the chain of overall Soldier readiness.
COMPONENTS OF PHYSICAL READINESS TRAINING

2-15. The PRT System incorporates the three components of training shown in Figure 2-2.

Figure 2-2. Three components of physical readiness training.

STRENGTH

2-16. **Strength** is the ability to overcome resistance. Soldiers need strength to foot march under load, enter and clear a building or trenchline, repeatedly load heavy rounds, lift equipment, or transport a wounded Soldier to the casualty collection point. A well-designed strength training program improves performance and appearance, and controls injuries. The Army’s approach to strength training is performance-oriented. The goal is to attain the muscular strength required to perform functional movements against resistance. Calisthenics are the foundation of Army strength training and body management. They are designed to develop the fundamental movement skills necessary for Soldiers to manipulate their own body weight. Strength is further developed through the use of dumbbell, climbing, guerrilla, and log drills.

ENDURANCE

2-17. **Endurance** is the ability to sustain activity. Endurance training enhances both the ability to sustain high intensity activity of short duration (anaerobic), and low-intensity activity of long duration (aerobic). Examples of *anaerobic* training are sprinting, individual movement techniques, and negotiating obstacles. Examples of *aerobic* training are foot marching, sustained running and water survival. A properly planned and executed endurance training program should be balanced with respect to both anaerobic and aerobic training. Analysis of the mission and METL for nearly all units shows a significant need for anaerobic endurance. To enhance effectiveness and survivability, Soldiers must train to efficiently perform activities of high intensity and short duration. Endurance programs based solely on sustained running, while likely to improve aerobic endurance, fail to prepare units for the type of anaerobic endurance they will need on the battlefield.

MOBILITY

2-18. **Mobility** is the functional application of strength and endurance. It is movement proficiency. Strength with mobility allows a Soldier to squat and lift an injured Soldier. Without sufficient mobility, a strong Soldier may have difficulty executing the same casualty transport technique. Endurance without
mobility may be acceptable to a distance runner, but for Soldiers performing individual movement techniques (IMT), both components are essential for success.

“Movement, as such, may replace by its effect any remedy, but all the remedies in the world cannot take the place of movement.”

*Tissot, XVIII Century*

**QUALITATIVE PERFORMANCE FACTORS**

2-19. Performing movements with correct posture and precision improves physical readiness while controlling injuries. Qualitative performance factors for improved mobility include:

- **Agility**: the ability to stop, start, change direction and efficiently change body position. Performing guerrilla drills, the shuttle run, and negotiating obstacles all improve agility.

- **Balance**: the ability to maintain equilibrium. The drills in this manual are designed to challenge and improve balance. Balance is an essential component of movement. External forces such as gravity and momentum act on the body at any given time. Sensing these forces and responding appropriately leads to quality movements.

- **Coordination**: the ability to perform multiple tasks. Driving military vehicles and operating various machinery and weaponry requires coordination. Coordination of arm, leg, and trunk movement is essential in climbing and IMT.

- **Flexibility**: the range of movement at a joint and its surrounding muscles. Flexibility is essential to perform quality movements safely. Regular, progressive, and precise performance of calisthenics and resistance exercises promote flexibility. Time spent on slow sustained stretching exercises performed in the recovery drill also helps to improve flexibility.

- **Posture**: any position in which the body resides. Posture is fluid and constantly changing as the body shifts to adapt to the forces of gravity and momentum. Good posture is important to military bearing and optimal body function. Proper carriage of the body during standing, sitting, lifting, marching, and running is essential to movement quality, performance, and injury control.

- **Stability**: the ability to maintain or restore equilibrium when acted on by forces trying to displace it. Stability is dependent upon structural strength and body management. It is developed through regular precise performance of PRT drills. Quality movements through a full range of motion (such as lifting a heavy load from the ground to an overhead position) require stability to ensure optimal performance without injury.

- **Speed**: the rate of movement. Many Soldier tasks require speed. Speed is improved through better technique and conditioning. Running speed is improved by lengthening stride (improving technique) and increasing pace (improving conditioning).

- **Power**: the product of strength and speed. Throwing, jumping, striking, and moving explosively from a starting position require both speed and strength. Power is generated from the core (hips and torso). Developing core strength, stability, and mobility is important to increasing power.
TYPES OF PHYSICAL READINESS TRAINING

2-20. The PRT System incorporates the three types of training shown in Figure 2-3.

![Figure 2-3. Three types and PRT training.]

ON-GROUND TRAINING

2-21. **On-ground training** includes activities in which Soldiers maintain contact with the ground. Activities such as marching, running, and calisthenics create a foundation for physical fitness and movement skills.

OFF-GROUND TRAINING

2-22. **Off-ground training** includes activities that take place off the ground momentarily (jumping and landing), or while suspended above ground for longer periods (climbing bar and negotiation of high obstacles). Examples of jumping and landing exercises are The High Jumper, The Power Jump, and Verticals. Negotiation of high obstacles (Reverse Climb and Cargo Net) and exercises utilizing the climbing pod (The Pull-up and The Leg Tuck) are exercises that require manipulation of the body and specific movement skills while suspended above ground.

COMBATIVES TRAINING

2-23. **Combatives training** includes techniques that deter or defeat opponents using long range (weapons), medium range (striking) and/or close range (grappling). Reference for this type of training is FM 3-25.150, Combatives.

SUMMARY

2-24. The Army’s PRT system consists of three phases: the initial conditioning phase, the toughening phase, and the sustaining phase. The initial conditioning phase prepares future Soldiers to learn and adapt to Army PRT. Toughening phase activities develop foundational fitness and fundamental movement skills. Sustaining phase activities develop a higher level of physical readiness appropriate to duty position. Reconditioning restores Soldiers’ physical fitness levels that allow them to safely re-enter the toughening
The Army Physical Readiness Training (PRT) System

or sustaining phase. Types of PRT training include, on-ground, off-ground, and combatives. Within these types of training are three fundamental components: strength, endurance, and mobility. Phased training of these components is guided by the overarching principles of precision, progression, and integration. Finally, Army PRT optimizes physical performance within an environment of injury control. Figure 2-4 illustrates the PRT Train-Alert-Deploy Cycle.

Figure 2-4. PRT train-alert-deploy cycle.
Chapter 3

Army Physical Readiness Training Leadership

“The American Soldier…demands professional competence in his leaders in battle, he wants to know that the job is going to be done right, with no unnecessary casualties. The noncommissioned officer wearing the chevron is supposed to be the best Soldier in the platoon, and he is supposed to know how to perform all duties expected of him. The American Soldier expects his sergeant to be able to teach him how to do his job, and expects even more from his officers.”

General of the Army Omar N. Bradley

“Commanders are responsible for training ... Noncommissioned officers train individuals, crews and small teams.”

FM 7-0, Training the Force

Throughout history, the Army has had confident leaders of character and competence. Leaders are developed through a dynamic process consisting of three equally important training domains: operational, institutional, and self-development. The process incorporating these domains is designed to provide the following key leadership elements: fundamental military specialty experience; education that instills key competencies; personal and professional development goals that enable leaders to develop the skills; and the knowledge and attitudes necessary for success. Leaders at all levels understand that physical readiness training (PRT) is fundamental to a combat-ready force. This chapter addresses the importance of leadership as it applies to PRT.

SECTION I — VALUE OF PRT LEADERSHIP

QUALITY OF LEADERSHIP

3-1. The success or failure of the PRT program depends upon the quality of its leadership. Leadership is the process of influencing Soldiers by providing purpose, direction, and motivation. The best results can be obtained only if Soldiers are motivated to extend themselves completely in strenuous physical activities, and to perform all exercises in the prescribed form. It is expected that officers and noncommissioned officers will lead, train, motivate and inspire their Soldiers. Only the best leadership can inspire Soldiers to cooperate to this extent. For these reasons, only the best-qualified noncommissioned officers in the unit should be selected to lead PRT. The leader must exemplify the Army adage: Be, Know, and Do.

SECTION II — PRT LEADERSHIP QUALITIES

“Leadership is the most dynamic element of combat power.”

FM 7-1, Battle Focused Training
COMPETENCE

3-2. The leader training and leader development action plan described in FM 7-1, Battle Focused Training, consists of three phases: reception and integration, basic competency development, and leader development and sustainment. All officers, noncommissioned officers, and PRT leaders must set and enforce standards through complete mastery of this manual. They must not only be able to explain and demonstrate all activities, but must know the best methods of presenting and conducting them. Leaders must set the example. The PRT leader demonstrates tactical and technical competence through a mastery of PRT subject matter. Mastery is the first step in developing confidence, assurance, and poise. Thorough knowledge of this manual will give the PRT leader the ability to apply the training principles of precision, progression, and integration necessary to attain Soldier physical readiness. Skill in demonstrating and leading all PRT activities is essential to teaching technique, and is invaluable to the PRT leader. The well-prepared, confident leader gains the respect and cooperation of all Soldiers at the outset. The unprepared, hesitant leader loses the confidence and respect of Soldiers almost immediately.

APPEARANCE

3-3. The personal appearance and physical qualifications of the PRT leader are related to his effectiveness. He should exemplify the things he is seeking to teach. It is a great advantage if the leader himself can do all and more than he asks of his men. He must be physically fit because PRT leadership is so strenuous that considerable strength, endurance, and mobility are essential prerequisites for success.

KNOWLEDGE OF HUMAN BEHAVIOR

3-4. Successful leadership in PRT requires that leader to understand and appreciate the individual physical and mental differences of his Soldiers. He must learn to know his Soldiers as individuals and be quick to recognize signs indicating their reactions to his instruction. The successful PRT leader ensures that his subordinates understand the critical importance of PRT to the successful accomplishment of warrior tasks and battle drills. This is accomplished by understanding Soldiers, knowing how to lead and motivate them, understanding how they learn, and the use of this knowledge in PRT sessions. No PRT leader can be successful unless he has the confidence of his men. He gains their confidence by winning their respect. He wins their respect by his sincerity, integrity, determination, sense of justice, energy, self-confidence, and force of character. A leader who is admired and respected by his Soldiers has no difficulty in securing their cooperation. He treats his Soldiers with consideration and does not impose unreasonable physical demands upon them. If Soldiers are exercised too violently, they become so stiff and sore that they look upon the next PRT session with apprehension. When this happens, Soldiers can develop an antagonistic attitude toward the leader and program. Instead of cooperating, they will malinger at every opportunity.

ENTHUSIASM

3-5. An essential quality of the PRT leader is the possession of energy and enthusiasm. If they are to be successful, Army PRT activities must be carried on in a continuous and vigorous manner. Soldiers will invariably reflect attitude of the PRT leader. If the leader is enthusiastic, his instructed Soldiers will be enthusiastic. If the leader is apathetic, his instructed Soldiers will be apathetic. The enthusiasm of a leader springs from the realization of the importance of the mission. Leaders must therefore be inspired by the thought that what they do every minute of every day may mean the difference between life and death. There is no more effective method of obtaining the energetic, wholehearted participation of Soldiers in the PRT program than by providing skilled, enthusiastic leadership.

SECTION III — PRT COOPERATION

COOPERATION IS KEY

3-6. A successful PRT program requires the full cooperation of all Soldiers. There can be no orderly movement of Soldiers and units without a precise and unified effort. A Soldier is part of a team that works
smoothly when every Soldier plays his part. A Soldier knows what to do in response to a command as well as what his fellow Soldiers are going to do. His confidence in them grows until he feels as sure of them as he does of himself. The final result is teamwork, and teamwork is attained through the medium of drills.

3-7. A drill consists of certain movements by which the unit conducts an activity with order and precision. Drills train Soldiers to do their part with exactness so that on command the unit moves instantly and smoothly. Drill training starts the day a Soldier enters the Army. In the beginning he is taught the movements of his feet and arms used in PRT, marching, and handling his weapon. He is trained in all these activities until he reaches a point where he does them automatically in response to a command. He is then placed in a unit and trained to do all these activities with other Soldiers. Squads, platoons, and companies drill with the smoothness of machinery. The result is cooperative, unified action—teamwork. Soldiers are at their best when inspired to have pride in themselves and their organization. This pride finds expression in perfect response to command.

PRT MOTIVATION

3-8. Commanders and leaders at all levels may provide one of the best incentives for their Soldiers when they are visible and actively participate in PRT. When Soldiers feel their chain of command believes in PRT to the extent that they themselves regularly engage in the activities, they are motivated to greater effort. Troops also develop a greater esprit de corps and respect for their officers and noncommissioned officers when all actively participate. Finally, the frequent use of Soldiers as assistant instructors (AIs) also serves as an incentive. Soldiers will work hard for this honor, and positively respond to AI responsibilities.

PRT LEADERSHIP RESPONSIBILITIES

3-9. Leaders responsible for scheduling and supervising PRT should take the following actions:

- Make PRT as important as any other training activity.
- Dedicate sufficient time for PRT (60-90 minutes).
- Avoid substituting other training or routine duties during scheduled PRT.
- Schedule and conduct PRT when it makes the most sense. PRT should not be reserved only for the early morning hours and may be scheduled during, or at the end of, the duty day.
- Prevent the misuse of allotted PRT time by utilizing qualified personnel to supervise and lead PRT.
- Provide for mass participation regardless of rank, age, or gender during every PRT session.
- Provide facilities and funds to support a PRT program that will develop physical readiness in all Soldiers. Flat, grassy areas are essential for exercise drill activities. Lighted running tracks and marked fields are essential for guerrilla drills and running. Dumbbells, logs, and climbing bars are essential for strength development.
- Adhere to PRT schedules for the toughening and the sustaining phases.
- Adhere to training guidelines for individual, reconditioning, pregnancy and post-partum, weight control program, APFT failure, and new Soldiers.
- Utilize appropriate PRT formations.
- Utilize preparatory commands and commands of execution.
- Utilize cadence appropriate for planned activities.
- Require PRT leaders to lead and conduct activities with the Soldiers to determine appropriate intensity levels.
- Require one AI for every 15 Soldiers.
- Require AIs to supervise the execution of all PRT activities and make appropriate corrections.
- Require that Soldiers who need corrective training be removed from the formation to receive appropriate instruction on precise execution from the AI.
- Require all Soldiers to know the exercises by name, sequence, and movement to ensure efficient use of time and precision of execution.
Chapter 3

SUMMARY

3-10. Leaders are challenged with scheduling and executing PRT programs that ensure Soldiers and units are prepared to successfully perform their wartime mission. Effective leadership is essential to the success of any program. Successful leaders possess qualities that gain the confidence and respect of their Soldiers.

“The instructor must lose himself in his work, must demand precision, encourage here, correct there, reprove one man, and boost another. In fact, he must so strive himself, that his men will be proud of their leader in every way, proud of his appearance, proud of his ability, proud of his fairness, and proud because their instructor is helping to make their organization the best in the Army.”

LTC Herman J. Koehler
PART TWO
PHYSICAL TRAINING STRATEGY

Chapter 4
The Army Physical Readiness Training Program

“The quality of the unit is determined by the over-all picture of physical condition and total military fitness of all its members. It is more important that all men in a unit receive the benefits of a balanced and well directed program of physical training than that a few members achieve record performances. The physical training program, therefore, is directed toward the total conditioning of all men.”

FM 21-20, Physical Training (1946)

SECTION I — PURPOSE OF ARMY PHYSICAL READINESS TRAINING

PHYSICAL READINESS

4-1. The purpose of Army PRT is to develop and maintain a high level of unit physical readiness. While attaining this fundamental purpose, other valuable outcomes are achieved. Many basic military skills essential to personal safety and effective performance in combat operations are developed through PRT. PRT-improved skills include, marching, running, swimming, jumping, vaulting, climbing, crawling, lifting, and carrying heavy objects. Maneuverability and mental alertness that enhance survivability are also improved through PRT participation. Teamwork, aggressiveness, confidence, resourcefulness, a will to win, and the ability to think and act quickly under pressure are other valuable products of a well-conducted PRT program.

DISCIPLINE

4-2. Highly disciplined and physically fit Soldiers make for a corps spirit that inspires organizations to dare because of their ability to do. PRT programs must therefore develop every Soldier’s physical potential to the fullest. When PRT is executed precisely, Soldiers develop discipline, and disciplined Soldiers perform all duties with great confidence of success.

“Such discipline may therefore be defined as the voluntary, intelligent, and cheerful subordination of every individual in an equal degree with every other individual of the mass to which he belongs, and of which he is an interdependent and not independent unit, through which the object of the mass can alone be attained.”

LTC Herman J. Koehler
SECTION II — COMMAND RESPONSIBILITIES

COMMAND EMPHASIS

4-3. Clearly explaining the objectives and benefits of the program ensures that the time allotted for PRT is used effectively. Therefore, leaders must constantly emphasize the value of PRT, and commanders must provide resources to support a program that will improve each Soldier’s level of physical readiness. Mandatory participation is essential. All individuals, regardless of rank, age, or gender benefit from regular exercise. In some instances, leaders will need to make special efforts to overcome recurring problems that interfere with regular training. To foster a positive attitude, unit leaders and instructors must be knowledgeable, understanding and fair, but demanding. A high level of physical readiness cannot be attained by simply going through the motions. Smart, challenging training to standard is essential. Leaders should not punish Soldiers who fail to perform to standard, because this often does more harm than good. They must recognize individual differences and motivate Soldiers to put forth their best efforts. The application of reconditioning PRT will progressively return Soldiers with medical profiles to the unit. It also allows them to train with the unit whenever possible, within the limits of their profiles.

LEAD BY EXAMPLE

4-4. Effective leadership is critical to the success of a PRT program. Leaders must understand and practice Army physical readiness doctrine. Their example will emphasize the importance of PRT and highlight it as a key element of the unit’s training mission. Command presence and participation at PRT formations and assessments will set a positive example for subordinates.

LEADERSHIP TRAINING

4-5. Commanders must ensure that leaders are trained to supervise and conduct PRT. The doctrinal concepts and unit program models presented in this manual are starting points for commanders and PRT leaders to optimize unit PRT and assessment.

EVALUATION AND STANDARDS

4-6. Commanders must utilize the unit’s mission and METL as criteria for evaluating PRT program effectiveness.

ENSURE SAFETY

4-7. Safety is a major consideration when planning and evaluating PRT programs. Commanders will conduct a risk management assessment of all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The following are examples of items the commander should address:

- Environmental conditions.
- Emergency procedures.
- Facilities.
- Differences in age.
- Gender.
- Level of conditioning of each Soldier in the unit.

“The best form of welfare for the troops is first-class training.”

B. H. Liddell Hart, British Military Tactician
UNIT PROGRAMS

4-8. The goal of Army PRT is to improve each Soldier’s physical ability to survive and win on the battlefield. Physical readiness includes all aspects of physical performance and must do more than prepare Soldiers to take the Army Physical Fitness Test (APFT). Well-planned PRT maximizes physical performance in the completion of critical Soldier and leader tasks that support the unit’s Mission/METL. PRT is the commander’s program. It must reflect his MTP goals and be based on the principles of precision, progression, and integration. With ever changing operating tempo (OPTEMPO), units and Soldiers must continue to train as they fight. Training priorities dictate how often and how rigorously PRT is conducted.

4-9. Commanders and PRT leaders in units that follow GREEN/AMBER/RED training cycles (IAW FM 7-0, Training the Force) must develop PRT programs within the constraints of each training period.

- **GREEN**: Organizations in GREEN periods conduct planned training without distractions and external taskings. Training focus is primarily on collective tasks with individual and leader tasks integrated during multi-echelon unit training. Maximum Soldier attendance is required at all prime time mission-essential training. Regular PRT should be conducted five times per week. GREEN periods are optimal times for conducting PRT in garrison or a field environment.

- **AMBER**: Organizations in AMBER periods are assigned support taskings beyond the capability of those units in the RED period, but commanders strive for minimal disruption to AMBER organizations’ training programs. Emphasis is placed on small unit, crew, and individual training. PRT may be conducted three to five times per week at small unit and/or individual levels.

- **RED**: Organizations in RED periods execute administrative and support requirements. RED periods may be restrictive in conducting regular PRT. So it is imperative that units do not cancel PRT, but take every opportunity to conduct small unit and/or individual PRT during the day whenever possible.

4-10. Commanders and PRT leaders in units that do not follow GREEN/AMBER/RED training cycles such as professional development schools, hospitals, military police, communication centers, and Department of the Army staff have various challenges in planning and conducting PRT. Every effort should be made to conduct phased unit and/or individual PRT five times per week. Chapter 5, Army Physical Readiness Training Planning, provides a variety of sample PRT program schedules to illustrate the implementation of toughening and sustaining phase activities.

INDIVIDUAL PROGRAMS

4-11. All Soldiers must understand that it is their personal responsibility to achieve and sustain a high level of physical readiness. Many Soldiers are assigned to duty positions that restrict participation in collective unit PRT programs. Examples include DA staff, MACOM staffs, hospitals, service-school staff and faculty, recruiting, ROTC, Reserve, and National Guard units. In such units, commanders must develop leadership environments that encourage and motivate Soldiers to accept individual responsibility for their own physical readiness. Physical readiness requirements are the same for these personnel as for others. Leaders and individual Soldiers need to use the PRT system outlined in this manual to help them achieve and sustain high levels of physical readiness. Individual PRT programs must be designed to improve the individual’s contribution to the unit’s physical readiness. Calisthenic, dumbbell, guerrilla drills, and running activities employed in unit PRT can be performed individually or with a partner. Individual and small group PRT should develop and maintain a level of physical readiness equivalent to that required for success in performance of the unit mission and METL.
RECONDITIONING PROGRAMS

4-12. As mentioned in Chapter 2, the objective of the reconditioning program is to restore physical fitness levels that enable Soldiers to re-enter the toughening or sustaining phase. Commanders and health care personnel will provide special assistance to Soldiers who are assigned to reconditioning PRT due to one or more of the following medical conditions: injury, illness, or surgery (see Chapter 6, Special Conditioning Programs, for more information on reconditioning).

PREGNANCY AND POSTPARTUM PHYSICAL TRAINING PROGRAMS

4-13. The Army Pregnancy Postpartum Physical Training (PPPT) Program is designed to maintain health and fitness levels of pregnant Soldiers and to assist them in returning to pre-pregnancy fitness levels after pregnancy termination. The goal is to integrate the Soldier back into their unit’s physical readiness training program with an emphasis on meeting the standards for the Army Weight Control Program (AWCP) and Army Physical Fitness Test (APFT). PPPT Program standards, policies, procedures, and responsibilities are set forth in the USACHPPM Technical Guide Series 255A-E U.S. Army Pregnancy/Postpartum Physical Training Program.

WEIGHT CONTROL PROGRAMS

4-14. It is not necessary for overweight Soldiers to perform PRT with a special group; they will continue to train with their units. These Soldiers require supplemental PRT and education on diet and exercise (refer to Chapter 6, Special Conditioning Programs, and AR 600-9, The Army Weight Control Program). The primary focus of supplemental PRT sessions for overweight Soldiers who perform unit PRT will be on low impact activities of long duration and low intensity to achieve caloric expenditure and optimal fat loss. Aim for 30-60 minutes of exercise by either walking or splitting the session between machines (15 minutes each on the bike, stepper, and rower). These Soldiers should be able to fully recover from any additional PRT and not risk overuse injuries with this training.

4-15. Overweight Soldiers not performing unit PRT should follow the activities on the unit schedule and supplement with further aerobic exercise. Resistance training for overweight Soldiers should be initially limited to normal PRT activities such as calisthenic, dumbbell, and climbing drills. Resistance exercise can stimulate muscle growth and aide fat loss, since the more lean mass you have, the more calories are used to sustain it. Weight loss may not occur if lean mass is being added through resistance training. In this case, Soldiers will have a lower body fat percentage, but not a lower weight. Because regulations state satisfactory progress for this program is measured in pounds, not body fat, it may be wise to spend the first few weeks of the program limiting the amount of resistance training. After the Soldier shows satisfactory weight loss, he may add resistance training to stimulate further muscular development.

SECTION IV — INITIAL MILITARY TRAINING

4-16. Initial Military Training (IMT) consists of the following elements: Basic Combat Training (BCT), Advanced Individual Training (AIT), One Station Unit Training (OSUT), and Basic Officer Leader Course I and II (BOLC I and II). Refer to IMT Schedules in Chapter 5 for toughening phase Activities.

BASIC COMBAT TRAINING

4-17. The training program in BCT brings Soldiers up to a level of physical readiness that prepares them for the rigors of AIT. New Soldiers report to BCT at various levels of physical readiness and ability. During the first weeks of training, the focus is on progressive training of the whole body. To minimize the risk of injury, exercises must be done precisely, and the intensity must progress gradually. Special training provided by the fitness training unit physical training rehabilitation program should be considered for Soldiers who fail to maintain the unit or group rate of progression. Commanders should evaluate each new
Soldier who falls below the BCT standard and give special assistance to improve deficiencies. Supplemental training should not be used as punishment for a new Soldier’s inability to perform well.

NOTE: More PRT is not necessarily better. Emphasis should be placed on the QUALITY of the training, not the quantity of exercises performed.

ADVANCED INDIVIDUAL TRAINING

4-18. AIT focuses on technical and MOS-oriented subjects. Therefore, PRT should continue to prepare these Soldiers to meet the physical requirements of their initial duty assignments.

ONE STATION UNIT TRAINING

4-19. PRT in OSUT brings Soldiers through the toughening phase and prepares them for the rigors of their first duty assignment. During the early phase of OSUT, new Soldiers follow the same progression as BCT. The AIT phase of OSUT prepares Soldiers to meet the demands of their first unit.

BASIC OFFICER LEADER COURSE I AND II

4-20. The training program in BOLC I and II brings Soldiers up to a level of physical readiness that prepares them for the rigors BOLC III. Cadets and officer candidates report to BOLC I at various levels of physical readiness and ability. During the first weeks of training, the focus is on progressive training of the whole body. To minimize the risk of injury exercises must be done precisely, and the intensity must progress gradually. Commanders should evaluate each new Soldier who falls below the BOLC I standard and give special assistance to improve deficiencies. Supplemental training should not be used as punishment for a new Soldier’s inability to perform well. Again, more PRT is not necessarily better. Emphasis should be placed on the QUALITY of the training, not the quantity of exercises performed.

APFT/UNIT PHYSICAL READINESS STANDARD FAILURE

4-21. Most units are diverse in physical readiness levels due to injuries, illness, deployment, and reception of new Soldiers. This diversity may affect the number of APFT and unit physical readiness standard failures. Over time, a solid PRT program allows Soldiers to achieve the Army and unit standards. Performing high-quality training once per day is a better approach than conducting additional high-volume training that may lead to overuse injuries.

NEW SOLDIER

4-22. The new Soldier’s threshold level of physical performance may be below the minimum threshold of his gaining unit. He may be a borderline APFT performer, borderline overweight, fresh out of BCT, AIT, or OSUT and not be accustomed to the demands placed on the lower extremities during a normal duty day. These Soldiers are facing new conditions relating to physical performance (acclimatization to altitude, temperature and humidity), which may take up to four weeks to adapt. Although Soldiers leave IET prepared to transition to the sustaining phase, they may de-train due to leave, transit, and inprocessing at their new duty assignments.

SECTION V – RESERVE COMPONENT UNIT PRT PROGRAMS

4-23. PRT is an individual responsibility for all Soldiers regardless of component. This is especially true for Reserve Component (RC) Soldiers whose collective training periods are spread throughout the training year. The physical readiness requirement of RC mission essential tasks varies, but no mission is without some level of physical demand. RC units must meet the challenge of physical readiness for mission performance with less collective training time. Individuals and units may not have time to develop their level of readiness to standard during mobilization. Reserve unit PRT responsibilities follow:
Unit PRT activities must be incorporated into individual duty for training (IDT) periods. Commanders must determine how much emphasis to place on PRT activities and allocate time and resources accordingly. At a minimum, one hour of PRT activities should be incorporated into every sixteen hours of unit training during IDT periods. During annual training (AT) periods, units should conduct PRT five times per week.

Valuable RC collective PRT time should not be focused on preparing Soldiers to take the APFT; nor should the focus of PRT during IDT periods be on achieving a “training effect”. The focus must be on precisely teaching and leading the activities in this manual. There may be occasions where Soldiers are expected to perform at near-maximal effort during training, such as in the conduct of a unit foot march or other training activities. This should be the exception, not the norm. A training program in which Soldiers are expected to perform at near-maximal effort once a month will not achieve the desired physiological changes, no matter how intense. This type of program will probably cause more harm than good.

An ideal unit PRT program will strive to give Soldiers the knowledge they need to conduct their own quality PRT sessions between unit assemblies. The program should increase Soldier motivation so they habitually train on their own. Incorporating the PRT activities in this manual into IDT periods is one way to effect motivation with the added benefit of providing commanders a physical readiness snapshot.

Most of the drills in this manual support the type of RC unit PRT program described in this section. For example, Soldiers would collectively learn Calisthenic Drill 1 during the unit assembly—then train on their own between unit assemblies—raise their proficiency and readiness level at the same time. Soldiers will then be prepared for PRT sessions conducted during subsequent IDT and AT periods. Most of the drills in this manual do not require expensive or hard-to-obtain equipment, so they can easily be performed individually.

USAR troop program unit (TPU) and ARNG mobilization day (M-day) Soldiers who have civilian health and fitness experience should be utilized to assist in conducting the program; especially the reconditioning program. (See Chapter 6, Special Conditioning Programs.) However, all NCOs should be able to learn and effectively teach the drills in this manual. Refer to Chapter 5, Army Physical Readiness Training Planning, to see how PRT activities can be integrated into a sample RC yearly training cycle. The focus of collective PRT during unit AT should be on increasing the unit physical readiness level. For this to be effective, PRT activities on the sample unit AT schedule must be introduced during IDT periods and trained individually prior to AT. Also refer to Chapter 5, Army Physical Readiness Training Planning, for sample five-day PRT schedules RC units can use during AT periods. RC Soldiers can also utilize these schedules for individual training sessions.

SUMMARY

4-24. PRT is the commander’s program. It must reflect his training goals and be based on the principles of precision, progression, and integration. The purpose of the PRT Program is to develop and maintain a high level of unit physical readiness. The goal is to improve each Soldier’s physical ability to survive and win on the battlefield. Well planned PRT maximizes physical performance in the completion of the critical Soldier and leader tasks that support the unit’s mission/METL.
Chapter 5

Army Physical Readiness Training Planning

This chapter provides commanders and PRT leaders a doctrinal template for implementing the Army PRT system in the unit-training plan. It will assist leaders optimize their PRT time allotments by providing training schedules for the toughening (IMT) and sustaining phases (unit PRT).

SECTION I — PRT PLANNING CONSIDERATIONS

THE ARMY PRT GOAL

5-1. The overall goal of the Army Physical Fitness Training Program is to develop Soldiers who are physically capable and ready to perform their duty assignment or combat role, and to aid in the continuance of good health and physical readiness through exercise. To effectively plan PRT to achieve this goal, leaders must be knowledgeable in all aspects of the Army PRT System. Chapter 2, The Army Physical Readiness Training (PRT) System details the Army PRT goal. Adherence to the principles of precision, progression, and integration is essential for program effectiveness and injury control. These principles of exercise should be employed in the development of all PRT schedules.

PRECISION

5-2. **Precision** is the strict adherence to the optimal execution standards for PRT activities. It is based on the premise that the quality of movement is just as important as the weight lifted, repetitions performed, or distance run. For example, when a Soldier can no longer maintain the PRT leader’s push-up cadence speed, or the correct form while performing push-ups, he will attain the six-point stance and continue push-ups. This will allow him to be precise in completing the specified number of repetitions. When a Soldier fails to maintain proper running form or speed during the performance of speed running, he should slow the pace to regain proper running form. Typically, Soldiers perform the first two repetitions of speed running intervals (30:60s/60:120s) too quickly. When this happens it causes form to breakdown and affects the ability to maintain speed for the completion of the specified number of repetitions. Therefore, to maintain precision, Soldiers should be instructed to pay attention to their speed.

PROGRESSION

5-3. **Progression** is the systematic increase in the intensity and/or duration of PRT activities. Proper progression allows the body to positively adapt to the stresses of training. When proper progression is violated by too rapid an increase in intensity and/or duration, the Soldier is unable to adapt to the demands of training. The Soldier is then unable to recover, which leads to overtraining and the possibility of injury. The intensity (number of repetitions, pace), exercise volume and/or duration are gradually increased to produce the desired physiological effect. In the toughening phase, the duration of the ability group runs progress from 20 minutes to 30 minutes gradually over the training cycle. The pace of individual Soldiers or the group also gradually increases over time. For example, in the sustaining phase during the conduct of climbing drills and speed running, Soldiers progress from wearing PFU to ACUs, boots, ACH and IBA. Progression in strength is achieved by increasing one or more of the following when using the strength training equipment: resistance (weight), number of sets, and number of repetitions for each exercise. Adhering to the intensity and duration listed on the PRT schedule will avoid too much progression too soon. Progression is also dependent upon the regular performance of challenging activities coupled with an
adequate amount of rest and recovery. PRT time is a valuable resource, especially during the toughening phase. Every PRT session is designed to improve strength, endurance, and mobility. PRT sessions in IET are scheduled to be conducted for 45-60 minutes, 5 to 6 times per week for improvement to occur. PRT sessions in the sustaining phase are designed to be conducted 60 minutes or longer 4 to 5 times per week. If PRT cannot be conducted first thing in the morning, it should be conducted at some other time during the duty day. Training sessions should be sequenced to ensure adequate recovery. Whenever possible, the sessions for a given week should be conducted in IAW paragraph 5-6 below.

INTEGRATION

5-4. Integration is the use of multiple training activities to achieve balance in the PRT program, and enhance appropriate recovery between PRT activities. Because most warrior tasks require a blend of strength, endurance, and mobility, PRT activity schedules are designed to progress Soldiers in their physical activity in an integrated manner. Several different exercises and activities are employed to develop all three components. Leaders should balance the PRT schedule with other training to avoid conflicts with physically demanding events that can lead to overtraining. For example, if the confidence obstacle course is the day’s main physical training event, leaders should not schedule strength training for PRT (unless it is conducted later in the training day). If conflicts cannot be resolved, it is more desirable to perform PRT after a physically demanding event (later in the duty day), rather than before the event (in the morning). The PRT schedule provides a well-rounded program that develops all of the components of physical readiness equitably. PRT drills and activities include exercises that condition all major muscle groups for a total body workout. Failure to adhere to the training schedule as written will result in an emphasis on one component at the expense of another. The activities in PRT schedules should allow Soldiers to improve overall physical fitness, combat readiness, and to achieve the standard of the APFT.

5-5. Commanders and PRT leaders schedule PRT sessions based on the number of days available for each week of training. For example, if only three BCT PRT days are available in the toughening phase, follow BCT schedules and omit those days where PRT is not conducted. Omitted training days are missed, so do not attempt to make these training days up. The same principle applies to training schedules in the sustaining phase.

PRT DEVELOPMENT RECOMMENDATIONS

5-6. The following recommendations are provided to the commander on how PRT and other training activities may impact one another. Knowledge of these PRT recommendations will assist commanders as they issue specific training guidance used in the development of unit PRT schedules:

- Conduct Preparation prior to all PRT activities and Recovery after the completion of all PRT activities in a given session.
- Conduct a minimum of two Strength and Mobility days and two Endurance and Mobility days each week, with one Endurance and Mobility training session consisting of speed running.
- A typical five-day training week will comprise three strength and mobility days that alternate with two endurance and mobility days; or three endurance and mobility days that alternate with two strength and mobility days.
- Do not conduct Strength and Mobility training on consecutive days.
- Do not conduct Endurance and Mobility training (running) days consecutively. This also includes foot marches of greater than 5 kilometers in the toughening phase, later in the training cycle (toughening phase), and during the sustaining phase. Do not conduct foot marches and Endurance and Mobility training on the same day or consecutive days.
- Perform speed running once per week, preferably in the middle of the week.
- Conduct Preparation prior to all foot marches, and Recovery upon completion of all foot marches.
- Conduct Preparation prior to the APFT. If required, Soldiers may perform push-ups in CD 1 on their knees during the toughening phase. After the conclusion of the AFPT, Recovery will be conducted.
Schedule APFTs so Soldiers have advance notice. Preferably, the APFT should be scheduled on Monday. If the APFT is not conducted on a Monday, no PRT should be conducted on the day before the APFT.

During the toughening phase commanders have the option after Week 14 of IET (Week 5 of AIT and Week 15 of OSUT greater than 14 weeks), to continue toughening phase activities. They may also choose to assign sustaining phase activities to those Soldiers who meet or exceed the standard of 60 points in each APFT event.

PRT sessions will include the following elements: Preparation, Activity, and Recovery. Each of these elements will include the exercises necessary to conduct performance-oriented PRT sessions that effectively address physical readiness components. **Optimal time allowed for PRT is 90 minutes per session, with a minimum allotted time of 60 minutes per regular scheduled PRT session.**

- **Preparation** consists of exercises that appropriately prepare Soldiers for intense PRT activities. See Chapter 8, Preparation and Recovery.
- **Activities** address specific PRT goals in the areas of strength, endurance, and mobility and will make up a majority of the training time (30 to 60 minutes). Refer to the schedules in this chapter, Chapter 9, Strength and Mobility Exercises, and Chapter 10, Endurance and Mobility Activities.
- **Recovery** includes walking and The Stretch Drill performed at the end of the PRT session. Recovery is designed to gradually and safely taper off activities to bring the body back to its pre-exercise state. The element of Recovery carries over until the next exercise session is performed. Restoring adequate hydration and energy balance through proper nutrition and ensuring adequate sleep allows the body to refuel and rest. This results in a positive adaptation to the stress of training, optimizing gains in strength, endurance, and mobility while controlling injuries.

### SECTION II — TOUGHENING PHASE TRAINING SCHEDULES

5-7. As described in Chapter 2, The Army Physical Readiness Training (PRT) System, the purpose of the toughening phase is to develop foundational fitness and fundamental skills. Soldiers in IMT are in the toughening phase.

### TOUGHENING PHASE PRT ACTIVITIES

5-8. The following PRT activities are scheduled during the toughening phase:

- Preparation (Conditioning Drill 1 – CD 1)
- Conditioning Drill 1, 2 and 3 (CD 1, 2 and 3)
- Timed Sets of Push-ups and Sit-ups (PUSU)
- 30:60s
- 60:120s
- 300-yard Shuttle Run (SR)
- Ability Group Run (AGR)
- Foot March with Fighting Load (FM-fl)
- Conditioning Obstacle Course (CDOC)
- Confidence Obstacle Course (CFOC)
- Combatives (CB)
- Bayonet Assault Course (BAC)
- Recovery (The Stretch Drill – SD)

### TOUGHENING PHASE PRT SCHEDULES

5-9. The following PRT schedules are for the toughening phase as specified in Chapter 2, The Army Physical Readiness Training (PRT) System, and are used in IMT (BCT, AIT, OSUT, BOLC I and BOLC II). It is recommended that PRT be conducted five to six days per week IAW the training schedule. When
following these schedules, perform all PRT sessions in order, regardless of the off day(s). Also execute each day’s PRT activities in the order listed. Not every toughening phase activity is listed in these schedules.

**TOUGHENING PHASE CONSIDERATIONS**

5-10. The following special considerations apply to the toughening phase schedules:

- Higher level activities such as the conditioning obstacle course, confidence obstacle course, bayonet assault course, and combatives are most appropriate when performed in the sustaining phase. Soldiers are introduced to these activities in IMT while still in the toughening phase. PRT leaders must therefore focus their instruction of these activities on proper technique and lead-up skills to ensure safety and successful execution.

- The APFT is best conducted on Monday to ensure adequate recovery and performance.

5-11. To achieve optimal progression while controlling injuries, toughening phase PRT activities are specifically ordered and sessions are specifically sequenced according to the system described in Chapter 2. The activities and sessions should therefore be performed in the order listed on the schedules. Refer to the following BCT Week 2 training schedule sample for an example of PRT activity sequencing and session purpose. Following this schedule are TRADOC approved PRT schedules for BCT, OSUT, AIT, BCT Enhanced, OSUT Enhanced, and Field Training.
### Army Physical Readiness Training (PRT) Planning

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Preparation Activities:  
MMD 1  
AGR  
Recovery | Preparation Activity:  
CD2  
Recovery | Preparation Activities:  
MMD 1  
30:60s  
Recovery  
300-yd SR  
Recovery | Preparation Activity:  
CD2  
Recovery | Preparation Activities:  
MMD 1  
AGR  
Recovery | Preparation Activity:  
CD2  
Recovery |

**Monday**

The purpose of this session is to improve the endurance and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. The Military Movement Drill 1 helps improve running form while preparing the Soldier for sustained running. The AGR improves aerobic endurance through sustained running. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

**Tuesday**

Preparation Activity:  
CD2  
Recovery

The purpose of this session is to improve the strength and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. Conditioning Drill 2 improves push-up and sit-up performance while enhancing upper-body and core strength necessary for manipulating body weight. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

**Wednesday**

Preparation Activities:  
MMD 1  
30:60s  
300-yd SR  
Recovery

The purpose of this session is to improve the conditioning required to successfully perform critical Soldier tasks such as IMT and move under direct and indirect fire. Preparation readies and conditions the body for a variety of body management competencies. The Military Movement Drill 1 helps improve running form while preparing the Soldier for seed running. 30:60s enhance anaerobic power through sustained repeats of high intensity running with intermittent periods of recovery. The 300-yard Shuttle Run develops speed, agility and anaerobic power. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

**Thursday**

Preparation Activity:  
CD2  
Recovery

The purpose of this session is to improve the strength and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. Conditioning Drill 2 improves push-up and sit-up performance while enhancing upper-body and core strength necessary for manipulating body weight. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

**Friday**

Preparation Activities:  
MMD 1  
AGR  
Recovery

The purpose of this session is to improve the endurance and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. The Military Movement Drill 1 helps improve running form while preparing the Soldier for sustained running. The AGR improves aerobic endurance through sustained running. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

**Saturday**

Preparation Activity:  
CD2  
Recovery

The purpose of this session is to improve the strength and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. Conditioning Drill 2 helps improve push-up and sit-up performance while enhancing upper-body and core strength necessary for manipulating body weight. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

*Figure 5-1. Toughening phase PRT daily session overview.*
## BCT PRT SCHEDULE

**Table 5-1. Week 1 BCT.**

<table>
<thead>
<tr>
<th>Session 1-1</th>
<th>CD 1 <em>(INSTRUCTION)</em></th>
</tr>
</thead>
</table>
| **Session 1-2** | Preparation: CD 1 (5 reps)  
Activity: MMD 1 *(INSTRUCTION)* and 1-mile run Assessment  
Recovery: SD (20 seconds) *(INSTRUCTION)* |
| **Session 1-3** | Preparation: CD 1 (5 reps)  
Activity: CD 2 *(INSTRUCTION)*  
Recovery: SD (20 seconds) |
| **Session 1-4** | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition) and 30:60s (6 reps) *(INSTRUCTION)*  
Recovery: SD (20 seconds) |
| **Session 1-5** | Preparation: CD 1 (5 reps)  
Activity: CD 2 (1 set x 10/10/5/5/5 reps)  
Recovery: SD (20 seconds) |
| **Session 1-6** | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), AGR (A 15 min @ 7:30; B 15 min @ 9:00; C 10 min @ 10:30; D 10 min @ 12:00)  
Recovery: SD (20 seconds) |
### Table 5-2. Week 2 BCT.

| Session 2-1 | Preparation: Conditioning Drill 1 (5 reps)  
|            | Activity: MMD 1 (1 repetition), AGR (A 15 min @ 7:15; B 15 min @ 8:30; C 12 min @ 10:00; D 12 min @ 11:00)  
|            | Recovery: SD (20 seconds) |
| Session 2-2 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)  
|            | Recovery: SD (20 seconds) |
| Session 2-3 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 (1 repetition) and 30:60s (6 reps)  
|            | Recovery: SD (20 seconds) |
| Session 2-4 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)  
|            | Recovery: SD (20 seconds) |
| Session 2-5 | Preparation: CD 1 (5 reps)  
|            | Activity: None  
|            | Recovery: SD (20 seconds) |
| Session 2-6 | Preparation: CD 1 (5 reps)  
|            | Activity: Practice APFT  
|            | Recovery: SD (20 seconds) |
Table 5-3. Week 3 BCT.

| Session 3-1 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 (1 repetition), AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
|            | Recovery: SD (20 seconds) |
| Session 3-2 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (2 sets x 10/10/5/5/5 reps)  
|            | Recovery: SD (20 seconds) |
| Session 3-3 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 (1 repetition) and 30:60s (8 reps)  
|            | Recovery: SD (20 seconds) |
| Session 3-4 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (2 sets x 10/10/5/5/5 reps)  
|            | Recovery: SD (20 seconds) |
| Session 3-5 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 (1 repetition), AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
|            | Recovery: SD (20 seconds) |
| Session 3-6 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (2 sets x 10/10/5/5/5 reps)  
|            | Recovery: SD (20 seconds) |
Table 5-4. Week 4 BCT.

| Session 4-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition), AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
|             | Recovery: SD (20 seconds) |
| Session 4-2 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 30-second  
|             | Recovery: SD (20 seconds) |
| Session 4-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition) and 60:120s (6 reps) **INSTRUCTION**  
|             | Recovery: SD (20 seconds) |
| Session 4-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 30-seconds  
|             | Recovery: SD (20 seconds) |
| Session 4-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition), AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
|             | Recovery: SD (20 seconds) |
| Session 4-6 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 30-seconds  
|             | Recovery: SD (20 seconds) |
Table 5-5. Week 5 BCT.

| Session 5-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:30; B 25 min @ 8:00; C 18 min @ 9:00; D 18 min @ 10:00)  
Recovery: SD (20 seconds) |
|-------------|----------------------------------------------------------------------------------------------------------------------------------|
| Session 5-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 45-seconds  
Recovery: SD (20 seconds) |
| Session 5-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition) and 60:120s (8 reps)  
Recovery: SD (20 seconds) |
| Session 5-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 45-seconds  
Recovery: SD (20 seconds) |
| Session 5-5 | Preparation: CD 1 (5 reps)  
Activity: None  
Recovery: SD (20 seconds) |
| Session 5-6 | Preparation: CD 1 (5 reps)  
Activity: Practice APFT  
Recovery: SD (20 seconds) |
Table 5-6. Week 6 BCT.

| Session 6-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 seconds) |
|-------------|---------------------------------------------------------------|
| Session 6-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 seconds) |
| Session 6-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition) and 60:120s (8 reps)  
Recovery: SD (20 seconds) |
| Session 6-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 seconds) |
| Session 6-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 seconds) |
| Session 6-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 seconds) |
Table 5-7. Week 7 BCT.

<table>
<thead>
<tr>
<th>Session 7-1</th>
<th>Preparation: CD 1 (5 reps) Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) Recovery: SD (20 seconds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 7-2</td>
<td>Preparation: CD 1 (5 reps) Activity: CD 2 (20/20/5/5/5 reps) and PUSU 2x 60-seconds Recovery: SD (20 seconds)</td>
</tr>
<tr>
<td>Session 7-3</td>
<td>Preparation: CD 1 (5 reps) Activity: MMD 1 (1 repetition) and 60:120s (8 reps) Recovery: SD (20 seconds)</td>
</tr>
<tr>
<td>Session 7-4</td>
<td>Preparation: CD 1 (5 reps) Activity: CD 2 (20/20/5/5/5 reps) and PUSU 2x 60-seconds Recovery: SD (20 seconds)</td>
</tr>
<tr>
<td>Session 7-5</td>
<td>Preparation: CD 1 (5 reps) Activity: None Recovery: SD (20 seconds)</td>
</tr>
<tr>
<td>Session 7-6</td>
<td>Preparation: CD 1 (5 reps) Activity: Record APFT Recovery: SD (20 seconds)</td>
</tr>
</tbody>
</table>
### Table 5-8. Week 8 BCT.

| Session 8-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
|             | Recovery: SD (20 seconds) |
| Session 8-2 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (INSTRUCTION)  
|             | Recovery: SD (20 seconds) |
| Session 8-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition), 300-yard SR (INSTRUCTION) and 60:120s (6 reps)  
|             | Recovery: SD (20 seconds) |
| Session 8-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 2x 60-seconds  
|             | Recovery: SD (20 seconds) |
| Session 8-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
|             | Recovery: SD (20 seconds) |
| Session 8-6 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 2x 60-seconds  
|             | Recovery: SD (20 seconds) |
Table 5-9. Week 9 BCT.

| Session 9-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
Recovery: SD (20 seconds) |
|---|---|
| Session 9-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 seconds) |
| Session 9-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), 300-yard SR and 60:120s (6 reps)  
Recovery: SD (20 seconds) |
| Session 9-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 seconds) |
| Session 9-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 repetition), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
Recovery: SD (20 seconds) |
| Session 9-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 seconds) |
## OSUT PRT Schedule

Table 5-10. Week 1 OSUT.

<table>
<thead>
<tr>
<th>Session 1-1</th>
<th>Activity: CD 1 (INSTRUCTION)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1-2</td>
<td>Preparation: CD 1 (5 reps)</td>
</tr>
<tr>
<td></td>
<td>Activity: MMD 1 (INSTRUCTION) and 1-mile run Assessment</td>
</tr>
<tr>
<td></td>
<td>Recovery: SD (20 sec) (INSTRUCTION)</td>
</tr>
<tr>
<td>Session 1-3</td>
<td>Preparation: CD 1 (5 reps)</td>
</tr>
<tr>
<td></td>
<td>Activity: CD 2 (INSTRUCTION)</td>
</tr>
<tr>
<td></td>
<td>Recovery: SD (20 sec)</td>
</tr>
<tr>
<td>Session 1-4</td>
<td>Preparation: CD 1 (5 reps)</td>
</tr>
<tr>
<td></td>
<td>Activity: MMD 1 and 30:60s (6 reps) INSTRUCTION</td>
</tr>
<tr>
<td></td>
<td>Recovery: SD (20 sec)</td>
</tr>
<tr>
<td>Session 1-5</td>
<td>Preparation: CD 1 (5 reps)</td>
</tr>
<tr>
<td></td>
<td>Activity: CD 2 (10/10/5/5/5 reps)</td>
</tr>
<tr>
<td></td>
<td>Recovery: SD (20 sec)</td>
</tr>
<tr>
<td>Session 1-6</td>
<td>Preparation: CD 1 (5 reps)</td>
</tr>
<tr>
<td></td>
<td>Activity: MMD 1 and AGR (A 15 min @ 7:30; B 15 min @ 9:00; C 10 min @ 10:30; D 10 min @ 12:00)</td>
</tr>
<tr>
<td></td>
<td>Recovery: SD (20 sec)</td>
</tr>
</tbody>
</table>
**Table 5-11. Week 2 OSUT.**

| Session 2-1 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 and AGR (A 15 min @ 7:15; B 15 min @ 8:30; C 12 min @ 10:00; D 12 min @ 11:00)  
|            | Recovery: SD (20 sec) |
| Session 2-2 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)  
|            | Recovery: SD (20 sec) |
| Session 2-3 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 and 30:60s (6 reps)  
|            | Recovery: SD (20 sec) |
| Session 2-4 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)  
|            | Recovery: SD (20 sec) |
| Session 2-5 | Preparation: CD 1 (5 reps)  
|            | Activity: None  
|            | Recovery: SD (20 sec) |
| Session 2-6 | Preparation: CD 1 (5 reps)  
|            | Activity: Practice APFT  
|            | Recovery: SD (20 sec) |
Table 5-12. Week 3 OSUT.

| Session 3-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
|             | Recovery: SD (20 sec) |
| Session 3-2 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (2 sets x 10/10/5/5/5 reps)  
|             | Recovery: SD (20 sec) |
| Session 3-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and 30:60s (8 reps)  
|             | Recovery: SD (20 sec) |
| Session 3-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (2 sets x 10/10/5/5/5 reps)  
|             | Recovery: SD (20 sec) |
| Session 3-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
|             | Recovery: SD (20 sec) |
| Session 3-6 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (2 sets x 10/10/5/5/5 reps)  
|             | Recovery: SD (20 sec) |
### Table 5-13. Week 4 OSUT.

| Session 4-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
|             | Recovery: SD (20 sec) |
| Session 4-2 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 30-seconds  
|             | Recovery: SD (20 sec) |
| Session 4-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and 60:120s (6 reps) INSTRUCTION  
|             | Recovery: SD (20 sec) |
| Session 4-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 30-seconds  
|             | Recovery: SD (20 sec) |
| Session 4-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
|             | Recovery: SD (20 sec) |
| Session 4-6 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 30-seconds  
|             | Recovery: SD (20 sec) |
Table 5-14. Week 5 OSUT.

<table>
<thead>
<tr>
<th>Session</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-1</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1 and AGR (A 30 min @ 7:30; B 25 min @ 8:00; C 18 min @ 9:00; D 18 min @ 10:00)</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5-2</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (15/15/5/5/5 reps) and PUSU 2x 45-seconds</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5-3</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1 and 60:120s (8 reps)</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5-4</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (15/15/5/5/5 reps) and PUSU 2x 45-seconds</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5-5</td>
<td>CD 1 (5 reps)</td>
<td>None</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5-6</td>
<td>CD 1 (5 reps)</td>
<td>Practice APFT</td>
<td>SD (20 sec)</td>
</tr>
</tbody>
</table>
Table 5-15. Week 6 OSUT.

| Session 6-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 sec) |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session 6-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 6-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 60:120s (8 reps)  
Recovery: SD (20 sec) |
| Session 6-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 6-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 6-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (15/15/5/5/5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 7-1 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
|            | Recovery: SD (20 sec) |
| Session 7-2 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (20/20/5/5/5 reps) and PUSU 2x 60-seconds  
|            | Recovery: SD (20 sec) |
| Session 7-3 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 and 60:120s (8 reps)  
|            | Recovery: SD (20 sec) |
| Session 7-4 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (20/20/5/5/5 reps) and PUSU 2x 60-seconds  
|            | Recovery: SD (20 sec) |
| Session 7-5 | Preparation: CD 1 (5 reps)  
|            | Activity: None  
|            | Recovery: SD (20 sec) |
| Session 7-6 | Preparation: CD 1 (5 reps)  
|            | Activity: Practice APFT  
|            | Recovery: SD (20 sec) |
### Table 5-17. Week 8 OSUT.

| Session 8-1 | Preparation: CD 1 (5 reps)  
   Activity: MMD 1 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
   Recovery: SD (20 sec) |
|-------------|----------------------------------------------------------|
| Session 8-2 | Preparation: CD 1 (5 reps)  
   Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (INSTRUCTION)  
   Recovery: SD (20 sec) |
| Session 8-3 | Preparation: CD 1 (5 reps)  
   Activity: MMD 1, 300-yard SR (INSTRUCTION) and 60:120s (6 reps)  
   Recovery: SD (20 sec) |
| Session 8-4 | Preparation: CD 1 (5 reps)  
   Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
   Recovery: SD (20 sec) |
| Session 8-5 | Preparation: CD 1 (5 reps)  
   Activity: MMD 1 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
   Recovery: SD (20 sec) |
| Session 8-6 | Preparation: CD 1 (5 reps)  
   Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
   Recovery: SD (20 sec) |
Table 5-18. Week 9 OSUT.

| Session 9-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 9-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 9-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1, 300-yard SR and 60:120s (6 reps)  
Recovery: SD (20 sec) |
| Session 9-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 9-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 9-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
Table 5-19. Week 10 OSUT.

| Session 10-1 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|              | Recovery: SD (20 sec) |
| Session 10-2 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 10-3 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and 60:120s (10 reps)  
|              | Recovery: SD (20 sec) |
| Session 10-4 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 10-5 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|              | Recovery: SD (20 sec) |
| Session 10-6 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (5 reps) and PUSU 2x 60-seconds  
|              | Recovery: SD (20 sec) |
Table 5-20. Week 11 OSUT.

| Session 11-1 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|              | Recovery: SD (20 sec) |
| Session 11-2 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 2x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 11-3 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1, 300-yd SR (1 rep) and 60:120s (8 reps)  
|              | Recovery: SD (20 sec) |
| Session 11-4 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 2x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 11-5 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|              | Recovery: SD (20 sec) |
| Session 11-6 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 2x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 12-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
|-------------|--------------------------------------------------|
| Session 12-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 12-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 60:120s (10 reps)  
Recovery: SD (20 sec) |
| Session 12-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 2x 60-seconds  
Recovery: SD (20 sec) |
| Session 12-5 | Preparation: CD 1 (5 reps)  
Activity: None  
Recovery: SD (20 sec) |
| Session 12-6 | Preparation: CD 1 (5 reps)  
Activity: Record APFT  
Recovery: SD (20 sec) |
### Table 5-21. Week 13 OSUT.

| Session 13-1 | Preparation: CD 1 (5 reps)  
| | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
| | Recovery: SD (20 sec) |
| Session 13-2 | Preparation: CD 1 (5 reps)  
| | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
| | Recovery: SD (20 sec) |
| Session 13-3 | Preparation: CD 1 (5 reps)  
| | Activity: MMD 1, 300-yd SR (1 rep) and 60:120s (8 reps)  
| | Recovery: SD (20 sec) |
| Session 13-4 | Preparation: CD 1 (5 reps)  
| | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
| | Recovery: SD (20 sec) |
| Session 13-5 | Preparation: CD 1 (5 reps)  
| | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
| | Recovery: SD (20 sec) |
| Session 13-6 | Preparation: CD 1 (5 reps)  
| | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
| | Recovery: SD (20 sec) |
Table 5-22. Week 14 OSUT.

| Session 14-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 14-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 14-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 60:120s (10 reps)  
Recovery: SD (20 sec) |
| Session 14-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 14-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 14-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
Table 5-23. Week 15 OSUT.

| Session 15-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 15-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 15-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1, 300-yd SR (1rep) and 60:120s (10 reps)  
Recovery: SD (20 sec) |
| Session 15-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 15-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 15-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 16-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| --- | --- |
| Session 16-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 16-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 60:120s (10 reps)  
Recovery: SD (20 sec) |
| Session 16-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 16-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 16-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
### Table 5-25. Week 17 OSUT.

| Session 17-1 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|              | Recovery: SD (20 sec) |
| Session 17-2 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 17-3 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1, 300-yard SR and 60:120s (8 reps)  
|              | Recovery: SD (20 sec) |
| Session 17-4 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
|              | Recovery: SD (20 sec) |
| Session 17-5 | Preparation: CD 1 (5 reps)  
|              | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|              | Recovery: SD (20 sec) |
| Session 17-6 | Preparation: CD 1 (5 reps)  
|              | Activity: CD 2 (20/20/5/5/5 reps) and CD 3 (10 reps) and PUSU 3x 60-seconds  
|              | Recovery: SD (20 sec) |
5-12. The AIT PRT schedule consists of two weeks of training activities focused on strength and mobility; or endurance and mobility, respectively. It is designed to sustain physical fitness throughout AIT, regardless of the length of the training cycle. This schedule is to be continually repeated in its entirety for the length of AIT.

5-13. APFTs will be conducted IAW IET course POIs. Preferably, the APFT should be scheduled on Monday. If APFT is not conducted on a Monday, then no PRT is conducted on the day before the APFT.

5-14. The initial assessment for new fills is the 1-mile run assessment. This assessment is used to assign Soldiers to the appropriate running ability groups. Running ability groups for sustained running in AIT are listed below.

<table>
<thead>
<tr>
<th>Ability Group</th>
<th>1-mile-run Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>6:30 and faster</td>
</tr>
<tr>
<td>B</td>
<td>6:31 – 7:15</td>
</tr>
<tr>
<td>C</td>
<td>7:16 – 8:00</td>
</tr>
<tr>
<td>D</td>
<td>8:01 and slower</td>
</tr>
</tbody>
</table>
### Table 5-26. AIT (Strength and Mobility Emphasis).

<table>
<thead>
<tr>
<th>Session</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (20/20/5/5/5 reps), CD 3 (5 reps), PUSU 2 x 60-seconds or 1-mile run assessment for new fills</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>2</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1, 300-yd SR and 60:120s (8 reps)</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>3</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (20/20/5/5/5 reps), CD 3 (5 reps), PUSU 2 x 60-seconds</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>4</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1, AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 30 min @ 8:30; D 30 min @ 9:30)</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (20/20/5/5/5 reps), CD 3 (5 reps), PUSU 2 x 60-seconds</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>Session</td>
<td>Preparation</td>
<td>Activity</td>
<td>Recovery</td>
</tr>
<tr>
<td>---------</td>
<td>-------------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>1</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1, AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 30 min @ 8:30; D 30 min @ 9:30) or 1-mile run assessment for new fills</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>2</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (2 sets x 15/15/5/5/5 reps), CD 3 (10 reps), PUSU 2 x 60-seconds</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>3</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1 and 60:120s (10 reps)</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>4</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (2 sets x 15/15/5/5/5 reps), CD 3 (10 reps), PUSU 2 x 60-seconds</td>
<td>SD (20 sec)</td>
</tr>
<tr>
<td>5</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1, AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 30 min @ 8:30; D 30 min @ 9:30)</td>
<td>SD (20 sec)</td>
</tr>
</tbody>
</table>
## BCT ENHANCED PRT SCHEDULE

Table 5-28. Week 1 BCT enhanced.

<table>
<thead>
<tr>
<th>Session 1-1</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD 1 (INSTRUCTION)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 1-2</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD 1 (5 repetitions)</td>
<td>1-mile run assessment</td>
<td>SD (20 seconds) (INSTRUCTION)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 1-3</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD 1 (5 reps)</td>
<td>CD 2 (INSTRUCTION)</td>
<td>SD (20 seconds)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 1-4</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD 1 (5 reps)</td>
<td>MMD 1 (1 rep) and 30:60s (6 reps)</td>
<td>SD (20 seconds)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 1-5</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD 1 (5 reps)</td>
<td>CD 2 (1 set x 10/10/5/5/5 reps)</td>
<td>SD (20 seconds)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session 1-6</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>CD 1 (5 reps)</td>
<td>MMD 1 (1 rep), AGR (A 15 min @ 7:30; B 15 min @ 9:00; C 10 min @ 10:30; D 10 min @ 12:00)</td>
<td>SD (20 seconds)</td>
<td></td>
</tr>
</tbody>
</table>
Table 5-29. Week 2 BCT enhanced.

<table>
<thead>
<tr>
<th>Session</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-1</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1 (1 rep), AGR (A 15 min @ 7:15; B 15 min @ 8:30; C 12 min @ 10:00; D 12 min @ 11:00)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>2-2</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>2-3</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1 (1 rep) and 30:60s (6 reps)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>2-4</td>
<td>CD 1 (5 reps)</td>
<td>CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>2-5</td>
<td>CD 1 (5 reps)</td>
<td>None</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>2-6</td>
<td>CD 1 (5 reps)</td>
<td>Practice APFT</td>
<td>SD (20 seconds)</td>
</tr>
</tbody>
</table>
Table 5-30. Week 3 BCT enhanced.

| Session 3-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 repetition), AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
|             | Recovery: SD (20 seconds) |
| Session 3-2 | Preparation: CD 1 (5 reps)  
|             | Enhanced PRT Activity: CD 2 (15/15/5/5/5 reps) and CD 3 (INSTRUCTION)  
|             | Recovery: SD (20 seconds) |
| Session 3-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 rep) and 30:60s (8 reps)  
|             | Recovery: SD (20 seconds) |
| Session 3-4 | Preparation: CD 1 (5 reps)  
|             | Enhanced PRT Activity: CD 2 (2 sets x 15/15/5/5/5 reps), CD 3 (5 reps)  
|             | Recovery: SD (20 seconds) |
| Session 3-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 rep), AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
|             | Recovery: SD (20 seconds) |
| Session 3-6 | Preparation: CD 1 (5 reps)  
|             | Enhanced PRT Activity: CD 2 (2 sets x 15/15/5/5/5 reps), CD 3 (5 reps)  
|             | Recovery: SD (20 seconds) |
| Session 4-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
Recovery: SD (20 seconds) |
|------------|------------------------------------------------|
| Session 4-2 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
Recovery: SD (20 seconds) |
| Session 4-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep) and 60:120s (6 reps) INSTRUCTION  
Recovery: SD (20 seconds) |
| Session 4-4 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
Recovery: SD (20 seconds) |
| Session 4-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
Recovery: SD (20 seconds) |
| Session 4-6 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
Recovery: SD (20 seconds) |
### Table 5-32. Week 5 BCT enhanced.

| Session 5-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:30; B 25 min @ 8:00; C 18 min @ 9:00; D 18 min @ 10:00)  
|             | Recovery: SD (20 seconds) |
| Session 5-2 | Preparation: CD 1 (5 reps)  
|             | Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 45-seconds  
|             | Recovery: SD (20 seconds) |
| Session 5-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 (1 rep) and 60:120s (8 reps)  
|             | Recovery: SD (20 seconds) |
| Session 5-4 | Preparation: CD 1 (5 reps)  
|             | Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 45-seconds  
|             | Recovery: SD (20 seconds) |
| Session 5-5 | Preparation: CD 1 (5 reps)  
|             | Activity: None  
|             | Recovery: SD (20 seconds) |
| Session 5-6 | Preparation: CD 1 (5 reps)  
|             | Activity: Practice APFT  
|             | Recovery: SD (20 seconds) |
| Session 6-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 seconds) |
|---|---|
| Session 6-2 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 seconds) |
| Session 6-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep) and 60:120s (8 reps)  
Recovery: SD (20 seconds) |
| Session 6-4 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 seconds) |
| Session 6-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 seconds) |
| Session 6-6 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 seconds) |
### Table 5-34. Week 7 BCT enhanced.

| Session 7-1 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
|            | Recovery: SD (20 seconds) |
| Session 7-2 | Preparation: CD 1 (5 reps)  
|            | Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
|            | Recovery: SD (20 seconds) |
| Session 7-3 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 (1 rep) and 60:120s (8 reps)  
|            | Recovery: SD (20 seconds) |
| Session 7-4 | Preparation: CD 1 (5 reps)  
|            | Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
|            | Recovery: SD (20 seconds) |
| Session 7-5 | Preparation: CD 1 (5 reps)  
|            | Activity: None  
|            | Recovery: SD (20 seconds) |
| Session 7-6 | Preparation: CD 1 (5 reps)  
|            | Activity: Record APFT  
|            | Recovery: SD (20 seconds) |
Table 5-35. Week 8 BCT enhanced.

| Session 8-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 seconds) |
|-------------|--------------------------------------------------|
| Session 8-2 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (20/20/5/5/5 reps), CD 3 (10 reps)  
Recovery: SD (20 seconds) |
|-------------|--------------------------------------------------|
| Session 8-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), 300-yard SR (INSTRUCTION) and 60:120s (6 reps)  
Recovery: SD (20 seconds) |
|-------------|--------------------------------------------------|
| Session 8-4 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (1 set x 20/20/5/5/5 reps), CD 3 (10 reps)  
Recovery: SD (20 seconds) |
|-------------|--------------------------------------------------|
| Session 8-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 seconds) |
|-------------|--------------------------------------------------|
| Session 8-6 | Preparation: CD 1 (5 reps)  
Enhanced PRT Activity: CD 2 (1 set x 20/20/5/5/5 reps), CD 3 (10 reps)  
Recovery: SD (20 seconds) |
Table 5-36. Week 9 BCT enhanced.

<table>
<thead>
<tr>
<th>Session</th>
<th>Preparation</th>
<th>Activity</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-1</td>
<td>CD 1 (5 reps)</td>
<td>MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 30 min @ 8:15; D 30 min @ 9:30)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>9-2</td>
<td>CD 1 (5 reps)</td>
<td>Enhanced PRT Activity: CD 2 (1 set x 20/20/5/5/5 reps and 1 set x 10/10/5/5/5 reps), and CD 3 (10 reps)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>9-3</td>
<td>CD 1 (5 reps)</td>
<td>Activity: MMD 1 (1 rep), 300-yard SR and 60:120s (6 reps)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>9-4</td>
<td>CD 1 (5 reps)</td>
<td>Enhanced PRT Activity: CD 2 (1 set x 20/20/5/5/5 reps and 1 set x 10/10/5/5/5 reps), and CD 3 (10 reps)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>9-5</td>
<td>CD 1 (5 reps)</td>
<td>Activity: MMD 1 (1 rep), AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 30 min @ 8:15; D 30 min @ 9:30)</td>
<td>SD (20 seconds)</td>
</tr>
<tr>
<td>9-6</td>
<td>CD 1 (5 reps)</td>
<td>Enhanced PRT Activity: CD 2 (1 set x 20/20/5/5/5 reps and 1 set x 10/10/5/5/5 reps), and CD 3 (10 reps)</td>
<td>SD (20 seconds)</td>
</tr>
</tbody>
</table>
## OSUT ENHANCED PRT SCHEDULE

**Table 5-37. Week 1 OSUT enhanced.**

<table>
<thead>
<tr>
<th>Session 1-1</th>
<th>CD 1 (INSTRUCTION)</th>
</tr>
</thead>
</table>
| Session 1-2 | Preparation: CD 1 (5 reps)  
Activity: 1-mile run assessment  
Recovery: SD (20 sec) (INSTRUCTION) |
| Session 1-3 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (INSTRUCTION)  
Recovery: SD (20 sec) |
| Session 1-4 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 30:60s (6 reps) INSTRUCTION  
Recovery: SD (20 sec) |
| Session 1-5 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (10/10/5/5/5 reps)  
Recovery: SD (20 sec) |
| Session 1-6 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and AGR (A 15 min @ 7:30; B 15 min @ 9:00; C 10 min @ 10:30; D 10 min @ 12:00)  
Recovery: SD (20 sec) |
Table 5-38. Week 2 OSUT enhanced.

| Session 2-1 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 and AGR (A 15 min @ 7:15; B 15 min @ 8:30; C 12 min @ 10:00; D 12 min @ 11:00)  
|            | Recovery: SD (20 sec) |
| Session 2-2 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)  
|            | Recovery: SD (20 sec) |
| Session 2-3 | Preparation: CD 1 (5 reps)  
|            | Activity: MMD 1 and 30:60s (6 reps)  
|            | Recovery: SD (20 sec) |
| Session 2-4 | Preparation: CD 1 (5 reps)  
|            | Activity: CD 2 (1 set x 10/10/5/5/5 reps and 1 set x 5/5/5/5/5 reps)  
|            | Recovery: SD (20 sec) |
| Session 2-5 | Preparation: CD 1 (5 reps)  
|            | Activity: None  
|            | Recovery: SD (20 sec) |
| Session 2-6 | Preparation: CD 1 (5 reps)  
|            | Activity: Practice APFT  
|            | Recovery: SD (20 sec) |
### Table 5-39. Week 3 OSUT enhanced.

| Session 3-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
<table>
<thead>
<tr>
<th></th>
<th>Recovery: SD (20 sec)</th>
</tr>
</thead>
</table>
| Session 3-2 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps) and CD 3 (INSTRUCTION)  
<table>
<thead>
<tr>
<th></th>
<th>Recovery: SD (20 sec)</th>
</tr>
</thead>
</table>
| Session 3-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and 30:60s (8 reps)  
<table>
<thead>
<tr>
<th></th>
<th>Recovery: SD (20 sec)</th>
</tr>
</thead>
</table>
| Session 3-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
<table>
<thead>
<tr>
<th></th>
<th>Recovery: SD (20 sec)</th>
</tr>
</thead>
</table>
| Session 3-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 20 min @ 7:15; B 20 min @ 8:30; C 14 min @ 9:30; D 14 min @ 10:30)  
<table>
<thead>
<tr>
<th></th>
<th>Recovery: SD (20 sec)</th>
</tr>
</thead>
</table>
| Session 3-6 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
|             | Recovery: SD (20 sec) |
Table 5-40. Week 4 OSUT enhanced.

| Session 4-1 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
| Recovery: SD (20 sec) |
| Session 4-2 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
| Recovery: SD (20 sec) |
| Session 4-3 | Preparation: CD 1 (5 reps)  
| Activity: MMD 2 and 60:120s (6 reps) **INSTRUCTION**  
| Recovery: SD (20 sec) |
| Session 4-4 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
| Recovery: SD (20 sec) |
| Session 4-5 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and AGR (A 25 min @ 7:15; B 25 min @ 8:15; C 16 min @ 9:30; D 16 min @ 10:00)  
| Recovery: SD (20 sec) |
| Session 4-6 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (15/15/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 30-seconds  
| Recovery: SD (20 sec) |
Table 5-41. Week 5 OSUT enhanced.

| Session 5-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:30; B 25 min @ 8:00; C 18 min @ 9:00; D 18 min @ 10:00)  
Recovery: SD (20 sec) |
|-------------|--------------------------------------------------|
| Session 5-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 45-seconds  
Recovery: SD (20 sec) |
| Session 5-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and 60:120s (10 reps)  
Recovery: SD (20 sec) |
| Session 5-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 45-seconds  
Recovery: SD (20 sec) |
| Session 5-5 | Preparation: CD 1 (5 reps)  
Activity: None  
Recovery: SD (20 sec) |
| Session 5-6 | Preparation: CD 1 (5 reps)  
Activity: Practice APFT  
Recovery: SD (20 sec) |
Table 5-42. Week 6 OSUT enhanced.

| Session 6-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 sec) |
| --- | --- |
| Session 6-2 | Preparation: CD 1 (5 reps)  
Activity: GD and CL 1 (INSTRUCTION) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 6-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2, 300-yd SR (INSTRUCTION) and 60:120s (8 reps)  
Recovery: SD (20 sec) |
| Session 6-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and CAL 2 (INSTRUCTION)  
Recovery: SD (20 sec) |
| Session 6-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:30; B 30 min @ 8:00; C 20 min @ 8:30; D 20 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 6-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and CAL 2 (5 reps)  
Recovery: SD (20 sec) |
Table 5-43. Week 7 OSUT enhanced.

| Session 7-1 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
| Recovery: SD (20 sec) |
| Session 7-2 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
| Recovery: SD (20 sec) |
| Session 7-3 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and 60:120s (10 reps)  
| Recovery: SD (20 sec) |
| Session 7-4 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (20/20/5/5/5 reps), CAL 2 (5 reps) and CL 1 (5 reps)  
| Recovery: SD (20 sec) |
| Session 7-5 | Preparation: CD 1 (5 reps)  
| Activity: None  
| Recovery: SD (20 sec) |
| Session 7-6 | Preparation: CD 1 (5 reps)  
| Activity: Practice APFT  
| Recovery: SD (20 sec) |
Table 5-44. Week 8 OSUT enhanced.

| Session 8-1 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or Field PRT  
| Recovery: SD (20 sec) |
| Session 8-2 | Preparation: CD 1 (5 reps)  
| Activity: GD (1 rep), CD 3 (5 reps), CAL 2 (5 reps), CL 1 (5 reps) and PUSU 3x 60-seconds or Field PRT  
| Recovery: SD (20 sec) |
| Session 8-3 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2, 300-yard SR and 30:60s (8 reps w/ACUs and IBA) or Field PRT  
| Recovery: SD (20 sec) |
| Session 8-4 | Preparation: CD 1 (5 reps)  
| Activity: GD (1 rep), CD 3 (5 reps), CAL 2 (5 reps) and PUSU 3x 60-seconds or Field PRT  
| Recovery: SD (20 sec) |
| Session 8-5 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30) or Field PRT  
| Recovery: SD (20 sec) |
| Session 8-6 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (20/20/5/5/5 reps), CD 3 (10 reps) and PUSU 3x 60-seconds or Field PRT  
| Recovery: SD (20 sec) |
### Table 5-45. Week 9 OSUT enhanced.

| Session 9-1 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and 2 and AGR (A 30 min @ 7:15; B 30 min @ 7:45; C 20 min @ 8:15; D 20 min @ 9:30)  
|             | Recovery: SD (20 sec) |
| Session 9-2 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (20/20/5/5/5 reps and 10/10/5/5/5 reps), and CD 3 (10 reps) and PUSU 3x 60-seconds  
|             | Recovery: SD (20 sec) |
| Session 9-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and 2, 300-yard SR and 60:120s (8 reps)  
|             | Recovery: SD (20 sec) |
| Session 9-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (20/20/5/5/5 reps and 10/10/5/5/5 reps), and CD 3 (10 reps) and PUSU 3x 60-seconds  
|             | Recovery: SD (20 sec) |
| Session 9-5 | Preparation: CD 1 (5 reps)  
|             | Activity: None  
|             | Recovery: SD (20 sec) |
| Session 9-6 | Preparation: CD 1 (5 reps)  
|             | Activity: Practice APFT  
|             | Recovery: SD (20 sec) |
Table 5-46. Week 10 OSUT enhanced.

| Session 10-1 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
| Recovery: SD (20 sec) |
| Session 10-2 | Preparation: CD 1 (5 reps)  
| Activity: GD (2 reps), CAL 2 (5 reps) and CD 3 (5 reps) and CL 2 (5 reps) w/ACUs and IBA  
| Recovery: SD (20 sec) |
| Session 10-3 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and 30:60s (8 reps w/ ACUs, IBA and wpn)  
| Recovery: SD (20 sec) |
| Session 10-4 | Preparation: CD 1 (5 reps)  
| Activity: GD (2 reps), CAL 2 (5 reps) and CD 3 (5 reps) and CL 2 (5 reps) w/ACUs and IBA  
| Recovery: SD (20 sec) |
| Session 10-5 | Preparation: CD 1 (5 reps)  
| Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Release Run (30 min) or Terrain Run (30 min)  
| Recovery: SD (20 sec) |
| Session 10-6 | Preparation: CD 1 (5 reps)  
| Activity: CD 2 (20/20/5/5 reps and 10/10/5/5/5 reps), and CD 3 (10 reps) and PUSU 3x 60-seconds  
| Recovery: SD (20 sec) |
| Session 11-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Hill Repeats or Terrain Run w/ ACUs, IBA and wpn (30 min)  
Recovery: SD (20 sec) |
|---|---|
| Session 11-2 | Preparation: CD 1 (5 reps)  
Activity: GD (1 rep), CAL 2 (5 reps) and CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 11-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2, 300-yd SR and 60:120s (8 reps)  
Recovery: SD (20 sec) |
| Session 11-4 | Preparation: CD 1 (5 reps)  
Activity: GD 1 (2 reps), CAL 2 (5 reps) and CD 3 (5 reps) and CL 1 (2 sets x 5 reps)  
Recovery: SD (20 sec) |
| Session 11-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Release Run or Terrain Run (30 min)  
Recovery: SD (20 sec) |
| Session 11-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (20/20/5/5 reps and 15/15/5/5/5 reps), and CD 3 (5reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
Table 5-48. Week 12 OSUT enhanced.

| Session 12-1 | Preparation: CD 1 (5 reps) | Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) | Recovery: SD (20 sec) |
| Session 12-2 | Preparation: CD 1 (5 reps) | Activity: CD 2 (20/20/5/5/5 reps and 15/15/5/5/5 reps), and CD 3 (10 reps) and PUSU 3x 60-seconds | Recovery: SD (20 sec) |
| Session 12-3 | Preparation: CD 1 (5 reps) | Activity: MMD 1 and 2 and 60:120s (10 reps) | Recovery: SD (20 sec) |
| Session 12-4 | Preparation: CD 1 (5 reps) | Activity: CD 2 (20/20/5/5/5 reps and 15/15/5/5/5 reps), and CD 3 (5 reps) and PUSU 3x 60-seconds | Recovery: SD (20 sec) |
| Session 12-5 | Preparation: CD 1 (5 reps) | Activity: None | Recovery: SD (20 sec) |
| Session 12-6 | Preparation: CD 1 (5 reps) | Activity: Record APFT | Recovery: SD (20 sec) |
### Table 5-49. Week 13 OSUT enhanced.

| Session 13-1 | Preparation: CD 1 (5 reps)  
|-------------|-------------------------------------------------|
|             | Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Terrain Run w/ ACUs, ACH, IBA and wpn (30 min)  
|             | Recovery: SD (20 sec)  
| Session 13-2 | Preparation: CD 1 (5 reps)  
|             | Activity: GD (2 reps), CL 2 (2 sets x 5 reps) and CD 3 (5 reps) w/ ACUs, ACH, IBA and wpn  
|             | Recovery: SD (20 sec)  
| Session 13-3 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and 2, 300-yd SR and 60:120s (6 reps) w/ACUs, ACH, IBA and wpn  
|             | Recovery: SD (20 sec)  
| Session 13-4 | Preparation: CD 1 (5 reps)  
|             | Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
|             | Recovery: SD (20 sec)  
| Session 13-5 | Preparation: CD 1 (5 reps)  
|             | Activity: MMD 1 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
|             | Recovery: SD (20 sec)  
| Session 13-6 | Preparation: CD 1 (5 reps)  
|             | Activity: GD (2 reps), CL 1 (2 sets x 5 reps), CD 3 (5 reps) and CAL 2 (5 reps)  
|             | Recovery: SD (20 sec)  

Table 5-50.  Week 14 OSUT enhanced.

| Session 14-1 | **Preparation:** CD 1 (5 reps)  
**Activity:** MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Release run (30 min)  
**Recovery:** SD (20 sec) |
| Session 14-2 | **Preparation:** CD 1 (5 reps)  
**Activity:** CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
**Recovery:** SD (20 sec) |
| Session 14-3 | **Preparation:** CD 1 (5 reps)  
**Activity:** MMD 1 and 2 and 60:120s (10 reps)  
**Recovery:** SD (20 sec) |
| Session 14-4 | **Preparation:** CD 1 (5 reps)  
**Activity:** CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
**Recovery:** SD (20 sec) |
| Session 14-5 | **Preparation:** CD 1 (5 reps)  
**Activity:** None  
**Recovery:** SD (20 sec) |
| Session 14-6 | **Preparation:** CD 1 (5 reps)  
**Activity:** Record APFT  
**Recovery:** SD (20 sec) |
### Table 5-51. Week 15 OSUT enhanced.

| Session 15-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Release Run (30 min)  
Recovery: SD (20 sec) |
| Session 15-2 | Preparation: CD 1 (5 reps)  
Activity: GD (2 reps), CD 3 (5 reps), CAL 2 (5 reps) and CL 2 w/ ACUs, ACH, IBA and wpn  
Recovery: SD (20 sec) |
| Session 15-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2, 300-yd SR and 60:120s (8 reps) w/ ACUs, ACH, IBA and wpn  
Recovery: SD (20 sec) |
| Session 15-4 | Preparation: CD 1 (5 reps)  
Activity: GD (2 reps), CD 3 (5 reps), CAL 2 (5 reps) and CL 2 (2 sets x 5 reps) w/ ACUs, ACH, IBA and wpn  
Recovery: SD (20 sec) |
| Session 15-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30) or Terrain Run (30 min w/ACUs, ACH, IBA and wpn  
Recovery: SD (20 sec) |
| Session 15-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
Table 5-52. Week 16 OSUT enhanced.

| Session 16-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| --- | --- |
| Session 16-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 16-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2, 300-yd SR and 60:120s (10 reps)  
Recovery: SD (20 sec) |
| Session 16-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CAL 2 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 16-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 16-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (10 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
Table 5-53. Week 17 OSUT enhanced.

| Session 17-1 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 17-2 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 17-3 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2, 300-yard SR and 60:120s (8 reps)  
Recovery: SD (20 sec) |
| Session 17-4 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CAL 2 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
| Session 17-5 | Preparation: CD 1 (5 reps)  
Activity: MMD 1 and 2 and AGR (A 30 min @ 7:00; B 30 min @ 7:30; C 30 min @ 8:15; D 30 min @ 9:30)  
Recovery: SD (20 sec) |
| Session 17-6 | Preparation: CD 1 (5 reps)  
Activity: CD 2 (2 sets x 20/20/5/5/5 reps), CD 3 (5 reps) and PUSU 3x 60-seconds  
Recovery: SD (20 sec) |
CONDENSED PRT TIME

5-15. When scheduled training requirements in the training POI conflict with the designated time available for physical training, commanders may choose to perform one of the two PRT sessions listed below (Table 5-54).

Table 5-54. Condensed PRT sessions.

<table>
<thead>
<tr>
<th>Strength and Mobility PRT Session</th>
<th>Preparation: CD 1 (5 reps) Activity: GD (2 reps), CAL 2 (5 reps) and PUSU 3 x 45 seconds Recovery: SD (20 seconds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endurance and Mobility PRT Session</td>
<td>Preparation: CD 1 (5 reps) PRT Activity: MMD 1 and 2, 300-yd SR (2 reps) Recovery: SD (20 seconds)</td>
</tr>
</tbody>
</table>

FIELD TRAINING PRT

5-16. Toughening phase PRT should be conducted whenever possible within the constraints of the environment, whether on a range, or during a FTX. The following sample schedule may be conducted anywhere and is not resource intensive (Table 5-57). Conditioning Drill 2 will be conducted without the exercises on the pull-up bar (straight-arm pull, pull-up, and leg tuck). The repetitions for CD 2 push-ups and sit-ups are prescribed in the training schedule.

Table 5-57. Field training PRT sessions.

<table>
<thead>
<tr>
<th>Endurance and Mobility PRT Session</th>
<th>Preparation: CD 1 (5 reps) PRT Activity: MMD 1 and 2 (2 reps), 300-yd SR (2 reps) and 30:60s (6-10 reps) Recovery: SD (20 seconds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength and Mobility PRT Session</td>
<td>Preparation: CD 1 (5 reps) PRT Activity: GD (2 reps), CD 3 (2 sets x 5 reps) and PUSU 3x 45-seconds Recovery: SD (20 seconds)</td>
</tr>
</tbody>
</table>

SECTION III — PRT SUSTAINING PHASE TRAINING SCHEDULES

5-17. As described in Chapter 2, The Army Physical Readiness Training (PRT) System, the purpose of the sustaining phase is to develop a high level of physical readiness in Soldiers. Training results enable Soldiers to successfully perform warrior tasks and drills, and those physical tasks associated with the performance of their operational missions.
5-18. The sustaining phase of PRT supports the Army force generation (ARFORGEN) model. The model is designed utilizing a “structured progression of increased unit readiness over time”. This results in recurring periods of availability of trained, ready, and cohesive units prepared for operational deployment as specified in the Army Campaign Plan. The recurring structured progression of increasing unit readiness focuses on reset/train, ready, and available phases IAW the operational readiness cycles. The result is full mission readiness. Structured progression also allows units time to prepare for an operational deployment cycle and surge capability. As illustrated in AR 350-1, Army Training and Leader Development, active Army forces plan for one deployment every three years, while reserve forces plan for one deployment every six years. Active and reserve forces can be called from the ready force pool for a surge to meet strategic requirements. Commanders must be prepared to move to any position along the ARFORGEN cycle. Core-METL (C-METL) or Directed-METL (D-METL) paths for units must prepare them to operate anywhere or anytime within the spectrum of conflict. With the potential to have shortened ARFORGEN cycles, commanders need to stay vigilant in planning and programming PRT.

5-19. Those units returning from deployment are categorized in a Reset/Train status. Units are usually in the reset/train phase for a period of 180 to 270 days (6-9 months) for active component units, and up to 36 months for reserve component units. The goal is to achieve readiness status level of C1 as soon as possible. Typically, Soldiers in these units experience detraining and/or injury and may return less fit than prior to deployment. Special considerations must be given when planning PRT. Once the unit is stabilized and recovery has been completed, units should conduct PRT assessments (foot march, APFT, or unit readiness standards) to determine an appropriate start point to begin regular PRT. For example, exercise sessions should first be conducted at a lower intensity/duration and exercise volume. Sessions should increase progressively as Soldiers improve and regain their previous fitness levels. Initial PRT sessions should be no longer than 60 minutes in duration and progress to 90 minutes. Refer to the sample Reset/Train schedules in this chapter for appropriate progressions; sets and repetitions in strength and mobility activities; sets, repetitions, pace, recovery; and total time in endurance and mobility activities.

5-20. Once units achieve Ready status, PRT leaders should continue to conduct strength and mobility activities and endurance and mobility activities two to three times each, per week. Activities and drills listed under sustaining phase PRT Activities will be selected. Commanders and PRT leaders should continue to schedule PRT sessions that specifically enhance mission and METL task performance. For example, emphasis should be placed on PRT activities that involve wearing ACUs, boots, IBA, ACH, and individual weapon. These activities include Speed Running, Guerrilla Drill, Climbing Drill 2, Log Drill, Foot Marching, and Obstacle Course Negotiation. Refer to the sample Ready phase PRT schedules. Units identified within the ready phase do not have a set duration, but typically remain in this phase for 12 months.

5-21. Units considered in Available status should focus on activities and drills that support operational missions IAW their C-METL or D-METL. Refer to the sample Available status PRT schedule. This schedule can be repeated throughout the available phase until units are deployed. Once deployed to the theater of operations, units should continue to conduct PRT activities safe and appropriate to the operating environment. Commanders and PRT leaders may select activities and drills to ensure a balanced, progressive, integrated program that can be conducted safely within the constraints of their operating environment (see Figure 5-2).

5-22. Deployment to the theatre of operations may present limitations and constraints on the conduct of PRT. For this reason, special considerations must be taken when planning and conducting individual and collective PRT sessions. Typically, endurance and mobility activities such as sustained running are more negatively impacted than the conduct of strength and mobility activities. In areas where sustained running cannot be conducted, military movement drills, 30:60s, 60:120s, and shuttle runs should be employed to maintain physical readiness. Commanders can also recommend the use of endurance training equipment (treadmill, elliptical trainers, steppers and cycle ergometers) for individual and small unit training. Strength and mobility may be trained individually or collectively using the strength and mobility activities specified in chapter 9 of this manual. When training individually or in small groups, much benefit is gained by using strength training machines and equipment (barbells, dumbbells, and selectorized machines). Refer to the sample individual and collective deployment PRT schedules listed later in this chapter.
INTEGRATION OF DRILLS AND ACTIVITIES INTO THE PRT SCHEDULE

Figure 5-2. Integration of drills and activities in PRT schedule.
SUSTAINING PHASE PRT ACTIVITIES

5-23. Following are the sustaining phase PRT Activities:

- Preparation (PREP)
- Calisthenic Drill 1&2 (CAL 1&2)
- The Guerrilla Drill (GD)
- Push-up and Sit-up Drill (PSD)
- Dumbbell Drill 1&2 (DB 1&2)
- Climbing Drill 1&2 (CL 1&2)
- Barbell Drills 1&2 (BD 1&2)
- Strength Training Machine Drills 1, 2, 3A & 3B (STM)
- Power Training (PT)
- 30:60s
- 60:120s
- Ability Group Run (AGR)
- Release Runs (RR)
- Foot March with fighting load (FM-fl)
- Foot March with approach march load (FM-aml)
- Foot March with emergency approach march load (FM-eaml)
- Log Drill (LD)
- Terrain Running (TR)
- Hill Repeats (HR)
- 300-yard Shuttle Run (SR)
- Conditioning Obstacle Course (CDOC)
- Confidence Obstacle Courses (CFOC)
- Combatives (CB)
- Bayonet Assault Course (BAC)
- Water Survival Training (WST)
- Recovery (REC)

SUSTAINING PHASE PRT SCHEDULES

5-24. The following PRT schedules are for the sustaining phase as specified in Chapter 2, *The Army Physical Readiness Training System*, and are used in operational units. It is recommended that PRT be conducted four to five days per week IAW AR 350-1, *Army Training and Leader Development*. Unlike the toughening phase schedule, activities will vary from week to week in order to train more PRT activities and specifically train for the physical requirements in support of METL performance. All sustaining phase activities are not listed on the sample schedules (Figures 5-3 through 5-18).

5-25. The following special considerations apply to the sustaining phase schedules:

- PRT sessions should be conducted for 60 to 90 minutes to provide adequate conditioning for all components.
- Foot marching under fighting load and/or approach march load may be substituted for sustained running.
- Speed running should be conducted one time per week; preferably during the middle of the training week.
- The APFT is best conducted on Monday to ensure adequate recovery and performance.
- When a unit returns from deployment, a 1-mile run assessment should be administered to reassign Soldiers in ability groups and provide the commander a snapshot of any de-training that has occurred.
- During field training exercises refer to the FTX / Deployment PRT schedules listed later in this chapter.
- Refer to Chapter 6, *Special Conditioning Programs*, for sample training schedules for Soldiers with special conditioning needs. (Special need examples: Soldiers on the weight control program, those who cannot meet the APFT standards or unit goals, and Soldiers on temporary or permanent physical profile.)

5-26. To achieve optimal progression while controlling injuries, sustaining phase PRT activities are specifically ordered and sessions are specifically sequenced according to the system described in Chapter 2. Activities and sessions should therefore be performed in the order listed on the schedules. Commanders and PRT leaders have the flexibility to select different drills and activities appropriate to the components being trained on that day of the PRT schedule. However, the order of exercises in each drill may not be changed,
added to, or deleted. If more repetitions of an activity or exercise are desired, the complete drill should be repeated. The goal during any given week of PRT is to conduct at least two strength and mobility, and two endurance and mobility sessions per week. Figure 5-3 illustrates PRT activities, session sequencing, and purpose.

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<th>Monday</th>
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<tbody>
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<td>MMD 1 &amp; 2</td>
<td>GD</td>
<td>MMD 1 &amp; 2</td>
<td>GD</td>
<td>10K FM w/ AML or Terrain Run</td>
</tr>
<tr>
<td>AGR or Release Run</td>
<td>CAL 1 &amp; 2</td>
<td>300-yd SR</td>
<td>DB 1 &amp; 2</td>
<td>Recovery</td>
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<tr>
<td>Recovery</td>
<td></td>
<td>Recovery</td>
<td>CL 1 &amp; 2</td>
<td>Recovery</td>
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</tbody>
</table>

The purpose of this session is to improve the endurance and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. The Military Movement Drills 1 and 2 helps improve running form while preparing the Soldier for sustained running. The AGR or Release Run improves aerobic endurance through sustained running. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

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<tr>
<td>MMD</td>
<td>GD</td>
<td>MMD 1 &amp; 2</td>
<td>GD</td>
<td>10K FM w/ AML or Terrain Run</td>
</tr>
<tr>
<td>AGR or Release Run</td>
<td>CAL 1 &amp; 2</td>
<td>300-yd SR</td>
<td>DB 1 &amp; 2</td>
<td>Recovery</td>
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<td>Recovery</td>
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<td>Recovery</td>
<td>CL 1 &amp; 2</td>
<td>Recovery</td>
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</tbody>
</table>

The purpose of this session is to improve the strength and mobility needed for the successful performance of Soldier tasks. Preparation readies and conditions the body for a variety of body management competencies. The Guerrilla Drill develops functional mobility for the performance of combatives and the ability to carry another Soldier. Calisthenic Drills 1 & 2 consist of advanced exercises that are designed to functionally train upper-body and core muscular strength and endurance needed to successfully perform Warrior Tasks. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

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<tr>
<td>MMD 1 &amp; 2</td>
<td>60:120s</td>
<td>MMD 1 &amp; 2</td>
<td>60:120s</td>
<td>Recovery</td>
</tr>
<tr>
<td>AGR or Release Run</td>
<td>300-yd SR</td>
<td>CL 1 &amp; 2</td>
<td>Recovery</td>
<td>Recovery</td>
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<td>Recovery</td>
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</table>

The purpose of this session is to improve the conditioning required to successfully perform critical Soldier tasks such as IMT and move under direct and indirect fire. Preparation readies and conditions the body for a variety of body management competencies. The Military Movement Drills 1 and 2 helps improve running form while preparing the Soldier for seed running. 30:60s enhance speed and anaerobic power through sustained repeats of high intensity running with intermittent periods of recovery. The 300-yd Shuttle Run develops anaerobic endurance and functional mobility. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

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<tr>
<td>MMD 1 &amp; 2</td>
<td>60:120s</td>
<td>MMD 1 &amp; 2</td>
<td>60:120s</td>
<td>Recovery</td>
</tr>
<tr>
<td>AGR or Release Run</td>
<td>300-yd SR</td>
<td>CL 1 &amp; 2</td>
<td>Recovery</td>
<td>Recovery</td>
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<td>Recovery</td>
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<td>Recovery</td>
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</table>

The purpose of this session is to improve the functional strength and mobility needed for the successful performance of Soldier tasks. Soldiers perform these drills wearing ACUs, boots, and helmet. Preparation readies and conditions the body for a variety of body management competencies. The Guerrilla Drill develops functional mobility for the performance of combatives and the ability to carry another Soldier. Dumbbell Drills 1 & 2 develop functional strength and load carrying ability. Climbing Drill 1 improves the upper body and core strength necessary for manipulating body weight. Climbing Drill 2 improves the upper body and core strength necessary for manipulating body weight under load. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

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<th>Monday</th>
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<tbody>
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<td>Preparation Activity:</td>
<td>Preparation Activity:</td>
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<td>Preparation Activity:</td>
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<tr>
<td>10k FM (f)</td>
<td>10k FM (f)</td>
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<td>Recovery</td>
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</table>

The purpose of this session is to improve the strength, endurance, and mobility needed for the successful performance of foot marching. Preparation readies and conditions the body for a variety of body management competencies. The foot march improves the muscular and aerobic endurance need for foot marching. Terrain running improves the Soldier’s ability to move quickly with agility over various terrain with or without a load. Recovery safely returns Soldiers to a pre-exercise state while improving mobility.

Figure 5-3. Training calendar example.
<table>
<thead>
<tr>
<th>Monday</th>
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<th>Wednesday</th>
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<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Preparation Activities: 1-mile Run Assessment Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) 300-yd SR (1 rep) 30:60s (6 reps) Recovery</td>
<td>Preparation Activities: GD (2 reps) DB 1 (5 reps) CL 1 (5 reps) Recovery</td>
</tr>
<tr>
<td>2</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) 300-yd SR (1 rep) 30:60s (6 reps) Recovery</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>3</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) 300-yd SR (1 rep) 30:60s (6 reps) Recovery</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
<td></td>
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<tr>
<td>4</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) AGR (20 min) or FM - FL Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps ea) CL 1 (6 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>5</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) AGR (20 min) or FM - FL Recovery</td>
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<tr>
<td>6</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>7</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>8</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) AGR (20 min) or FM - FL Recovery</td>
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<tr>
<td>9</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) 300-yd SR (1 rep) 30:60s (6 reps) Recovery</td>
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<tr>
<td>10</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>11</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<td>12</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>13</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>14</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>15</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<td>16</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>17</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>18</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>19</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>20</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>21</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>22</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>23</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>24</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>25</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<td>26</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<td>27</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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<td>28</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
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<tr>
<td>29</td>
<td>Preparation Activities: GD (2 reps) DB 1 &amp; 2 (5 reps) CL 1 (5 reps) Recovery</td>
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Figure 5-4 Unit PRT schedule (reset/train).
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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Preparation Activities: (ACU/BOOTS) MMD 2 (1 rep) AGR (20 min) (TERRAIN RUN) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) CL 1 (5 reps) PSD (2x60 sec) CL 2 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
</tr>
<tr>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
</tr>
<tr>
<td>Preparation Activities: MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 30:60s (8 reps) Recovery</td>
<td>Preparation Activities: GD (2 reps) DB 1&amp;2 (5 reps) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (9 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (9 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (9 reps) PSD (2x60 sec) CL 1 (5 reps) Recovery</td>
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<tr>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) PSD (2x60 sec) CL 2 (5 reps) Recovery</td>
<td>Preparation Activities: GD (1 rep) CAL 1&amp;2 (6 reps) PSD (2x60 sec) CL 2 (5 reps) Recovery</td>
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Figure 5-5. Unit PRT schedule (reset/train).
### DECEMBER (RESET/TRAIN MONTH 3)

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NEW YEARS TRAINING HOLIDAY

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**Figure 5-6. Unit PRT schedule (reset/train).**
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Figure 5-7. Unit PRT schedule (reset/train).
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<td>Preparation Activities: (ACU/IBA/ACH/WPN) MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 30:60s (6-8 reps) Recovery</td>
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<td>Preparation Activities: ACU/BOOTS MMD 1&amp;2 (1 rep) LD (2 sets x 5 reps) CL 1 (10 reps) Recovery</td>
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Figure 5-8. Unit PRT schedule (reset/train).
### MARCH (RESET/TRAIN MONTH 6)

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<td>Preparation Activities: (ACU/BOOTS/ACH/IBA) MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 30:60s (8-10 reps) Recovery</td>
<td>Preparation Activities: 1st &amp; 2nd PLT GD (1 rep) LD (2 sets x 5 reps) CL 1 (10 reps) 3rd &amp; 4th PLT AWST Recovery</td>
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<td>Preparation Activities: GD (2 reps) DB 1&amp;2 (2 sets x 5 reps) CL 1 (10 reps) Recovery</td>
<td>Preparation Activities: (ACU/IBA) MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 30:60s (6 reps) Recovery</td>
<td>Preparation Activities: ACU/BOOTS GD (2 reps) LD (2 sets x 5 reps) CL 1 (10 reps) Recovery</td>
<td>Preparation Activities: MMD 1&amp;2 (1 rep) AGR (30 min) or FM-AML Recovery</td>
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<td>Preparation Activities: ACU/BOOTS GD (2 reps) LD (2 sets x 5 reps) CL 1 (10 reps) Recovery</td>
<td>Preparation Activities: GD (2 reps) CAL 1&amp;2 (1 rep) AGR (30 min) or (HILL REPEATS) Recovery</td>
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<td>Preparation Activities: ACU/BOOTS/ACH/IBA/PLT MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 60:120s (6 reps) Recovery</td>
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Figure 5-9. Unit PRT schedule (reset/train).
### APRIL THROUGH SEPTEMBER (RESET/TRAIN MONTHS 7-9)

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<td>Preparation Activities: ACU/IBA MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Preparation Activities: ACU/BOOTS GD (2 reps) LD (2 sets x 5 reps) CL 1 (2 sets x 10 reps) or CDOC Recovery</td>
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<td>Preparation Activities: GD (2 reps) CAL 1&amp;2 (2 sets x 10 reps) CL 1 (10 reps) or STM 2 @ WT RM Recovery</td>
<td>Preparation Activities: MMD 1&amp;2 (1 rep) AGR (30 min) or Release Run (30 min) Recovery</td>
<td>Preparation Activities: ACU/BOOTS GD (2 reps) DB 1&amp;2 (2 sets x 5 reps) CL 1 (2 sets x 10 reps) or STM 2 @ WT RM Recovery</td>
<td>Preparation Activities: GD (2 reps) LD (2 sets x 5 reps) CL 1 (10 reps) or STM 2 @ WT RM Recovery</td>
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<td>Preparation Activities: (ACU/BOOTS) MMD 1&amp;2 (1 rep) AGR (20 min) or (HILL REPEATS) Recovery</td>
<td>Preparation Activities: (ACU/IBA) MMD 1&amp;2 (1 rep) 300-yd SR (1 rep) 30:60s (8-10 reps) Recovery</td>
<td>Preparation Activities: ACU/BOOTS/ACH/IBA/WPN MMD 1&amp;2 (1 rep) CL 1 (10 reps) or BD 1 @ WT RM Recovery</td>
<td>Preparation Activities: MMD 1&amp;2 (1 rep) AGR (30 min) or FM-AML Recovery</td>
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<td>Preparation Activities: ACU/BOOTS GD (1 rep) CAL 1&amp;2 (2 sets x 10 reps) CL 1 (10 reps) or BD 1 @ WT RM Recovery</td>
<td>Preparation Activities: MMD 1&amp;2 (1 rep) Release Run (30 min) Recovery</td>
<td>Preparation Activities: ACU/IBA MMD 1&amp;2 (1 rep) DB 1&amp;2 (2 sets x 5 reps) CL 1 (2 sets x 10 reps) or BD 1 @ WT RM Recovery</td>
<td>Preparation Activities: GD (2 reps) LD (2 sets x 5 reps) CL 1 (10 reps) or BD 1 @ WT RM Recovery</td>
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<td>Preparation Activities: (ACU/BOOTS) MMD 1&amp;2 (1 rep) AGR (20 min) or Record APFT (Month 9) Recovery</td>
<td>Preparation Activities: ACU/BOOTS/IBA GD (2 reps) DB 1&amp;2 (2 sets x 5 reps) CL 1 2 sets x 10 reps) Recovery</td>
<td>Preparation Activities: ACU/IBA MMD 1&amp;2 (1 rep ea) 300-yd SR (1 rep) 60:120s (6 reps) 300-yd SR (1 rep) Recovery</td>
<td>Preparation Activities: GD (2 reps) LD (2 sets x 5 reps) CL 1 (10 reps) or BD 1 @ WT RM Recovery</td>
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<td>Figure 5-10. Unit PRT schedule (reset/train).</td>
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### Army Physical Readiness Training (PRT) Planning

#### MAY (READY MONTH 1)

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<td>AGR (30 min) or Release Run (30 min)</td>
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<td>Preparation Activities: (ACU/BOOTS/IBA) MMD 1&amp;2 (1 rep ) 300-yd SR (1 rep) 300:60s (10 reps) 300-yd SR (1 rep) Recovery</td>
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<td>Preparation Activities: ACU/BOOTS/ACH/IBA/WPN GD (2 reps) DB 1&amp;2 (2 sets x 5 reps ) CL 2 (10 reps) Recovery</td>
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<td>Preparation Activities: MMD 1&amp;2 (1 rep ea) CL 1 (2 sets x 10 reps) AGR (20 min) Recovery</td>
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**Figure 5-11. Unit PRT schedule (ready).**
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Figure 5-12. Unit PRT schedule (ready).
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<td>Preparation Activities: MMD 1 &amp; 2 (2 sets x 5 reps ea) CL 1 (2 sets x 10 reps) PSD (2x60 sec) Recovery</td>
<td>Preparation Activities:ACU/BOOTS/I/ MMD 1 &amp; 2 (1 rep ) 300-yd SR (1 rep) 60:120s (10 reps) Recovery</td>
<td>Preparation Activities: CAL 1 &amp; 2 (2 sets x 10 reps ) CL 1 (2 sets x 10 reps) PSD (2x60 sec) or STM 1 or BD1 (3 x 8-12 reps) Recovery</td>
<td>Preparation Activities: CAL 1 &amp; 2 (2 sets x 10 reps) CL 1 (2 sets x 10 reps) PSD (2x60 sec) or STM 1 or BD1 (3 x 8-12 reps) Recovery</td>
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<td>Preparation Activities: (ACU/BOOTS/I/ MMD 1 &amp; 2 (1 rep ) 300-yd SR (1 rep) 30:60s (10 reps) 300-yd SR (1 rep) Recovery</td>
<td>Preparation Activities: LD (2 sets x 10 reps ) CL 1 (2 sets x 10 reps) Recovery</td>
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<td>Preparation Activities: CAL 1 &amp; 2 (1 rep ) 300-yd SR (1 rep) 60:120s (10 reps) Recovery</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep ea) Unit Run (30 Min) or Release Run (30 Min) Recovery</td>
<td>Preparation Activities: MMD 1 &amp; 2 (1 rep) AGR (30 min) or FM-AML Recovery</td>
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Figure 5-13. Unit PRT schedule (ready).
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**Figure 5-14. Unit PRT schedule (ready).**

5-76   FM 3-22.20   (Preliminary/Coordinating Draft)
## SEPTEMBER (READY MONTH 5)

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**Figure 5-15. Unit PRT schedule (ready).**
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Figure 5-16. Unit PRT schedule (ready).
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Figure 5-17. Unit PRT schedule (ready).
### MAY THROUGH DEPLOYED (AVAILABLE)

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<td>CAL 1&amp;2 (2 sets x 10 reps ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
</tr>
<tr>
<td>CL 1 (10 reps)</td>
<td>300-yd SR (1 rep)</td>
<td>300-yd SR (1 rep)</td>
<td>Unit Run (30 Min)</td>
<td>Unit Run (30 Min)</td>
</tr>
<tr>
<td>PU/SU (2x45 sec)</td>
<td>Recovery</td>
<td>Recovery</td>
<td>or Release Run (30 Min)</td>
<td>or Release Run (30 Min)</td>
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<td>or Release Run (30 Min)</td>
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<tr>
<td>CAL 1&amp;2 (2 sets x 10 reps ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
<td>MMD 1&amp;2 (1 rep ea)</td>
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<tr>
<td>CL 1 (10 reps)</td>
<td>300-yd SR (1 rep)</td>
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<td>Unit Run (30 Min)</td>
<td>Unit Run (30 Min)</td>
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<tr>
<td>PU/SU (2x60 sec)</td>
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<td>or Release Run (30 Min)</td>
<td>or Release Run (30 Min)</td>
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<tr>
<td>or STM 1 or BD 1 (3 x 8-12 reps)</td>
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<td>Recovery</td>
<td>Recovery</td>
<td>Recovery</td>
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<tr>
<td>Recovery</td>
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<td>Recovery</td>
<td>Recovery</td>
<td>Recovery</td>
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<tr>
<td>MMD 1&amp;2 (1 rep ea)</td>
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<tr>
<td>Unit Run (30 Min)</td>
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<tr>
<td>or Release Run (30 Min)</td>
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<td>Recovery</td>
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</tbody>
</table>

This schedule may be followed throughout the Available Phase.

During field training exercises or deployment, attempt to conduct PRT when appropriate to the operational environment. Refer to the sample FTX / Deployment PRT schedules found in this chapter.

Figure 5-18. Unit PRT schedule (available).
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>Preparation (ACUs, Boots, IBA)</td>
<td>Preparation GD (1 rep)</td>
<td>Preparation MMD 1&amp;2 (1 rep ea)</td>
<td>Preparation GD (1 rep)</td>
<td>Preparation MMD 1&amp;2 (1 rep ea)</td>
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<td>MMD 1&amp;2 (1 rep ea)</td>
<td>CD 1&amp;2 (10 reps ea)</td>
<td>30:60s (10 reps)</td>
<td>CD 1&amp;2 (10 reps ea)</td>
<td>300-yd SR (3 reps)</td>
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<tr>
<td>300-yd SR (3 reps)</td>
<td>CL 1 (5 reps)</td>
<td>Recovery</td>
<td>CL 1 (5 reps)</td>
<td>Recovery</td>
</tr>
<tr>
<td>Recovery</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Preparation GD (1 rep)        | Preparation MMD 1&2 (2 rep ea)| Preparation MMD 1&2 (1 rep ea)  | Preparation GD (1 rep)         | Preparation MMD 1&2 (1 rep ea) |
| PU/SU (4 x 30 sec)            | 300-yd SR (2 reps)            | 30:60s (10 reps)                | CD 1&2 (10 reps ea)            | 300-yd SR (3 reps)            |
| CL 1 (2 x 5 reps)             | Recovery                      | CL 2 (5 reps)                  | CL 1 (10 reps)                 | Recovery                      |
| Recovery                      |                               |                                 |                                |                               |

| Preparation MMD 1&2 (1 rep ea)| Preparation GD (1 rep)        | Preparation MMD 1&2 (1 rep ea)  | Preparation GD (1 rep)         | Preparation (ACUs, Boots, IBA) |
| 300-yd SR (3 reps)            | CD 1&2 (10 reps ea)           | 60:120s (10 reps)               | CD 1&2 (10 reps ea)            | MMD 1&2 (1 rep ea)            |
| Recovery                      | CL 1 (10 reps)                | Recovery                        | CL 1 (10 reps)                 | 300-yd SR (3 reps)            |
|                               |                                |                                 |                                | Recovery                      |

| Preparation GD (1 rep)        | Preparation MMD 1&2 (1 rep ea)| Preparation GD (1 rep)          | Preparation (ACUs, Boots, IBA) |
| PU/SU (4 x 30 sec)            | 300-yd SR (3 reps)            | CD 1&2 (10 reps ea)             | MMD 1&2 (1 rep ea)             |
| CL 1 (2 x 5 reps)             | Recovery                      | CL 2 (5 reps)                  | 30:60s (10 reps)               |
|                               |                               |                                 | Recovery                      |

| Preparation GD (1 rep)        | Preparation (ACUs, Boots, IBA)| Preparation GD (1 rep)          | Preparation GD (1 rep)         | Preparation (ACUs, Boots, IBA) |
| PU/SU (4 x 30 sec)            | MMD 1&2 (1 rep ea)             | CD 1&2 (10 reps ea)             | CD 1&2 (10 reps ea)            | MMD 1&2 (1 rep ea)             |
| CL 1 (2 x 5 reps)             | Recovery                      | CL 2 (5 reps)                  | CL 1 (10 reps)                 | 300-yd SR (3 reps)            |
|                               |                               |                                 |                                | Recovery                      |

**Figure 5-19.** Deployment PRT schedule (collective).
### DEPLOYED PRT-INDIVIDUAL

<table>
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<tr>
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<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation (ACUs, Boots, IBA)</td>
<td>Preparation CD 1 &amp; 2 (10 reps ea)</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea)</td>
<td>Preparation STM Drill 2 (3 x 10 reps) or BD 1, 2 (3 x 8-12 reps) or PT (1-3 x 5 reps)</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps)</td>
</tr>
<tr>
<td>MMD 1 &amp; 2 (1 rep ea)</td>
<td>PU/SU (4 x 30 sec)</td>
<td>300-yd SR (1 rep)</td>
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</tr>
<tr>
<td>300-yd SR (3 reps)</td>
<td>CL 1 (5 reps) or STM 2 (3 x 10 reps) or BD 1, 2 (3 x 8-12 reps) or PT (1-3 x 5 reps)</td>
<td>Recovery</td>
<td>Recovery</td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Recovery</td>
<td></td>
<td></td>
<td></td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Preparation STM Drill 2 (3 x 10 reps) or BD 1, 2 (3 x 8-12 reps) or PT (1-3 x 5 reps)</td>
<td>Preparation MMD 1 &amp; 2 (2 rep ea) 300-yd SR (3 reps) Recovery</td>
<td>Preparation (ACUs, Boots, IBA) CD 1 &amp; 2 (10 reps ea) PU/SU (4 x 30 sec) CL 2 (5 reps) Recovery</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Recovery</td>
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<td></td>
<td></td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps) or ETM (30 min)</td>
<td>Preparation MMD 1 &amp; 2 (2 rep ea) 300-yd SR (3 reps) Recovery</td>
<td>Preparation (ACUs, Boots, IBA) CD 1 &amp; 2 (10 reps ea) PU/SU (4 x 30 sec) CL 2 (5 reps) Recovery</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Recovery</td>
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<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps) or ETM (30 min)</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps) Recovery</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps)</td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Recovery</td>
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<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps) or ETM (30 min)</td>
<td>Preparation MMD 1 &amp; 2 (2 rep ea) 300-yd SR (3 reps) Recovery</td>
<td>Preparation (ACUs, Boots, IBA) CD 1 &amp; 2 (10 reps ea) PU/SU (4 x 30 sec) CL 2 (5 reps) Recovery</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Recovery</td>
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<td>Comparison of the table and figure.</td>
</tr>
<tr>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (3 reps) or ETM (30 min)</td>
<td>Preparation MMD 1 &amp; 2 (2 rep ea) 300-yd SR (3 reps) Recovery</td>
<td>Preparation (ACUs, Boots, IBA) CD 1 &amp; 2 (10 reps ea) PU/SU (4 x 30 sec) CL 2 (5 reps) Recovery</td>
<td>Preparation MMD 1 &amp; 2 (1 rep ea) 300-yd SR (1 rep) 30:60s (10 reps) Recovery</td>
<td>Comparison of the table and figure.</td>
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<tr>
<td>Recovery</td>
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<td>Comparison of the table and figure.</td>
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</table>

**Figure 5-20.** Deployment PRT schedule (individual-available).
RESERVE COMPONENT COLLECTIVE PRT SCHEDULES

5-27. The following sample schedules (Quarterly and AT) illustrate PRT instruction and training for an RC Unit.

<table>
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<th>1st Main Support Battalion</th>
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<td>18-19 NOV</td>
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<td>Higher HQ Requirements</td>
<td>FTX</td>
</tr>
<tr>
<td>Unit Training Requirements</td>
<td>SM Tasks</td>
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<tr>
<td>Sustaining Phase PRT</td>
<td>Preparation, MMD 1&amp;2 (Instruction) Activities: 1-mile Run Assessment Recovery (Instruction)</td>
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<table>
<thead>
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<tr>
<td>3rd QTR</td>
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<td>15-16 APR</td>
<td>12-14 MAY</td>
<td>10-11 JUN</td>
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<td>FTX</td>
</tr>
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<td>Unit Training Requirements</td>
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<td>CSS Operations</td>
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Figure 5-21. Reserve component collective PRT schedule example.
<table>
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<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Preparation Activities GD (1 rep), CAL 1&amp;2 (5 reps ea), CL 1 (5 reps) Recovery</td>
<td>Preparation Activities AGR A/B groups 30 min C/D groups 20 min Recovery</td>
<td>Preparation Activities ACU/Boots GD (1 rep), CAL 1&amp;2 (5 reps ea), CL 2 (5 reps) Recovery</td>
<td>Preparation Activities: 300-yd SR (1 rep) 60:120s (6 reps) Recovery</td>
<td>Preparation Activities DB 1&amp;2 (5 reps ea), CL 1 (5 reps), PSD (4x30 sec) Recovery</td>
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<tr>
<td>Preparation Activities FM-FL (10 Km) Recovery</td>
<td>Preparation Activities GD (1 rep), CAL 1&amp;2 (5 reps ea), CL 1 (5 reps) Recovery</td>
<td>Preparation Activities ACUs/Boots/IBA 300-yd SR (1 rep) 30:60s (6 reps), Recovery</td>
<td>Preparation Activities DB 1&amp;2 (5 reps ea), CL 1 (5 reps), PSD (4x30 sec) Recovery</td>
<td>Preparation Activities Unit Run (30 min) Recovery</td>
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</table>

Figure 5-22. Reserve component collective PRT schedule example.
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<td>STM 2 (2x10reps), PSD (4x30 sec)</td>
<td>MMD 1&amp;2 (1 rep ea), 60:120s (8</td>
<td>STM 2 (2x10reps), PSD (4x30 sec)</td>
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<tr>
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<td>STM 2 (2x10reps), PSD (3 x 45</td>
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<tr>
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<td>STM 2 (2x10reps), PSD (3 x 45</td>
<td>STM 2 (2x10reps), PSD (2 x 60 min</td>
<td>CAL 1&amp;2 (10 reps ea), PSD (3 x 45</td>
<td>STM 2 (2x10reps), PSD (2 x 60 min</td>
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<td>STM 2 (2x10reps), PSD (2 x 60 sec)</td>
<td>MMD 1&amp;2 (1 rep ea), Hill Repeats</td>
<td>STM 2 (2x10reps), PSD (2 x 60</td>
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<td>sec)</td>
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<td>CAL 1&amp;2 (10 reps ea), PSD (2x60</td>
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<td>sec)</td>
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<td></td>
<td>Sustained Running or ETM (20-30</td>
<td>STM 2 (2x10reps), PSD (2 x 60 sec)</td>
<td>MMD 1&amp;2 (1 rep ea), Hill Repeats</td>
<td>STM 2 (2x10reps), PSD (2x60 sec)</td>
<td>Sustained Running or ETM (20-30</td>
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<td>minutes)</td>
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<td>(10 reps), 300-yd SR (1 rep)</td>
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</table>

Figure 5-23. Reserve component individual PRT day example.
SAMPLE COMMANDER’S POLICY LETTER – PHYSICAL READINESS TRAINING

MEMORANDUM FOR All XX Infantry Leaders and Soldiers

SUBJECT: Commander’s Policy Letter # X: Physical Readiness Training

1. References.
   a. FM 3-22.20, Army Physical Readiness Training, XX Date
   b. AR 350-1, Army Training and Leader Development
   c. Installation AR 350-1, XX Date

2. General. IAW AR 350-1 all Soldiers will participate in either collective or individual PRT sessions on a daily basis (4 to 5 times per week, for 60 to 90 minutes per session). The exercises, drills, and activities listed in the sustaining phase of FM 3-22.20 will be used during the conduct of unit and individual PRT. Normal PRT time is 0630 to 0800. Commanders will protect PRT time. Combatives training will be scheduled separately from unit PRT. Special Conditioning programs will be conducted IAW FM 3-22.20, Chapter 6. Soldiers on temporary or permanent physical profile will be evaluated and assigned to the battalion reconditioning program. 1SG will coordinate with the reconditioning program leader (RPL) for all matters concerning Soldiers in the reconditioning program. The APFT will be conducted IAW FM 3-22.20, Chapter 14. AR 600-9 is the standard for conduct of the Army Weight Control Program (AWCP). Army Water Survival Training (AWST) and the Combat Water Survival Test (CWST) will be conducted IAW FM 3-22.20, Chapters 13 and 15.

3. PRT Schedules. Commanders will follow FM 3-22.20, Chapter 5, which contains a doctrinal template for the conduct of collective and individual PRT exercises, drills, and activities. The sustaining phase of PRT supports the Army force generation (ARFORGEN) model utilizing reset/train, ready and available phases. The model is designed utilizing a “structured progression of increased unit readiness over time”. This results in recurring periods of availability of trained, ready, and cohesive units prepared for operational deployment as specified in the Army Campaign Plan. The recurring structured progression of increasing unit readiness focuses on reset/train, ready, and available phases IAW the operational readiness cycles. The result is full mission readiness. Structured progression also allows units time to prepare for an operational deployment cycle and surge capability. As illustrated in AR 350-1, Army Training and Leader Development, active Army forces plan for one deployment every three years, while reserve forces plan for one deployment every six years. Active and reserve forces can be called from the ready force pool for a surge to meet strategic requirements. Commanders must be prepared to move to any position along the ARFORGEN cycle. Core-METL (C-METL) or Directed-METL (D-METL) paths for units must prepare them to operate anywhere or anytime within the spectrum of conflict. With the potential to have shortened ARFORGEN cycles, commanders need to stay vigilant in planning and programming PRT.

4. PRT Uniforms. All Soldiers in a unit PRT formation will wear the same uniform. The Army IPFU and ACUs (as described in AR 670-1) with boots, ACH, IBA, and weapon are appropriate uniforms for the conduct of PRT. The high visibility reflective belt or reflective vest will be worn by all Soldiers during the conduct of unit or individual PRT. The reflective belt will be worn diagonally over the right shoulder to the hip. During the conduct of unit foot marches the reflective belt or reflective vest will be placed horizontally around the rucksack.
5. PRT Execution Guidelines. Commanders will develop their PRT programs around mission and METL requirements. PRT sessions will not be solely devoted to preparation for the APFT. Company, platoon, and squad level PRT is authorized. Individual PRT should be the exception and not the rule. The PRT formation is for accountability and the execution of PRT, not a platform for administrative announcements. Commanders must ensure that all PRT is conducted with reference to task, conditions, and standards. Commanders will annotate Preparation, PRT drills and activities, and Recovery on their unit training schedules. Organized athletics or combatives training will not be executed during PRT time. Foot marching will be conducted 2 to 3 times per month, replacing sustained running on the PRT schedule. Speed running will always be conducted at least one time per week. Commanders must ensure that PRT leaders are trained IAW FM 3-22.20, Chapter 7, PRT Execution, Chapter 8, Preparation and Recovery, Chapter 9, Strength and Mobility Activities, and Chapter 10, Endurance and Mobility Activities, prior to leading PRT sessions. This will ensure that the PRT program is conducted to standard.

6. APFT. IAW AR 350-1, Army Training and Leader Development, the APFT will be administered for record a minimum of two times annually. Recommended testing dates should fall within the months of April and October whenever possible. Record testing, to include make-up testing, will be annotated on the unit training schedule. Soldiers who score 270 points or higher with at least 90 points in each APFT event will be awarded the Army Physical Fitness Excellence badge. Height and weight screening to meet AR 600-9 standards may be conducted on the day of the record APFT or up to 30 days prior or after the conduct of a record test.

7. Unit Goals. Commanders should establish unit goals based on the physical requirements of the unit’s mission/METL. The following is a sample battery of unit assessments used to measure individual and collective unit readiness:

- Foot marching IAW FM 3-22.20, Chapter 10 and FM 21-18, for example: collectively foot march 20 km with fighting load, under 5 hours.
- Pull-ups: perform 5 unassisted pull-ups using overhand grip.
- 300-yd Shuttle Run: complete 300-yd SR in under 60 seconds.
- Soldier Carry: perform individual Soldier carry with a Soldier of equal weight for 50 yards.
- APFT: Soldiers score 270 or higher.
- AWCP: Soldiers meet AR 600-9 standards.
- AWST: Soldiers meet BSS or CSS requirements.

COMMANDER’S SIGNATURE

SUMMARY

5-28. The PRT schedules prescribed in this chapter are adaptable to unit missions, individual capabilities, and unit OPTEMPO. The principles of train to standard using appropriate doctrine and performance-oriented training are fundamental in the construction of PRT program development. Commanders must understand and apply the doctrinal templates in this chapter to chart a clear and achievable direction for the physical readiness of their units.
Chapter 6
Special Conditioning Programs

“Additional PT sessions that can lead to overuse injuries are not always appropriate substitutes for well-designed and executed daily physical readiness training (PRT) sessions. When Soldiers become ill, injured, or have other medical conditions, special consideration must be given to safely return them to duty at a level of physical fitness that equals or exceeds their level previous to an injury or other medical condition.”

COL William R. Rieger
Commandant, U.S. Army Physical Fitness School

SECTION I — TYPES OF SPECIAL CONDITIONING PROGRAMS

6-1. AR 350-1, Army Training and Leader Development, states special conditioning programs are appropriate for Soldiers who have difficulty meeting unit goals or Army standards. These programs are not punitive. Their purpose is to improve the physical readiness of Soldiers. Special conditioning programs designed to accommodate these needs will be conducted during normal duty hours.

6-2. Special conditioning programs include:
- APFT or unit PRT goal failure.
- Failure to meet Army Weight Control Program (AWCP) standards.
- Reconditioning.

SECTION II — APFT AND UNIT PRT GOAL FAILURES

6-3. The goal of Army PRT is to improve each Soldier’s physical ability to survive and win on the battlefield. Physical readiness includes all aspects of physical performance and must do more than prepare Soldiers to take the Army Physical Fitness Test (APFT). Well-planned PRT maximizes physical performance in the completion of critical Soldier and leader tasks that support the unit’s Mission/METL. PRT is the commander’s program. It must reflect his MTP goals and be based on the principles of precision, progression, and integration. With ever-changing OPTEMPO, units and Soldiers must continue to train as they fight. Training priorities dictate how often and how rigorously PRT is conducted.

6-4. When Soldiers fail to meet APFT standards or unit goals, leaders should consider many factors that may contribute to these failures, including:
- Time in training.
- Regular PRT participation.
- Prolonged deployment.
- Recovery from injury, illness or medical condition (physical profile)

TIME IN TRAINING

6-5. The IET Soldier’s threshold level of physical performance may be below the minimum threshold of his gaining unit. He may be a borderline APFT performer, borderline overweight, or fresh out of IMT. Regardless of the situation, he will not be accustomed to the demands placed on the lower extremities during a normal duty day. These Soldiers will face new conditions relating to physical performance such as acclimatization to altitude, temperature, and humidity. It can take up to four weeks to adapt to these
unfamiliar conditions. Although Soldiers leave IMT prepared for the transition to the sustaining phase, they may de-train due to leave, transit, and in-processing at their new duty assignments. The same holds true for Soldiers reassigned to different units throughout the Army.

**REGULAR PRT PARTICIPATION**

6-6. Many factors may influence regular participation in PRT sessions. The most common factors include OPTEMPO, and other related mission requirements. Leaders must anticipate these situations and plan appropriately, making PRT as important as any other programmed training. IAW AR 350-1, Army Training and Leader Development, Soldiers are required to participate in collective or individual PRT activities a minimum of three times per week. Key to the success of the PRT program’s results and Armywide participation is the fact that PRT may be conducted anytime during the duty day, not necessarily only in the early morning. Leaders must understand this and make it known. Soldiers should only be excused from PRT when they have performed exhaustive duties with little or no rest, or have a temporary/permanent physical profile IAW AR 40-501, Standards of Medical Fitness.

6-7. All Soldiers must understand that it is their personal responsibility to achieve and sustain a high level of physical readiness. Many Soldiers are assigned to duty positions that restrict participation in collective unit PRT programs. Commanders must therefore develop leadership environments that encourage and motivate Soldiers to accept individual responsibility for their own physical readiness. Leaders and individual Soldiers need to use the PRT system outlined in this manual to help achieve and sustain high levels of physical readiness.

**PROLONGED DEPLOYMENT**

6-8. It is well documented that de-training may occur during prolonged deployments. Significant losses in strength, endurance, and mobility occur after a period of 14 days when little or no PRT is conducted. Every effort should be made by leaders to conduct PRT activities as often as mission requirements allow during deployment. Chapter 5, Army Physical Readiness Planning, contains sample schedules of PRT activities that may be conducted during deployment when both time and space are limited. During post-deployment, when fitness levels may have declined, special considerations must be taken to ensure Soldiers meet or exceed their pre-deployment physical readiness levels. Adequate rest and recovery are especially important to successfully bring Soldiers back to a high level of readiness. Leaders must recognize the amount of time that is required to condition these Soldiers. Furthermore, it is recommended that Soldiers be given a minimum of 90 days, post-deployment, to retrain and prepare for the APFT or unit physical readiness goal.

**RECOVERY FROM INJURY, ILLNESS, OR MEDICAL CONDITION**

6-9. Soldiers recovering from injury, illness, or other medical conditions must train within the limits of their medical profiles (DA 3349), and be afforded a minimum train-up period of twice the length of the profile. Prescribed train-up periods must not exceed 90 days before APFT administration or other unit physical readiness goal requirements.

**SECTION III — FAILURE TO MEET AWCP STANDARDS**

6-10. Refer to AR 600-9, The Army Weight Control Program (AWCP), for policy and procedures for screening and enrollment in the AWCP. AR 350-1, Army Training and Leader Development, specifies that the AWCP will be kept separate and distinct from other special conditioning programs. Soldiers recovering from injury, illness, or other medical conditions will be in reconditioning. Soldiers who fail the APFT or other unit physical readiness goals will continue participation in regular PRT sessions with the unit. Soldiers who fail to meet AR 600-9 standards will be enrolled in the AWCP and continue participation in regular unit PRT sessions. They should also participate in additional low impact, longer duration caloric expenditure activities listed in Chapter 5, Army Physical Readiness Planning (AWCP Training Schedules).
SECTION IV — RECONDITIONING

INJURIES, ILLNESS, AND OTHER MEDICAL CONDITIONS

6-11. Injuries, illness, and other medical conditions impact readiness. Commanders are faced with the daily challenge of controlling injuries in the conduct of rigorous military training. Leaders must be familiar with the factors that influence injury risk. Adherence to the fundamental principles of PRT allows the commander to manage injury risk effectively. When injuries, illness, or other medical conditions limit the Soldier’s ability to participate in PRT, units must offer organized, effective reconditioning programs that expedite his return to unit PRT.

“Injuries are not random events; they are the predictable result of a complex set of risk factors, many of which can and should be controlled.”


“...injuries pose the single most significant medical impediment to readiness in the military. Not only do injuries impact the strength and ability of our Armed Forces to effectively respond to their mission, they levy staggering annual costs in the hundreds of millions of dollars against the operating budgets of all the services.”

6-13. Injuries are defined as any intentional or unintentional damage to the body resulting from acute or chronic exposure to mechanical, thermal, electrical, or chemical energy, and from the absence of such essentials as heat or oxygen. The information in this section will focus specifically on musculoskeletal (orthopedic) conditions, since they represent the type of injury risk most responsive to sound PRT practices. Among the other conclusions from the DoD Injury Work Group: In the Army alone, musculoskeletal conditions account for over half of all disabilities creating compensation of about $125 million per year. Knee and back injuries constitute a significant proportion of disability and limited duty. Training injuries treated on an outpatient basis and sports injuries may have the biggest impact on readiness.

6-14. The DoD Injury Work Group recommends the following measures for injury prevention:

- Implement programs designed to enhance fitness and reduce training injury rates.
- Target knee and back injuries for additional efforts toward prevention.
- Place greater emphasis on prevention of training and sports injuries.

6-15. The reconditioning program described in this manual responds to the DoD Injury Work Group recommendation to “…implement programs designed to enhance fitness and reduce training injury rates.” By enhancing the fitness level of Soldiers during the profile and post-profile recovery period, this program is expected to reduce training injury rates. The Army Physical Readiness Training System illustrated in Figure 6-1 was developed with Soldier performance and injury control as its two primary objectives. Though these objectives may seem to oppose another at first glance, the principles of PRT that improve Soldier performance also contribute to reducing injury risk.
6-16. The Army PRT System illustrated above includes reconditioning as part of the toughening and sustaining phases for Soldiers to facilitate recovery from illness, injury, or other medical conditions. Soldiers in need of recovery should return to unit PRT at a level equal to or higher than their physical state previous to the condition that brought them to reconditioning. Commanders and non-commissioned officers must take an active role to control avoidable injuries. However, in spite of every effort to limit injuries in the Army, Soldiers and situations will continue to produce overuse, accidental, and/or traumatic injuries. Keeping this in mind, a plan to bridge the gap between injury and physical readiness is essential. Reconditioning bridges this gap.

THE COMMANDER’S ROLE IN INJURY CONTROL

6-17. Precise execution of all PRT activities is essential to the injury control effort. Commanders must allow trained PRT leaders and AIs the time to teach proper execution of PRT activities. PRT leaders and AIs must be able to recognize and offer corrective guidance to Soldiers who are not executing drills to the standards described in this manual. Since transition from the toughening to the sustaining phase of training is dependent upon execution of the drills to standard, it is especially important for PRT leaders and AIs to maintain the standard. For example, to control back injuries, postural awareness should be stressed during execution of all drills and activities. This is evident when the PRT leader or AI prompts Soldiers to “set the hips and tighten the abs” while performing the exercises.

6-18. Both military and civilian research has shown that reduced running volume is associated with lower injury rates. Accordingly, PRT schedules prescribed in this manual involve less sustained running than is currently performed in Army units. Several studies of military units have shown that reduced running volume does not hinder performance on two- or three-mile run assessments as long as the quality (intensity) of running is maintained.

6-19. In addition to using appropriate PRT schedules, units must also look for conflicts between the PRT schedule and the unit training schedule. By considering the physical demands of tasks on the unit training schedule, PRT leaders are better prepared to plan appropriate PRT sessions. For example, if a 10-km foot march to a range is scheduled for Friday, speed work should not be scheduled for PRT on Thursday. Time should be allotted for leg recovery. If Tuesday’s unit training schedule takes the unit to an obstacle course where upper body strength is heavily challenged, Monday and Wednesday’s PRT should not involve climbing or dumbbell drills.
EXECUTING RECONDITIONING PROGRAMS WITHIN THE UNIT

6-20. This paragraph will assist leaders as they plan and execute a reconditioning program within their units. U.S. Army Reserve and National Guard units may tailor this program to meet their specific requirements. The purpose of a reconditioning program is to restore a level of physical readiness that enables Soldiers to successfully re-enter unit PRT after injury, illness, or other medical condition. A physical profile defines, in writing, limitations to physical activity due to injury, illness, or medical condition. The authorized forms for written profiles in the Army are the DD Form 689, Individual Sick Slip, and DA Form 3349, Physical Profile. DA 3349 is preferred over DD Form 689 because it describes a Soldier’s injury and the activities and exercises that can be performed with the injury in much greater detail.

6-21. Soldiers assigned to the reconditioning program include:

- Soldiers on temporary medical profile.
- Soldiers in the recovery period after a temporary profile expires.
- Soldiers on permanent medical profile with specific limitations and special fitness requirements.
  - Example: A Soldier with a permanent profile that prohibits sustained or speed running may be assigned to the Level I program that allows the use of aerobic training equipment on unit endurance and mobility training days.

6-22. To address the needs of Soldiers who are on profile and those recovering from profile, reconditioning employs a two-level system. Level I is a gym-based program designed to maximize the potential of a profiled Soldier while protecting the injured area. Soldiers enter Level I once cleared to begin limited activity by the profiling health care provider. Activities in Level I include the use of strength training machines (STM) and endurance training machines (ETM). Functional criteria are used to determine whether a Soldier is able to begin reconditioning at Level II or Level I. To begin at Level II, the profile or recovery reconditioning program, Soldiers must meet the Level II reconditioning entry criteria requirements shown in Figure 6-2.

<table>
<thead>
<tr>
<th>PARTIAL SQUATS WITHOUT PAIN</th>
<th>5 REPETITIONS IN 5 SECONDS</th>
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</thead>
<tbody>
<tr>
<td>PUSH-UPS</td>
<td>10 REPETITIONS TO STANDARD</td>
</tr>
<tr>
<td>SIT-UPS</td>
<td>10 REPETITIONS TO STANDARD</td>
</tr>
<tr>
<td>HANG FROM PULL-UP BAR</td>
<td>15 SECONDS</td>
</tr>
<tr>
<td>WALK</td>
<td>30 MINUTE UNASSISTED</td>
</tr>
</tbody>
</table>

Figure 6-2. Level II reconditioning entry criteria.

6-23. Upon entering Level II, Soldiers will begin to perform the PRT program. In this level the Soldier is on profile, just off of profile, or cleared to begin Level II reconditioning. Preparation will be exactly the same as for unit PRT. The activity may be modified to follow a safe exercise progression. Recovery will be exactly the same as unit PRT.

6-24. Before being discharged from Level II and returning to unit PRT, Soldiers must meet the Level II exit criteria requirements shown in Figure 6-3.
Chapter 6

<table>
<thead>
<tr>
<th>PREPARATION</th>
<th>5 REPETITIONS TO STANDARD</th>
</tr>
</thead>
<tbody>
<tr>
<td>MILITARY MOVEMENT DRILL 1</td>
<td>1 REPETITION TO STANDARD</td>
</tr>
<tr>
<td>CALISTHENIC DRILL 1</td>
<td>5 REPETITIONS TO STANDARD</td>
</tr>
<tr>
<td>CLIMBING DRILL 1</td>
<td>5 REPETITIONS TO STANDARD</td>
</tr>
<tr>
<td>CONTINUOUS RUNNING</td>
<td>30 MINUTES AT SLOWEST AGP PACE IN THE UNIT</td>
</tr>
<tr>
<td>RECOVERY</td>
<td>HOLD EACH STRETCH FOR 20 SECONDS TO STANDARD</td>
</tr>
</tbody>
</table>

Figure 6-3. Level II exit criteria.

TOUGHENING PHASE RECONDITIONING

6-25. Rehabilitation and reconditioning programs within IET are currently conducted at all Army Training Centers (ATCs) as a part of the Physical Training and Rehabilitation Program (PTRP). The purpose of the PTRP is to provide physical rehabilitation and physical conditioning for Soldiers who are injured during Basic Combat Training (BCT) or One Station Unit Training (OSUT). These programs usually fall under the training command and act independently under the supervision of a physical therapist. Soldiers remain in the PTRP until they are capable of returning to the same phase of BCT/OSUT that they left or as a “RESTART” at day one of IET. If an injury is minor and only requires short-term limitations (with minimal impact to training), it may not require assignment to the PTRP.

SUSTAINING PHASE UNIT RECONDITIONING PROGRAMS

6-26. It is recommended that units consolidate reconditioning programs at the battalion (or equivalent) level to minimize the administrative and logistical strain on a company’s assets. The brigade surgeon will have medical oversight of the reconditioning program. Battalion medical officers are the liaisons between reconditioning program leaders (RPLs) and the brigade surgeon. The first local military treatment facility (MTF) with rehabilitation services may provide a physical therapist and a physical therapy assistant as consultants to oversee the gym-based reconditioning program Level I. The physical therapist can assist/coordinate training efforts with the RPL (Figure 6-4).

THE RECONDITIONING PROGRAM LEADER

6-27. It is recommended that the medical platoon leader serve as the reconditioning program leader (RPL), and that the medical platoon sergeant serve as the assistant RPL (ARPL). If this is not possible, the RPL and the ARPL should be chosen based on the following criteria:

- Thorough understanding of the Army’s PRT program.
- Ability to instruct all activities.
- Understanding of regulations that govern profiling (AR 40-501, Standards of Medical Fitness).
- Ability to adapt activities to profiled Soldiers.
- Ability to effectively interact with medical personnel to ensure that Soldiers are fully capable of returning to the unit PRT program.

6-28. It is recommended that each company in the battalion provide an NCO to assist the RPL on a daily basis. These NCOs should meet criteria mentioned above for the ARPL. In addition, training sessions should be provided on a quarterly basis by the physical therapist and/or physical therapy assistant to ensure proper supervision and optimal safety practices are observed. Trained NCOs will provide supervision and group instruction to Soldiers in the reconditioning program. To meet supervision requirements, at least two NCOs per company should be trained in the conduct and supervision of the reconditioning program.
6-29. Units should ensure adequate space and equipment are provided for the reconditioning program to accommodate strength training machine (STM) and endurance training machine (ETM) drills. The reconditioning program is best executed at the brigade or installation fitness facilities. Because lower extremity injuries prevent many Soldiers from running activities, it is essential to have an adequate number of ETMs that offer cardio-respiratory conditioning while limiting weight-bearing stress to the body. Examples are cycle ergometers, steppers, elliptical machines, rowing machines, and treadmills. Treadmills require full weight bearing and are most appropriate for Soldiers cleared by medical personnel to begin a walk-to-run progression. Of these machines, bicycles offer the most support of body weight.

6-30. Pool activities such as swimming or deep-water running can eliminate weight-bearing stress. All Soldiers who are recovering from surgery or have open wounds will receive a physician’s clearance before entering the swimming pool. Swimming laps, aqua-jogging, and aquatic exercises are excellent ways to maintain or improve cardio-respiratory fitness without putting undue stress on joints and bones. Limitations to one leg or one arm are minimal deficits in a pool environment. Kick board workouts or upper body workouts allow for strenuous activity with minimal risk of re-injury to an affected limb. If staffing is adequate, specialized aquatics programs may be implemented to work on water aerobics or deep-water running programs for non-swimmers. It is important to plan activities that keep everyone active during group pool sessions. Even if a regular pool program is not practical, an occasional trip to the pool may be scheduled to break up the routine and provide cross-training.

6-31. For units that must rely on installation or shared facilities, arrangements must be made to ensure that space and STM/ETM equipment are available during the time dedicated to the reconditioning program. This may require policies that restrict the use of these facilities to only reconditioning programs. To best achieve dedicated access to gym space and equipment it may be necessary to schedule reconditioning at times that do not interfere with typical PRT times. Anytime after 0800 or before 1600 is usually low volume time for MWR fitness facilities.
RESPONSIBILITIES

6-32. The reconditioning program is a battalion commander and command sergeant major responsibility. A well-run program will assist force reconstitution efforts. The success of the program is dependant on the priority placed on it from the top down. Company commanders and first sergeants must care enough about the program to ensure NCO support.

6-33. The brigade surgeon and battalion medical officers should maintain constant awareness of the program. A medical officer with a background in rehabilitation should act as the installation medical consultant for reconditioning programs. The primary responsibility of the medical consultant is to act as a liaison or advocate for reconditioning program leaders (RPLs). The medical consultant should also provide training for the RPLs, ARPLs, and unit reconditioning NCOs. Figure 6-5 illustrates rehabilitation and reconditioning responsibilities.

Figure 6-5. Rehabilitation and reconditioning responsibilities.

6-34. Trainers for the reconditioning program must possess the knowledge of the program the RPL has and must have additional education in exercise science. For this reason a physical therapist or a physical therapy assistant is well suited for the role. The following outline should be used when developing training for this program:

- **STM Orientation**
  - Equipment familiarization: purpose, technique, safety.
  - Etiquette: observe posted rules, replace all weights and equipment to original positions, wipe down all surfaces.

- **ETM Orientation**
  - Equipment familiarization: purpose, technique, safety.
  - Etiquette: observe posted rules, replace equipment to original position, wipe down all surfaces after use.

- **Reconditioning Session Orientation**
  - Preparation: Increase heart rate and muscle temperature to prepare the body for more vigorous activity.
  - Activity: Provide neural adaptation and improve strength, endurance and mobility.
  - Recovery: Gradually return to resting heart rate < 100 bpm and improve flexibility.

- **Level I (Gym-based) Reconditioning Objectives**
  - Prevent de-conditioning.
  - Work within profile limitations.
  - Restore functional strength, endurance and mobility.
  - Avoid injury or re-injury.
  - Transition to the Level II reconditioning.
• Level II Reconditioning Objectives
  ▪ Progress to pre-injury level of fitness.
  ▪ Avoid injury or re-injury.
  ▪ Transition to unit PRT.

PROFILES AND RECOVERY PERIODS

6-35. Soldiers in the reconditioning program will be on a physical profile or in the authorized recovery period from a temporary profile. Commanders may assign Soldiers with a permanent profile to the reconditioning program or allow them to remain in unit PRT. Soldiers on convalescence leave may be exempted from reconditioning at the discretion of the profiling medical officer. In no case can a Soldier carry a temporary profile that has been extended for more than 12 months without positive action taken to correct the problem or effect other appropriate disposition IAW a military medical review board (MMRB). Once a profile is lifted, the Soldier MUST be given twice the time of the temporary profile (but not more than 90 days) to train for the APFT. It is not a requirement to take an APFT after the recovery period if a Soldier is not due to take the semi-annual test. Refer to AR 350-1, Army Training and Leader Development, and Chapter 14, The Army Physical Fitness Test, for APFT policy and procedures. For Soldiers on profile, the RPL follows the medical guidance on the profile. If there are any questions about the limitations of the profile, the RPL will contact the medical officer for clarification. Once a profile has expired, Soldiers will remain in the reconditioning program until they have met transition criteria to return to unit PRT activities. During this period, the RPL/ARPL and unit reconditioning NCOs will reinforce the precise execution of PRT activities with each Soldier in small groups or individually. Refer to Figures 6-2 and 6-3 for transition criteria to move from Level I to Level II or return to unit PRT.

6-36. Soldiers with a permanent profile that does not allow them to meet all reconditioning exit criteria may return to unit PRT once they demonstrate proficiency at all non-profiled activities. For example, a Soldier whose permanent profile only prohibits running would not be in the reconditioning program. Rather, he would do PRT with the unit and perform all activities except running. The Soldier in this example would walk or use endurance training machines (ETMs) when PRT activities call for sustained or speed running. When a permanent profile is so restrictive that the Soldier is unable to perform several PRT activities, the commander may direct the Soldier to the reconditioning program. This scenario is more likely to occur with Soldiers who are awaiting medical boarding procedures. For less clearly defined cases, the commander can solicit input from the battalion medical officer or brigade surgeon.

EXERCISE PROGRESSION

6-37. Progressing injured Soldiers to a “return to duty” level of fitness is the ultimate goal of any reconditioning program. There are two pitfalls to exercise progression. First, if the exercise progression is too rapid we may aggravate the injury, resulting in a further delay to recovery. Second, if the exercise progression is too slow we risk general deconditioning and a loss of effectiveness when returned to duty. A gap between recovery fitness and unit expectations may also cause undue physical and psychological stress. To assist the RPL/ARPL in decision making regarding exercise progression, the following recommendations are made:

• Soldiers on profile will have specific limitations as defined by their DD Form 689 or DA Form 3349. These limits will be strictly adhered to.
• Communication with the profile writer is encouraged if a Soldier is clearly improving faster than written limits allow. There may be a reason that is not obvious for the slow progression. If there is no clear reason to limit the progression, instruct the Soldier to get a new profile that reflects communication with the health care provider (a written request is preferable to relying on the individual’s memory for this).
• Limitations that are in place for a given injury may not affect other areas. A case of tendonitis in the right shoulder should not affect the ability to do leg presses or ride a stationary bicycle. Get a clear understanding from the Soldier of what they can and cannot do. Do not try to read between the profile’s lines. Once again, contact the profile writer if clarification is needed.
• Maintain an exercise workout log to track progress of each individual who will require more than two weeks of gym reconditioning. When a profile expires, work with unit leaders to ensure the recovery period is used for reconditioning until the Soldier can meet the criteria to re-enter unit PRT. Reconditioning Profile worksheets may be obtained at www.bct.army.mil/pfs.aspx.

LEVEL I RECONDITIONING DRILLS AND ACTIVITIES

6-38. The following exercise schedule (Table 6-1) provides guidance for conduction of the reconditioning program. This schedule of Level I Reconditioning activities will ensure safe conditioning of Soldiers during the profile period. The physical profile of a medical officer supersedes this information.

• The RPL briefs the profiled Soldier concerning which exercises are restricted and which they are to perform. The Soldier is also briefed on the use of ETMs (walking and swimming may also be appropriate).

• As the Soldier improves and the profiling limitations are removed, the Soldier is transitioned into Level II of the reconditioning program.

6-39. Prior to this transition the RPL/ARPL ensures that the Soldier meets the criteria in Figure 6-2. If the Soldier cannot meet the transition criteria, he should be directed to the medical officer for re-evaluation.

6-40. Before releasing the Soldier back to unit PRT, the RPL/ARPL ensures the Soldier meets the criteria in Table 6-1. If the Soldier does not meet these criteria before the recovery period ends, the RPL/ARPL will consult with the battalion medical officer to determine a proper disposition.

Table 6-1. Reconditioning level I training schedule.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
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LEVEL I RECONDITIONING DRILLS AND ACTIVITIES

EQUIPMENT

6-41. When using equipment, endurance training includes four primary variables: exercise mode, training frequency, exercise duration, and training intensity. Exercise prescription specifies training frequency, exercise duration, and training intensity. The mode of exercise (type of endurance training equipment) is determined by environmental constraints and training IAW physical profile limitations (temporary/permanent). Each piece of endurance training equipment contains specific instructions for proper use and adjustments to obtain optimal posture during endurance exercise (seat height on cycle ergometers and seat distance on rowing machines). If a piece of endurance training equipment has no visible list of operating instructions, the RPL, ARPL, or gym personnel should be consulted for assistance.

EXERCISE MODE

6-42. Exercise mode refers to the specific activity performed by a Soldier: running, cycling, swimming, and other endurance training equipment. Environmental constraints, safety for Soldiers on physical profile, and isolation of specific muscle groups to be trained during rehabilitation and reconditioning are some advantages of using endurance training equipment. Consideration for use of specific types of equipment may be based on a Soldier’s ability to participate in weight-bearing or non-weight-bearing activities.
Weight-bearing activities include, walking or running on a treadmill, and climbing on a stair climbing/stepping machine. Non-weight-bearing and limited weight-bearing activities include use of cycle ergometers (upright/recumbent), elliptical trainers, rowers, climbing machines, and cross-country ski machines. Use of limited or non-weight-bearing endurance training equipment is desirable for obtaining higher caloric expenditure through additional training sessions by overweight Soldiers. Each of these modes typically provide the Soldier with a variety of individual exercise routines that monitor and display exercise duration, training intensity (heart rate/pace/watts), caloric expenditure, and distance completed (miles/km). Refer to Figure 6-6 for examples of various types of endurance training equipment.

**TRAINING FREQUENCY**

6-43. Training frequency refers to the number of training sessions conducted per day or week. Training frequency is determined by exercise duration and training intensity. Training sessions that involve high intensity or longer duration may necessitate less frequent training to allow for adequate recovery. Normal endurance training frequency is three to five exercise sessions per week.

**EXERCISE DURATION**

6-44. Exercise duration is 20 minutes or longer and varies from machine to machine, depending on the intensity of the exercise routine being performed (hill profile, speed, degree of incline, resistance). Most exercise sessions of high or moderate intensity should last 20 to 30 minutes. Endurance exercise sessions that address additional caloric expenditure for body fat reduction should be of low intensity and may last up to 60 minutes.

**TRAINING INTENSITY**

6-45. Training intensity is typically monitored and displayed on the exercise equipment control panel in terms of heart rate, pace (mph/kph, step rate), watts, kiloponds, caloric expenditure (kcals), or resistance.

![Endurance training equipment](image)

**Figure 6-6. Endurance training equipment.**

**4 FOR THE CORE**

6-46. The abdomen, lower spine, and pelvis comprise the trunk (core) of the body. This area must be stable so the limbs have a fixed base from which to create powerful movements. The abdominal and back muscles form a supportive ring around the spine. You are only as strong as your weakest link; so we must train all these muscles in a manner that mimics their function. The following are basic exercises suitable for Soldiers in Level I Reconditioning. These exercises are performed within the limitations of the Soldiers’ physical profiles during the activity period of each exercise session in Level I Reconditioning. The
commands for 4 for the Core are: “Starting Position, MOVE”, “Ready, EXERCISE.” 4 for the Core exercises follow.

THE BENT-LEG RAISE

The Bent-leg Raise: Lying in the starting position for the sit-up, place the fingers of both hands underneath the small of the back. Raise the feet off of the ground until both the hips and knees are flexed to 90 degrees. Next, contract the abdominals as if you are preparing for a blow to the stomach. Another way to perform this drawing-in maneuver is to imagine pulling the navel toward the spine. Think about the amount of pressure on your fingers created by the contraction of your abdominals. Maintain the same degree of pressure as you slowly straighten the legs. As soon as you can no longer maintain the same degree of pressure on your fingers, bring the legs back to the starting position and repeat until one minute has elapsed.
THE SIDE BRIDGE

The Side-Bridge: Lay on your side with your upper body off the ground, supported by the upper body with the elbow, forearm, and fist. Cross the bottom leg in front of the top leg, with the feet together. The legs may also be positioned with the knees together and knees bent 90 degrees. Firmly press into the ground with the supporting arm, then raise the trunk and pelvis straight upward until they form a straight line with the legs/ knees. Hold this position while continuing to breathe. Switch to the other side after one minute. If you cannot hold for one minute, lower, rest briefly, then repeat until one minute has elapsed.
THE BACK BRIDGE

The Back Bridge: Lying on the back with knees bent to 90 degrees, arms extended sideward at 45 degrees and feet on the marching surface, perform the drawing-in maneuver. Once the abdominal contraction is established, raise the hips off of the ground until the trunk and thighs form a generally straight line. The spine must not arch to achieve this position. With the buttocks still up, straighten the left leg until it comes in line with the trunk and thigh. Don’t let the trunk and pelvis sag on the unsupported side. Hold five seconds, then switch to the other leg. Repeat for one minute. If the spine begins to sag, arch, or tilt, lower to the starting position, rest for 3-5 seconds, then, try again.
THE QUADRAPLEX

The Quadraplex: The starting position is on the hands and knees with the back flat. Contract the abdominal muscles as described in the bent-leg raise. Without rotating the trunk or sagging/arching the spine, straighten the left leg to the rear and the right arm to the front. Hold 5 seconds. Alternate the arm and leg movements on subsequent repetitions, repeating for one minute. The key to this exercise is controlled lowering and raising of the opposite arm/leg while keeping the rest of the body still.

STRENGTH TRAINING MACHINE DRILL 1 (STM 1)

6-47. STM 1 is conducted on strength and mobility training days IAW the Soldiers’ physical profile. The exercises may be modified to meet the Soldiers’ capabilities. The following exercises are examples of each exercise in STM 1. Modifications of theses exercises may be employed to accommodate Soldiers’ specific profiles.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 1: THE LEG PRESS

Purpose: This exercise develops strength in the hip and thigh muscles.

Starting Position: Seated position with the knees bent at 90-degrees and feet flat on the foot platform. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips.

Cadence: SLOW
Count:
1. Straighten the legs slowly until they are fully extended, not locked.
2. Return to the starting position in a slow, controlled motion.

Check Points:
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 1

**MODIFIED EXERCISE 1A: MODIFIED LEG PRESS**

This exercise is performed the same as the Leg Press. However, the range of motion is much less. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-leg Press to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 1B: THE SINGLE-LEG PRESS

This exercise is performed similar to the Leg Press, using only one leg at a time. The range of motion and resistance is decreased for the injured leg. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-leg Press is used to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 2: THE LEG CURL

Purpose: This exercise develops strength in the back of the upper leg muscles.

Starting Position: Seated position, knees aligned with the center axis of the machine. The lower leg pad is adjusted to contact the lower legs just above the ankle, allowing the lower leg to be fully extended, but not locked. The lower legs and feet are relaxed. The thigh pad is positioned just above the knees. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thigh pad.

Cadence: SLOW
Count:

1. Pull the lower legs to the rear slowly until the lower legs are flexed, forming a 90-degree angle between the upper and lower legs.
2. Return to the starting position by slowly raising the lower legs.

Check Points:

- Knees are aligned with the center axis of the machine.
- The leg pad contacts the lower legs just behind the ankles.
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 2A: THE MODIFIED LEG CURL (SEATED)

This exercise is performed the same as the Leg Curl. However, the range of motion is much less. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-leg Curl to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.

Starting Position | Modified Leg Curl | Starting Position
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 2B: THE SINGLE-LEG CURL (SEATED)

This exercise is performed similar to the Leg Curl, using only one leg at a time. The range of motion and resistance is decreased for the injured leg. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-leg Curl is used to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 2C: THE MODIFIED LEG CURL (PRONE)

This exercise is performed the same as the Prone Leg Curl, however, the range of motion is much less. Soldiers with low back or hip injuries may prefer to use the Seated Leg Curl if it is available. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-leg Curl (Prone) to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 2D: THE SINGLE-LEG CURL (PRONE)

This exercise is performed similar to the Leg Curl (Prone), using only one leg at a time. Soldiers with low back or hip injuries may prefer to use the Seated Leg Curl if it is available. The range of motion and resistance is decreased for the injured leg. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-leg Curl is used to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 3: THE HEEL RAISE

Purpose: This exercise develops strength in the back of the lower leg muscles.

Starting Position: Stand with the balls of the feet on the elevated platform, toes pointing straight ahead, feet aligned directly below the hips and the knees slightly flexed.

Cadence: SLOW

Count:
1. Raise the entire body slowly by pulling the heels up, maintaining a slight bend in the knees, and a natural arch in the low back.
2. Return to the starting position.

Check Points:
- Maintain a natural arch in the lower back.
- Keep the knees slightly flexed throughout the exercise.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Keep the knees aligned over the feet
- Exhale on count 1 and inhale on count 2.

Precautions: Avoid flexing or extending the trunk. Do not allow the ankles to turn in or out.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 3A: THE SINGLE-LEG HEEL RAISE

This exercise is performed similar to the Heel Raise, using only one leg at a time. The range of motion and resistance is decreased for the injured leg. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-leg is used to maintain a heavy resistance on the good leg and/or to reduce the resistance on the injured leg.
Chapter 6

STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 4: THE CHEST PRESS

Purpose: This exercise develops strength in the arms, shoulders, and chest muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 4A: THE MODIFIED CHEST PRESS

This exercise is performed the same as the Chest Press, but with much less range of motion. The elbows will not flex below 90 degrees as the resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-arm Chest Press to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

**MODIFIED EXERCISE 4B: THE SINGLE-ARM CHEST PRESS**

This exercise is performed similar to the Chest Press, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Chest Press is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 5: THE SEATED ROW

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Seated position with the feet firmly planted on the foot supports. Lean forward and grasp the hand grips with the hands in a neutral closed grip. Sit erect so the upper body is perpendicular to the floor. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Simultaneously, bend the elbows and pull the handgrips to the chest or upper abdomen while keeping the trunk rigid and the back flat.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground or foot supports.
- The trunk is erect and the back is flat.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly downward.
- The arms are about parallel to the ground.
- On count 1 ensure the elbows point up and to the rear.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk to move the handgrips towards the chest. Maintain a flat back.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 5A: THE STRAIGHT-ARM SEATED ROW

This exercise is performed the same as the Seated Row, however, the range of motion is much less. The elbows remain fully extended and the arms straight as the resistance is lowered and when the resistance is raised. As the Soldier’s range of motion improves, he may employ the Single-arm Seated Row to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 5B: THE SINGLE-ARM SEATED ROW

This exercise is performed similar to the Seated Row, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Seated Row is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 6: THE OVERHEAD PRESS

Purpose: This exercise develops strength in the arm and shoulder muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so that a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 6A: THE MODIFIED OVERHEAD PRESS

This exercise is performed the same as the Overhead Press, but with much less range of motion. The elbows will not flex below 90 degrees as the resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-arm Overhead Press to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 6B: THE SINGLE-ARM OVERHEAD PRESS

This exercise is performed similar to the Overhead Press, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Overhead Press is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 7: THE LAT PULL-DOWN

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Select the appropriate weight and ensure the pin is secure in the weight stack before assuming the starting position. Sit erect and adjust the roller pad so it is firm against the upper thigh and hip. Grasp the bar with a closed, pronated grip and assume a seated position with the hips against the roller pad and the feet flat on the ground. The upper body is perpendicular to the floor.

Cadence: SLOW

Count:
1. Keeping the arms straight and elbows rotated out to the side and slightly flexed, simultaneously bend the elbows and pull bar toward the shoulders until the upper arms are parallel to the ground.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground and the trunk is erect.
- Maintain a natural arch in the lower back.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- The arms straight and elbows rotated out to the side and slightly flexed and in direct line with the cable.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk or lean back to move the bar towards the shoulders.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 7A: THE STRAIGHT-ARM LAT PULL-DOWN

This exercise is performed the same as the Lat Pull-down, however, the range of motion is much less. The elbows remain fully extended and the arms straight as the resistance is lowered and when the resistance is raised. As the Soldier’s range of motion improves, he may employ the Single-arm Lat Pull-down to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.

![Starting Position](image1)
![Straight-arm Lat Pull-down](image2)
![Starting Position](image3)
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 7B: THE SINGLE-ARM LAT PULL-DOWN

This exercise is performed similar to the Lat Pull-down, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Lat Pull-down is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 8: THE LATERAL RAISE

Purpose: This exercise develops strength in the shoulder and neck muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms. The hips, lower back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW
Count:
1. Raise upward until both arms are parallel to the ground.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench. Do not raise arms above parallel to the ground.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 8A: THE SINGLE-ARM LATERAL RAISE

This exercise is performed similar to the Lateral Raise, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Lateral Raise is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 9: THE TRICEPS EXTENSION

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position:

Standing: Straddle stance with a 90-degree angle formed at the upper and lower arms. Select the appropriate weight and ensure the pin is secure in the weight stack. Maintain an erect position, eyes looking straight ahead, grasping the bar with a closed, pronated grip.

Seated: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms, with elbows shoulder-width apart on the supporting pad, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: *SLOW*

Count:
1. Push downward until both arms are fully extended, but not locked.
2. Return to the starting position.
Check Points:
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench during seated exercise. Do not lean forward while performing standing triceps extension.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 9A: THE MODIFIED TRICEPS EXTENSION

This exercise is performed the same as the Triceps Extension, but the range of motion is much less. The elbows will not fully flex as the resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier's condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-arm Triceps Extension to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 9B: THE SINGLE-ARM TRICEPS EXTENSION

This exercise is performed similar to the Triceps Extension, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Triceps Extension is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.

Using the High Pulley
Using the Triceps Extension Machine

Starting Position

Left Single-arm Triceps Extension

Starting Position

Starting Position

Right Single-arm Triceps Extension

Starting Position

Starting Position
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 10: THE BICEPS CURL

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so the arms are straight, with elbows shoulder-width apart. The back of the upper arms are on the supporting pad with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Pull upward until both arms are fully flexed.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench. Do not arch backward while performing the biceps curl.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 10A: THE MODIFIED BICEPS CURL

This exercise is performed the same as the Biceps Curl, but the range of motion is much less. The elbows will not fully flex as the resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier’s condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Soldier may also employ the Single-arm Biceps Curl to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

MODIFIED EXERCISE 10B: THE SINGLE-ARM BICEPS CURL

This exercise is performed similar to the Biceps Curl, using only one arm at a time. The range of motion and resistance is decreased for the injured side. As the Soldier's condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion. The Single-arm Biceps Curl is used to maintain a heavy resistance on the good side and/or to reduce the resistance on the injured side.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 11: TRUNK FLEXION

Purpose: This exercise develops strength in the abdominal muscles.

Starting Position: Seated position with the feet firmly on the ground. Select the appropriate weight and ensure the pin is secure in the weight stack. The seat is adjusted so the chest pad is located on the upper chest, below the collarbone. The elbows are shoulder-width apart and bent at 90-degrees, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead.

Cadence: SLOW
Count:
   1. Bend forward, flexing the trunk and bringing the chest pad to the thighs.
   2. Return to the starting position.

Check Points:
   ☐ Feet remain on the ground, with hips and back firmly on the bench.
   ☐ Maintain the head and neck in a neutral position.
   ☐ Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 11A: MODIFIED TRUNK FLEXION

Physical Profiles may limit the range of motion at which Soldiers are able to safely perform trunk flexion exercises. The weight load should be low and the range of motion of the movements should be within the comfort zone of the Soldier. Gradually increase the weight load and range of motion as tolerated until the exercise can be performed to standard.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 12: TRUNK EXTENSION

Purpose: This exercise develops strength in the low back muscles.

Starting Position: Sit in the machine, leaning slightly forward, with the back firmly against the padded lever arm. Select the appropriate weight and ensure the pin is secure in the weight stack. The hands grip the support bars using a neutral, closed-grip. The head is in a neutral position with eyes looking straight ahead.

Cadence: SLOW

Count:
1. Raise the upper body and continue extending the trunk, moving to the supine position.
2. Return to the starting position.

Check Points:
☐ Maintain the head and neck in a neutral position.
☐ Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position. The hips and low back remain in contact with the pads throughout the exercise.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 12A: MODIFIED TRUNK EXTENSION

Physical Profiles may limit the range of motion at which Soldiers are able to safely perform trunk extension exercises. The weight load should be low and the range of motion of the movements should be within the comfort zone of the Soldier. Gradually increase the weight load and range of motion as tolerated until the exercise can be performed to standard.
LEVEL II RECONDITIONING DRILLS AND ACTIVITIES

6-48. In this level Soldiers will perform the PRT drills and activities. In some cases they will be modified IAW the Soldier’s specific physical profile or level of injury. Soldiers in Level II Reconditioning are on profile, just off of profile, or cleared to begin Level II Reconditioning. Refer to Table 6-2 for the schedule of Level II Reconditioning Drills and Activities.

Table 6-2. Level II reconditioning.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREPARATION</td>
<td>PREPARATION</td>
<td>PREPARATION</td>
<td>PREPARATION</td>
<td>PREPARATION</td>
</tr>
<tr>
<td>ACTIVITY: MMD1 (1 rep) Walk to Run (30 minutes)</td>
<td>ACTIVITY: CAL 1 (5 reps) CL 1 (5 reps)</td>
<td>ACTIVITY: MMD1 (1 rep) Walk to Run (30 minutes)</td>
<td>ACTIVITY: CAL 1 (5 reps) CL 1 (5 reps)</td>
<td>ACTIVITY: MMD1 (1 rep) Walk to Run (30 minutes)</td>
</tr>
<tr>
<td>RECOVERY</td>
<td>RECOVERY</td>
<td>RECOVERY</td>
<td>RECOVERY</td>
<td>RECOVERY</td>
</tr>
</tbody>
</table>

6-49. Preparation, Military Movement Drill 1, Calisthenic Drill 1, and Recovery will be exactly the same as for unit PRT or may be modified to follow a safe exercise progression. The Climbing Drill will be performed with spotters as in unit PRT. Spotters must be especially aware of each Soldier’s physical limitation. The Walk-to-Run Program safely progresses Soldiers from bouts of walking to increased bouts of continuous running for 30 consecutive minutes. Each week the walking time decreases as the running time increases to reach the 30-minute continuous running goal. Refer to Table 6-3 For conduct of the Walk-to-Run Program.

Table 6-3. Reconditioning walk-to-run progression.

<table>
<thead>
<tr>
<th>Week</th>
<th>Walk</th>
<th>Jog</th>
<th>Repetitions</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week I</td>
<td>4 minutes</td>
<td>2 minute</td>
<td>5 times</td>
<td>30 minutes</td>
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<tr>
<td>Week II</td>
<td>3 minutes</td>
<td>3 minutes</td>
<td>5 times</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Week III</td>
<td>2 minutes</td>
<td>4 minutes</td>
<td>5 times</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Week IV</td>
<td>1 minutes</td>
<td>5 minutes</td>
<td>5 times</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Week V</td>
<td>Run every other day with a goal of reaching thirty consecutive minutes.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

-Perform the activities for each level every other day.
- Spend at least one week at each level. Begin Week V runs with a duration of 15 minutes.
- Walk 5-10 minutes before and after this run. Progress to 30 consecutive minutes of running over the following 2-4 weeks.

6-50. The following exercise guidance is intended for RPLs/ARPLs in the Level II Reconditioning Program. Common sites of pain/injury are given, followed by a discussion of PRT progression. The information below assumes that all profile restrictions have been removed. General exercise guidance is provided for: knee injury/pain, foot and ankle injury/pain, lower leg injury/pain, low back injury/pain and shoulder injury/pain; as well as modifications to exercises based on limitations of various physical profiles.
KNEE PAIN/INJURY

6-50. Knee pain or injury may require many restrictions during PRT. In the post-profile recovery period, progress as follows:

- **Preparation:** Resume lunging and squatting movements (to include the High Jumper) with a reduced range of motion and fewer repetitions. The High Jumper should not be resumed until the Soldier has demonstrated proficiency at all other exercises. Resume the High Jumper by only rising to the toes on counts one and three, then gradually progress starting with minimal height and few repetitions. When performing the squat thrust, Soldiers should initially step into and out of the squat position while bearing most of the body weight with the arms. Gradually increase the range of motion and repetitions to meet the standards. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

- **Calisthenic Drill 1 (CAL 1):** When assuming the starting position for the Single-leg Push-up, Soldiers should initially step into and out of the squat position to the front leaning rest position. This should be done while bearing most of the body weight with the arms. Allow Soldiers to assume a six-point position if they are unable to maintain good form or keep up with the cadence. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

- **Military Movement Drill 1 (MMD 1):** Resume MMD 1 by reducing the distance from 25 to 15 yards and ensure that the Soldier limits the speed and intensity of movement. For Laterals this means decreasing the crouch and “stepping” the movements instead of maintaining the normal tempo. For Verticals, start with minimal air time and gradually progress to more powerful movements. For the Shuttle Sprint, ensure that the Soldier is able to negotiate the turns at walking speed before allowing them to run.

- **The Push-up:** When performing the squat thrust, Soldiers should initially step into and out of the squat position while bearing most of the body weight with the arms. Allow Soldiers to assume a six-point position for the push-ups if they are unable to maintain good form or keep up with the cadence.

- **The Sit-up:** Allow Soldiers to initially use their hands to move into and out of the supine position.

- **Climbing Drill 1 (CL 1):** Proper spotting is essential in the post-profile period. Encourage “hands-on” spotting for all participants.

**NOTE: Climbing Drill 1 Exercise Modifications.** Soldiers performing CL 1 in Level II Reconditioning will depend greatly on their spotters to assist them through the movements of each exercise. Gradually, less help will be needed from the spotters. Eventually, many, if not all the repetitions, will be completed with little or no assistance.

- **Sustained and Speed Running:** If running is restricted, the Soldier will need to maintain conditioning through the use of aerobic exercise equipment, the pool, and walking. When the profile ends or allows a return to running, a systematic progression must be followed. The Soldier must be able to walk for 30 minutes without increasing his symptoms before starting the running progression.

- **Recovery:** As with all lunges, the amount of knee bend may be restricted for the Rear Lunge. The starting position for the Extend and Flex may be assumed as shown for the front leaning rest position. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground. In the post-profile period, range of motion for some exercises may still be limited. Gradually increase the range of motion over time and work toward the standard execution of each exercise.
FOOT AND ANKLE PAIN/INJURY

6-51. PRT activities that involve jumping/landing, running, and single-leg weight bearing should be resumed with the most caution. In the post-profile recovery period, progress as follows:

- **Preparation:** Resume this drill at a slow cadence with few repetitions. The High Jumper should not be resumed until the Soldier has demonstrated proficiency at all other exercises. Resume the High Jumper by only rising to the toes on counts one and three, then gradually progress starting with minimal height and few repetitions. Lunges should be monitored closely since they require most of the body weight to shift to a single leg. The stress of lunges can be limited by reducing the stride and the depth of the lunge. Initially Soldiers may need to do push-ups by stepping back into the front-leaning rest rather than performing a squat thrust. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

- **Military Movement Drill 1 (MMD 1):** Resume MMD 1 by reducing the distance from 25 yards to 15 and ensure that the Soldier limits the speed and intensity of movement. For Laterals, this means decreasing the crouch and “stepping” the movements instead of maintaining the normal tempo. For Verticals, start with minimal air time and gradually progress to more powerful movements. For the Shuttle Sprint, ensure that Soldiers are able to negotiate the turns at walking speed before allowing them to run.

- **Calisthenic Drill 1 (CAL 1):** When assuming the starting position for the Single-leg Push-up, Soldiers should initially step into and out of the squat position to the front leaning rest position. This should be done while bearing most of the body weight with the arms. Allow Soldiers to assume a six-point position if they are unable to maintain good form or keep up with the cadence. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

- **Climbing Drill 1 (CL 1):** Proper spotting is essential in the post-profile period. Encourage “hands-on” spotting for all participants.

- **Sustained and Speed Running:** While profiled for running, the Soldier will need to maintain conditioning through the use of aerobic exercise equipment, the pool, and walking. When the profile ends or allows a return to running, a systematic progression must be followed. The Soldier must be able to walk for 30 minutes without increasing his symptoms before starting the running progression.

- **Recovery:** The starting position for the Extend and Flex may be assumed as shown for the front leaning rest position. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground. In the post-profile period, range of motion for some exercises may still be limited. Over time, gradually increase the range of motion and work toward the standard execution of each exercise.

LOWER LEG PAIN/INJURY

6-52. PRT activities that involve jumping/landing and running should be resumed with the most caution. In the post-profile recovery period, progress as follows:

- **Preparation:** Resume this drill at a slow cadence with few repetitions. The High Jumper should not be resumed until the Soldier has demonstrated proficiency at all other exercises. Resume the High Jumper by only rising to the toes on counts one and three, then gradually progress starting with minimal height and few repetitions. Lunges should be monitored closely since they require most of the body weight to shift to a single leg. The stress of lunges can be limited by reducing the stride and the depth of the lunge. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

- **Military Movement Drill 1 (MMD 1):** Resume MMD 1 by reducing the distance from 25 to 15 yards and ensure that the Soldier limits the speed and intensity of movement. For Laterals, this means decreasing the crouch and “stepping” the movements instead of maintaining the normal tempo. For Verticals, start with minimal air time and gradually progress to more powerful movements.
• **Calisthenic Drill 1 (CAL 1):** When assuming the starting position for the Single-Leg push-up, Soldiers should initially step into and out of the squat position to the front leaning rest position while bearing most of the body weight with the arms. Allow Soldiers to assume a six-point position if they are unable to maintain good form or keep up with the cadence. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

• **Climbing Drill 1 (CL 1):** Proper spotting is essential in the post-profile period. Encourage “hands-on” spotting for all participants.

• **Sustained and Speed Running:** While profiled for running, the Soldier will need to maintain conditioning through the use of aerobic exercise equipment, the pool, and walking. When the profile ends or allows a return to running, a systematic progression must be followed. Soldiers must be able to walk for 30 minutes without increasing their symptoms before starting the running progression.

• **Recovery:** These exercises are generally not restricted, though Soldiers may need to use their hands to move into and out of exercise/starting positions on the ground. In the post-profile period, range of motion for some exercises may still be limited. Over time, gradually increase the range of motion and work toward the standard execution of each exercise.

**BACK PAIN/INJURY**

6-53. PRT activities that bend or twist the trunk must be resumed with caution. In the post-profile recovery period, progress as follows:

• **Preparation:** Exercises that bend or twist the trunk may have been restricted while on profile. Post-profile, the Soldier will start with a limited range-of-movement and gradually progress the movement until reaching the standard positions. Lunges and the Squat Bender are generally well tolerated because the trunk should stay straight throughout the movement. Post-profile, resume the High Jumper by only rising to the toes on counts one and three, then gradually progress starting with minimal height and few repetitions. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

• **Military Movement Drill 1 (MMD 1):** The Shuttle Sprint will normally be restricted by profile. In the post-profile period, resume the Shuttle Sprint without touching the hand to the ground on turns, then gradually work toward bending enough to touch the ground. Resume the other MMD 1 exercises by reducing the distance from 25 to 15 yards and ensure that the Soldier limits the speed and intensity of movement. For Laterals, this means decreasing the crouch and “stepping” the movements instead of maintaining the normal tempo. For Verticals, start with minimal air time and gradually progress to more powerful movements.

• **Calisthenic Drill 1 (CAL 1):** When assuming the starting position for the push-up, Soldiers should initially step into and out of the squat position to the front leaning rest position while bearing most of the body weight with the arms. Allow Soldiers to assume a six-point position if they are unable to maintain good form or keep up with the cadence. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

• **Climbing Drill 1 (CL 1):** Proper spotting is essential in the post-profile period. Encourage “hands-on” spotting for all participants.

• **Sustained and Speed Running:** If profiled for running, the Soldier will need to maintain conditioning through the use of aerobic exercise equipment, the pool, and walking. When the profile ends or allows a return to running, a systematic progression must be followed. The Soldier must be able to walk for 30 minutes without increasing their symptoms before starting the running progression.

• **Recovery:** The Extend and Flex may be restricted by profile. Post-profile, Soldiers should go to the starting position by stepping back into the front-leaning rest position rather than performing a squat thrust. The other exercises should be tolerated in the post-profile period by starting with a reduced range-of-motion and gradually working toward the standard. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.
SHOULDER PAIN/INJURY

6-54. PRT activities that involve overhead motion or otherwise stress the shoulder must be resumed with caution. In the post-profile recovery period, progress as follows:

- **Preparation**: Exercises that include raising the arms overhead may be restricted by profile. These exercises, unless otherwise restricted by the profile, can still be performed with the hands on the hips. The Push-up will usually be restricted while on profile. After profiling, the Soldier may need to resume the exercise with a modified hand position. Push-up progression may start from the knees. Gradually work toward the standard exercise positions.

- **Military Movement Drill 1 (MMD 1)**: If this drill is restricted by profile, resume the exercises in the post-profile period by reducing the distance from 25 to 15 yards and ensure that the Soldier limits the speed and intensity of movement. For Laterals and Crossovers, this means decreasing the crouch and “stepping” the movements instead of maintaining the normal tempo. For Verticals and Power Skip, start with minimal air time and gradually progress to more powerful movements.

- **Calisthenic Drill 1 (CAL 1)**: When assuming the starting position for the Push-up, Soldiers should initially step into and out of the squat position to the front leaning rest position while bearing most of the body weight with the arms. Allow Soldiers to assume a six-point position if they are unable to maintain good form or keep up with the cadence.

- **The Sit-up**: Initially, allow Soldiers to use their hands to move into and out of the supine position.

- **Climbing Drill 1 (CL1)**: Proper spotting is essential in the post-profile period. Encourage “hands-on” spotting for all participants.

- **Recovery**: The Extend and Flex is generally the most stressful on the shoulder. The other exercises should be tolerated in the post-profile period by starting with a reduced range-of-motion and gradually working toward the standard. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground.

PREPARATION EXERCISE MODIFICATIONS

6-51. The ten exercises that comprise preparation include a wide range of movements that require strength endurance and mobility while utilizing standing, seated, prone, and supine postures. Each of the 10 exercises may be modified to accommodate various physical limitations and allow Soldiers to work within their physical profiles and gradually progress to performing each exercise to standard.
PREPARATION

EXERCISE 1: THE BEND AND REACH

Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements by moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

Cadence: SLOW

Count:
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- From the starting position, ensure that Soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
- The heels and feet remain flat on the ground.
- On counts 2 and 4, do not go past the starting position.

Precautions: This exercise is always performed at a slow cadence. To protect the back, move into the count 1 position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.
PREPARATION

MODIFIED EXERCISE 1: THE MODIFIED BEND AND REACH

The Bend and Reach can be modified by decreasing the range of motion at which it is performed and excluding or limiting the use of the arms. The following modifications to the Bend and Reach may be used to exercise within physical profile limitation and gradually progress performance to standard.
PREPARATION

**EXERCISE 2: THE REAR LUNGE**

**Purpose:** This exercise promotes balance, opens up the hip and trunk on the side of the lunge, and develops leg strength.

**Starting Position:** Straddle stance with hands on hips.

**Cadence:** SLOW

**Count:**
1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

**Check Points:**
- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
- On counts 1 and 3, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- Keep the rear leg as straight as possible but not locked.

**Precautions:** *This exercise is always performed at a slow cadence.* On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.
PREPARATION

MODIFIED EXERCISE 2: THE MODIFIED REAR LUNGE

The Rear Lunge can be modified by decreasing the range of motion at which it is performed. As with all lunges, the amount of knee bend may be restricted for the Rear Lunge. The feet may be closer together. Concentrate on trying to gradually lower the body in the lunge position. Over time, gradually increase the range of motion and work toward standard execution.
EXERCISE 3: THE HIGH JUMPER

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward leaning stance.

Cadence: MODERATE

Count:
1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count 2. On the last repetition, return to the starting position.

Check Points:
- At the starting position, the shoulders, knees, and balls of the feet should form a straight vertical line.
- On count 1, the arms are parallel to the ground.
- On count 3, the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A
PREPARATION

MODIFIED EXERCISE 3: THE MODIFIED HIGH JUMPER

The High Jumper can be modified by decreasing the range of motion at which it is performed and excluding or limiting the use of the arms. The following modifications may be used to exercise within physical profile limitation and gradually progress performance to standard.
PREPARATION

EXERCISE 4: THE ROWER

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together, and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward, with fingers and thumbs extended and joined.

Cadence: SLOW

Count:
1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- At the end of counts one and three, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: This exercise is always performed at a slow cadence. Do not arch the back to assume counts one and three.
PREPARATION

MODIFIED EXERCISE 4: THE MODIFIED ROWER

The Rower can be modified by decreasing the range of motion at which it is performed and/or excluding or limiting the use of the arms. The following modifications may be used to exercise within physical profile limitation and gradually progress performance to standard.

Limited Range of Movement

Without Use of the Arms
PREPARATION

EXERCISE 5: THE SQUAT BENDER

Purpose: This exercise develops strength, endurance, and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
4. Return to the starting position.

Check Points:
- At the end of count 1, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- On count 3, round the back slightly while bending forward, keeping the head aligned with the spine and the knees slightly bent.

Precautions: This exercise is always performed at a slow cadence. Allowing the knees to go beyond the toes on count 1 increases stress to the knees.
PREPARATION

MODIFIED EXERCISE 5: THE MODIFIED SQUAT BENDER

The Squat Bender can be modified by decreasing the range of motion at which it is performed and limiting the use of the arms. The following modifications to the Squat Bender may be used to exercise within physical profile limitation and gradually progress performance to standard.
PREPARATION

EXERCISE 6: THE WINDMILL

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW

Count:
1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Check Points:
- From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- On counts 1 and 3, ensure that the knees bend during the rotation. Head and eyes are directed to the rear on count 1 and to the rear on count 3.

Precautions: This exercise is always performed at a slow cadence.
PREPARATION

MODIFIED EXERCISE 6: THE MODIFIED WINDMILL

The Windmill can be modified by decreasing the range of motion at which it is performed and excluding and/or limiting the use of the arms. The following modifications to The Windmill may be used to exercise within physical profile limitation and gradually progress performance to standard.

**Body Twist**

**Hands on Hips**

**Single Arm**
PREPARATION

EXERCISE 7: THE FORWARD LUNGE

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Take a step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

Check Points:
- Keep the abdominal muscles tight throughout the motion.
- On counts 1 and 3, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts 1 and 3.
- On counts 1 and 3, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.
PREPARATION

MODIFIED EXERCISE 7: THE MODIFIED FORWARD LUNGE

The Forward Lunge can be modified by decreasing the range of motion at which it is performed. As with all lunges, the amount of knee bend may be restricted. The feet may be closer together. Concentrate on trying to gradually lower the body in the lunge position. Over time, gradually increase the range of motion and work toward the standard execution of the Forward Lunge.
**PREPARATION**

**EXERCISE 8: THE PRONE ROW**

**Purpose:** This exercise develops strength of the back and shoulders.

**Starting Position:** Prone position with the arms overhead, palms down 1-2 inches off the ground and toes pointed to the rear.

**Cadence:** SLOW

**Count:**
1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

**Check Points:**
- At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- On counts 1 and 3, the forearms are parallel to the ground and slightly higher than the trunk.
- On counts 1 and 3, the head is raised to look forward but not skyward.
- Throughout the exercise, the legs and toes remain in contact with the ground.

**Precautions:** This exercise is always performed at a slow cadence. Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.
PREPARATION

MODIFIED EXERCISE 8: THE MODIFIED PRONE ROW

The Prone Row can be modified by decreasing the range of motion at which it is performed and by limiting or excluding the use of the arms. The starting position is assumed using the hands to assist in lowering the body and stepping back into the six-point stance. The following modifications to the Prone Row may be used to exercise within physical profile limitation and gradually progress performance to standard.

Assuming the Starting Position

Using the Arms

Without the Arms
PREPARATION

EXERCISE 9: THE BENT-LEG BODY TWIST

Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

Cadence: SLOW

Count:
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Check Points:
- Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- The head should be off the ground with the chin slightly tucked.
- Ensure that the hips and knees maintain 90-degree angles.
- Keep the feet and knees together throughout the exercise.
- Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.
PREPARATION

MODIFIED EXERCISE 9: THE MODIFIED BENT-LEG BODY TWIST

The starting position for this exercise is the supine position with the arms sideward or at 45 degrees to the body (IAW profile limitations). Palms downward and knees are bent at 90 degrees with the feet flat on the floor. The head may be on the ground or elevated one to two inches off the ground IAW profile limitations. Assume the starting position as in the Modified Thigh Stretch, using the hands as needed to lower the body to the ground.

Head on the Ground and Arms at 45 Degrees

Head Elevated and Arms Sideward
PREPARATION

EXERCISE 10: THE PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- On counts 1 and 3 the upper arms stay close to the trunk, elbows pointing rearward.
- On counts 2 and 4 the elbows straighten, but do not lock.
- The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.
Chapter 6

PREPARATION

MODIFIED EXERCISE 10: THE MODIFIED PUSH-UP

The Modified Push-up is performed in the six-point stance. The starting position is assumed using the hands to assist in lowering the body and stepping back into the six-point stance. Range of movement may be limited throughout the exercise. Over time, gradually increase the range of motion and work toward the standard execution of the push-up.

Variation for Assuming the 6-Point Stance

The Modified Push-up

Starting Position  Count 1  Count 2

Count 3  Count 4
SECTION V — CALISTHENIC DRILL 1 EXERCISE MODIFICATIONS

CALISTHENIC DRILL 1

EXERCISE 1: THE POWER JUMP

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Straddle stance with hands on hips.

Cadence: MODERATE

Count:
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, touching with the palms of the hands.
2. Jump forcefully into the air, vigorously raising arms overhead with palms facing inward.
3. Control the landing and repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, tighten the abdominals to stabilize the trunk.
- On counts 1 and 3, keep the back generally straight with the head up and eyes forward.
- On count 2 the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintain a short distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precaution: N/A
CALISTHENIC DRILL 1

MODIFIED EXERCISE 1: THE MODIFIED POWER JUMP

The Power Jump can be modified by decreasing the range of motion at which it is performed and/or excluding or limiting the use of the arms. The following modifications may be used to exercise within physical profile limitation and gradually progress performance to standard.
CALISTHENIC DRILL 1

EXERCISE 2: THE V-UP

Purpose: This exercise develops the abdominal and hip flexor muscles while enhancing balance.

Starting Position: Supine, arms on ground 45-degrees to the side, palms down with fingers spread. The chin is tucked and the head is 1-2 inches off the ground.

Cadence: MODERATE

Count:
1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On counts 1 and 3, the knees and trunk are straight with the head in line with the trunk.

Precautions: To protect the spine, do not jerk the legs and trunk to rise to the V-position.
CALISTHENIC DRILL 1

MODIFIED EXERCISE 2: THE MODIFIED V-UP

The starting position for this exercise is the supine position with the arms sideward or at 45 degrees to the body (IAW profile limitations). Palms are downward and knees are bent at 90 degrees with the feet flat on the floor. The head may be on the ground or elevated one to two inches off the ground IAW profile limitations. Assume the starting position as in the Modified Thigh Stretch, using the hands as needed to lower the body to the ground. On counts one and three lift the feet off the ground, pulling the knees toward the chest. Lower the feet to the ground, returning to the starting position on counts two and four. Over time, gradually increase the range of motion and work toward the standard execution of the V-Up.
CALISTHENIC DRILL 1

EXERCISE 3: THE MOUNTAIN CLIMBER

Purpose: This exercise develops the ability to quickly move the legs to power out of the front leaning rest position.

Starting Position: Front leaning rest position with the left foot below the chest and between the arms.

Cadence: MODERATE

Count:
1. Push upward with the feet and quickly change positions of the legs.
2. Return to the starting position.
3. Repeat the movements in count 1.
4. Return to the starting position.

Check Points:
- The hands are directly below the shoulders, fingers spread (middle fingers point straight ahead) with the elbows straight, not locked.
- The trunk must not sag. To prevent, tighten the abdominal muscles and maintain this contraction throughout the exercise.
- The head is aligned with the spine and the eyes are directed to a point approximately two feet in front of the body.
- Throughout the exercise, remain on the balls of the feet.
- Move the legs straight forward and backward, not at angles.

Precautions: N/A
CALISTHENIC DRILL 1

MODIFIED EXERCISE 3: THE MODIFIED MOUNTAIN CLIMBER

The Mountain Climber can be modified by decreasing the range of motion at which it is performed. Assume the starting position, stepping back as in the Modified Push-up. The following modifications may be used to exercise within physical profile limitation and gradually progress performance to standard.

![Modified Mountain Climber Stages]

- Starting Position
- Count 1
- Count 2
- Count 3
- Count 4
CALISTHENIC DRILL 1

EXERCISE 4: THE LEG TUCK AND TWIST

**Purpose:** This exercise develops trunk strength and mobility while enhancing balance.

**Starting Position:** Seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear, palms down with fingers spread. Legs are straight, extended to the front and 8-12 inches off the ground.

**Cadence:** **MODERATE**

**Count:**
1. Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count 1 in the opposite direction.
4. Return to the starting position.

**Check Points:**
- At the starting position, tighten the abdominals to stabilize the trunk.
- On all counts, the legs and knees stay together.
- On counts 1 and 3, the head and trunk remain still as the legs move.
- On counts 1 and 3, the legs are tucked (bent) and aligned diagonal to the trunk.

**Precautions:** To protect the back on counts 1 and 3, do not jerk the legs and trunk to achieve the end position.
CALISTHENIC DRILL 1

MODIFIED EXERCISE 4: THE MODIFIED LEG TUCK AND TWIST

The starting position for this exercise is the supine position with the arms sideward or at 45 degrees to the body (IAW profile limitations). Palms are downward and knees are bent at 90 degrees with the feet flat on the floor. The head may be on the ground or elevated one to two inches off the ground IAW profile limitations. Assume the starting position as in the Modified Thigh Stretch, using the hands as needed to lower the body to the ground. On counts one and three lift the feet off the ground and rotate to the left or right side, pulling the knees toward the chest. Lower the feet to the ground, returning to the starting position on counts two and four. Over time, gradually increase the range of motion and work toward the standard execution of the Leg Tuck and Twist.
CALISTHENIC DRILL 1

EXERCISE 5: THE SINGLE-LEG PUSH-UP

**Purpose:** This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise.

**Starting Position:** Front leaning rest position.

**Cadence:** MODERATE

**Count:**
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg until 8-10 inches off the ground.
2. Return to the starting position.
3. Repeat count 1, bringing the right leg to 8-10 inches off the ground.
4. Return to the starting position.

**Check Points:**
- Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- The fingers should be extended and spread so the middle fingers point straight ahead and are directly in line with the shoulders.
- On counts 1 and 3, the upper arms stay close to the trunk.
- On counts 2 and 4, the elbows straighten, but do not lock.
- On counts 1 and 3, the raised leg is straight and aligned with the trunk.
- The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

**Precautions:** Do not jerk the leg to be raised past straight alignment with the trunk, as this may place undue stress on the back.
CALISTHENIC DRILL 1

MODIFIED EXERCISE 5: THE MODIFIED SINGLE-LEG PUSH-UP

The Single-leg Push-up is modified by performing the Modified Push-up in the six-point stance. The starting position is assumed using the hands to assist in lowering the body and stepping back into the six-point stance. Range of movement may be limited throughout the exercise. Over time, gradually increase the range of motion and work toward the standard execution of the push-up, then progress performance to standard.

Variation for Assuming the 6-Point Stance

The Modified Push-Up

Starting Position

Count 1

Count 2

Count 3

Count 4
MILITARY MOVEMENT DRILL 1 EXERCISE MODIFICATIONS

6-52. The purpose of Military Movement Drill 1 (MMD1) is to enhance running form, dynamically prepare the body for more vigorous running activities, and develop motor efficiency. MMD1 is conducted following the Preparation Drill and prior to running activities during the PRT session. Any level area of adequate size is appropriate for conducting the movement drill. Beware of hazards such as holes, uneven terrain, and rocks. Use caution when conducting MMD1 on wet terrain. This drill is conducted using the extended rectangular formation performed by rank. MMD1 consists of exercises performed at 25-yard intervals: Verticals, Lateral, and The Shuttle Sprint (Figure 6-7). During Level II Reconditioning, resume MMD 1 by reducing the distance from 25 to 15 yards and ensure the Soldier limits the speed and intensity of movement. For Lateral this means decreasing the crouch and “stepping” movements instead of maintaining the normal tempo. For Verticals, start with minimal air time and gradually progress to more powerful movements. The Shuttle Sprint is often restricted by profile. When conducting the Shuttle Sprint, ensure that the Soldier is able to negotiate the turns at walking speed before allowing him to run. In the post-profile period, resume the Shuttle Sprint without touching the hand to the ground on turns, then gradually work toward bending enough to touch the ground.

Figure 6-7. Military movement drill 1.
MILITARY MOVEMENT DRILL 1

EXERCISE 1: VERTICALS

Purpose: This exercise helps to develop proper running form.

Starting Position: Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent; the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.

Check Points:
- Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There should not be any back swing of the legs.

Precautions: N/A
MILITARY MOVEMENT DRILL 1

EXERCISE 2: LATERALS

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle Stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and the palms facing forward. Face perpendicular to the direction of movement.

Movement: Step out with the lead leg and bring the trail leg up toward the lead leg. Always face the same direction so the first 25-yards is moving to the left, and the second 25-yards is moving to the right.

Check Points:
- Pick the feet up with each step. Avoid dragging the feet along the ground.
- Crouch slightly while keeping the back straight.
- Avoid hitting the feet and ankles together on each step.
- Rank leaders will face their rank throughout the exercise.

Precautions: N/A
MILITARY MOVEMENT DRILL 1

EXERCISE 3: THE SHUTTLE SPRINT

Purpose: This exercise develops anaerobic endurance, leg speed, and agility.

Starting Position: Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

Movement: Run quickly to the 25-yard mark (as arrow 1 in the following exercise illustration shows). Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line (arrow 2) and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually (arrow 3) accelerating to near maximum speed.

Check Points:
- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.
RECOVERY EXERCISE MODIFICATIONS

6-53. The five exercises that comprise recovery include a wide range of movements that require structural strength, stability, flexibility, and mobility while utilizing standing, seated, prone and supine postures supported by one or both upper or lower limbs. Allow Soldiers to use their hands as needed to move into and out of starting/exercise positions on the ground. In the post-profile period, range of motion for some exercises may still be limited. Each of the five exercises may be modified to accommodate various physical limitations and gradually progress each exercise to standard.

RECOVERY

EXERCISE 1: THE OVERHEAD ARM PULL

Purpose: This exercise develops flexibility of the arms, shoulders, and trunk muscles.

Starting Position: Straddle stance with hands on hips.

Position 1 - On the command, “Ready, STRETCH,” raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20 seconds.


Check Points:
□ Throughout the exercise, keep the hips set and the abdominals tight.
□ In positions 1 and 2, lean the body straight to the side, not to the front or back.

Precautions: N/A
RECOVERY

MODIFIED EXERCISE 1: THE MODIFIED OVERHEAD ARM PULL

This exercise may be modified by decreasing the range of motion, reaching with the arm overhead, and grasping the wrist with the opposite hand instead of the elbow. Another modification is to pull the arm across the front of the chest.

Grasping the Wrist

Starting Position  Left Modified OAP  Starting Position  Right Modified OAP

Starting Position  Left Modified FAP  Starting Position  Right Modified FAP
RECOVERY

EXERCISE 2: THE REAR LUNGE

Purpose: This exercise develops flexibility of the hip flexors and trunk muscles.

Starting Position: Straddle stance, hands on hips.

Position 1 - On the command, “Ready, STRETCH,” take an exaggerated step backward with the left leg, touching down with the ball of the foot. This is the same position as count 1 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” take an exaggerated step backward with the right leg, touching down with the ball of the foot. This is the same position as count 3 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.


Check Points:
- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- After the foot touches down on positions 1 and 2, allow the body to continue to lower.
- Lunge and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of positions 1 and 2.
- Keep the forward knee over the ball of the foot on positions 1 and 2.

Precaution: When lunging to the left or right do not let the knee move forward of the toes.
RECOVERY

**MODIFIED EXERCISE 2: THE MODIFIED REAR LUNGE**

The Rear Lunge can be modified by decreasing the range of motion at which it is performed. As with all lunges, the amount of knee bend may be restricted. The feet may be closer together. Concentrate on trying to gradually lower the body in the lunge position. Over time, gradually increase the range of motion and work toward the standard execution of each exercise.

![Starting Position](image1)
![Count 1](image2)
![Count 2](image3)
![Count 3](image4)
![Count 4](image5)
RECOVERY

EXERCISE 3: THE EXTEND AND FLEX

Purpose: This exercise develops flexibility of the hip flexors, abdominals, hip (Position 1 - extend) and the low back, hamstrings and calves (Position 2 - flex).

Starting Position: The front leaning rest position.

Position 1 - On the command, “Ready, STRETCH,” lower the body, sagging in the middle, keeping the arms straight and look upward. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” slightly bend the knees and raise the hips upward. Straighten the legs and try to touch the ground with the heels. Move the head in line with the arms, forming an “A” with the body. Keep the feet together and hold this position for 20 seconds.


Check Points:
- In position 1, the thighs and pelvis rest on the ground. Relax the back muscles while bearing the bodyweight through the straight arms. Toes point to the rear.
- In position 2, the legs are straight and the arms are shoulder width apart, palms down on the ground. Relax the shoulders and push to the rear with the hands, forming an A with the body. Try not to round the shoulders.
- Feet are together throughout the exercise.

Precaution: N/A

Variation: Soldiers who are unable to extend the trunk in Position 1 while keeping the arms straight and hips on the ground may assume the Modified Position 1 shown above.
RECOVERY

MODIFIED EXERCISE 3: THE MODIFIED EXTEND AND FLEX

This exercise may be modified by using a standing or prone position. The starting position for the Extend and Flex using the prone position may be assumed by stepping back into the front leaning rest position instead of performing a squat thrust. In the post-profile period, range of motion for some exercises may still be limited. Soldiers may modify the extend position by raising up on their forearms instead of their hands or lay prone with the arms along side the body, palms down. Over time, gradually increase the range of motion and work toward the standard execution of each exercise.

**Modified Extend and Flex (Standing)**

**Modified Extend and Flex (Prone)**

**Assuming the Starting Position**

**Modified Extend Positions**

**Modified Flex Position**
RECOVERY

EXERCISE 4: THE THIGH STRETCH

Purpose: This exercise develops flexibility of the front of the thigh and the hip flexor muscles.

Starting Position: Seated position, arms at sides and palms on the floor.

Position 1 - On the command, “Ready, STRETCH,” roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot. Hold this position for 20 seconds.


Check Points:
- Keep the abdominal muscles tight throughout this stretch in order to keep the trunk straight.
- Do not pull the heel forcefully to the buttock if there is discomfort in the knee joint.

Precaution: N/A
RECOVERY

MODIFIED EXERCISE 4: THE MODIFIED THIGH STRETCH

The Thigh Stretch can be modified by decreasing the range of motion at which it is performed. The amount of knee bend may be restricted and the leg slightly pulled toward the front. Over time, gradually increase the range of motion and work toward the standard execution of each exercise. This exercise may also be performed in a kneeling position, assuming the starting position used in the Modified Extend and Flex.

Assuming the Starting Position

- Left Thigh Stretch
- Right Thigh Stretch
- Kneeling Thigh Stretch
RECOVERY

EXERCISE 5: THE SINGLE-LEG OVER

Purpose: This exercise develops flexibility of the hips and lower back muscles.

Starting Position: Supine position with arms sideward, palms down.

Position 1 - On the command, “Ready, STRETCH,” turn the body to the right, bend the left knee to 90-degrees over the right leg, grasp the outside of the left knee with the right hand, and pull toward the right. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” turn the body to the left, bend the right knee to 90-degrees over the left leg, grasp the outside of the right knee with the left hand, and pull toward the left. Hold this position for 20 seconds.


Check Points:
- At the starting position, the arms are directed to the sides at 90-degrees to the trunk, the fingers and thumbs are extended and joined.
- In position 1, keep the left shoulder, arm, and hand on the ground.
- In position 2, keep the right shoulder, arm, and hand on the ground.
- Head remains on the ground throughout the exercise.

Precaution: N/A
RECOVERY

**MODIFIED EXERCISE 5: THE BENT-LEG OVER**

The starting position for this exercise is the supine position with the arms sideward at 45 degrees to the body, palms downward, knees bent at 90 degrees, with the feet flat on the floor. Assume the starting position as in the Modified Thigh Stretch, using the hands as needed to lower the body to the ground.
6-54. Before being discharged from Level II and returning to unit PRT, Soldiers must meet the requirements shown in Figure 6-8.

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</thead>
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<td>1 REPETITION TO STANDARD</td>
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<tr>
<td>CALISTHENIC DRILL 1</td>
<td>5 REPETITIONS TO STANDARD</td>
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<td>CLIMBING DRILL 1</td>
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<td>CONTINUOUS RUNNING</td>
<td>30 MINUTES AT SLOWEST AGR PACE IN THE UNIT</td>
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Figure 6-8. Level II exit criteria.

SUMMARY

6-57. Unit readiness is greatly affected by injuries, illness, and other medical conditions. The Army PRT program is designed to be SAFE and EFFECTIVE. PRT must challenge Soldiers without breaking them. Some injuries will inevitably occur, but units that take measures to control injury risk will have fewer Soldiers on Medical Profile with more on duty to perform mission requirements. For those Soldiers who do become injured or are recovering from illness or other medical conditions, effective reconditioning allows them to return to duty at or above their pre-injury level of individual physical readiness. This is what Special Conditioning Programs are all about.
PART THREE
PHYSICAL TRAINING ACTIVITIES

Chapter 7

PHYSICAL READINESS TRAINING EXECUTION

The key to success in PRT execution is skillful leadership with trained assistant instructors (AIs) who employ command presence, command voice, and organized instruction in the extended rectangular formation. This chapter describes in detail the PRT commands, formations, positions, cadence, and counting.

SECTION I — PHYSICAL READINESS TRAINING COMMANDS

IMPORTANCE OF PROPER COMMANDS

7-1. The importance of proper commands when conducting PRT cannot be underestimated. Invariably, PRT performance will reflect the quality of its commands. Indifferent commands produce indifferent performance. When the command is given distinctly, concisely, with energy, and with proper regard to rhythm, Soldier performance will reflect it. Refer to FM 3-21.5, Drill and Ceremony, for detailed information of command voice, posture and presence.

PRT COMMANDS

7-2. There are two kinds of commands used in PRT: preparatory commands, and commands of execution. The preparatory command describes and specifies what is required. All preparatory commands are given with rising voice inflection. The command of execution calls into action what has been prescribed. The interval between the two commands should be long enough to permit the Soldier to understand the first one before the second one is given.

7-3. When a set of conditioning exercises is employed, Soldiers assume the proper starting position of each exercise on the command, “Starting position, MOVE.” When conducting exercises, Soldiers are commanded to return to the position of attention from the terminating position of the exercise before commanded to assume the starting position for the next exercise. PRT leaders use the command, “Position of attention, MOVE,” to command Soldiers to the position of attention from an exercise terminating position.

SECTION II — PHYSICAL READINESS TRAINING FORMATIONS

EXTENDED RECTANGULAR FORMATION

7-4. The Army’s traditional formation for PRT activities is the extended rectangular formation. It is simple, easy to assume, and may be applied with equal facility and promptness, which makes it best to employ for platoon to company-size formations.

7-5. The PRT leader will position a platoon-size unit in a line formation so the unit is centered and five paces away from the PRT platform after they have assumed the rectangular formation.
7-6. The PRT leader gives the following commands:

- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined.

- **All other Soldiers turn to the left and double-time forward.** After taking the sufficient number of steps, all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.

- **“Arms downward, MOVE.”** The Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.

- **“Left, FACE.”** Soldiers execute the left face.

- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined. All other Soldiers turn to the left and double-time forward. After taking the sufficient number of steps all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.

- **“Arms downward, MOVE.”** Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.

- **“Right, FACE.”** Soldiers execute the right face.

- **“From front to rear, COUNT OFF.”** The front Soldier in each column turns the head to the right rear, calls off, "ONE", and faces the front. Successive Soldiers in each column call off in turn "TWO," "THREE," "FOUR," and so on. The last Soldier in each column will not turn the head and eyes to the right while sounding off.

- **“Even numbers to the left, UNCOVER.”** Even-numbered Soldiers side step to the left squarely in the center of the interval, bringing their feet together.

7-7. To reassemble the formation, the PRT leader gives the following command:

- **“Assemble to the right, MARCH.”** All Soldiers double-time to their original positions in the formation. Refer to Figures 7-1 and 7-2.

![Figure 7-1. Platoon rectangular formation.](image)
7-8. The PRT leader will position a company-size unit in the extended rectangular formation from a company in line with platoons in column. He then adjusts the base platoon so the company will be centered when extended. The extended rectangular formation can also be executed from a company mass without interval between platoons.

7-9. The PRT leader gives the following commands:

- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined.
- **All other Soldiers turn to the left and double-time forward.** After taking the sufficient number of steps, all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.
- **“Arms downward, MOVE.”** The Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.
- **“Left, FACE.”** Soldiers execute the left face.
- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined. All other Soldiers turn to the left and double-time forward. After taking the sufficient number of steps all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined.
- **“Arms downward, MOVE.”** Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.
- **“Right, FACE.”** Soldiers execute the right face.
- **“From front to rear, COUNT OFF.”** The front Soldier in each column turns the head to the right rear and calls off, "ONE," and faces the front. Successive Soldiers in each column call off in turn "TWO," "THREE," "FOUR," and so on. The last Soldier in each column will not turn the head and eyes to the right while sounding off.
- **“Even numbers to the left, UNCOVER.”** Even-numbered Soldiers side step to the left squarely in the center of the interval, bringing their feet together.

7-10. To reassemble the formation, the PRT leader gives the following command:

- **“Assemble to the right, MARCH.”** All Soldiers double-time to their original positions in the formation. See Figures 7-3 and 7-4.
Figure 7-3. Forming a company, company in line with platoons in column.

Figure 7-4. Company extended and uncovered, company in line with platoons in column.
7-11. The PRT leader gives the following commands:

- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined.

- **All other Soldiers turn to the left and double-time forward.** After taking the sufficient number of steps, all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.

- **“Arms downward, MOVE.”** The Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.

- **“Left, FACE.”** Soldiers execute the left face.

- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined. All other Soldiers turn to the left and double-time forward. After taking the sufficient number of steps all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.

- **“Arms downward, MOVE.”** Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.

- **“Right, FACE.”** Soldiers execute the right face.

- **“From front to rear, COUNT OFF.”** The front Soldier in each column turns the head to the right rear and calls off, "ONE," and faces the front. Successive Soldiers in each column call off in turn "TWO," "THREE," "FOUR," and so on. The last Soldier in each column will not turn the head and eyes to the right while sounding off.

- **“Even numbers to the left, UNCOVER.”** Even-numbered Soldiers side step to the left squarely in the center of the interval, bringing their feet together.

7-12. To reassemble the formation, the PRT leader gives the following command:

- **“Assemble to the right, MARCH.”** All Soldiers double-time to their original positions in the formation. See Figures 7-5 and 7-6.
Figures 7-5. Forming a company in mass.

Figure 7-6. Company in mass extended and uncovered.
7-13. The formation used to conduct Military Movement and Guerrilla Drills is the Extended Rectangular Formation **COVERED** (Figure 7-7).

**Figure 7-7. The extended rectangular formation (covered).**

7-14. The PRT leader will position the unit in a line formation so the unit will be centered and five paces away from the PRT platform after they have assumed the extended rectangular formation. The PRT leader gives the following commands:

- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined.
- **All other Soldiers turn to the left and double-time forward.** After taking the sufficient number of steps, all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.
- **“Arms downward, MOVE.”** The Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.
- **“Left, FACE.”** Soldiers execute the left face.
- **“Extend to the left, MARCH.”** Soldiers in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumb extended and joined. All other Soldiers turn to the left and double-time forward. After taking the sufficient number of steps all Soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right.
- **“Arms downward, MOVE.”** Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides.

7-15. To reassemble the formation, the PRT leader gives the following command:

- **“Assemble to the right, MARCH.”** All Soldiers double-time to their original positions in the formation.

SECTION III — PRT POSITIONS

STARTING POSITIONS

7-16. When a set of conditioning exercises is employed, Soldiers assume the proper starting position of each exercise on the command, “Starting position, MOVE.” When conducting exercises, Soldiers are commanded to return to the position of attention from the terminating position of the exercise, before commanded to assume the starting position for the next exercise.
SQUAT POSITION

7-17. To assume the squat position from the position of attention, lower the body by bending the knees and placing the hands with palms down and fingers spread, shoulder width in front of the body, in between the legs. Raise the heels, supporting body weight on the balls of the feet and hands. The head and eyes are directed to a point approximately two feet in front of the body (Figure 7-8).

Figure 7-8. The squat position.

FRONT LEANING REST POSITION

7-18. The front leaning rest position is assumed by performing two movements. Move from the position of attention to the squat position, then thrust the feet backward to the front leaning rest position. If a Soldier has difficulty with the squat thrust, he can step back with the left leg—then with the right leg to obtain the front leaning rest position. In the front leaning rest position, maintain straight body alignment from head to heels. Body weight is supported on the hands (shoulder width) and balls of the feet. The feet and legs are together (Figure 7-9).

Figure 7-9. The front leaning rest position.
SIX-POINT STANCE

7-19. The six-point stance is assumed by dropping to the knees from the front leaning rest position. A straight line is maintained from the head to the knees (Figure 7-10).

![Figure 7-10. The six-point stance.](image)

STRADDLE STANCE

7-20. The straddle stance position is assumed by standing with feet straight ahead and aligned with the shoulders (Figure 7-11).

![Figure 7-11. The straddle stance.](image)
FORWARD LEANING STANCE

7-21. Assume the forward leaning stance by bending the trunk forward 45-degrees, knees bent 45-degrees with the heels flat on the ground and the feet aligned with the shoulders. Keep the back straight, maintaining a straight line from the head to the hips (Figure 7-12).

Figure 7-12. The forward leaning stance.

PRONE POSITION

7-22. The prone position is assumed by performing three movements. From the position of attention move to the squat position, thrust the feet backward to the front leaning rest position, then lower the body slowly to the ground. Elbows are close to the body and point directly to the rear (Figure 7-13).

Figure 7-13. The prone position.
SUPINE POSITION

7-23. To assume the supine position without using the hands, from the standing position, place one foot behind the other and slowly lower your body until the rear knee touches the ground. Sit back onto buttocks, and then lay on back with feet and legs together. When returning to the standing position, sit up and rock forward on one knee. From this position, step up with the other leg and stand without using the hands for assistance (Figure 7-14).

7-24. If Soldiers have difficulty assuming this position, have them place their hands on the ground as they slowly lower their bodies to the seated position. If Soldiers are unable to attain the standing position without using their hands, they should place them on the ground to either side of the body and push up while standing from the seated position. To return to a standing position from the supine position, Soldiers perform the actions in reverse order (Figure 7-15).

SECTION IV — PHYSICAL READINESS TRAINING CADENCE

CADENCE

7-25. Cadence speed is described as SLOW or MODERATE. The speed of each cadence is listed below:
7-12. SLOW – 50 counts per minute.
MODERATE – 80 counts per minute.

7-26. Once Soldiers have learned the exercises by the numbers, the PRT leader merely needs to indicate the name of the exercise, command the Soldiers to assume the starting position, and start them exercising to cadence. For example, this is how the PRT leader begins Exercise 1 of Preparation, The Bend and Reach to cadence:

- The PRT leaders states, “The Bend and Reach.”
- The Soldiers respond, “The Bend and Reach.”
- The PRT leader commands, “Starting Position, MOVE.” Soldiers assume the starting position.
- The PRT leader commands, “In Cadence,” (Soldiers respond, “In Cadence”), “EXERCISE.”
- The command “EXERCISE” initiates movement to the position of count one.

7-27. The previous command sequence is also used in the conduct of Calisthenic, Climbing, Dumbbell and Barbell Drills.

SECTION V — COUNTING CADENCE

CADENCE

7-28. Counting cadence ensures that exercises are performed at the appropriate speed. The cadence count indicates termination of movement to each position. The cumulative count is a method of indicating the number of repetitions of an exercise on the fourth count of a 4-count exercise. The use of the cumulative count is required for the following reasons:

- It provides the PRT leader with an excellent method of counting the number of repetitions performed.
- It serves as motivation. Soldiers like to know the number of repetitions they are expected to perform.
- It prescribes an exact amount of exercise for any group.

2-COUNT EXERCISE CADENCE

7-29. 2-count exercises are performed during CD2, CL1 and CL2. A 2-count exercise is counted as follows:

- The PRT leader counts, “UP, DOWN.”
- The Soldiers respond, “ONE.”
- The PRT leader counts, “UP, DOWN.”
- The Soldiers respond, “TWO.”
- The PRT leader counts, “UP, DOWN.”
- The Soldiers respond, “THREE,” and so forth.

4-COUNT EXERCISE CADENCE

7-30. A 4-count exercise is counted as follows:

- The PRT leader counts, “ONE, TWO, THREE.”
- The Soldiers respond, “ONE.”
- The PRT leader counts, “ONE, TWO, THREE.”
- The Soldiers respond, “TWO.”
- The PRT leader counts, “ONE, TWO, THREE.”
- The Soldiers respond, “THREE,” and so forth.
8-COUNT EXERCISE CADENCE

7-31. An 8-count exercise is counted as follows:
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.”
- The Soldiers respond, “ONE.”
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.”
- The Soldiers respond, “TWO.”
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.”
- The Soldiers respond, “THREE,” and so forth.

12-COUNT EXERCISE CADENCE

7-32. A 12-count exercise is counted as follows:
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN.”
- The Soldiers respond, “ONE.”
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN.”
- The Soldiers respond, “TWO.”
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN.”
- The Soldiers respond, “THREE,” and so forth.

7-33. To terminate an exercise, the PRT leader will raise the inflection of his voice while counting out the cadence of the last repetition. The Soldiers and PRT leader respond with “HALT” upon returning to the starting position.

TERMINATING A 2-COUNT EXERCISE

7-34. A 2-count exercise is terminated as follows:
- The PRT leader counts, “UP, DOWN.”
- The Soldiers respond, “FOUR.”
- The PRT leader counts “UP, DOWN.” (With voice inflection.)
- The Soldiers and PRT leader respond, “HALT.”
- The PRT leader commands, “DISMOUNT.”
- The Soldiers dismount the climbing bars.
- The PRT leader commands, “Position of attention, MOVE.”
- The Soldiers assume the position of attention.

TERMINATING A 4-COUNT EXERCISE

7-35. A 4-count exercise is terminated as follows:
- The PRT leader counts, “ONE, TWO, THREE.”
- The Soldiers respond, “NINE.”
- The PRT leader counts, “ONE, TWO, THREE.” (With voice inflection.)
- The Soldiers and PRT leader respond, “HALT.”
- The PRT leader commands, “Position of attention, MOVE.”
- The Soldiers assume the position of attention.

TERMINATING AN 8-COUNT EXERCISE

7-36. An 8-count exercise is terminated as follows:
Chapter 7

- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.”
- The Soldiers respond, “FOUR.”
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.” (With voice inflection on counts five, six, and seven.)
- The Soldiers and PRT leader respond, “HALT.”
- The PRT leader commands, “Position of attention, MOVE.”
- The Soldiers assume the position of attention.

**TERMINATING A 12-COUNT EXERCISE**

7-37. A 12-count exercise is terminated as follows:
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN.”
- The Soldiers respond, “FOUR.”
- The PRT leader counts, “ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN.” (With voice inflection on counts nine, ten, and eleven.)
- The Soldiers and PRT leader respond, “HALT.”
- The PRT leader commands, “Position of attention, MOVE.”
- The Soldiers assume the position of attention.

**SECTION VI — EXERCISE AND ACTIVITY COMMANDS**

**PREPARATION COMMANDS**

7-38. Preparation consists of 10 4-count calisthenic exercises. Refer to Section V again for the commands, counting, and cadence instructions used to conduct preparation.

**STRENGTH AND MOBILITY ACTIVITY COMMANDS**

**THE GUERRILLA DRILL**

7-39. The Guerrilla Drill consists of three exercises that are performed from the extended rectangular formation, covered. The commands listed below are followed when performing The Shoulder Roll, Lunge Walk, and Soldier Carry. The difference for the Soldier Carry is that Soldiers change positions at the 25-yard mark and return to the start point. When performing The Guerrilla Drill, the PRT leader states, “THE SHOULDER ROLL.” The entire formation then repeats “THE SHOULDER ROLL.” After this, there is no need to say or repeat “THE SHOULDER ROLL” again. The first rank takes one step forward with the left foot, but remains at the position of attention. On the command “READY,” the first rank moves into the starting position. On the command “GO,” the first rank begins the movement. In a typical formation with four ranks, the PRT leader directs the front rank remaining in the formation to move forward. This is done immediately after the previous front rank starts the movement. The other ranks remain in place, waiting for further instructions. To accomplish this, the PRT Leader says, “Next rank, MOVE FORWARD.” Once the rank conducting the movement is approximately 12 yards into the exercise, the PRT leader says, “READY” and the rank moves into the starting position. Immediately after all Soldiers are in the starting position, the command, “GO,” is given. This sequence of commands is repeated until all ranks have performed the Shoulder Roll. If there are less than four ranks, ensure that a 1:3 work-to-rest ratio is followed when performing The Guerrilla Drill.

**CONDITIONING AND CALISTHENIC DRILLS**

7-40. Conditioning and Calisthenic Drills consist of 4-count and 8-count exercises. Refer to Section V for the commands, counting, and cadence instructions used to conduct Calisthenic Drills 1 and 2.
CLIMBING DRILLS

7-41. Climbing Drills consist of 2-count exercises. Refer to Section V for the commands, counting and cadence instructions used to conduct Climbing Drills.

DUMBBELL, BARBELL AND LOG DRILLS

7-42. Dumbbell, Barbell and Log Drills consist of 4-, 8- and 12-count exercises. Refer to Section V for the commands, counting and cadence instructions used to conduct Dumbbell, Barbell and Log Drills.

EDURANCE AND MOBILITY ACTIVITY COMMANDS

MILITARY MOVEMENT DRILLS

7-43. Military Movement Drills 1 and 2 each consist of three exercises that are performed from the extended rectangular formation, covered. The commands listed below will be followed when performing Verticals, Laterals, Power Skip, Crossovers and Crouch Run. During The Shuttle Sprint, Soldiers will run the first two 25-yard intervals at the pace of the squad leader, then sprint the last 25-yard interval at their own pace. When performing movement drills, the PRT leader states, “VERTICLES” (and the entire formation repeats “verticals”) After this, there is no need to say or repeat “VERTICLES” again. The first rank takes one step forward with the left foot, but remains at the position of attention. On the command, “READY,” the first rank moves into the starting position. On the command “GO,” the first rank begins the movement. In a typical formation with four ranks, the PRT Leader will have the front rank remaining in the formation move forward. This is done immediately after the previous front rank starts the movement. The other ranks should remain in place, waiting for further instructions. To accomplish this, the PRT Leader says, “NEXT RANK, MOVE FORWARD.” Once the rank conducting the movement is approximately 12 yards into the exercise, the PRT Leader says, “Ready,” and the rank moves into the starting position. Immediately after all soldiers are in the starting position, the command, “GO,” is given. This sequence of commands is repeated until all ranks have performed Verticals. If there are less than four ranks, ensure that a 1:3 work-to-rest ratio is followed when performing military movement drills.

COMMANDS FOR RUNNING ACTIVITIES

ABILITY GROUP AND TERRAIN RUN COMMANDS

7-44. Ability Group and Terrain Run Commands. Refer to FM 3-21.5 for specific commands.

SPEED RUNNING

7-45. Speed Running: 30:60s, 60:120s and 300-yard Shuttle Run (SR). When performing 30:60s or 60:120s, the PRT leader will use the running commands from FM 3-21.5 to begin the speed running activity with slow jogging for ¼ mile. The PRT leader will signal the start and stop of work and rest intervals by blowing a whistle. To signal the start of a work interval, the PRT leader will blow the whistle once. To signal the start of the rest interval, the PRT leader will blow two short blasts on the whistle. Upon completion of the scheduled number of repetitions of 30:60s or 60:120s, the PRT leader will command the formation to continue to walk for a minimum of three minutes prior to performing additional activities or recovery. Refer to FM 3-21.5 for marching commands. When conducting the 300-yard SR, the PRT leader will use the same commands specified for The Shuttle Sprint in MMD1. The only difference is that Soldiers will perform six 50-yard repetitions to complete 300 yards.

FOOT MARCHING

7-46. Foot Marching. Refer to FM 21-18 for foot march guidelines and FM 3-21.5 for marching commands.
SECTION VII — RECOVERY EXERCISE COMMANDS

RECOVERY EXERCISES

7-47. When performing recovery exercises, no verbal cadence is used. Soldiers move in and out of the starting position and each exercise position on the PRT leader’s commands. Soldiers hold each exercise position for 20 seconds during recovery. Do not count the seconds out loud. This is how the PRT leader conducts Recovery Exercise 1, The Overhead Arm Pull:

- The PT leader states, “THE OVERHEAD ARM PULL.” (The Soldiers respond, “THE OVERHEAD ARM PULL.”)
- The PRT leader commands, “Starting position, MOVE.” (The Soldiers move into the starting position, straddle stance with hands on hips).
- “The command to begin the stretch is “Ready, STRETCH.” Raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20 seconds.
- The PRT leader commands, “Starting position, MOVE.” (The Soldiers move into the starting position.)
- “The command to stretch the other side of the body is “Change position, Ready, STRETCH.” Raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20 seconds.
- The PRT leader commands, “Starting position, MOVE.” (The Soldiers assume the starting position.)
- The PRT leader assumes the position of attention and commands, “Position of attention, MOVE.” (The Soldiers assume the position of attention.)

SECTION VIII — MIRROR EFFECT

7-48. When leading exercise in front of the formation, the PRT leader begins the movements in count 1 to the right and continues to mirror the Soldier’s movements while facing them throughout the exercise.

SUMMARY

7-49. Successful execution of PRT is dependent upon the leadership of competent instructors and AIs. PRT leaders must not only possess the knowledge, skills, and ability to execute the PRT session, but must also present a positive image of physical fitness.
Chapter 8
Preparation and Recovery

PRT sessions always include the following elements: Preparation, Activity, and Recovery. Exercises performed during preparation ready Soldiers for more intense PRT activities. Recovery exercises are performed at the end of every PRT session to gradually and safely bring the body back to its pre-exercise state.

SECTION I — PREPARATION

8-1. The purpose of preparation is to ready the Soldier for PRT activities. The objectives of preparation are to:

- Increase body temperature and heart rate.
- Increase pliability of joints and muscles.
- Increase responsiveness of nerves and muscles.

8-2. Since PRT sessions are generally limited to one hour, preparation must be brief, yet thorough.

8-3. Preparation is performed at the beginning of every PRT session. Preparation consists of 10 exercises performed for 5 repetitions at a slow cadence, with the exception of the High Jumper and Push-up (which are performed at a moderate cadence). When conducted to standard, Preparation will last approximately 15 minutes.

TRAINING AREA

8-4. Any dry, level area of adequate size is satisfactory for conduct of the Preparation Drill.

UNIFORM

8-5. Soldiers should wear ACUs or with boots or the PFU. The uniform should be appropriate for the activity that will follow the Preparation Drill. For example, when the activity is Climbing Drill 2 or The Guerrilla Drill, ACUs with boots will be worn.

EQUIPMENT

8-6. N/A

FORMATION

8-7. The extended rectangular formation is prescribed for the conduct of Preparation.

LEADERSHIP

INSTRUCTION AND EXECUTION

8-8. A PRT leader and AI are required to lead the Preparation Drill. The instructor must be familiar with the method of teaching these exercises, commands, formations, and utilization of AIs as described in Chapter 7, Physical Readiness Training Execution. Soldiers should memorize the exercises by name and movement. The calisthenic exercises are always given in cadence. Soldiers begin and terminate each calisthenic exercise at the position of attention. The goal is to complete the entire drill with only enough
pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting calisthenics intensifies the workload and conserves time.

**PRECISION**

8-9. Preparation loses much of its value unless performed exactly as prescribed. During preparation, the focus is always on quality of movement, not quantity of repetitions or speed of movement. A calisthenic cadence that is too fast will not allow Soldiers to achieve a full range of movement, and may not adequately prepare them for the activities that follow. AIs will help to maintain the ranks at the appropriate pace and offer feedback on form.

**PROGRESSION**

8-10. **Preparation is always performed in all phases of PRT.** Preparation consists of 5 repetitions of 10 exercises performed at a slow cadence, with the exception of The High Jumper and Push-up (which are performed at a moderate cadence).

**INTEGRATION**

8-11. Preparation not only prepares the body for activities that follow; it also integrates the components of strength, endurance, and mobility.

**COMMANDS**

8-12. The commands used to conduct Preparation are described Chapter 7, Physical Readiness Training Execution. Table 8-1 lists the 10 calisthenic exercises that comprise preparation. These 10 exercises are always performed in the order and at the cadence listed in Table 8-1.

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<thead>
<tr>
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<tbody>
<tr>
<td>1. The Bend and Reach</td>
<td>5 repetitions slow</td>
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<tr>
<td>2. The Rear Lunge</td>
<td>5 repetitions slow</td>
</tr>
<tr>
<td>3. The High Jumper</td>
<td>5 repetitions moderate</td>
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<tr>
<td>4. The Rower</td>
<td>5 repetitions slow</td>
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<tr>
<td>5. The Squat Bender</td>
<td>5 repetitions slow</td>
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<tr>
<td>6. The Windmill</td>
<td>5 repetitions slow</td>
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<td>7. The Forward Lunge</td>
<td>5 repetitions slow</td>
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<td>8. The Prone Row</td>
<td>5 repetitions slow</td>
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<tr>
<td>9. The Bent-leg Body Twist</td>
<td>5 repetitions slow</td>
</tr>
<tr>
<td>10. The Push-up</td>
<td>5 repetitions moderate</td>
</tr>
</tbody>
</table>
PREPARATION

EXERCISE 1: THE BEND AND REACH

Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

Cadence: SLOW

Count:
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

Check Points:
- From the starting position, ensure that Soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
- The heels and feet remain flat on the ground.
- On counts 1 and 4, do not go past the starting position.

Precautions: This exercise is always performed at a slow cadence. To protect the back, move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.
PREPARATION

EXERCISE 2: THE REAR LUNGE

Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.

Check Points:
- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
- On counts 1 and 3, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- Keep the rear leg as straight as possible but not locked.

Precautions: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.
PREPARATION

EXERCISE 3: THE HIGH JUMPER

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward leaning stance.

Cadence: MODERATE

Count:
1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count 2. On the last repetition, return to the starting position.

Check Points:
- At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- On count 1, the arms are parallel to the ground.
- On count 3, the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A
PREPARATION

EXERCISE 4: THE ROWER

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW

Count:
1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- At the end of counts one and three, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: This exercise is always performed at a slow cadence. Do not arch the back to assume counts one and three.
PREPARATION

EXERCISE 5: THE SQUAT BENDER

Purpose: This exercise develops strength, endurance, and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:

1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
4. Return to the starting position.

Check Points:

- At the end of counts one, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- On count 3, round the back slightly while bending forward, keeping the head aligned with the spine and the knees slightly bent.

Precautions: This exercise is always performed at a slow cadence. Allowing the knees to go beyond the toes on count 1 increases stress to the knees.
PREPARATION

EXERCISE 6: THE WINDMILL

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW

Count:
1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Check Points:
- From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- On counts 1 and 3, ensure that the knees bend during the rotation. Head and eyes are directed to the rear on count 1 and the rear on count 3.

Precautions: This exercise is always performed at a slow cadence.
EXERCISE 7: THE FORWARD LUNGE

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Take a step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.

Check Points:
- Keep the abdominal muscles tight throughout the motion.
- On counts 1 and 3, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts 1 and 3.
- On counts 1 and 3, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.
PREPARATION

EXERCISE 8: THE PRONE ROW

Purpose: This exercise develops strength of the back and shoulders.

Starting Position: Prone position with the arms overhead, palms down 1-2 inches off the ground and toes pointed to the rear.

Cadence: SLOW

Count:

1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:

- At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- On counts 1 and 3, the forearms are parallel to the ground and slightly higher than the trunk.
- On counts 1 and 3, the head is raised to look forward but not skyward.
- Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.
EXERCISE 9: THE BENT-LEG BODY TWIST

Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

Cadence: SLOW

Count:
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Check Points:
- Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- The head should be off the ground with the chin slightly tucked.
- Ensure that the hips and knees maintain 90-degree angles.
- Keep the feet and knees together throughout the exercise.
- Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.
PREPARATION

EXERCISE 10: THE PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

Check Points:
- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- On counts 1 and 3 the upper arms stay close to the trunk, elbows pointing rearward.
- On counts 2 and 4 the elbows straighten but do not lock.
- The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence. See exercise 10A below.

**Preparation Exercise 10A: Push-up Six-point Stance Alternative Knee Position**
SECTION II — RECOVERY

8-13. Recovery serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet. The purpose of the recovery drill is to develop range of motion and stability to enhance performance, control injuries, and gradually bring the body back to its pre-exercise state. To adequately recover from one PRT session to another on consecutive days Soldiers must restore hydration and energy through proper fluid intake and nutrition. This recovery period also includes receiving adequate rest and sleep to allow the body to physiologically adapt to the physical stresses of PRT.

TRAINING AREA

8-14. Any dry, level area of adequate size is satisfactory for conduct of recovery.

UNIFORM

8-15. Soldiers should wear ACUs with boots or the PFU. The uniform should be appropriate for the PRT activity that precedes recovery. For example, when the activity is Climbing Drill 2 or the Guerrilla Drill, ACUs with boots will be worn.

EQUIPMENT

8-16. N/A

FORMATION

8-17. The extended rectangular formation is prescribed.

LEADERSHIP

8-18. Soldiers should begin recovery by walking until their heart rates return to less than 100 beats per minute and heavy sweating stops. Each recovery exercise position will be held for 20 seconds. Recovery should last approximately 15 minutes and occur immediately after the activities of the PRT session. The sequence of exercises listed in Table 8-2 will be performed during Recovery for ALL PT sessions. Recovery will also be conducted after the APFT, the obstacle course, water survival training, foot marching, and the CWST. Refer to Chapter 5, Unit PRT Program Planning for more information. A Recovery Drill Card is provided in Appendix A.

INSTRUCTION AND EXECUTION

8-19. A PRT leader and assistant instructor (AI) are required to lead Recovery Drill. The instructor must be familiar with the method of teaching these exercises, commands, formations, and utilization of AIs as described in Chapter 7, PRT Execution. Soldiers should memorize the exercises by name and movement. Recovery is conducted in mass but not to cadence. Soldiers move in and out of the starting position and exercise positions on the PRT leader’s command as described in Commands. Each exercise position is held for 20 seconds. The seconds are not counted out loud. Soldiers begin and terminate each exercise at the position of attention. The drills are always performed in their entirety at the end of every PRT session. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise.

PRECISION

8-20. Recovery exercises lose much of their value unless performed exactly as prescribed. PRT leaders and AIs must provide verbal feedback and make spot corrections to ensure that the Soldiers correctly assume the exercise positions.
Chapter 8

PROGRESSION
8-21. Soldiers always hold each exercise position for 20 seconds. If time allows, a second set of the drill may be performed or each exercise position may be held for up to 30 seconds.

INTEGRATION
8-22. Recovery integrates the components of strength and mobility by developing stability and flexibility.

COMMANDS
8-23. The commands used to conduct Recovery are described Chapter 7, Physical Readiness Training Execution.

Table 8-2. Recovery.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Overhead Arm Pull</td>
<td>Hold 20 s</td>
</tr>
<tr>
<td>The Rear Lunge</td>
<td>Hold 20 s</td>
</tr>
<tr>
<td>The Extend and Flex</td>
<td>Hold 20 s</td>
</tr>
<tr>
<td>The Thigh Stretch</td>
<td>Hold 20 s</td>
</tr>
<tr>
<td>The Single-leg Over</td>
<td>Hold 20 s</td>
</tr>
</tbody>
</table>

COMMANDS
8-24. The recovery exercises are not given in cadence. Soldiers move in and out of the starting position and exercise positions on the PRT leader’s command. Each exercise position is held for 10 seconds. The seconds are not counted out loud. The Recovery Drill consists of five 2-position exercises. The commands for Exercise 1 of Recovery are as follows:

- The PT leader states, “THE OVERHEAD ARM PULL.” (The Soldiers respond, “THE OVERHEAD ARM PULL.”)
- The PRT leader commands, “Starting position, MOVE.” (The Soldiers move into the starting position, straddle stance with hands on hips).
- The command to begin the stretch is, “Ready, STRETCH.” Raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20 seconds.
- The PRT leader commands, “Starting position, MOVE.” (The Soldiers move into the starting position.)
- The command to stretch the other side of the body is, “Change position, Ready, STRETCH.” Raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20 seconds.
- The PRT leader commands, “Starting position, MOVE.” (The Soldiers assume the starting position.)
- The PRT leader assumes the position of attention and commands, “Position of attention, MOVE.” (The Soldiers assume the position of attention.)
RECOVERY

EXERCISE 1: THE OVERHEAD ARM PULL

Purpose: This exercise develops flexibility of the arms, shoulders, and trunk muscles.

Starting Position: Straddle stance with hands on hips.

Position 1 - On the command, “Ready, STRETCH,” raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20 seconds.


Check Points:
- Throughout the exercise, keep the hips set and the abdominals tight.
- In positions 1 and 2, lean the body straight to the side, not to the front or back.

Precautions: N/A
RECOVERY

EXERCISE 2: THE REAR LUNGE

Purpose: This exercise develops flexibility of the hip flexors and trunk muscles.

Starting Position: Straddle stance, hands on hips.

Position 1 - On the command, “Ready, STRETCH,” take an exaggerated step backward with the left leg, touching down with the ball of the foot. This is the same position as count 1 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” take an exaggerated step backward with the right leg, touching down with the ball of the foot. This is the same position as count 3 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.


Check Points:
- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- After the foot touches down on positions 1 and 2, allow the body to continue to lower.
- Lunge and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of positions 1 and 2.
- Keep the forward knee over the ball of the foot on positions 1 and 2.

Precaution: When lunging to the left or right do not let the knee move forward of the toes.
RECOVERY

EXERCISE 3: THE EXTEND AND FLEX

Purpose: This exercise develops flexibility of the hip flexors, abdominals, hip (Position 1 - extend) and the low back, hamstrings and calves (Position 2 - flex).

Starting Position: The front leaning rest position.

Position 1 - On the command, “Ready, STRETCH,” lower the body, sagging in the middle, keeping the arms straight and look upward. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” slightly bend the knees and raise the hips upward. Straighten the legs and try to touch the ground with the heels. Move the head in line with the arms, forming an “A” with the body. Keep the feet together and hold this position for 20 seconds.


Check Points:

- In position 1, the thighs and pelvis rest on the ground. Relax the back muscles while bearing the bodyweight through the straight arms. Toes point to the rear.
- In position 2, the legs are straight and the arms are shoulder width apart, palms down on the ground. Relax the shoulders and push to the rear with the hands, forming an A with the body. Try not to round the shoulders.
- Feet are together throughout the exercise.

Precaution: N/A

Variation: Soldiers who are unable to extend the trunk in Position 1 while keeping the arms straight and hips on the ground, may assume the Modified Position 1 shown above.
RECOVERY

EXERCISE 4: THE THIGH STRETCH

Purpose: This exercise develops flexibility of the front of the thigh and the hip flexor muscles.

Starting Position: Seated position, arms at sides and palms on the floor.

Position 1 - On the command, “Ready, STRETCH,” roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot. Hold this position for 20 seconds.


Check Points:
- Keep the abdominal muscles tight throughout this stretch in order to keep the trunk straight.
- Do not pull the heel forcefully to the buttock if there is discomfort in the knee joint.

Precaution: N/A
RECOVERY

EXERCISE 5: THE SINGLE-LEG OVER

Purpose: This exercise develops flexibility of the hips and lower back muscles.

Starting Position: Supine position with arms sideward, palms down.

Position 1 - On the command, “Ready, STRETCH,” turn the body to the right, bend the left knee to 90-degrees over the right leg, and grasp the outside of the left knee with the right hand and pull toward the right. Hold this position for 20 seconds.


Position 2 - On the command, “Change Position, Ready, STRETCH,” turn the body to the left, bend the right knee to 90-degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20 seconds.


Check Points:
- At the starting position, the arms are directed to the sides at 90-degrees to the trunk, the fingers and thumbs are extended and joined.
- In position 1, keep the left shoulder, arm, and hand on the ground.
- In position 2, keep the right shoulder, arm, and hand on the ground.
- Head remains on the ground throughout the exercise.

Precaution: N/A
SUMMARY

8-25. Preparation and Recovery are essential elements of every PRT session. Conducting PRT activities without preparation may adversely affect performance and increase the risk of injury. Recovery enhances flexibility and gradually brings the body back to its pre-exercise state. Recovery should also carry over until the next PRT session is performed. Restoring adequate hydration and energy through proper nutrition and getting adequate sleep allow the body to refuel, rest, and adapt to the stresses of training.
Chapter 9

Strength and Mobility Activities

“The race is to the swift; the battle to the strong.”

John Davidson, 19th Century Poet

The purpose of strength and mobility activities is to improve functional strength, postural alignment, and body mechanics as they relate to the performance of warrior tasks (Figure 9-1). The regular and precise execution of strategically organized and sequenced exercise drills will develop the body management competencies needed to successfully accomplish these tasks. This chapter describes strength and mobility drills and exercises designed for Soldiers in the toughening and sustaining phases of Army physical readiness training. Figure 9-2 contains descriptions of all strength and mobility drills and activities presented in this chapter.

Figure 9-1. Strength and mobility-related warrior tasks.
| Conditioning Drills 1, 2 and 3 | Basic and intermediate calisthenic exercises that develop body management, challenging strength, endurance and mobility through functional movement patterns and prepare the body to perform advanced or more vigorous strength and mobility activities. |
| Calisthenic Drills 1 and 2 | Intermediate and advanced calisthenic exercises that develop body management, challenging strength, endurance and mobility through functional movement patterns. |
| The Guerrilla Drill | Dynamic exercises that develop leg power and the ability to lift and carry another soldier. |
| Push-up and Sit-up Drill | Exercises performed in timed set and in cadence to enhance APFT performance and upper-body strength. |
| Dumbbell Drills 1 and 2 | Exercises that utilize dumbbells for resistance to develop functional strength, simulating the movement patterns used in the performance of soldier tasks. |
| The Log Drills | Collective lifting tasks that promote discipline, teamwork and develop functional strength and mobility. |
| Obstacle Negotiation | Obstacle courses challenge soldiers’ strength, endurance and mobility, instilling confidence and improving the performance of warrior tasks. |
| Barbell Drills 1 and 2 | Exercises that utilize barbells for resistance to develop functional strength, simulating the movement patterns used in the performance of soldier tasks. |
| Resistance Training Machine Drill 1, 2, 3A and 3B | Resistance training machine exercises that are sequenced to progressively improve total-body muscular strength. |

**Figure 9-2. Strength and mobility drills and activities.**

**SECTION I — TOUGHENING PHASE STRENGTH AND MOBILITY ACTIVITIES**

9-1. Toughening phase strength and mobility drills and activities are listed in Figure 9-3.
**Conditioning Drill 1**

**GENERAL**

9-2. Conditioning Drill 1 consists of 10 toughening phase exercises that develop upper and lower body strength, endurance, and mobility. All drill exercises are conducted to cadence and are always performed in the sequence listed. Exercises are performed to cadence for five 4-count repetitions, progressing to 10 repetitions. Precise execution should never be sacrificed for speed.

**TRAINING AREA**

9-3. Any level area of adequate size is satisfactory for conduct of conditioning drills.

**UNIFORM**

9-4. Soldiers will wear the IPFU or ACUs and boots.

**FORMATION**

9-5. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is will be used for the conduct of Conditioning Drill 1 (CD1).

**LEADERSHIP**

9-6. A PRT leader and AI are required to instruct and lead the conditioning drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7, Physical Readiness Training Execution. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to complete...
the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting Conditioning Drill 1 intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly. Teach and practice exercises using a slow cadence (50 counts per minute) until correct form in executing each exercise is achieved.

**PRECISION**

9-7. Conditioning drill exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. A cadence that is too fast will not allow Soldiers to achieve a full range of movement.

**PROGRESSION**

9-8. Soldiers perform no more than five repetitions of each exercise while learning and practicing calisthenic drills. In the toughening phase, Conditioning Drill 1 is performed during preparation and may be performed during the activity part of the PRT session. Soldiers will perform 5-10 repetitions of each exercise in the drill. Do not exceed 10 repetitions of each exercise. Instead, perform additional sets of the entire drill.

**INTEGRATION**

9-9. Conditioning Drill 1 integrates the components of strength, endurance, and mobility. This drill builds strength by using the Soldier’s body weight as resistance while promoting endurance without the repetitive motions that often lead to overuse injuries. It also improves mobility by progressively moving the major joints through a full, controlled range of motion.

**COMMANDS**

9-10. The commands used in the conduct of conditioning drill 1 are found in Chapter 7, Physical Readiness Training Execution.

**BODY SEGMENTS TRAINED DURING THE CONDUCT OF CONDITIONING DRILL 1**

9-11. Conditioning Drill 1 (CD1) consists of 10 4-count exercises that train the body segments listed in Table 9-1. Instructions for giving commands are listed in Chapter 7.
## Table 9-1. Body segments trained in the conduct of CD1.

<table>
<thead>
<tr>
<th>CONDITIONING DRILL 1 (CD 1)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. BEND AND REACH</td>
<td>X</td>
</tr>
<tr>
<td>2. REAR LUNGE</td>
<td>X</td>
</tr>
<tr>
<td>3. HIGH JUMPER</td>
<td>X</td>
</tr>
<tr>
<td>4. ROWER</td>
<td>X</td>
</tr>
<tr>
<td>5. SQUAT BENDER</td>
<td>X</td>
</tr>
<tr>
<td>6. WINDMILL</td>
<td>X</td>
</tr>
<tr>
<td>7. FORWARD LUNGE</td>
<td>X</td>
</tr>
<tr>
<td>8. PRONE ROW</td>
<td>X</td>
</tr>
<tr>
<td>9. BENT-LEG BODY TWIST</td>
<td>X</td>
</tr>
<tr>
<td>10. PUSH-UP</td>
<td>X</td>
</tr>
</tbody>
</table>
CONDITIONING DRILL 1

EXERCISE 1: THE BEND AND REACH

Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

Cadence: SLOW

Count:
1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- From the starting position, ensure that Soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
- The heels and feet remain flat on the ground.
- On counts 2 and 4, do not go past the starting position.

Precautions: This exercise is always performed at a slow cadence. To protect the back, move into the count 1 position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.
CONDITIONING DRILL 1

EXERCISE 2: THE REAR LUNGE

Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge, and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

Check Points:
- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
- On counts 1 and 3, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts 1 and 3.
- Keep the rear leg as straight as possible but not locked.

Precautions: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.
CONDITIONING DRILL 1

EXERCISE 3: THE HIGH JUMPER

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward leaning stance.

Cadence: MODERATE

Count:
1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count 2. On the last repetition, return to the starting position.

Check Points:
- At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- On count 1, the arms are parallel to the ground.
- On count 3, the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A
CONDITIONING DRILL 1

EXERCISE 4: THE ROWER

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW

Count:
1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- At the end of counts 1 and 3, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: This exercise is always performed at a slow cadence. Do not arch the back to assume counts 1 and 3.
CONDITIONING DRILL 1

EXERCISE 5: THE SQUAT BENDER

Purpose: This exercise develops strength, endurance, and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
4. Return to the starting position.

Check Points:
- At the end of count 1, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- On count 3, round the back slightly while bending forward, keeping the head aligned with the spine and the knees slightly bent.

Precautions: This exercise is always performed at a slow cadence. Allowing the knees to go beyond the toes on count 1 increases stress to the knees.
CONDITIONING DRILL 1

EXERCISE 6: THE WINDMILL

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW

Count:
1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Check Points:
- From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- On counts 1 and 3, ensure that the knees bend during the rotation. Head and eyes are directed to the rear on count 1 and the rear on count 3.

Precautions: This exercise is always performed at a slow cadence.
CONDITIONING DRILL 1

EXERCISE 7: THE FORWARD LUNGE

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:
1. Take a step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

Check Points:
- Keep the abdominal muscles tight throughout the motion.
- On counts 1 and 3, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts 1 and 3.
- On counts 1 and 3, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.
CONDITIONING DRILL 1

EXERCISE 8: THE PRONE ROW

**Purpose:** This exercise develops strength of the back and shoulders.

**Starting Position:** Prone position with the arms overhead, palms down 1-2 inches off the ground and toes pointed to the rear.

**Cadence:** SLOW

**Count:**
1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

**Check Points:**
- At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- On counts 1 and 3, the forearms are parallel to the ground and slightly higher than the trunk.
- On counts 1 and 3, the head is raised to look forward but not skyward.
- Throughout the exercise, the legs and toes remain in contact with the ground.

**Precautions:** This exercise is always performed at a slow cadence. Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.
CONDITIONING DRILL 1

EXERCISE 9: THE BENT-LEG BODY TWIST

Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

Cadence: SLOW

Count:
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

Check Points:
- Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- The head should be off the ground with the chin slightly tucked.
- Ensure that the hips and knees maintain 90-degree angles.
- Keep the feet and knees together throughout the exercise.
- Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.
CONDITIONING DRILL 1

EXERCISE 10: THE PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- On counts 1 and 3 the upper arms stay close to the trunk, elbows pointing rearward.
- On counts 2 and 4 the elbows straighten but do not lock.
- The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.
Chapter 9

Conditioning Drill 2

GENERAL

9-12. Conditioning Drill 2 consists of five toughening phase exercises that develop upper and lower body strength, endurance, and mobility. As in Conditioning Drill 1, all exercises are to be performed in the sequence listed. Push-ups and Sit-ups are performed in cadence starting with 10 4-count repetitions and progressing to 20 4-count repetitions. The push-up and the sit-up may be performed to the standards listed in Chapter 14, The Army Physical Fitness Test (APFT). The Straight-arm Pull, The Pull-up, and The Leg Tuck are performed in cadence for five 2-count repetitions using spotters and progressing to five 2-count repetitions unassisted.

TRAINING AREA

9-13. Any level area of adequate size is satisfactory for conduct of conditioning drills.

UNIFORM

9-14. Soldiers will wear the IPFU or ACUs and boots.

EQUIPMENT

9-15. Climbing bars are designed to effectively train 12 Soldiers at each climbing pod. Reference Appendix B, Climbing Bars, for the construction and configuration of climbing pods.

FORMATION

9-16. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation will be used for the conduct of Conditioning Drill 2 (CD2).

LEADERSHIP

9-17. A PRT leader and AI are required to instruct and lead the conditioning drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to be able to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting conditioning drills intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers. Teach and practice exercises using a slow cadence (50 counts per minute) until correct form in executing each exercise is achieved.

PRECISION

9-18. Conditioning drill exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. A cadence that is too fast will not allow Soldiers to achieve a full range of movement.
PROGRESSION

9-19. Soldiers perform no more than 20 repetitions of the Push-up and Sit-up, and no more than 5 repetitions of the Straight-arm Pull, Leg Tuck, and Pull-up.

INTEGRATION

9-20. Conditioning Drill 2 integrates the components of strength, endurance, and mobility. This drill prepares Soldiers for the push-up and sit-up events of the APFT while building strength and control of body weight off the ground. It also improves mobility by progressively moving the major joints through a full, controlled range of motion.

COMMANDS

9-21. The commands used in the conduct of conditioning drill 2 are found in Chapter 7.

BODY SEGMENTS TRAINED DURING THE CONDUCT OF CONDITIONING DRILL 2

9-22. Conditioning Drill 2 (CD2) consists of two 4-count exercises and three 2-count exercises that train the body segments listed in Table 9-2. Instructions for giving commands are listed in Chapter 7.

Table 9-2. Body segments trained in the conduct of CD2.

<table>
<thead>
<tr>
<th>CONDITIONING DRILL 2 (CD 2)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. PUSH-UP</td>
<td>X</td>
</tr>
<tr>
<td>2. SIT-UP</td>
<td>X</td>
</tr>
<tr>
<td>3. STRAIGHT-ARM PULL</td>
<td></td>
</tr>
<tr>
<td>4. PULL-UP</td>
<td></td>
</tr>
<tr>
<td>5. LEG-TUCK</td>
<td>X</td>
</tr>
</tbody>
</table>
CONDITIONING DRILL 2

EXERCISE 1: THE PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- The hands are placed wherever is comfortable for the Soldier performing the exercise.
- The feet are together or up to 12 inches apart.
- On counts 2 and 4 the elbows straighten but do not lock.
- The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.
CONDITIONING DRILL 2

EXERCISE 2: THE SIT-UP

Purpose: This exercise strengthens the abdominal and hip-flexor muscles.

Starting Position: Supine position with hands behind head, fingers interlaced and knees bent at 90-degrees. Feet are together or up to twelve inches apart and flat on the ground. Hands are touching the ground.

Cadence: MODERATE

Count:
1. Raise the upper body to the vertical position so the base of the neck is above the base of the spine.
2. Return to the starting position in a controlled manner until the bottom of the shoulder blades touch the ground. The head and hands need not touch the ground.
3. Repeat count 1.
4. Repeat count 2 and return to the starting position at the completion of the final repetition.

Check Points:
- The hands are behind the head with the fingers interlaced.
- Feet are together or up to 12 inches apart, and both heels remain in contact with the ground throughout the exercise.
- On counts 1 and 3 do not raise the hips or arch the back to assume the vertical position.

Precautions: Soldiers should not jerk on the head or neck to assume the vertical position.
CONDITIONING DRILL 2

EXERCISE 3: THE STRAIGHT-ARM PULL

Purpose: This exercise develops the ability to initiate the pull-up motion by isolating the muscles of the shoulder and upper back.

Starting Position: Extended hang using the overhand grip.

Cadence: MODERATE

Count:
1. Keeping the arms straight, pull upward with the shoulders and upper back muscles.
2. Return to the starting position.

Hand Position: The hand position for the pull-up is the overhand grip, with the palms facing away from the face.

Check Points:
- Throughout the exercise, arms are shoulder-width, palms facing away from the body, with thumbs around the bar.
- Throughout the exercise, keep arms straight, but not locked.
- On count 1, pull the body up by engaging the shoulder muscles (squeeze the shoulder blades together.

Precautions: N/A
CONDITIONING DRILL 2

EXERCISE 4: THE PULL-UP

Purpose: This exercise strengthens the forearm, arm, and back muscles.

Starting Position: Extended hang using the overhand grip with the thumbs around the bar.

Cadence: MODERATE

Count:
1. Pull the body upward keeping the body straight until the chin is above the bar.
2. Return to the starting position in a controlled manner.

Hand Position: The hand position for the pull-up is the overhand grip, with the palms facing away from the face.

Check Points:
- Throughout the exercise keep the feet and legs together.
- Throughout the exercise, arms are shoulder-width, palms facing away from the body, with thumbs around the bar.
- Avoid kicking or swinging to achieve the up position.

Precautions: See spotting instructions at the beginning of this chapter.
CONDITIONING DRILL 2

EXERCISE 5: THE LEG TUCK

Purpose: This exercise develops the abdominal, hip flexor, and grip strength essential to climbing a rope.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE

Count:
1. Pull up with the arms and raise the knees toward the chest until the elbows touch the thighs just above the knees.
2. Return to the starting position.

Hand Positions: The hand position for The Leg Tuck is the alternating grip left or right, with the palms alternating on the bar.
Check Points:
- Throughout the exercise keep the feet together.
- On count 1, the thighs and elbows touch just above the knees.

Precautions: N/A
SPOTTING THE STRAIGHT-ARM PULL AND THE PULL-UP

SPOTTERS

9-23. Two spotters are used to ensure precision, adherence to proper cadence, and safety by assisting Soldiers who are unable to properly perform the desired number of repetitions. All Soldiers performing the Straight-arm Pull and Pull-up are required to use spotters unless they demonstrate the ability to perform five repetitions of the Straight-arm Pull and the Pull-up and give a verbal cue that “no spot” is needed. As Soldiers develop more strength, they will require less assistance.

FRONT

9-24. The front spotter assumes a staggered stance with his palms toward the exerciser at approximately chest level. The front spotter’s primary role in spotting is to support the exerciser if their grip gives out. There should be no contact with the exerciser unless the exerciser’s grip fails.

REAR

9-25. The rear spotter assumes a staggered stance and spots the Soldier performing the Straight-arm Pull and Pull-up by bringing the feet to their thighs or abdomen. The hands are place above the ankles on the lower legs to hold them securely. The exact location will vary depending on the height of the exerciser, the height of the spotter, and the height of the pull-up bar. The exerciser must communicate verbally which foot position is more comfortable (abdomen or thighs). The role of the rear spotter is to provide a stable base for the exerciser to push against with his legs. When spotting is performed correctly, the spotter will not have to lift, or go up and down with the exerciser. The rear spotter must anticipate the last repetition and release the spot when the “down” command is given and before the “dismount” command. Soldiers are required to use the foot pegs when mounting and dismounting the bar. This is done to ensure safety and to reduce injuries (Figures 9-4 through 9-6).

![Figure 9-4. Spotting the straight-arm pull.](image-url)
SPOTTING THE LEG TUCK

SPOTTERS

9-26. Two spotters are used during the leg tuck to ensure precision, adherence to proper cadence, and safety by assisting Soldiers who are unable to properly perform the desired number of repetitions. All Soldiers performing The Leg Tuck are required to use spotters unless they demonstrate the ability to perform five repetitions of The Leg Tuck and give a verbal cue that “no spot” is needed. As Soldiers develop more strength, they will require less assistance.

9-27. One spotter stands on each side of the exerciser in the straddle stance. The rear hand of each spotter is placed in the small of the back, and the forward hand is placed beneath the thigh right above the back of the knee. Both hands remain in contact with the exerciser throughout the exercise. The rear hand is used...
primarily to prevent the exerciser from swaying, while the forward hand helps lift the legs into the “up” position.

9-28. Soldiers are required to use the foot pegs when mounting and dismounting the bar. This is done to ensure safety and to reduce injuries (Figures 9-7 and 9-8).

Figure 9-7. Spotting the leg tuck.

Figure 9-8. Hand positions for spotting the leg tuck.
Conditioning Drill 3

GENERAL

9-29. Conditioning Drill 3 (CD3) consists of five higher-level toughening phase exercises that develop more complex motor skills while challenging strength, endurance, and mobility at a higher intensity. All of the exercises in the drill are conducted to cadence, and are always performed in the sequence listed. Exercises are performed to cadence for 5 4-count repetitions, progressing to 10 repetitions. Precise execution should never be sacrificed for speed.

TRAINING AREA

9-30. Any level area of adequate size is satisfactory for conduct of calisthenic drills.

UNIFORM

9-31. Soldiers will wear the IPFU or ACUs and boots.

EQUIPMENT

9-32. N/A

FORMATION

9-33. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP

9-34. A PRT leader and AI are required to instruct and lead the conditioning drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting conditioning drills intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers. Teach and practice exercises using a slow cadence (50 counts per minute) until correct form in executing each exercise is achieved.

PRECISION

9-35. Conditioning drill exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. A cadence that is too fast will not allow Soldiers to achieve a full range of movement.

PROGRESSION

9-36. Soldiers perform no more than five repetitions of each exercise while learning and practicing conditioning drills. In the toughening phase, Conditioning Drill 3 is performed during the activity part of
the PRT session. Soldiers will perform five repetitions of each exercise in the drill. Do not exceed five repetitions of each exercise. Instead, perform additional sets of the entire drill.

INTEGRATION

9-37. Conditioning Drill 3 integrates the components of strength, endurance, and mobility. This drill builds strength by challenging control of body weight and promotes endurance without the repetitive motions that often lead to overuse injuries. It also improves mobility by progressively moving the major joints through a full, controlled range of motion.

COMMANDS

9-38. The commands used in the conduct of conditioning drill 1 are found in Chapter 7.

BODY SEGMENTS TRAINED DURING THE CONDUCT OF CONDITIONING DRILL 3

9-39. Conditioning Drill 3 consists of five 4-count exercises that train the body segments listed in Table 9-3. Instructions for giving commands are listed in Chapter 7.

Table 9-3. Body segments trained in the conduct of CD3.

<table>
<thead>
<tr>
<th>CONDITIONING DRILL 3 (CD 3)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. POWER JUMP</td>
<td>X</td>
</tr>
<tr>
<td>2. V-UP</td>
<td>X</td>
</tr>
<tr>
<td>3. MOUNTAIN CLIMBER</td>
<td>X</td>
</tr>
<tr>
<td>4. LEG TUCK AND TWIST</td>
<td>X</td>
</tr>
<tr>
<td>5. SINGLE-LEG PUSH-UP</td>
<td>X</td>
</tr>
</tbody>
</table>
CONDITIONING DRILL 3

EXERCISE 1: THE POWER JUMP

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Straddle stance with hands on hips.

Cadence: MODERATE

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, touching with the palms of the hands.
2. Jump forcefully into the air, vigorously raising arms overhead, with palms facing inward.
3. Control the landing and repeat count 1.
4. Return to the starting position.

Check Points:

- At the starting position, tighten the abdominals to stabilize the trunk.
- On counts 1 and 3, keep the back generally straight with the head up and eyes forward.
- On count 2 the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precaution: N/A
CONDITIONING DRILL 3

EXERCISE 2: THE V-UP

Purpose: This exercise develops the abdominal and hip flexor muscles while enhancing balance.

Starting Position: Supine, arms on ground 45-degrees to the side, palms down with fingers spread. The chin is tucked and the head is 1-2 inches off the ground.

Cadence: MODE RATE

Count:
1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On counts 1 and 3, the knees and trunk are straight with the head in line with the trunk.

Precautions: To protect the spine, do not jerk the legs and trunk to rise to the V-position.
CONDITIONING DRILL 3

EXERCISE 3: THE MOUNTAIN CLIMBER

Purpose: This exercise develops the ability to quickly move the legs to power out of the front leaning rest position.

Starting Position: Front leaning rest position with the left foot below the chest and between the arms.

Cadence: MODERATE

Count:
1. Push upward with the feet and quickly change positions of the legs.
2. Return to the starting position.
3. Repeat the movements in count 1.
4. Return to the starting position.

Check Points:
- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead) with the elbows straight, not locked.
- The trunk must not sag. To prevent, tighten the abdominal muscles and maintain this contraction throughout the exercise.
- The head is aligned with the spine and the eyes are directed to a point approximately two feet in front of the body.
- Throughout the exercise, remain on the balls of the feet.
- Move the legs straight forward and backward, not at angles.

Precautions: N/A
CONDITIONING DRILL 3

EXERCISE 4: THE LEG TUCK AND TWIST

Purpose: This exercise develops trunk strength and mobility while enhancing balance.

Starting Position: Seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear, palms down, with fingers spread. Legs are straight, extended to the front and 8-12 inches off the ground.

Cadence: MODERATE

Count:
1. Raise legs while rotating on the left buttock and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count 1 in the opposite direction.
4. Return to the starting position.

Check Points:
- At the starting position, tighten the abdominals to stabilize the trunk.
- On all counts, the legs and knees stay together.
- On counts 1 and 3, the head and trunk remain still as the legs move.
- On counts 1 and 3, the legs are tucked (bent) and aligned diagonal to the trunk.

Precautions: To protect the back on counts 1 and 3, do not jerk the legs and trunk to achieve the end position.
CONDITIONING DRILL 3

EXERCISE 5: THE SINGLE-LEG PUSH-UP

**Purpose:** This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise.

**Starting Position:** Front leaning rest position.

**Cadence:** MODERATE

**Count:**
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg until 8-10 inches off the ground.
2. Return to the starting position.
3. Repeat count 1, bringing the right leg to 8-10 inches off the ground.
4. Return to the starting position.

**Check Points:**
- Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- The fingers should be extended and spread so the middle fingers point straight ahead and are directly in line with the shoulders.
- On counts 1 and 3, the upper arms stay close to the trunk.
- On counts 2 and 4, the elbows straighten but do not lock.
- On counts 1 and 3, the raised leg is straight and aligned with the trunk.
- The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

**Precautions:** Do not jerk the leg to be raised past straight alignment with the trunk, as this may place undue stress on the back.
TIMED SETS

9-40. Timed sets are conducted IAW the following guidelines when used as part of the toughening phase in IET to enhance APFT performance in the push-up and sit-up events.

9-41. The first and third rank will conduct the Push-up first; with the second and fourth ranks counting repetitions out loud and monitoring technique to ensure the Soldiers are performing the push-ups to Army standard. After the first and third ranks complete the push-ups, the second and fourth ranks will perform the push-ups and the first and third ranks will assume the responsibilities of counting out loud and ensuring proper form. After the first timed set of push-ups is complete, the first and third ranks will then perform their first timed set of the Sit-up.

9-42. The Sit-up will be conducted in the same sequence as the Push-up. The first and third ranks will perform the Sit-up with the second and fourth ranks holding their feet and counting the number of repetitions out loud. After the time is completed, the second and fourth ranks will perform the Sit-up and the first and third ranks will hold the feet and count the repetitions out loud.

9-43. Timed sets will continue in this manner, push-ups followed by sit-ups, until all the required timed sets have been completed. The Soldiers will not perform all of their sets of timed push-ups and then perform all of their sets of timed sit-ups. This technique does not allow proper recovery for the Soldiers performing the exercise. Alternating between push-ups and sit-ups allows Soldiers to adequately recover so they can perform proper push-ups when the next timed set begins. Soldiers should begin with 30-second timed sets and progress to no more than 60-second timed sets. As with any activity, PRT leaders must perform the exercises with the Soldiers in order to determine the intensity of the PRT session.

OBSTACLE NEGOTIATION

9-44. Refer to Chapter 12, Obstacle Negotiation, for obstacle course descriptions and instruction on obstacle negotiation.

SECTION II — SUSTAINING PHASE STRENGTH AND MOBILITY ACTIVITIES

9-45. Sustaining phase strength and mobility drills and activities are listed in Figure 9-9.
Figure 9-9. Sustaining phase strength and mobility drills and activities.
Calisthenic Drill 1

GENERAL
9-46. Calisthenic Drill 1 (CAL1) consists of five sustaining phase exercises that develop complex motor skills while challenging strength, endurance and mobility at a high intensity. All exercises in the drill are conducted to cadence and are always performed in the sequence listed. Exercises are performed to cadence for five 4-count repetitions, progressing to ten repetitions. Precise execution should never be sacrificed for speed.

TRAINING AREA
9-47. Any level area of adequate size is satisfactory for conduct of calisthenic drills.

UNIFORM
9-48. Soldiers will wear ACUs and boots or the IPFU. ACUs and boots will be worn when performing the calisthenic drills in combination with The Guerrilla Drill, The Log Drill and/or Climbing Drill 2.

EQUIPMENT
9-49. N/A

FORMATION
9-50. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP
9-51. A PRT leader and AI are required to instruct and lead the calisthenic drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting calisthenics intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers. Teach and practice exercises using a slow cadence (50 counts per minute) until correct form in executing each exercise is achieved.

PRECISION
9-52. Calisthenics lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. A cadence that is too fast will not allow Soldiers to achieve a full range of movement.

PROGRESSION
9-53. Soldiers perform no more than five repetitions of each exercise while learning and practicing calisthenic drills. In the sustaining phase, Calisthenic Drill 1 and/or 2 are performed during the activity part of the PRT session. Soldiers will perform 10 repetitions of each exercise. Calisthenic Drill 2 is performed only in the sustaining phase. Do not exceed 10 repetitions of each exercise. Instead, perform additional sets of the entire drill.
INTEGRATION

9-54. The calisthenic drills integrate the components of strength, endurance, and mobility. Calisthenics build strength and mobility by using the Soldier’s body weight as resistance. They promote endurance without the repetitive motions that often lead to overuse injuries. They improve mobility by progressively moving the major joints through a full, controlled range of motion.

COMMANDS

9-55. Calisthenic Drill 1 consists of five 4-count exercises that train the body segments listed in Table 9-3. Instructions for giving commands are listed in Chapter 7.

Table 9-3. Body segments trained in the conduct of CAL1.

<table>
<thead>
<tr>
<th>CALISTHENIC DRILL 1 (CAL 1)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. POWER JUMP</td>
<td>X</td>
</tr>
<tr>
<td>2. V-UP</td>
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<tr>
<td>4. LEG TUCK AND TWIST</td>
<td>X</td>
</tr>
<tr>
<td>5. SINGLE-LEG PUSH-UP</td>
<td>X</td>
</tr>
</tbody>
</table>
CALISTHENIC DRILL 1

EXERCISE 1: THE POWER JUMP

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Straddle stance with hands on hips.

Cadence: MODERATE

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, touching with the palms of the hands.
2. Jump forcefully into the air, vigorously raising arms overhead with palms facing inward.
3. Control the landing and repeat count 1.
4. Return to the starting position.

Check Points:

- At the starting position, tighten the abdominals to stabilize the trunk.
- On counts 1 and 3, keep the back generally straight with the head up and eyes forward.
- On count 2 the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be “soft” and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precaution: N/A
CALISTHENIC DRILL 1

EXERCISE 2: THE V-UP

Purpose: This exercise develops the abdominal and hip flexor muscles while enhancing balance.

Starting Position: Supine, arms on ground 45-degrees to the side, palms down, with fingers spread. The chin is tucked and the head is 1-2 inches off the ground.

Cadence: MODERATE

Count:
1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On counts 1 and 3, the knees and trunk are straight with the head in line with the trunk.

Precautions: To protect the spine, do not jerk the legs and trunk to rise to the V-position.
CALISTHENIC DRILL 1

EXERCISE 3: THE MOUNTAIN CLIMBER

Purpose: This exercise develops the ability to quickly move the legs to power out of the front leaning rest position.

Starting Position: Front leaning rest position with the left foot below the chest and between the arms.

Cadence: MODERATE

Count:

1. Push upward with the feet and quickly change positions of the legs.
2. Return to the starting position.
3. Repeat the movements in count 1.
4. Return to the starting position.

Check Points:

- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead) with the elbows straight, not locked.
- The trunk must not sag. To prevent, tighten the abdominal muscles and maintain this contraction throughout the exercise.
- The head is aligned with the spine and the eyes are directed to a point approximately two feet in front of the body.
- Throughout the exercise, remain on the balls of the feet.
- Move the legs straight forward and backward, not at angles.

Precautions: N/A
CALISTHENIC DRILL 1

EXERCISE 4: THE LEG TUCK AND TWIST

Purpose: This exercise develops trunk strength and mobility while enhancing balance.

Starting Position: Seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear, palms down, with fingers spread. Legs are straight, extended to the front and 8-12 inches off the ground.

Cadence: MODERATE

Count:
1. Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count 1 in the opposite direction.
4. Return to the starting position.

Check Points:
- At the starting position, tighten the abdominals to stabilize the trunk.
- On all counts, the legs and knees stay together.
- On counts 1 and 3, the head and trunk remain still as the legs move.
- On counts 1 and 3, the legs are tucked (bent) and aligned diagonal to the trunk.

Precautions: To protect the back on counts 1 and 3, do not jerk the legs and trunk to achieve the end position.
CALISTHENIC DRILL 1

EXERCISE 5: THE SINGLE-LEG PUSH-UP

Purpose: This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg until 8-10 inches off the ground.
2. Return to the starting position.
3. Repeat count 1, bringing the right leg to 8-10 inches off the ground.
4. Return to the starting position.

Check Points:
- Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- The fingers should be extended and spread so the middle fingers point straight ahead and are directly in line with the shoulders.
- On counts 1 and 3, the upper arms stay close to the trunk.
- On counts 1 and 4, the elbows straighten but do not lock.
- On counts 1 and 3, the raised leg is straight and aligned with the trunk.
- The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Do not jerk the leg to be raised past straight alignment with the trunk, as this may place undue stress on the back.
Calisthenic Drill 2

GENERAL

9-56. Calisthenic Drill 2 (CAL2) consists of five higher-level exercises that require more complex plyometric and bilateral movement skills while challenging the components of strength, endurance, and mobility (Table 9-4). All exercises in CAL 2 are conducted at a moderate cadence and in the sequence listed. Exercises are performed for 5 repetitions, progressing to 10 repetitions. Precise execution should never be sacrificed for speed.

TRAINING AREA

9-57. Any level area of adequate size is satisfactory for conduct of calisthenic drills.

UNIFORM

9-58. Soldiers will wear ACUs and boots or the IPFU. ACUs and boots will be worn when performing the calisthenic drills in combination with The Guerrilla Drill and/or Climbing Drill 2.

EQUIPMENT

9-59. N/A

FORMATION

9-60. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP

9-61. A PRT leader and AI are required to instruct and lead the calisthenic drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting calisthenics intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers. Teach and practice exercises using a slow cadence (50 counts per minute) until correct form in executing each exercise is achieved.
Chapter 9

PRECISION

9-62. Calisthenics lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. A cadence that is too fast will not allow Soldiers to achieve a full range of movement.

PROGRESSION

9-63. Soldiers perform no more than five repetitions of each exercise while learning and practicing calisthenic drills. In the toughening phase, Calisthenic Drill 1 is performed during the activity part of the PRT session. Soldiers will perform 10 repetitions of each exercise in the drill.

9-64. In the sustaining phase, Calisthenic Drill 1 and/or 2 are performed during the activity part of the PRT session. Soldiers will perform 10 repetitions of each exercise. Calisthenic Drill 2 is performed only in the sustaining phase. Do not exceed 10 repetitions of each exercise. Instead, perform additional sets of the entire drill.

INTEGRATION

9-65. The calisthenic drills integrate the components of strength, endurance, and mobility. Calisthenics build strength by challenging control of body weight. They promote endurance without the repetitive motions that often lead to overuse injuries. They improve mobility by progressively moving the major joints through a full, controlled range of motion.

COMMANDS

9-66. Calisthenic Drill 2 consists of four 4-count exercises and one 8-count exercise that train the body segments listed in Table 9-4. Instructions for giving commands are listed in Chapter 7.

Table 9-4. Body segments trained in the conduct of CAL2.

<table>
<thead>
<tr>
<th>CALISTHENIC DRILL 2 (CAL 2)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. SQUAT JUMPER</td>
<td>X</td>
</tr>
<tr>
<td>2. SUPINE BICYCLE</td>
<td>X</td>
</tr>
<tr>
<td>3. HALF JACKS</td>
<td>X</td>
</tr>
<tr>
<td>4. SWIMMER</td>
<td>X</td>
</tr>
<tr>
<td>5. 8-COUNT PUSH-UP</td>
<td>X</td>
</tr>
</tbody>
</table>
CALISTHENIC DRILL 2

EXERCISE 1: THE SQUAT JUMPER

Purpose: This exercise stimulates balance and develops explosive strength of the legs.

Starting Position: Staggered crouch with the left leg back, hands on top of head.

Cadence: MODERATE

Count:
1. Jump and switch legs in mid-air to land with the right leg back.
2. Jump and switch legs in mid-air to return to the starting position.
3. Repeat count 1.
4. Repeat count 2, returning to the starting position.
Check Points:

- At the starting position and on each landing, the forward thigh is parallel to the ground, the heel is down, and the knee is aligned vertically with the ball of the foot.
- At the starting position and on each landing, the feet are oriented to the front.
- At the starting position and on each landing, the trunk is straight but tilted slightly forward.
- On each landing, the balls of the feet touch first. The heel of the forward foot touches down after the ball of the foot. The heel of the rearward foot does not touch down.

Precautions: Do not allow the knee of the forward leg to pass beyond the toes. Do not jerk the trunk to return to gain height for the jump.
CALISTHENIC DRILL 2

EXERCISE 2: THE SUPINE BICYCLE

Purpose: This exercise strengthens the muscles of the abdomen and controls rotation of the trunk.

Starting Position: Supine position with fingers interlaced, hands on top of the head. Hips, knees and ankles are flexed at 90 degrees and the lower legs are parallel to the ground.

Cadence: MODERATE

Count:
1. Bring the left knee toward the chest while flexing and rotating the trunk to the right, attempting to touch the right elbow with the left thigh. As the left knee rises, the right leg extends.
2. Return to the starting position.
3. Bring the right knee toward the chest while flexing and rotating the trunk to the left, attempting to touch the left elbow with the right thigh. As the right knee rises, the left leg extends.
4. Return to the starting position.

Check Points:
- At the starting position ensure that the hands are on top of the head, not behind the neck.
- Maintain tightness of the abdominals throughout the exercise.

Precautions: On Counts 1 and 3, do not jerk the neck or arch the back to assume the up position.
CALISTHENIC DRILL 2

EXERCISE 3: HALF JACKS

**Purpose:** The purpose of this exercise is to jump and land with the legs apart, controlling the landing through the lateral braking of the legs and ankles.

**Starting Position:** Position of attention.

**Cadence:** MODERATE

**Count:**
1. Jump and land with the feet shoulder-width apart, feet pointed straight ahead and the arms sideward with palms facing down, thumbs and fingers extended and joined.
2. Jump and return to the starting position.
3. Repeat count 1.
4. Repeat count 2, returning to the starting position.

---

Check Points:
- On each landing, the balls of the feet touch first.
- On Counts 1 and 3, do not raise the arms above parallel to the ground.

**Precautions:** N/A
CALISTHENIC DRILL 2

EXERCISE 4: THE SWIMMER

Purpose: This exercise strengthens the muscles of the low back and shoulders while promoting quadrilateral coordination of the arms and legs.

Starting Position: The prone position with the arms extended, palms facing down and toes pointed to the rear.

Cadence: MODERATE

Count:
1. Raise the left arm and right leg 4-to-6 inches off the ground, while arching the back slightly and looking upward.
2. Return to the starting position.
3. Raise the right arm and left leg 4-to-6 inches off the ground, while arching the back slightly and looking upward.
4. Return to the starting position.

Check Points:
- At the starting position and throughout the exercise, maintain tightness in the abdominal and hip muscles.
- On counts 1 and 3 the head is raised slightly and the eyes look upward.
- Keep the toes pointed throughout the exercise.

Precautions: Do not move into counts 1 and 3 with a jerking motion.
CALISTHENIC DRILL 2

EXERCISE 5: THE 8-COUNT PUSH-UP

Purpose: This exercise combines the functional movements of the squat thrust and push-up to develop total body strength, endurance, and mobility.

Starting Position: Position of attention.

Cadence: MODERATE

Count:
1. Assume the squat position.
2. Thrust the legs backward to the front leaning rest position.
3. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
4. Return to the front leaning rest position.
5. Repeat count 3.
7. Return to the squat position.
8. Return to the starting position.
Check Points:
- Throughout the exercise, the trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.
- On counts 1 through 7, the hands are directly below the shoulders with fingers spread and the middle fingers directed straight forward.
- On counts 1 and 7, the heels are together and raised.
- On counts 4 and 6, the elbows straighten but do not lock.

Precautions: Allowing the trunk to sag, especially on count 2, may place excessive strain on the back. Avoid this by maintaining a strong abdominal contraction throughout the exercise.
THE GUERRILLA DRILL

9-67. The Guerrilla Drill (GD) consists of three exercises that develop leg power, coordination, and the ability to lift and carry another Soldier. This drill is performed in the sustaining phase. When the Soldiers can precisely execute each exercise and carry, the drill is performed continuously for 1-3 repetitions. All movement in the carry position is performed at quick time. Each exercise and carry must be taught and demonstrated before Soldiers attempt to perform the drill. When teaching and demonstrating the GD, use the extended rectangular formation (covered). In the illustrations that follow, Soldier A refers to the Soldier performing the carry, and Soldier B refers to the Soldier being carried. The drill is always performed in its entirety in the order listed.

TRAINING AREA

9-68. Any dry, level area of adequate size (same as MMD 1) and free from hazards (holes, debris) is satisfactory for conduct of the GD.

UNIFORM

9-69. Soldiers will wear IPFU or ACUs.

EQUIPMENT

9-70. Mark GD area with cones.

FORMATION

9-71. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation (covered) is prescribed.

LEADERSHIP

9-72. A PRT leader and AI are required to instruct and lead the GD. The instructor must be familiar with the method of teaching these exercises, commands, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers.

PRECISION

9-73. Guerrilla Drill exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for speed of movement. Moving too fast will not allow Soldiers to perform the exercises with proper technique and may lead to injury. All movement in the carry position is performed at quick time.

PROGRESSION

9-74. Soldiers perform no more than one repetition of each exercise while learning and practicing the GD. The GD is performed in the sustaining phase during the activity part of the PRT session. Soldiers will perform one set of the entire drill, progressing to three sets. The number of repetitions of each exercise prescribed in the drill are not to be exceeded. Instead, additional sets of the entire drill may be performed.

INTEGRATION

9-75. The GD exercises integrate the components of strength, endurance, and mobility through functional movements that relate directly to the performance of warrior tasks.
COMANDS

9-76. The GD consists of three exercises that are performed in the sequenced prescribed and train the body segments listed in Table 9-5. The commands for execution of the drill and starting positions for each exercise are described in Chapter 7.

Table 9-5. Body segments trained in the conduct of the guerrilla drill.

<table>
<thead>
<tr>
<th>THE GUERRILLA DRILL (GD)</th>
<th>MUSCLES</th>
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<tbody>
<tr>
<td></td>
<td>HIPS</td>
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<td>THIGHS</td>
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<td>LOWER LEGS</td>
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<td></td>
<td>CHEST</td>
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<td>BACK</td>
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<td></td>
<td>TRUNK</td>
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<td></td>
<td>SHOULDERS</td>
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<td></td>
<td>ARMS</td>
</tr>
<tr>
<td>1. SHOULDER ROLL</td>
<td>X</td>
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<td>X</td>
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<td>X</td>
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<tr>
<td>2. LUNGE WALK</td>
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<td></td>
<td>X</td>
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<tr>
<td></td>
<td>X</td>
</tr>
<tr>
<td>3. SOLDIER CARRY</td>
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</table>
THE GUERRILLA DRILL

EXERCISE 1: THE SHOULDER ROLL

Purpose: This exercise develops the Soldier’s ability to safely fall and roll-up to a standing position.

Starting Position: Straddle stance.

Movement: Step forward with the left foot, squat down and make a wheel with the arms by placing the left hand on the ground with the fingers facing to the rear, the right hand also on the ground, with the fingers facing forward. Tuck the chin to avoid injury to the neck. Push off with the right leg and roll over the left shoulder along right side of the body. To roll to the opposite side, step forward and switch hand and leg positions. Progress to continuously walking and rolling on opposite sides.

Check Points:
- Lead with the left foot when rolling on the left shoulder and the right foot when rolling on the right shoulder.
- Hands are placed on the ground with the middle fingertips together and facing one another so the arms form a wheel.
- Rotate the upper body so the lead elbow is pointing straight to the front while maintaining a wheel with the arms.
- Tuck the chin so ground contact is made with the arms, shoulder blades, and back not with the neck.
- The momentum of the roll brings Soldiers up to their knees. Continue to the feet by pushing off with the rear leg while standing up on the front leg.

Precautions: The PRT leader and Al(s) must ensure that Soldiers are in the proper squatting position for the roll with hands on the ground and the chin tucked before rolling.
THE GUERRILLA DRILL

EXERCISE 2: THE LUNGE WALK

Purpose: This exercise develops the leg power needed to move both vertically and horizontally.

Starting Position: Straddle stance.

Movement: Walk forward, starting with the left foot, stepping as in the forward lunge. Lightly touch the knee of the rear leg to the ground with each step. Without returning to the starting position, continue to lunge walk to the 25-yard stop point by alternating legs.

Check Points:
- Incorporate arm swing with the arm opposite the forward leg, raise the arm to parallel with the ground.
- Keep the back straight and the head up.
- Do not allow the knee of the lead leg to move forward of the toes.

Precautions: Do not allow the knee of the rear leg to forcefully contact the ground.
THE GUERRILLA DRILL

EXERCISE 3: THE SOLDIER CARRY

Purpose: This exercise develops the Soldier’s ability to carry a conscious or unconscious Soldier of comparable size.

Starting Position: Soldier B assumes the prone position, arms overhead. Soldier A straddles Soldier B and squats, reaching under Soldier B’s armpits. Soldier A stands lifting Soldier B to his knees. Soldier A claps his hands around Soldier B’s chest and continues to lift Soldier B to his feet, leaning him back slightly to lock the legs. Soldier A raises one of Soldier B’s arms overhead, and walks under the arm to the front of Soldier B oriented sideways to Soldier B. Soldier A bends his knees and leans forward, placing one arm through Soldier B’s legs. Soldier A leans Soldier B forward until he lies across Soldier A’s shoulders. Soldier A stands up, lifting Soldier B off the ground. Soldier A, using the hand of the arm through Soldier B’s legs, grasps the wrist of Soldier B’s arm that is hanging over his shoulder.

Movement: Soldier A moves 25-yards at a quick time; then Soldier B dismounts; the Soldiers then change positions and return to the starting point.

Check Points:
- Soldiers should squat low and grasp the Soldier under the arms to lift them from the prone position.
- Position the Soldier over the shoulder during carry. Secure the position with one hand, grasping the Soldier’s forward arm.

Precautions: Keep back straight and use legs to lift Soldier to carry position. All movement in the carry position is performed at a quick time.
PUSH-UP AND SIT-UP DRILL (PSD)
9-77. The PSD consists of two exercises that develop upper body strength, endurance, and mobility. All exercises are to be performed in the sequence listed. Push-ups and sit-ups are performed in timed sets of 30 to 60 seconds in duration, and are performed IAW APFT standards described in Chapter 14.

TRAINING AREA
9-78. Any level area of adequate size, in close proximity of climbing pods, is satisfactory for conduct of the PSD.

UNIFORM
9-79. Soldiers will wear IPFU or ACUs and boots.

EQUIPMENT
9-80. N/A

FORMATION
9-81. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP
9-82. A PRT leader and AI are required to instruct and lead the PSD. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. Soldiers begin and terminate each exercise at the position of attention. The goal is to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting the drill intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers.

PRECISION
9-83. Push-ups and sit-ups lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement.

PROGRESSION
9-84. Soldiers perform no more than five repetitions of each exercise while learning and practicing the PSD. The PSD is performed during the activity part of the PRT session. Soldiers will perform as many correct repetitions of push-ups and sit-ups during the 30 second timed sets, progressing to 60 second timed sets. Soldiers that fail with time remaining in the timed set of push-ups will go to their knees and continue to perform the exercise.

INTEGRATION
9-85. The PSD integrates the components of strength, endurance, and mobility. Push-ups and sit-ups build strength by challenging control of body weight. They promote muscular endurance without the repetitive motions that often lead to overuse injuries. They improve mobility by progressively moving the major joints through a full, controlled range of motion.
EXERCISES

9-86. The push-up and sit-up drill consists of two 4-count exercises that train the body segments listed in Table 9-6. Use the proper commands described in Chapter 14, The Army Physical Fitness Test, when administering push-up and sit-up events.

Table 9-6. Body segments trained in the conduct of PSD.

<table>
<thead>
<tr>
<th>PUSH-UP AND SIT-UP DRILL (PSD)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. PUSH-UP</td>
<td>X</td>
</tr>
<tr>
<td>2. SIT-UP</td>
<td>X</td>
</tr>
</tbody>
</table>
PSP DRILL

EXERCISE 1: THE PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- The hands are placed wherever is comfortable for the Soldier performing the exercise.
- The feet are together or up to 12 inches apart.
- On counts 2 and 4 the elbows straighten but do not lock.
- The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.
PSP DRILL

EXERCISE 2: THE SIT-UP

Purpose: This exercise strengthens the abdominal and hip-flexor muscles.

Starting Position: Supine position with hands behind head, fingers interlaced and knees bent at 90-degrees. Feet are together or up to 12 inches apart and flat on the ground. Hands are touching the ground.

Cadence: MODERATE

Count:
1. Raise the upper body to the vertical position so the base of the neck is above the base of the spine.
2. Return to the starting position in a controlled manner until the bottom of the shoulder blades touch the ground. The head and hands need not touch the ground.
3. Repeat count 1.
4. Repeat count 2 and return to the starting position at the completion of the final repetition.

Check Points:
- The hands are behind the head with the fingers interlaced.
- Feet are together or up to twelve inches apart and both heels must remain in contact with the ground throughout the exercise.
- On counts 1 and 3 do not raise the hips or arch the back to assume the vertical position.

Precautions: Soldiers should not jerk on the head or neck to assume the vertical position.
Dumbbell Drill 1

GENERAL

9-87. The purpose of dumbbell training is to improve functional strength, postural alignment, and proper body mechanics for lifting. When performed regularly with precise movement and appropriate progression, dumbbell drills develop the balanced, functional strength Soldiers need to perform critical tasks against resistance. Dumbbell training also reinforces proper lifting mechanics, thereby promoting the safe execution of everyday lifting tasks. Dumbbell exercises are an excellent augmentation to Calisthenic Drills 1 and 2, employing resistance while executing many of the same or similar movements. The drills are easily adaptable to large groups and compliment the calisthenic and climbing drills in their enhancement of strength, endurance, and mobility.

9-88. Dumbbell training should be conducted following the same procedures used in instructing and leading other exercise drills. ALL exercises are performed at a SLOW cadence. Dumbbell Drill 1 consists of five 4-count exercises performed for one to two sets of five repetitions each. Dumbbell Drill 2 consists of four 4-count exercises and one 8-count exercise performed for one to two sets of five repetitions each.

TRAINING AREA

9-89. Any level area of adequate size in close proximity of climbing pods is satisfactory for conduct of the dumbbells drills.

UNIFORM

9-90. Soldiers will wear IPFU or ACUs and boots.

EQUIPMENT

9-91. Each Soldier will have a pair of dumbbells ranging from 5 to 8 pounds for female Soldiers, and 10-15 pounds for male Soldiers.

FORMATION

9-92. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP

9-93. A PRT leader and AI are required to instruct and lead dumbbell drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. Soldiers begin and terminate each exercise at the position of attention, and the exercises are always given cadence. The goal is to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting the drill intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers.
Chapter 9

**PRECISION**

9-94. Dumbbell exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. All dumbbell drill exercises are ALWAYS performed at a SLOW cadence. When the cadence is too fast, the Soldiers are not allowed to safely achieve a full range of movement.

**PROGRESSION**

9-95. Soldiers perform no more than five repetitions of each exercise while learning and practicing the dumbbell drills. In the sustaining phase, Dumbbell Drills 1 and 2 are performed during the activity part of the PRT session. Soldiers will perform one set of five repetitions of each exercise in Dumbbell Drill 1, progressing to two sets of five repetitions. When Soldiers have mastered the exercises in Dumbbell Drill 1, instruction is then given on Dumbbell Drill 2. Soldiers will perform one set of five repetitions of each exercise in Dumbbell Drill 2, progressing to two sets of five repetitions. When Soldiers become proficient in both drills, they may perform one or two sets of either or both drills in a PRT session. This will depend on time allowed and how the drills are combined with other strength and mobility activities during the session. DO NOT mix exercises between the two drills. The number of repetitions of each exercise prescribed in the drill are not to be exceeded. Instead, a second set of one or both drills can be performed. Perform each exercise in the sequence listed in the drills.

**INTEGRATION**

9-96. Dumbbell Drills 1 and 2 integrate the components of strength, endurance, and mobility. They build strength by controlling resistance through various functional movements. Mobility is improved by progressively moving the major joints through a full, controlled range of motion. A well-balanced PRT program integrates the use of calisthenic, climbing, PSP, strength, mobility, and other exercises to compliment the dumbbell drills in developing strength and mobility.

**COMMANDS**

9-97. Dumbbell Drill 1 consists of five 4-count exercises and train the body segments listed in Table 9-7. Instructions for giving commands are listed in Chapter 7.

<table>
<thead>
<tr>
<th>DUMBBELL DRILL 1 (DB1)</th>
<th>HIPS</th>
<th>THIGHS</th>
<th>LOWER LEGS</th>
<th>CHEST</th>
<th>BACK</th>
<th>TRUNK</th>
<th>SHOULDERS</th>
<th>ARMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. SQUAT</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>2. REAR LUNGE</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>3. STRAIGHT-BACK LIFT</td>
<td>X</td>
<td>X</td>
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<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>4. CURL AND PRESS</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>5. BENT-OVER LATERAL RAISE</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

Table 9-7. Body segments trained in the conduct of DB1.
DUMBBELL DRILL 1

EXERCISE 1: THE SQUAT

Purpose: This exercise develops hip and leg strength and promotes trunk stability.

Starting Position: Straddle stance with dumbbells at the sides. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance with dumbbells at the sides.

Cadence: SLOW

Count:
1. Squat while leaning slightly forward at the waist with the head up and back straight, keeping the arms at the sides.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- From the starting position and throughout the exercise, ensure that Soldiers have their hips set, their abdominals tight.
- Throughout the exercise, the elbows are straight but not locked.
- On counts 1 and 3, do not let the dumbbells touch the ground.

Precautions: If the back begins to round or the heels come off the ground on counts 1 and 3, do not continue to squat any deeper. Do not squat lower than thighs parallel to the ground.
DUMBBELL DRILL 1

EXERCISE 2: THE REAR LUNGE

Purpose: This exercise develops functional leg and hip strength and mobility and promotes trunk stability.

Starting Position: Straddle Stance with dumbbells at the sides. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance with dumbbells at the sides.

Cadence: SLOW

Count:
1. Lower the body by stepping to the rear with the left leg, bearing most of the body weight on the bent right leg. Simultaneously lower the dumbbells to the right and left sides of the forward leg.
2. Return to the starting position.
3. Repeat count 1 to the opposite side.
4. Return to the starting position.

Check Points:
- At the starting position, ensure that Soldiers have the hips set, the abdominals tight.
- On counts 1 and 3, the forward heel remains flat, and the rear heel is up.
- On counts 1 and 3, the forward knee remains directly over the ball of the foot.
- On counts 1 and 3, the trunk is straight and upright.
- On counts 2 and 4, raise the body upward with a vigorous push of the forward leg without jerking the trunk backwards.

Precautions: Do not allow the forward knee to go beyond the toe on counts 1 and 3; this increases stress to the knees. Do not allow the trunk to jerk rearward to return to the starting position; this may cause injury to the back.
DUMBBELL DRILL 1

EXERCISE 3: THE STRAIGHT-BACK LIFT

Purpose: This exercise develops hip, back, and leg strength, and promotes trunk stability. It also trains Soldiers to keep the back straight when circumstances prevent lifting with the knees bent, such as lifting items from the trunk of a vehicle.

Starting Position: Straddle stance with dumbbells in front of the body. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance and bring the dumbbells in front of the body with the hands facing the thighs.

Cadence: SLOW

Count:
1. Bend forward at the waist with the knees slightly bent. The back is straight and parallel to the ground. The arms hang straight down, perpendicular to the ground with palms facing the shins.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- From the starting position and throughout the exercise, ensure that Soldiers have their hips set, their abdominals tight.
- Throughout the exercise the elbows are straight, but not locked.

Precautions: If the back begins to round or the heels come off the ground on counts 1 and 3, do not continue to bend forward.
DUMBBELL DRILL 1

EXERCISE 4: THE CURL AND PRESS

Purpose: This exercise develops arm and shoulder strength while promoting trunk stability.

Starting Position: Straddle stance with dumbbells at the side. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a Straddle stance with dumbbells at the sides.

Cadence: SLOW

Count:
1. Curl the dumbbells to shoulder level, palms facing inward (curl position).
2. Raise the dumbbells overhead.
3. Return to the curl position.
4. Return to the starting position.

Check Points:
- At the starting position, ensure that Soldiers have the hips set and the abdominals tight.
- Throughout the exercise the legs and trunk remain still.
- On count 2, the arms should be directly overhead with the elbows straight but not locked.
- Keep the wrists straight throughout the exercise.

Precautions: Do not allow the trunk to sway during any portion of this exercise; this may place undue strain on the back.
DUMBBELL DRILL 1

EXERCISE 5: THE BENT-OVER LATERAL RAISE

Purpose: This exercise develops strength of the upper back and shoulder muscles, and promotes trunk stability.

Starting Position: Forward leaning stance with arms hanging straight down, palms inward. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance with dumbbells at the sides, 4) Bend trunk forward 45-degrees to the ground, knees bent 45-degrees, arms straight down, palms inward.

Cadence: SLOW

Count:
1. Raise the dumbbells directly to the side to shoulder level, palms down, while bending the elbows to 90-degrees.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- At the starting position, ensure that the back is straight, head is in line with the back, knees are slightly bent, arms are straight but not locked, and the dumbbells are in front of the knees.
- On counts 1 and 3, the elbows are bent approximately 90-degrees.
- On counts 1 and 3, the hands should be at least as high as the elbows.
- On counts 1 and 3, do not raise the dumbbells past shoulder level.
- Throughout the exercise the back remains straight and the trunk is forward leaning at 45-degrees.
- Keep the wrists straight throughout the exercise.

Precautions: Soldiers who round their back do not receive the full benefit of this exercise and place their backs at risk for injury. Excessive weight may strain the shoulders, as may raising the dumbbells above shoulder level on counts 1 and 3.
Chapter 9

Dumbbell Drill 2

GENERAL

9-98. The purpose of dumbbell training is to improve functional strength, postural alignment, and proper body mechanics for lifting. When performed regularly with precise movement and appropriate progression, dumbbell drills develop the balanced, functional strength Soldiers need to perform critical tasks against resistance. Dumbbell training also reinforces proper lifting mechanics, thereby promoting the safe execution of everyday lifting tasks. Dumbbell exercises are an excellent augmentation to Calisthenic Drills 1 and 2, employing resistance while executing many of the same or similar movements. The drills are easily adaptable to large groups, and compliment the calisthenic and climbing drills in their enhancement of strength, endurance, and mobility.

9-99. Dumbbell training should be conducted following the same procedures used in instructing and leading other exercise drills. ALL exercises are performed at a SLOW cadence. Dumbbell Drill 2 consists of four 4-count exercises and one 8-count exercise performed for one to two sets of five repetitions each.

TRAINING AREA

9-100. Any level area of adequate size, in close proximity of climbing pods, is satisfactory for conduct of the dumbbells drills.

UNIFORM

9-101. Soldiers will wear IPFU or ACUs and boots.

EQUIPMENT

9-102. Each Soldier will have a pair of dumbbells ranging from 5 to 8 pounds for female Soldiers, and 10-15 pounds for male Soldiers.

FORMATION

9-103. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP

9-104. A PRT leader and AI are required to instruct and lead dumbbell drills. The instructor must be familiar with the methods of teaching these exercises including, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to complete the entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting the drill intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all Soldiers.

PRECISION

9-105. Dumbbell exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. All dumbbell drill exercises are ALWAYS performed at a SLOW cadence. When the cadence is too fast, Soldiers are not allowed to safely achieve a full range of movement.
PROGRESSION

9-106. Soldiers perform no more than five repetitions of each exercise while learning and practicing the dumbbell drills. In the sustaining phase, Dumbbell Drills 1 and 2 are performed during the activity part of the PRT session. Soldiers will perform one set of five repetitions of each exercise in Dumbbell Drill 1, progressing to two sets of five repetitions. When Soldiers have mastered the exercises in Dumbbell Drill 1, instruction is then given on Dumbbell Drill 2. Soldiers will perform one set of five repetitions of each exercise in Dumbbell Drill 2, progressing to two sets of five repetitions. When Soldiers become proficient in both drills they may perform one or two sets of either or both drills in a PRT session. This will depend on time allowed and how the drills are combined with other strength and mobility activities during the session. DO NOT mix exercises between the two drills. Do not exceed the number of repetitions of each exercise prescribed in the drill. Instead, perform a second set of the drill or both drills. Perform each exercise in the sequence listed in the drills.

INTEGRATION

9-107. Dumbbell Drills 1 and 2 integrate the components of strength, endurance, and mobility. They build strength by controlling resistance through various functional movements. Mobility is improved by progressively moving the major joints through a full, controlled range of motion. A well-balanced PRT program integrates the use of calisthenic, climbing, PSP, and other strength or mobility drills and exercises to compliment the dumbbell drills in developing strength and mobility.

COMMANDS

9-108. Dumbbell Drill 2 (DB2) consists of four 4-count exercises and one 8-count exercise performed for one to two sets of five repetitions each and train the body segments listed in Table 9-7. Instructions for giving commands are listed in Chapter 7.

Table 9-7. Body segments trained in the conduct of DB2.

<table>
<thead>
<tr>
<th>DUMBBELL DRILL 2 (DB2)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. 8-COUNT SQUAT</td>
<td>X</td>
</tr>
<tr>
<td>2. REAR LUNGE AND PRESS</td>
<td>X</td>
</tr>
<tr>
<td>3. FORWARD LUNGE AND BEND</td>
<td>X</td>
</tr>
<tr>
<td>4. SHRUG AND CURL</td>
<td></td>
</tr>
<tr>
<td>5. SUPINE BODY TWIST</td>
<td>X</td>
</tr>
</tbody>
</table>
DUMBBELL DRILL 2

EXERCISE 1: THE 8-COUNT SQUAT

Purpose: This exercise develops hip and leg strength while moving laterally and promotes trunk stability.

Starting Position: Stand with the feet together with dumbbells at the sides. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance with dumbbells at the sides, (4) bring the left foot to the right with the toes pointing straight ahead.

Cadence: SLOW

Count:
1. Step to the left with the left foot to assume the straddle stance.
2. Squat while leaning slightly forward at the waist with the head up and back straight, keeping the arms at the sides.
3. Return to the straddle stance.
4. Bring the left foot back to the right foot and return to the starting position.
5. Step to the right with the right foot to assume the straddle stance.
6. Squat while leaning slightly forward at the waist with the head up and back straight, keeping the arms at the sides.
7. Return to the straddle stance.
8. Bring the right foot back to the left foot and return to the starting position.
Check Points:
- From the starting position and throughout the exercise, ensure that Soldiers have their hips set, their abdominals tight.
- Throughout the exercise, the elbows are straight but not locked.
- On counts 2 and 6, do not let the dumbbells touch the ground.

Precautions: If the back begins to round or the heels come off the ground on counts 2 and 6, do not continue to squat any deeper. Do not squat lower than thighs parallel to the ground.
DUMBBELL DRILL 2

EXERCISE 2: THE REAR LUNGE AND PRESS

Purpose: This exercise develops functional leg, hip shoulder, and arm strength and mobility, and promotes trunk stability.

Starting Position: Straddle stance with dumbbells in the curl position. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance and bring the dumbbells to the curl position.

Cadence: SLOW

Count:
1. Lower the body by stepping to the rear with the left leg, bearing most of the body weight on the bent right leg. Simultaneously press the dumbbells overhead, extending the arms with the palms facing inward.
2. Return to the starting position.
3. Repeat count 1 to the opposite side.
4. Return to the starting position.

Check Points:
- At the starting position, ensure that Soldiers have the hips set, the abdominals tight.
- On counts 1 and 3, the forward heel remains flat, and the rear heel is up.
- On counts 1 and 3, the forward knee remains directly over the ball of the foot.
- On counts 1 and 3, the trunk is straight and upright.
- On counts 2 and 4, raise the body upward with a vigorous push of the forward leg without jerking the trunk backwards.

Precautions: Do not allow the forward knee to go beyond the toe on counts 1 and 3; this increases stress to the knees. Do not allow the trunk to jerk rearward to return to the starting position; this may cause injury to the back.
DUMBBELL DRILL 2

EXERCISE 3: THE FORWARD LUNGE AND BEND

Purpose: This exercise develops functional leg strength and promotes trunk stability. It also trains Soldiers to safely lift objects off the ground in front of them.

Starting Position: Straddle stance with dumbbells at the sides.

Cadence: SLOW

Count:
1. Step forward with the left leg, allowing the left knee to bend until the left thigh is parallel to the ground. Lean slightly forward at the waist and bring the dumbbells to the left and right sides of the forward leg.
2. Return to the starting position.
3. Repeat count 1 with the right leg.
4. Return to the starting position.

Check Points:
- At the starting position, ensure that Soldiers have their hips set, their abdominals tight.
- On counts 1 and 3, the forward heel remains flat, and the rear heel is up.
- On counts 1 and 3, the forward knee remains directly over the ball of the foot.
- On counts 1 and 3, the trunk leans slightly forward.
- On counts 2 and 4, push off vigorously with the forward leg without jerking the trunk backwards.

Precautions: Do not allow the forward knee to go beyond the toes or waiver from side to side. Do not jerk the trunk rearward to return to the starting position.
**Chapter 9**

**DUMBBELL DRILL 2**

**EXERCISE 4: THE SHRUG AND CURL**

**Purpose:** This exercise develops shoulder and upper arm strength.

**Starting Position:** Straddle stance with dumbbells at sides. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume a straddle stance, (2) squat deeply and grasp the dumbbells, (3) rise to a straddle stance with dumbbells at the sides.

**Cadence:** SLOW

**Count:**

1. Shrug the shoulders, keeping the upper arms close to the sides and palms facing inward.
2. Return to the starting position.
3. Raise the dumbbells to the curl position.
4. Return to the starting position.

**Check Point:**

- On counts 1 and 3, the back is straight, the knees are slightly bent, the heels remain on the ground and the head is in line with the trunk.

**Precautions:** Do not swing the arms or arch the back to raise the dumbbells on counts 1 and 3.
DUMBBELL DRILL 2

EXERCISE 5: THE SUPINE BODY TWIST

Purpose: This exercise strengthens trunk muscles and promotes control of the trunk.

Starting Position: Supine position with hips and knees bent at 90 degrees. Dumbbells held together over the trunk, with the upper arms off the ground at the sides, and elbows bent 90 degrees. To assume the starting position from the position of attention with the dumbbells on the ground, (1) assume the seated position and grasp the dumbbells at each side, (2) assume the supine position, (3) raise the dumbbells to the starting position, over the trunk.

Cadence: SLOW

Count:
1. Rotate the Dumbbells to the left and the legs to the right.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

Check Points:
- On counts 1 and 3, the back is straight, the knees are slightly bent, the heels remain on the ground and the head is in line with the trunk.
- On counts 1 and 3, the upper arms remain off the ground.

Precautions: Do not swing the arms or arch the back to raise the dumbbells on counts 1 and 3.
Chapter 9

Climbing Drill 1

GENERAL

9-109. The purpose of the climbing drills is to improve upper body and core strength and the ability to climb and negotiate obstacles. Success in climbing and surmounting obstacles depends on both conditioning and technique. This section includes exercises that condition the muscles of the body that are predominant in climbing. Specific techniques of obstacle negotiation are covered in Chapter 12. The entire body is involved during climbing by helping to change or stabilize position. The hands and feet act as anchor points and initiate movement to the next position. The abdominal and back muscles stabilize the body’s position. The arms push and pull upward with assistance from the much stronger legs. Climbing Drill 1, combined with Calisthenic Drills 1 and 2, Dumbbell Drills 1 and 2, The Guerrilla Drill, and The Log Drill comprise a well-balanced program of functional strength development. Climbing drills are performed during the activity part of a PRT session with Dumbbell Drills 1 and 2, The Log Drill, or The Guerrilla Drill.

TRAINING AREA

9-110. The climbing drills are performed on climbing bars that meet the specifications listed in Appendix B. To conduct the climbing drills in mass, a minimum of one bar is required for every three Soldiers. When the climbing drills are coupled with Calisthenic Drills 1 and 2, Dumbbell Drills 1 and 2, The Log Drill, or The Guerrilla Drill, a minimum of one bar is required for every six Soldiers.

UNIFORM

9-111. Soldiers will wear ACUs and boots or PFU. ACUs and boots will be worn when performing the climbing drills in combination with The Log Drill and/or The Guerrilla Drill. Additional equipment such as LBV/LCE, ACH, and weapon will be used when performing Climbing Drill 2 in the sustaining phase.

EQUIPMENT

9-112. The climbing drills are conducted on climbing bars. The thickness of the bars is no more 1 1/2 inch outside diameter. The bars are supported by 6 by 6 inch pressure treated posts sunk at least 3 feet into the ground and secured with cement. The bar distance from inside post to inside post must be at least 5 feet. The bars should be no more than 8 feet off the ground. A variety of heights and/or steps should be available to accommodate all Soldiers. Figures 9-10 and 9-11 show the recommended climbing bar apparatus and Soldier utilization. Refer to Appendix B for specifications for the climbing bar apparatus.
FORMATION

9-113. Three Soldiers are assigned to each bar with one Soldier exercising, and two Soldiers spotting.

LEADERSHIP

9-114. A PRT leader and assistant instructor (AI) are required to instruct and lead climbing drills. The PRT leader must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, and utilization of AI(s) as described in Chapter 7. The PRT leader must ensure that spotters are properly trained and maintain positive control at all times. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Three Soldiers are assigned to each bar with one Soldier exercising, and two Soldiers spotting. Soldiers rotate during each exercise until all three have completed the exercise before the PRT leader moves to the next exercise. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise.

PRECISION

9-115. Climbing Drills lose much of their value unless performed exactly as prescribed. Spotters are used to ensure precision and safety by assisting Soldiers when fatigued or unable to properly execute five repetitions on their own. Two spotters will assist Soldiers though each exercise. As Soldiers become more proficient in each exercise they will need less assistance, and should eventually be able to perform the drill unassisted. However, spotters will always be present to ensure safety and precise exercise execution. Spotters help minimize swinging and stabilize body position (Figure 9-11). Precision should never be compromised for quantity of repetitions or speed of movement. Soldiers should therefore perform all movements in a controlled manner without jerking into or out of positions. They should avoid relaxing in the extended hang position, as this can place excessive stress on the shoulder and elbow joints. Soldiers should maintain a contraction in the muscles of the shoulders and upper back tight to avoid a relaxed extended hang.
PROGRESSION

9-116. In the sustaining phase, Soldiers always perform five repetitions of each exercise in Climbing Drill 1 with or without assistance, using only their body weight as resistance. The goal is to perform the five repetitions of all five exercises unassisted.

9-117. Soldiers perform Climbing Drill 2 while under load. Soldiers increase resistance by wearing LBE, Kevlar, body armor, and weapon. Spotters provide assistance until Soldiers can complete all five exercises without help.

INTEGRATION

9-118. The primary emphasis of the climbing drills is functional strength development. The use of equipment in Climbing Drill 2 develops the Soldiers’ ability to manipulate their body weight under load. The various exercises also involve movements that require mobility. When performed in combination with calisthenic and dumbbell drills, the climbing drills also contributes to the development of endurance.

![Figure 9-11. Soldiers performing and spotting the heel hook on a conventional pull-up bar.](image)

COMMANDS

9-119. Climbing Drills 1 and 2 consist of five 2-count exercises. The commands for execution of the drill and starting positions for each exercise are described in Chapter 7.
HAND POSITIONS

9-120. A variety of hand positions are employed throughout the drills to thoroughly train the musculature of the arms, forearms, and hands. Hands are placed shoulder-width apart with thumbs around the bar for the overhand and underhand grips. Hands are placed next to each other with thumbs around the bar for the alternating grips (Figure 9-12).

Figure 9-12. Hand positions.
Climbing Drill 1 Training Purpose

9-121. Climbing Drill 1 (CL1) improves upper body and core strength and the ability to climb and negotiate obstacles. The drill is always performed in its entirety in the order listed. Soldiers always perform five repetitions of each exercise in CL1 with or without assistance, using only their body weight as resistance. The goal is to perform the five repetitions of all five exercises unassisted. If a second set is performed, the entire drill is repeated in the order listed. Table 9-8 lists the body segments trained in CL1.

Table 9-8. Body segments trained in the conduct of CL1.

<table>
<thead>
<tr>
<th>CLIMBING DRILL 1 (CL 1)</th>
<th>MUSCLES</th>
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<tbody>
<tr>
<td></td>
<td>HIPS</td>
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<tr>
<td>1. THE STRAIGHT-ARM PULL</td>
<td></td>
</tr>
<tr>
<td>2. HEEL HOOK</td>
<td>X</td>
</tr>
<tr>
<td>3. PULL-UP</td>
<td></td>
</tr>
<tr>
<td>4. LEG TUCK</td>
<td>X</td>
</tr>
<tr>
<td>5. ALTERNATING GRIP PULL-UP</td>
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</tr>
</tbody>
</table>
**CLIMBING DRILL 1**

**EXERCISE 1: THE STRAIGHT-ARM PULL**

**Purpose:** This exercise develops the ability to initiate the pull-up motion and maintain a contraction in the extended hang position.

**Starting Position:** Extended hang using the overhand grip.

**Cadence:** MODERATE

**Count:**
1. Keeping the arms straight, pull the body upward using the shoulders and upper back muscles only.
2. Return to the starting position.

**Check Points:**
- Throughout the exercise, arms are shoulder-width, palms facing away from the body, with thumbs around the bar.
- Throughout the exercise, keep the elbows straight, but not locked.
- On count 1, pull the body up by engaging the shoulder muscles (squeeze the shoulder blades together).

**Precautions:** N/A
CLIMBING DRILL 1

EXERCISE 2: THE HEEL HOOK

Purpose: This exercise develops the ability to raise the legs from a hanging position and hook the feet securely on the bar.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE

Count:
1. Pull with the arms and curl the lower body toward the bar. Raise the feet above the bar and interlock them securely around the bar.
2. Return to the starting position.

Check Points:
- On count 1, initiate movement by first pulling with the arms.
- Secure the feet over the bar by crossing one foot over the other at the ankles.
- On count 2, the arms will be fully extended to return to the starting position.

Precautions: Spotters will start with one hand on the lower back and one hand behind the thigh. On count 1, spotters must maintain positive control of the exerciser’s upper body. This is accomplished by sliding the hand from the lower back to the middle of the back and simultaneously moving the other hand from the back of the thigh to the lower back just before the exerciser hooks the feet around the bar. On count 2, the spotter will return the hands to the lower back and behind the thigh after the exerciser has unhooked the feet from the bar to return to the starting position.
CLIMBING DRILL 1

EXERCISE 3: THE PULL-UP

Purpose: This exercise develops the ability to pull the body upward while hanging.

Starting Position: Extended hang using the overhand grip.

Cadence: MODERATE

Count:
1. Keeping the body straight, pull upward with the arms until the chin is above the bar.
2. Return to the starting position.

Check Points:
- Throughout the exercise, keep the feet together.
- Throughout the exercise, arms are shoulder-width, palms facing away from the body, with thumbs around the bar.

Precautions: N/A
CLIMBING DRILL 1

EXERCISE 4: THE LEG TUCK

Purpose: This exercise develops the abdominal, hip flexor, and grip strength essential to climbing a rope.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE.

Count:
1. Pull up with the arms and raise the knees toward the chest until the elbows touch the thighs just above the knees.
2. Return to the starting position.

Check Points:
- Throughout the exercise, keep the feet together.
- On count 1, the thighs and elbows touch just above knees.

Precautions: N/A
CLIMBING DRILL 1

EXERCISE 5: THE ALTERNATING GRIP PULL-UP

Purpose: This exercise develops the muscles used to pull the body upward while with an alternating grip.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE

Count:
1. Keeping the body straight, pull upward, allowing the head to move to the left or right side of the bar and touch the left or right shoulder to the bar.
2. Return to the starting position.

Check Points:
- If the alternating grip left is used, Soldiers should touch their left shoulder to the bar on count 1.
- If the alternating grip right is used, Soldiers should touch their right shoulder to the bar on count 1.
- On count 2, the arms are fully extended to return to the starting position.
- Throughout the exercise, keep the feet together.

Precautions: N/A
CLIMBING DRILL 2

GENERAL

9-122. Climbing Drill 2 (CL2) (Table 9-2) is a performance-oriented drill that prepares Soldiers for critical tasks under fighting load such as climbing, traversing a rope, and pulling the body up on to a ledge or through a window. Soldiers increase the resistance by performing CL2 with their LBE/LBV, ACH, and weapon. They will hold the UP position of Exercise 1, The Flexed-arm Hang, for five seconds (one repetition, only) and perform five repetitions each of the remaining four exercises: The Heel Hook, The Pull-up, The Leg Tuck, and The Alternating Grip Pull-up. Spotters provide assistance until Soldiers can complete all repetitions without assistance. Soldiers may progress to two sets of CL2 once they are able to perform most of the drill unassisted.

TRAINING AREA

9-123. The climbing drills are performed on climbing bars that meet the specifications listed in Appendix B. To conduct the climbing drills in mass, a minimum of one bar is required for every three Soldiers. When the climbing drills are coupled with Calisthenic Drills 1 and 2, Dumbbell Drills 1 and 2, The Log Drill, or The Guerrilla Drill, a minimum of one bar is required for every six Soldiers.

UNIFORM

9-124. Soldiers will wear ACUs and boots or PFU. ACUs and boots will be worn when performing the climbing drills in combination with The Log Drill and/or The Guerrilla Drill. Additional equipment such as LBV/LCE, ACH, and weapon will be used when performing Climbing Drill 2 in the sustaining phase.

EQUIPMENT

9-125. Climbing drills are conducted on climbing bars. The thickness of the bars is no more than 1 1/2 inch outside diameter. The bars are supported by 6 by 6 inch pressure treated posts that are sunk at least three feet into the ground and secured with cement. The bar distance from inside post to inside post must be at least 5 feet. The bars should be no more than 8 feet off the ground. A variety of heights and/or steps should be available to accommodate all Soldiers. Figures 9-13 and 9-14 show the recommended climbing bar apparatus and Soldier utilization. Refer to Appendix B for climbing bar apparatus specifications.
FORMATION

9-126. Three Soldiers are assigned to each bar with one Soldier exercising and two Soldiers spotting.

LEADERSHIP

9-127. A PRT leader and assistant instructor (AI) are required to instruct and lead climbing drills. The PRT leader must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, and utilization of AI(s) as described in Chapter 7. The PRT leader must ensure that spotters are properly trained and maintain positive control at all times. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Three Soldiers are assigned to each bar with one Soldier exercising and two Soldiers spotting. Soldiers rotate during each exercise until all three have completed the exercise before the PRT leader moves to the next exercise. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise.

PRECISION

9-128. Climbing Drills lose much of their value unless performed exactly as prescribed. Spotters are used to ensure precision and safety by assisting Soldiers when fatigued or unable to properly execute five repetitions on their own. Two spotters will assist Soldiers though each exercise. As Soldiers become more proficient in each exercise, they will need less assistance and should eventually be able to perform the drill unassisted. However, spotters will always be present to ensure safety and precise exercise execution. Spotters minimize swinging and stabilize body position. Precision should never be compromised for quantity of repetitions or speed of movement. Soldiers should therefore perform all movements in a controlled manner without jerking into or out of positions. Soldiers should also avoid relaxing in the extended hang position, as this can place excessive stress on the shoulder and elbow joints. Soldiers should maintain a contraction in the muscles of the shoulders and upper back tight to avoid a relaxed extended hang.

Figure 9-13. Climbing pod.
PROGRESSION

9-129. In the sustaining phase, Soldiers always perform five repetitions of each exercise in Climbing Drill 1 with or without assistance, using only their body weight as resistance. The goal is to perform the five repetitions of all five exercises unassisted.

9-130. Soldiers perform Climbing Drill 2 while under load. Soldiers increase resistance by wearing LBE, Kevlar, body armor, and weapon. Spotters provide assistance until Soldiers can complete all five exercises without help.

INTEGRATION

9-131. The primary emphasis of the climbing drills is functional strength development. The use of equipment in Climbing Drill 2 develops the Soldiers’ ability to manipulate their body weight under load. The various exercises also involve movements that require mobility. When performed in combination with calisthenic and dumbbell drills, the climbing drills also contribute to the development of endurance.

Figure 9-14. Soldiers performing and spotting the heel hook on a conventional pull-up bar.

COMMANDS

9-132. Soldiers will hold the UP position of Exercise 1: The Flexed-arm Hang for five seconds (one repetition, only) and perform five repetitions each of the remaining four exercises: The Heel Hook, The Pull-up, The Leg Tuck, and The Alternating Grip Pull-up. The commands for execution of the drill and starting positions for each exercise are described in Chapter 7. Table 9-9 lists the body segments trained in CL2.

<table>
<thead>
<tr>
<th>CLIMBING DRILL 2 (CL 2)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. FLEXED-ARM HANG</td>
<td></td>
</tr>
<tr>
<td>2. HEEL HOOK</td>
<td>X</td>
</tr>
<tr>
<td>3. PULL-UP</td>
<td></td>
</tr>
<tr>
<td>4. LEG TUCK</td>
<td>X</td>
</tr>
<tr>
<td>5. ALTERNATING GRIP PULL-UP</td>
<td></td>
</tr>
</tbody>
</table>
CLIMBING DRILL 2

EXERCISE 1: THE FLEXED-ARM HANG

Purpose: This exercise develops the ability to hold the body in the flexed-arm hang position.

Starting Position: Extended hang using the overhand grip.

Cadence: N/A

Count: This exercise is performed for one repetition of five seconds.

1. On the command, “UP,” keeping the body straight, pull upward with the arms until the chin is above the bar and hold for five seconds,
2. On the command, “DOWN,” return to the starting position.

Check Points:
- Throughout the exercise, the palms are facing away from the body, with thumbs around the bar.
- Throughout the exercise, keep the feet together.

Precautions: N/A
CLIMBING DRILL 2

EXERCISE 2: THE HEEL HOOK

Purpose: This exercise develops the ability to raise the legs from a hanging position and hook the feet securely on the bar.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE

Count:
1. Pull with the arms and the body toward the bar. Raise the feet above the bar and interlock them securely around the bar.
2. Return to the starting position.

Check Points:
- On count 1, initiate movement by first pulling with the arms.
- Secure the feet over the bar by crossing one foot over the other at the ankles.
- On count 2, the arms will be fully extended to return to the starting position.

Precautions: Spotters will start with one hand on the lower back and one hand behind the thigh. On count 1, spotters must maintain positive control of the exerciser’s upper body. This is accomplished by sliding the hand from the lower back to the middle of the back and simultaneously moving the other hand from the back of the thigh to the lower back just before the exerciser hooks the feet around the bar. On count 2, the spotter will return the hands to the lower back and behind the thigh after the exerciser has unhooked the feet from the bar to return to the starting position.
CLIMBING DRILL 2

EXERCISE 3: THE PULL-UP

Purpose: This exercise develops the ability to pull the body upward while hanging.

Starting Position: Extended hang using the overhand grip.

Cadence: MODERATE

Count:
1. Keeping the body straight, pull upward with the arms until the chin is above the bar.
2. Return to the starting position.

Check Points:
- Throughout the exercise, keep the feet together.
- Throughout the exercise, arms are shoulder-width, palms facing away from the body, with thumbs around the bar.

Precautions: N/A
CLIMBING DRILL 2

EXERCISE 4: THE LEG TUCK

Purpose: This exercise develops the abdominal, hip flexor, and grip strength essential to climbing a rope.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE

Count:
1. Pull up with the arms and raise the knees toward the chest until the elbows touch the thighs just above the knees.
2. Return to the starting position.

Check Points:
- Throughout the exercise, keep the feet together.
- On count 1, the thighs and elbows touch just above knees.

Precautions: N/A
CLIMBING DRILL 2

EXERCISE 5: THE ALTERNATING GRIP PULL-UP

Purpose: This exercise develops the ability to pull the body upward while hanging with an alternating grip.

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: MODERATE

Count:
1. Keeping the body straight, pull upward, allowing the head to move to the left or right side of the bar and touch the left or right shoulder to the bar.
2. Return to the starting position.

Check Points:
- If the alternating grip left is used, Soldiers should touch the left shoulder to the bar on count 1.
- If the alternating grip right is used, Soldiers should touch the right shoulder to the bar on count 1.
- On count 2, the arms are fully extended to return to the starting position.
- Throughout the exercise, keep the feet together.

Precautions: N/A
THE LOG DRILL

9-133. General log exercises are collective lifting tasks that promote discipline, teamwork, and provide functional training for strength and mobility. The purpose of The Log Drill is to increase strength and mobility using external resistance. The Log Drill promotes cooperation and teamwork during the performance of functional lifting movements. Log exercises also improve the coordination of collective lifting tasks.

TRAINING AREA

9-134. Any level area of adequate size is satisfactory for conduct of the log drill.

UNIFORM

9-135. Soldiers will wear ACUs and boots.

EQUIPMENT

9-136. The logs should be 6 to 8 inches in diameter. They may vary in length from 14 feet (for six Soldiers) to 18 feet (for eight Soldiers). Logs should be skinned, smoothed, and dried. The 14-foot logs should weigh approximately 300 pounds; the 18-foot logs should weigh approximately 400 pounds. Rings should be painted on every log to indicate each Soldier’s position. When not in use, all logs should be stored in a rack to keep them dry and off the ground.

FORMATION

9-137. For the most efficient instruction, the unit size should be limited to one platoon. All Soldiers assigned to the same log team should be about the same height at the shoulders. The recommended method of dividing the platoon is to position Soldiers into a single file or column, with short Soldiers to the front, and taller Soldiers to the rear. Soldiers should be directed to assume their positions in the column according to shoulder height, not head height. When Soldiers are in position, they are given the command, “COUNT OFF BY SIXES (or eights), COUNT OFF.” This divides them into six- or eight-man log teams. Each team, in turn, can then proceed to the log rack, shoulder its logs, and carry them to the prescribed training area. The log teams form in front of the instructor’s stand in two uncovered ranks. With Soldiers holding the log in the waist position, they are directed to face the instructor’s stand and ground the log at least 10 yards from the stand. There should be 10 yards between ranks, and 10 yards between log teams within the columns (Figure 9-15).

Figure 9-15. Log drill formation.
LEADERSHIP

9-138. A PRT leader and six to eight AIs are required to instruct and lead the Log Drill. The PRT leader must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, and utilization of AIs as described in Chapter 7. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention with the logs grounded as shown in Figure 9-16.

![Figure 9-16. Attention: PRT starting and ending position.](image)

PRECISION

9-139. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise. Soldiers must be instructed in the log positions prior to being taught individual exercises. The logs should remain generally parallel to the ground throughout each exercise. To minimize the risk of injury, PRT leaders and AIs must demand attention to detail and precise technique when performing the drill.

PROGRESSION

9-140. Soldiers will perform no more than five repetitions of each exercise when learning and conducting the drill. Do not exceed five repetitions of each exercise. Instead perform additional sets of the entire drill.

INTEGRATION

9-141. The primary emphasis of the Log Drill is functional strength development. Performing log exercises develops Soldiers’ ability to collectively manipulate large objects and equipment. The various exercises also involve movements that require mobility. When performed in combination with calisthenic, dumbbell, barbell and climbing drills, they also contribute to the development of endurance.
COMMANDS

9-142. The Soldiers fall in facing the log and about four inches from it. The log positions and commands are as follows:

9-143. **Right-hand Squatting Position, MOVE** (Figure 9-17). On the command, MOVE, assume the straddle stance and lower the body into a squat keeping the heels on the ground. Keep the back flat, head up, and arms between the legs. Encircle the far side of the log with the left hand. Keep the right hand underneath the log.

![Figure 9-17. Log drill right-hand squatting position.](image)

9-144. **Left-hand Squatting Position, MOVE** (Figure 9-18). This command is executed in the same manner as the right-hand starting position above except that the left hand is underneath the log and the right hand encircles the far side of the log.

![Figure 9-18. Log drill left-hand squatting position.](image)

9-145. **Right-shoulder Position, MOVE** (Figure 9-19). This command should be given from the Right-hand Squatting Position. On the command, MOVE, lift the log upward in one continuous motion to the right shoulder. At the same time move the left foot to the rear and stand up facing left. Support the log on the right shoulder with both hands. Do not support the log with the bony part of the shoulder.
Figure 9-19. Log drill right-shoulder position.

9-146. **Left-shoulder Position, MOVE** (Figure 9-20). This command should be given from the left-hand squatting position. On the command, MOVE, lift the log upward in one continuous motion to the left shoulder. At the same time move the right foot to the rear and stand up facing right. Support the log on the left shoulder with both hands. Do not support the log with the bony part of the shoulder.

Figure 9-20. Log drill left-shoulder position.
9-147. To move the log from the right shoulder to the left shoulder the command is, **Left-shoulder Position, MOVE.** Upon this command press the log overhead and lower it to the opposite shoulder.

9-148. **Right-hand Waist Position, MOVE** (Figure 9-21). From the right-hand squatting position, lift the log waist high. Keep the arms straight and hands around the log.

![Figure 9-21. Log drill right-hand waist position.](image)

9-149. **Left-hand Waist Position, MOVE** (Figure 9-22). From the left-hand squatting position lift the log waist high. Keep the arms straight and hands around the log.

![Figure 9-22. Log drill Left-hand waist position.](image)
9-150. **Chest Position, MOVE** (Figure 9-23). Assume the right-hand squatting position and lift the log to the right-shoulder position. Keeping the back straight and head up, encircle the underside of the log with the left hand. Step up with the left foot to the straddle stance and face the platform holding the log at chest height with both arms underneath.

![Figure 9-23. Log drill chest position.](image)

**BEGINNING LOG EXERCISES TO CADENCE**

9-151. Once Soldiers have learned the exercises by the numbers, the PRT leader merely needs to indicate the name of the exercise, command the Soldiers to assume the starting position, and start them exercising to cadence. This is how the PRT leader begins Exercise 1 of the Log Drill, the 8-count Squat to cadence:

- The PRT leaders states, **THE 8-COUNT SQUAT**.
- The Soldiers respond, **THE 8-COUNT SQUAT**.
- The PRT leader commands, **STARTING POSITION, MOVE**. The Soldiers assume the Right-hand Squatting position.
- The PRT leader commands, *in cadence* (Soldiers respond, *in cadence*), **EXERCISE, ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN**.
- The Soldiers state, **ONE**.

**COUNTING CADENCE**

9-152. Counting cadence ensures that exercises are performed at the appropriate speed. The cumulative count is a method of indicating the number of repetitions of an exercise on the fourth number of a 4-count exercise, on the eighth number of an 8-count exercise, and on the twelfth number of a 12-count exercise. The use of the cumulative count is required for the following reasons:
- It provides the PRT leader with an excellent method of counting the number of repetitions performed.
- It serves as motivation. Soldiers like to know the number of repetitions they are expected to perform.
- It prescribes an exact amount of exercise for any group.

9-153. The PRT leader counts out the movements of each exercise and the Soldiers state the number of repetitions performed on count 4. A 4-count exercise is counted as follows:

The PRT leader counts, **ONE, TWO, THREE**.

The Soldiers respond, **ONE**.

The PRT leader counts, **ONE, TWO, THREE**.

The Soldiers respond, **TWO**.

The PRT leader counts, **ONE, TWO, THREE**. The Soldiers respond, **THREE**.

9-154. An 8-count exercise is counted as follows:

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN**.

The Soldiers respond, **ONE**.

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN**.

The Soldiers respond, **TWO**.

9-155. A 12-count exercise is counted as follows:

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN**.

The Soldiers respond, **ONE**.

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN**.

The Soldiers respond, **TWO**.

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN**.

The Soldiers respond, **THREE**.

**TERMINATING LOG EXERCISES TO CADENCE**

9-156. To terminate an exercise, the PRT leader will raise the inflection of his voice while counting out the cadence of the last repetition. The Soldiers and PRT leader respond with HALT upon returning to the starting position. A 4-count exercise is terminated as follows:

The PRT leader counts, **ONE, TWO, THREE**.

The Soldiers respond, **FOUR**.

The PRT leader counts, **ONE, TWO, THREE** (with voice inflection).

The Soldiers and PRT leader respond, **HALT**.

The PRT leader commands, **POSITION OF ATTENTION, MOVE**. Soldiers assume the position of attention.
9-157. An 8-count exercise is terminated as follows:

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN**.

The Soldiers respond, **FOUR**.

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN** (with voice inflection on counts five, six, and seven).

The Soldiers and PRT leader respond, **HALT**.

The PRT leader commands, **POSITION OF ATTENTION, MOVE**. Soldiers assume the position of attention.

9-158. A 12-count exercise is terminated as follows:

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN**.

The Soldiers respond, **FOUR**.

The PRT leader counts, **ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN, EIGHT, NINE, TEN, ELEVEN** (with voice inflection on counts nine, ten, and eleven).

The Soldiers and PRT leader respond, **HALT**.

The PRT leader commands, **POSITION OF ATTENTION, MOVE**. Soldiers assume the position of attention.

9-159. Table 9-10 lists the body segments trained in the LD.

Table 9-10. Body segments trained in the conduct of LD.

<table>
<thead>
<tr>
<th>LOG DRILL (LD)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. 8-COUNT SQUAT</td>
<td>X</td>
</tr>
<tr>
<td>2. ALTERNATING OVERHEAD PRESS</td>
<td>X</td>
</tr>
<tr>
<td>3. DEAD LIFT</td>
<td>X</td>
</tr>
<tr>
<td>4. SQUAT BENDER</td>
<td>X</td>
</tr>
<tr>
<td>5. 12-COUNT PRESS</td>
<td>X</td>
</tr>
</tbody>
</table>
THE LOG DRILL

EXERCISE 1: THE 8-COUNT SQUAT

Purpose: This exercise reinforces proper lifting form while developing strength of the back and lower extremities.

Starting Position: Right-hand squatting position.

Cadence: MODERATE

Count:
1. Lift the log to the right-shoulder position.
2. Squat
3. Return to the right-shoulder position.
4. Return to the starting position.
5. Change to the left-hand squatting position and lift the log to the left-shoulder position.
7. Return to the left-shoulder position.
8. Lower the log to the left-hand squatting position.
Check Points:
- Throughout the exercise, ensure that Soldiers have their hips set, abdominals tight, and that their heels remain on the ground.
- At the end of counts 2 and 6, the thighs should be aligned parallel to the ground and the back is straight.

Precautions: Allowing the knees to go in front of the toes on counts 2 and 6 will increase stress to the knees. Do not allow the back to round when squatting.

THE LOG DRILL

EXERCISE 2: THE ALTERNATING OVERHEAD PRESS

Purpose: This exercise develops shoulder and arm strength and promotes trunk stability.

Starting Position: Right-shoulder position.

Cadence: MODERATE

Count:
1. Press the log overhead.
2. Lower the log to the left-shoulder position.
3. Repeat count 1.
4. Return to the starting position.

Precautions: N/A
THE LOG DRILL

EXERCISE 3: THE DEAD LIFT

Purpose: This exercise reinforces proper lifting form while developing strength of the back and lower extremities.

Starting Position: Right-hand squatting position.

Cadence: MODERATE

Count:
1. Stand and lift the log to the right-hand waist position.
2. Return to the starting position and change hands to the left-hand squatting position.
3. Lift the log to the left-hand waist position.
4. Return to the left-hand squatting position and change hands to the right-hand squatting position.

Check Points:
- Throughout the exercise, ensure that Soldiers have their hips set and their abdominals tight.
- Throughout the exercise, keep the feet flat on the ground and the back straight.

Precautions: N/A
THE LOG DRILL

EXERCISE 4: THE SQUAT BENDER

Purpose: This exercise develops leg and back strength and promotes trunk stability.

Starting Position: Chest position.

Cadence: MODERATE

Count:
1. Squat.
2. Return to the starting position.
3. Bend forward at the waist, keeping the back straight, head up and knees slightly bent.
4. Return to the starting position.

Check Points:
- Throughout the exercise, ensure that Soldiers have their hips set, their abdominals tight. Maintain a straight back; do not round the shoulders forward. Keep the back straight, head up, and knees slightly bent when bending forward on count 3.
- At the end of count 1, the thighs should be aligned parallel to the ground, the back is straight, and the heels are on the ground.

Precautions: N/A
THE LOG DRILL

EXERCISE 5: THE 12-COUNT PRESS

Purpose: This exercise reinforces proper lifting form, develops total body strength, and promotes trunk stability.

Starting Position: Right-hand squatting position.

Cadence: MODERATE

Count:
1. Lift the log to the right-shoulder position.
2. Press the log overhead with both hands.
3. Lower the log to the left shoulder.
4. Repeat count 2.
5. Lower the log to the right-shoulder position.
6. Return to the starting position.
THE LOG DRILL

EXERCISE 5: THE TWELVE COUNT PRESS (CONTINUED)

Purpose: This exercise reinforces proper lifting form, develops total body strength, and promotes trunk stability.

Cadence: MODERATE

Count:
7. Change to the left-hand squatting position and lift the log to the left-shoulder position.
8. Push the log overhead with both hands.
9. Lower the log to the right shoulder.
10. Press the log overhead with both hands.
11. Lower the log to the left-shoulder position.
12. Return to the left-hand squatting position and change hands to the starting position.

Check Points:
- Throughout the exercise, ensure that Soldiers have their hips set and their abdominals tight.
- Do not arch the back while pressing the log overhead. Maintain a straight back; do not to round shoulders forward.
- Bend the knees slightly to assist with pressing the log overhead and when lowering the log to the shoulder.

Precautions: N/A
OBSTACLE NEGOTIATION

9-160. See Chapter 12, Obstacle Negotiation.

RESISTANCE TRAINING

9-161. Performing properly sequenced exercise routines three to five times per week, using barbells, dumbbells, and resistance training machines provides functional development of strength and mobility. Most free-weight exercises closely correlate with lifting tasks. The performance of barbell exercises requires a coordinated effort of the entire body to provide stability and perform the lifts correctly. Dumbbell exercises provide resistance against the independent movement of both arms, requiring more complete range of motion, and greater shoulder and trunk stability throughout the exercises. Selectorized strength training machines (STMs) provide balance and stability throughout the exercise, especially for those Soldiers who are injured or limited in their ability to perform heavy-weighted barbell or dumbbell exercises.

RESISTANCE TRAINING TECHNIQUES

9-162. Resistance training has several common training practices and techniques. These training practices and techniques are fundamental whether using barbells, dumbbells, or selectorized machines. Practices and techniques include: repetitions and sets, types of grips, body and limb positioning, range of motion, repetition speed, breathing, spotting, and use of weight belts and compression clothing.

REPETITIONS AND SETS

9-163. A repetition is defined as the number of times an exercise is performed. A set is defined as the number of repetitions a Soldier performs before he stops to rest. The determination of repetitions and sets is based on the desired outcome whether it is to improve strength, power, or muscular endurance. Refer to Table 9-11 for the accepted number of repetitions and sets to improve strength, power or muscular endurance.

Table 9-11. Resistance training repetitions and sets.

<table>
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<tr>
<th>SPECIFIC TRAINING GOAL</th>
<th>REPETITIONS</th>
<th>SETS</th>
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<tbody>
<tr>
<td>MUSCULAR STRENGTH</td>
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<tr>
<td>MUSCULAR POWER</td>
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<td>MUSCULAR ENDURANCE</td>
<td>≥ 12</td>
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<tr>
<td>GENERAL MUSCULAR STRENGTH AND ENDURANCE</td>
<td>10</td>
<td>1-3</td>
</tr>
</tbody>
</table>

GRIPS

9-164. The two most common grips in resistance training are the supinated grip (underhand grip) and pronated grip (overhand grip). The supinated grip consists of the palms up, knuckles down, and thumbs wrapped around the bar or handle. The pronated grip consists of the palms down, knuckles up, and thumbs wrapped around the bar or handle. A variation of the two grips above is the neutral grip. The neutral grip
consists of the knuckles pointing laterally as if shaking another Soldier’s hand. Two less used grips are the alternated grip, and the hook grip. The alternated grip has one hand in the pronated position and one hand in the supinated position. This grip is commonly used in the deadlift. The hook grip is similar to the pronated grip, with the exception of the thumb positioned under the index and middle fingers. The hook grip is commonly used in power training.

9-165. The supinated grip, pronated grip, neutral grip, and hook grip all require the thumb to be wrapped around the bar. When the thumbs are wrapped around the bar, it is referred to as a closed grip. A grip that does not require wrapping the thumbs around the bar is referred to as an open or false grip. Soldiers should use the closed grip when performing resistance exercises involving the bar overhead, on the back, on the shoulders, or over the face. Refer to Figures 9-24 and 9-25 for the types of grips used in resistance training.

Figure 9-24. Types of resistance training grips.
Figure 9-25. Types of resistance training grips.
BODY AND LIMB POSITIONING

9-166. Stable body positioning is an essential element of resistance training. This allows for optimal conditioning and lessens the chance of injury. Proper body positioning whether using barbells, dumbbells, or selectorized machines ensures proper limb and joint alignment and allows for the appropriate stress to be placed on the muscle groups and joints being conditioned. Many of the body positions used in resistance training are the same as those used in the conditioning and calisthenic drills. For example, many resistance exercises performed while standing require the straddle stance. Refer to Chapter 7 to review stances and positions.

9-167. Free-weight (barbell and dumbbell) training exercises performed in the supine position (lying face up) have a specific posture or body positioning requirements. This body position is referred to as the five-points of contact position. These five points of contact allow for proper body positioning of the head, trunk, hips, and feet on the bench or marching surface. For example, in the bench press the back of the head, shoulders, upper back, lower back and buttocks would rest on the bench, while the right and left foot would be flat on the marching surface. Maintaining the appropriate five-points of contact throughout the exercise allows for maximum head, trunk, and spinal stability.

9-168. When performing resistance training on selectorized machines, body and limb positioning are also critical to optimize the appropriate stress to be placed on the muscle groups and joints being conditioned and to lessen the risk of injury. Many selectorized machines have cams and levers that require proper body alignment to the machines specific axis of rotation. Many of these machines also contain pads that must be properly positioned prior to the execution of the exercise. For example, the low-row selectorized machine requires a seat and chest pad adjustment to ensure the Soldier maintains the proper line of pull in relationship to the muscle groups being trained. It is important to read the instruction plate on each selectorized machine to ensure the user understands proper body and limb alignment, axis of rotation, and resistance to be used prior to beginning each exercise. This will ensure that the user has a safe and effective training session.

RANGE OF MOTION AND SPEED

9-169. Range of motion (ROM) is defined as the degree of movement that occurs at the joint. ROM for a particular joint is determined by its structure, muscle/tendon flexibility, age, and gender of the Soldier. When conducting resistance training exercises Soldiers should attempt to perform a full range of motion during each exercise repetition. When performing exercises to improve strength and muscular endurance, repetitions should be performed in a slow, controlled manner throughout a full range of motion. When performing power training exercises speed is essential while maintaining control throughout the full range of motion.

BREATHING

9-170. Proper breathing technique is critical during resistance training. Repetitions are divided into two phases: concentric, and eccentric. The concentric phase is that part of muscular contraction when the muscle is shortening under tension. The eccentric phase is that part of the muscular contraction when the muscle is lengthening under tension. When performing resistance exercises, the transition point from eccentric to concentric contraction is the most difficult portion of the repetition. This point of transition is commonly known as the sticking point. It is common practice to exhale at the beginning of the concentric phase all the way through the sticking point, and to inhale during the eccentric phase of contraction. For example, during the squat, a Soldier should inhale as he lowers the bar until the upper thigh is parallel to the marching surface. He should then exhale as he returns to the starting position. Soldiers should never hold their breath when performing resistance training exercises.
SPOTTING

9-171. Spotters are Soldiers who assist Soldiers in the execution of a resistance exercise to lessen the risk of injury. Spotters are also used to help Soldiers complete repetitions and provide liftoffs when using barbells. The spotter’s primary responsibility is to ensure the safety of the exercising Soldier. Resistance training exercises that involve weight over the head, bar on the back, bar on the front shoulders, or weight over the face require one or more skilled spotters. Dumbbell spotting is often more difficult than barbell spotting due to additional equipment. Power training exercises are typically not spotted. The number of spotters required is determined by the weight being used. A rule of thumb is, once the weight exceeds the single spotters’ capability, another spotter must be utilized. Be aware that communication becomes a key factor when two spotters are utilized. Communication is required between the exercising Soldier and the two spotters. The Soldier should inform the spotters of the number of repetitions to be attempted, how the bar should be grasped, the command (count or word) to initiate the lift, and whether a liftoff is required. When a liftoff is utilized the spotter must ensure the exercising Soldier has complete control of the bar before releasing his grip.

9-172. Spotting – Overhead, Bar on Back and Front Shoulders. This should be performed in a power rack (cage) utilizing crossbars at a height appropriate to the exercise. Typically, the spotters should be of equal size and strength to the Soldier performing the exercise due to the increased loads that experienced lifters often use. Exercises that are required to be performed outside of the rack such as the lunge with heavy weight should be performed only by experienced Soldiers.

9-173. Spotting – Over the Face. Exercises such as the bench press require the spotter to grasp the bar with an alternating grip inside the Soldier’s grip. This will prevent the bar from rolling out of the spotter’s hands on to the exercising Soldier’s neck or chest. In the bench press, the spotter is often elevated to assist with forced repetitions, or to rerack moderate to heavy weights. The spotter should establish a solid foundation on the foot pads and always maintain a flat back when assisting the exercising Soldier.

9-174. Spotting – Soldiers Using Dumbbells. When spotting a Soldier using dumbbells, the spotter should spot as close to the dumbbell as possible. For example, when spotting the supine dumbbell fly the spotter’s hands should be around the exercising Soldier’s wrists. In some exercises, the spotter must place his hands on the dumbbell itself. For example, when spotting the dumbbell pullover, the spotter should place his hands on lower portion of the dumbbell to assist in forced repetitions, or to lower the dumbbell to the marching surface.

9-175. Spotting – Forced Repetitions. Many times Soldiers will fail to complete the designated number of repetitions within a set. A spotter can assist the exercising Soldier to complete the set and assist in safely re-racking the weight. As mentioned previously, Power Training exercises should not be spotted. Soldiers participating in Power Training must be familiar with how to get away from an unmanageable lift. For this reason, these exercises should be performed on a platform with an immediate surrounding area that is clear of other Soldiers, equipment, or obstacles. For example in the Push Press, if the load becomes unmanageable overhead, the Soldier should release the bar backwards and quickly jump forward. If the Soldier is unable to handle the weight in the pull positions, or while attempting to push the weight overhead in front of the face, the Soldier should release the weight forward and down while stepping rearward.

9-176. Spotting – Amount and Timing of Assistance. The amount of assistance to provide the exercising Soldier and the critical timing required are only gained through experience between exercise partners. Once again, communication between exercising Soldier and spotter(s) is the most critical element. The exercising Soldier should ask the spotter(s) for assistance in completing the repetition(s) or ask for the spotter(s) to take the bar. The spotter(s) need to understand the correct amount of assistance that is required, or that the exercising Soldier requires the spotter(s) to help rack the bar or safely to assist in lowering the bar to the marching surface. If an exercise requires spotting, instructions are provided in the exercise description.
EXERCISE ORDER

9-177. Exercise order is defined as the order in which exercises are performed during the strength and mobility training session. Exercise order is critical due to the fact that it can affect effort and/or exercise technique for upcoming exercises. Exercises are arranged so the maximum force capabilities can be utilized while adhering to proper exercise form and technique. The four most common methods of arranging strength and mobility exercises are: (1) Power, Core and Assistance exercises; (2) Alternated Upper- and Lower-body exercises; (3) Alternated Push/Pull exercises and; (4) Supersets and Compound Sets.

9-178. **Power, Core and Assistance Exercises.** Power training exercises such as the Power Clean, Push-Press, and Clean and Press should always be performed first in a training session, then followed by core and assistance exercises. This arrangement is often referred to as multi-joint exercises, followed by single-joint exercises, or more commonly, large muscle groups followed by small muscle groups. Core exercises typically utilize one or more large muscle groups, involve two or more primary joints, and are high in the exercise selection order due to their relationship to Soldier task performance. Assistance exercises typically utilize smaller muscle groups, involve only one primary joint, and are less critical to Soldier task performance. Assistance exercises are commonly used in rehabilitation and reconditioning as they allow an injured muscle group to be isolated. Power training exercises should always be performed first in the exercise order, due to skill and concentration requirements, the fact that these are the most fatiguing strength and mobility exercises, and that often poor exercise technique often leads to injury. If Power training is not conducted during the training session, then the exercise order should be core exercises followed by assistance exercises.

9-179. **Alternated Upper- and Lower-body Exercises** – allow Soldiers more recovery time. This method of exercise order is especially helpful to Soldiers just beginning resistance training who find multiple exercises for the upper or lower body too strenuous. This method of training can also be utilized when training time is limited. The method also reduces recovery time required between sets, and maximizes recovery time between body parts. Soldiers can immediately move from a lower-body exercise to an upper-body exercise without significant rest.

9-180. **Alternated Push/Pull Exercises.** Another technique to reduce the recovery period is to alternate pushing exercises with pulling exercises. For example, the bench press would be followed by the lat pull-down, and the military press would be followed by the bent-over row. The push/pull method can be utilized for both upper- and lower-body exercise selection. The use of alternated push/pull exercises ensures that the same muscle groups will not be used for two exercises back-to-back.

9-181. **Supersets and Compound Sets.** A superset consists of two exercises that work opposing muscle groups. For example, a Soldier would perform the biceps curl and immediately follow it with the triceps push-down. A compound set involves performing two exercises for the same muscle group. For example, a Soldier would perform a triceps extension, immediately followed by a triceps push-down. Both methods of exercise arrangement maximize the use of time and are significantly more demanding. Therefore, they should not be utilized by Soldiers just beginning a resistance training program.
**BARBELL DRILL 1**

9-182. Barbell exercises are multi-jointed, coordinated lifts that require trunk stability and precise lifting technique to achieve improvements in strength while controlling injuries. Barbell Drill 1 (BD1) provides a foundational total body workout using a barbell and free-weight plates. Table 9-12 lists the body segments trained in barbell exercises.

**Table 9-12. Body segments trained in barbell exercises.**

<table>
<thead>
<tr>
<th>BARBELL DRILL 1</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>(BD 1)</td>
<td>HIPS THIGHS LOWER LEGS CHEST BACK TRUNK SHOULDERS ARMS</td>
</tr>
<tr>
<td>1. DEAD-LIFT</td>
<td>X   X   X</td>
</tr>
<tr>
<td>2. BACK SQUAT</td>
<td>X   X   X</td>
</tr>
<tr>
<td>3. BENCH PRESS</td>
<td></td>
</tr>
<tr>
<td>4. BENT-OVER ROW</td>
<td>X   X   X</td>
</tr>
<tr>
<td>5. OVERHEAD PRESS</td>
<td>X   X   X</td>
</tr>
</tbody>
</table>
BARBELL DRILL 1

EXERCISE 1: THE DEAD LIFT

Purpose: This exercise develops strength in the leg and hip muscles.

Starting Position: Forward leaning stance with hands placed on the barbell with an alternating grip, slightly wider than shoulder-width apart, outside the knees, with elbows fully extended.

Cadence: SLOW

Count:

1. Maintaining a flat back, keeping elbows extended and head in a neutral position, shoulders over the bar, lift the barbell off the floor by extending the hips and knees.
2. Return to the starting position.

Check Points:

- Back is flat or slightly arched.
- The heels remain on the ground.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- Keep the knees aligned over the feet.
- Keep the barbell close to the shins and thighs in count 1.
- Allow the hips and knees to flex slowly, maintaining a flat back when returning to the starting position.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not allow the hips to rise before the shoulders. Maintain a flat back; do not flex the trunk forward.
BARBELL DRILL 1

EXERCISE 2: THE BACK SQUAT

Purpose: This exercise develops strength in the leg and hip muscles.

Starting Position: Straddle stance with barbell across the upper back.

Cadence: SLOW

Count:
1. Bend the knees and slowly lower the body down until there is approximately a 90-degree angle between the upper and lower leg, maintaining a natural arch in the low back.
2. Return to the starting position.

Check Points:
- Maintain a natural arch in the lower back.
- The heels remain on the ground.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Keep the knees aligned over the feet
- Inhale on count 1 and exhale on count 2.

Precautions: Do not squat below parallel (deeper than when the upper and lower legs form a 90-degree angle. When using heavy weight or when the Soldier becomes unstable, spot with both hands under the chest.
BARBELL DRILL 1

EXERCISE 2: THE BACK SQUAT (CONTINUED)

Spotting: Barbell exercises performed with a bar moving over the head—positioned on the upper back or shoulders—racked on the front of the shoulders—or moving over the face require one or more spotters. In addition, the spotter assists the Soldier in moving the bar of the supports.

Spotting Position: Straddle stance behind Soldier with hands in a ready position, close to, but not touching, the Soldier’s hips.

Action:
1. On count 1, bend the knees and slowly lower the body, with hands in a ready position, close to, but not touching, the Soldier’s hips following the Soldier performing the back squat.

2. On count 2, extend the knees and slowly raise the body, with hands in a ready position, close to, but not touching, the Soldier’s hips as the Soldier returns to the starting position. When using heavy weight or when the Soldier becomes unstable, spot with both hands under the chest and assist the Soldier in returning to the starting position.

Check Points:
- Communicate with the Soldier performing the exercise.
- Ensure Soldier maintains proper body alignment throughout the exercise.
- Confirm the bar is racked prior to releasing the bar.

Precautions: N/A
BARBELL DRILL 1

EXERCISE 3: THE BENCH PRESS

Purpose: This exercise develops strength in the arms, shoulders and chest muscles.

Starting Position: Supine position on flat bench with both feet on the ground and hips, shoulders and head firmly against the bench with the eyes aligned with the edge of the supports. Grasp the bar with a closed, pronated grip slightly wider than shoulder-width. Remove the bar from the supports, placing the bar over the chest with the elbows fully extended, wrists in a neutral position.

Cadence: SLOW

Count:
1. Simultaneously bend the elbows and lower the barbell until the upper arm and forearm form a 90-degree angle.
2. Return to the starting position by pushing the barbell upward until the arms are fully extended.

Check Points:
- Feet remain on the ground, with hips, back and shoulders flat on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
BARBELL DRILL 1

EXERCISE 3: THE BENCH PRESS (CONTINUED)

Spotting: Barbell exercises performed with a bar moving over the head—positioned on the upper back or shoulders—racked on the front of the shoulders—or moving over the face require one or more spotters. In addition, the spotter assists the Soldier in moving the bar of the supports.

Spotting Position: Stand erect at the head of the bench, feet shoulder-width, knees slightly flexed grasping the bar with a closed, alternating grip inside the Soldier’s hands. On signal from the Soldier, grasp the bar and assist with moving the bar from the supports, guiding it over the Soldier’s chest. Release the bar.

Action:
1. Follow the path of the bar by slightly flexing the knees, hips and trunk, maintaining a flat back, while keeping an alternating grip position close to, but not touching, the bar as it is lowered toward the Soldier’s chest.
2. Follow the path of the bar by slightly extending the knees, hips and trunk, maintaining a flat back, while keeping an alternating grip position close to but not touching the bar as it ascends to the starting position. On signal from the Soldier, grasp the bar and assist with moving the bar back onto the supports. Release the bar once it is racked.

Check Points:
- Communicate with the Soldier performing the exercise.
- Ensure Soldier maintains proper body alignment on the bench.
- Confirm the bar is racked prior to releasing the bar.

Precautions: N/A
BARBELL DRILL 1

EXERCISE 4: THE BENT-OVER ROW

**Purpose:** This exercise develops strength in the arm and back muscles.

**Starting Position:** Straddle stance with knees flexed, trunk leaning forward, slightly above parallel to the ground. The back is flat, with the hands shoulder-width, grasping the bar in a closed, pronated grip. The elbows are fully extended and the bar is allowed to hang above the ground.

**Cadence:** SLOW

**Count:**
1. Bend the elbows and pull the barbell to the chest or upper abdomen while keeping the trunk rigid, back flat, and knees slightly flexed.
2. Return to the starting position by slowly extending the elbows.

**Check Points:**
- Feet remain flat on the ground.
- The back is flat, slightly above parallel to the ground.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- Keep the knees aligned over the feet.
- On count 1 ensure the elbows point up and to the rear.
- Inhale on count 1 and exhale on count 2.

**Precautions:** Do not jerk the trunk to move the bar upward towards the chest. Maintain a flat back; do not flex the trunk too far forward.
BARBELL DRILL 1

EXERCISE 5: THE OVERHEAD PRESS

**Purpose:** This exercise develops strength in the arm and shoulder muscles.

**Starting Position:** Seated position on shoulder press bench with both feet on the ground or foot bar. The hips, shoulders, and head are firmly against the bench with the eyes looking straight ahead or slightly upward. Grasp the bar with a closed, pronated grip slightly wider than shoulder-width. Remove the bar from the supports, pressing the bar over the head with the elbows fully extended, wrists in a neutral position.

**Cadence:** SLOW

**Count:**

1. Simultaneously bend the elbows and lower the barbell until the upper arm and forearm form a 90-degree angle keeping the wrists rigid directly above the elbows. The neck can be slightly extended to allow the bar to pass in front of the face.
2. Return to the starting position by pushing the barbell upward until the arms are fully extended. The neck can be slightly extended to allow the bar to pass in front of the face.

**Check Points:**

- The feet remain on the ground or foot bar, with hips, shoulders and head firmly against the bench.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- Inhale on count 1 and exhale on count 2.

**Precautions:** Do not arch the back or allow the hips to rise off the bench seat.
BARBELL DRILL 1

EXERCISE 5: THE OVERHEAD PRESS (CONTINUED)

Spotting: Barbell exercises performed with a bar moving over the head, positioned on the upper back or shoulders, racked on the front of the shoulders, or moving over the face require one or more spotters. In addition, the spotter assists the Soldier in moving the bar of the supports.

Spotting Position: Stand erect at the head of the bench, feet shoulder-width, knees slightly flexed, grasping the bar with a closed, alternating grip inside the Soldier’s hands. On signal from the Soldier, grasp the bar and assist with moving the bar from the supports, guiding it over the Soldier’s head. Release the bar.

Action:

1. Follow the path of the bar by slightly flexing the knees, hips and trunk, maintaining a back flat, while keeping an alternating grip position close to, but not touching, the bar as it is lowered towards the Soldier’s shoulders.

2. Follow the path of the bar by slightly extending the knees, hips and trunk, maintaining a flat back, while keeping an alternating grip position close to, but not touching, the bar as it ascends to the starting position. On signal from the Soldier, grasp the bar and assist with moving the bar back onto the supports. Release the bar once it is racked.

Check Points:
- Communicate with the Soldier performing the exercise.
- Ensure Soldier maintains proper body alignment on the bench.
- Confirm the bar is racked prior to releasing the bar.

Precautions: N/A
BARBELL DRILL 2

9-183. Barbell Drill 2 (BD2) is a more comprehensive total-body workout than BD1, containing 10 2-count exercises performed at a slow cadence. Begin performing one set of 10 repetitions (30 min), progressing to 2 to 3 sets of 10 repetitions (60-90 min). This drill can be conducted as a circuit, performing each exercise for one set, then repeating multiple sets or remaining on each machine for two to three sets before moving to the next exercise. Table 9-13 lists the body segments trained in BD2.


<table>
<thead>
<tr>
<th>BARBELL DRILL 2 (BD 2)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. FORWARD LUNGE</td>
<td>X</td>
</tr>
<tr>
<td>2. STRAIGHT-LEG DEAD LIFT</td>
<td>X</td>
</tr>
<tr>
<td>3. HEEL RAISE</td>
<td></td>
</tr>
<tr>
<td>4. BENCH PRESS</td>
<td></td>
</tr>
<tr>
<td>5. BENT-OVER ROW</td>
<td>X</td>
</tr>
<tr>
<td>6. OVER-HEAD PRESS</td>
<td>X</td>
</tr>
<tr>
<td>7. PULL-OVER</td>
<td></td>
</tr>
<tr>
<td>8. SHRUG</td>
<td></td>
</tr>
<tr>
<td>9. TRICEPS EXTENSION</td>
<td></td>
</tr>
<tr>
<td>10. BICEPS CURL</td>
<td></td>
</tr>
</tbody>
</table>
BARBELL DRILL 2

EXERCISE 1: FORWARD LUNGE

Purpose: This exercise develops strength in the leg and hip muscles and promotes trunk stability.

Starting Position: Straddle stance with barbell across the upper back.

Cadence: SLOW

Count:
1. Step forward with left foot as in the forward lunge calisthenic exercise. Slowly lower the body down until the rear leg is approximately 2 inches from the ground.
2. Return to the starting position.
3. Step forward with right foot, repeating the action in count 1 on the other leg.
4. Return to the starting position.

Check Points:
- Throughout the exercise, lean slightly forward, maintaining a straight spine with a natural arch in the lower back. The head and neck are in a neutral position, looking straight ahead.
- On counts 1 and 3, the forward foot is flat on the ground and the forward knee is aligned over the forward foot.
- Inhale on counts 1 and 3 and exhale on counts 2 and 4.

Precautions: Do not allow the rear knee to touch the ground or the knee of the lead leg to move forward of the lead foot. Do not jerk to the up positions on counts 2 and 4.
BARBELL DRILL 2

EXERCISE 2: STRAIGHT-LEG DEAD LIFT

Purpose: This exercise develops strength in the hip, leg and low back muscles.

Starting Position: Straddle stance, hands placed on the barbell with a closed, alternated grip. The hands are slightly wider than shoulder-width apart, outside the knees, with elbows fully extended.

Cadence: SLOW

Count:

1. Bend forward, lowering the barbell toward the ground, maintaining a flat back as in count 3 of The Squat Bender. Keep the elbows extended, head in a neutral position, and shoulders over the bar. The legs are extended with the knees slightly bent.
2. Return to the starting position.

Check Points:
- Throughout the exercise, keep the legs extended with the knees slightly bent, aligned over the feet, and the heels on the ground.
- Throughout the exercise, maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- On count 2, assume the flat back position as in count 3 of the Squat Bender.
- Inhale on count 1 and exhale on count 2.

Precautions: Maintain a flat back, do not flex the trunk forward, and do not jerk the barbell to the up position.
BARBELL DRILL 2

EXERCISE 3: THE HEEL RAISE

**Purpose:** This exercise develops strength in the back of the lower leg muscles.

**Starting Position:** Stand with the balls of the feet on an elevated platform. The barbell rests on the back of the shoulders as in the Squat and Forward Lunge. The feet are aligned directly below the hips. The knees are slightly flexed and the toes point straight ahead.

**Cadence:** SLOW

**Count:**
1. Raise the entire body slowly by pulling the heels up, maintaining a slight bend in the knees and a natural arch in the lower back.
2. Return to the starting position.

*Check Points:*
- Maintain a natural arch in the lower back.
- Keep the knees slightly flexed throughout the exercise.
- Maintain the head and neck in a neutral position with the eyes looking straight ahead.
- Keep the knees aligned over the feet
- Exhale on count 1 and inhale on count 2.

**Precautions:** Avoid flexing or extending the trunk. Do not allow the ankles to turn in or out.
BARBELL DRILL 2

EXERCISE 4: THE BENCH PRESS

Purpose: This exercise develops strength in the arms, shoulders, and chest muscles.

Starting Position: Supine position on flat bench with both feet on the ground, hips, shoulders, and head firmly against the bench, eyes aligned with the edge of the supports. Grasp the bar with a closed, pronated grip slightly wider than shoulder-width. Remove the bar from the supports, placing the bar over the chest with the elbows fully extended, wrists in a neutral position.

Cadence: SLOW

Count:
1. Simultaneously bend the elbows and lower the barbell until the upper arm and forearm form a 90-degree angle.
2. Return to the starting position by pushing the barbell upward until the arms are fully extended.

Check Points:
- Feet remain on the ground, with hips, back and shoulders flat on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
BARBELL DRILL 2

EXERCISE 4: BENCH PRESS (CONTINUED)

Spotting: Barbell exercises performed with a bar moving over the head, positioned on the upper back or shoulders, racked on the front of the shoulders, or moving over the face. Requires one or more spotters. The spotter also assists the Soldier in moving the bar off the supports.

Spotting Position: Stand erect at the head of the bench, feet shoulder-width, knees slightly flexed grasping the bar with a closed, alternating grip inside the Soldier’s hands. On signal from the Soldier, grasp the bar and assist with moving the bar from the supports, guiding it over the Soldier’s chest. Release the bar.

Action:
1. Follow the path of the bar by slightly flexing the knees, hips, and trunk, maintaining a flat back while keeping an alternating grip position close to, but not touching, the bar as it is lowered toward the Soldier’s chest.
2. Follow the path of the bar by slightly extending the knees, hips and trunk, maintaining a flat back while keeping an alternating grip position close to, but not touching, the bar as it ascends to the starting position. On signal from the Soldier, grasp the bar and assist with moving the bar back onto the supports. Release the bar once it is racked.

Check Points:
- Communicate with the Soldier performing the exercise.
- Ensure Soldier maintains proper body alignment on the bench.
- Confirm the bar is racked prior to releasing the bar.

Precautions: N/A
BARBELL DRILL 2

EXERCISE 5: THE BENT-OVER ROW

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Straddle stance with knees flexed, trunk leaning forward, slightly above parallel to the ground. The back is flat, with the hands shoulder-width, grasping the bar in a closed, pronated grip. The elbows are fully extended and the bar is allowed to hang above the ground.

Cadence: SLOW

Count:
1. Bend the elbows and pull the barbell to the chest or upper abdomen while keeping the trunk rigid, back flat and knees slightly flexed.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground.
- The back is flat, slightly above and parallel to the ground.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- Keep the knees aligned over the feet.
- On count 1 ensure the elbows point up and to the rear.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not jerk the trunk to move the bar upward toward the chest. Maintain a flat back; do not flex the trunk too far forward.
BARBELL DRILL 2

EXERCISE 6: OVERHEAD PRESS

Purpose: This exercise develops strength in the arm and shoulder muscles.

Starting Position: Seated position on shoulder press bench with both feet on the ground or foot bar. The hips, shoulders, and head are firmly against the bench with the eyes looking straight ahead or slightly upward. Grasp the bar with a closed, pronated grip slightly wider than shoulder-width. Remove the bar from the supports, pressing the bar over the head with the elbows fully extended, wrists in a neutral position.

Cadence: SLOW

Count:
1. Simultaneously bend the elbows and lower the barbell until the upper arm and forearm form a 90-degree angle, keeping the wrists rigid directly above the elbows. The neck can be slightly extended to allow the bar to pass in front of the face.
2. Return to the starting position by pushing the barbell upward until the arms are fully extended. The neck can be slightly extended to allow the bar to pass in front of the face.

Check Points:
- The feet remain on the ground or foot bar, with hips, shoulders, and head firmly against the bench.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench seat.
BARBELL DRILL 2

EXERCISE 7: PULL-OVER

Purpose: This exercise develops strength in the shoulder and back muscles.

Starting Position: Supine position on a flat bench with both feet on the ground, hips and shoulders on the bench. The spotter positions the bar over the Soldier’s chest. Grasp the bar with a closed, pronated grip, slightly narrower than shoulder-width. The elbows are bent at 90-degrees, and the wrists are in a neutral position.

Cadence: SLOW

Count:
1. Lower the barbell until the upper arms are parallel to the ground.
2. Return to the starting position by pulling the barbell upward until the upper arms are perpendicular to the ground.

Check Points:
- Feet remain on the ground, with hips, back and shoulders flat on the bench.
- The head and neck in a neutral position (off the bench), looking straight ahead.
- Maintain a 90-degree angle at the elbows throughout the exercise.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
BARBELL DRILL 2

EXERCISE 8: THE SHRUG

Purpose: This exercise develops strength in the shoulder and neck muscles.

Starting Position: Straddle stance with barbell across the upper thighs. Hands are placed on the barbell with an overhand grip, shoulder-width apart, outside the knees, with elbows fully extended. Assume the starting position by performing a dead lift using an overhand grip.

Cadence: SLOW

Count:
1. Shrug the shoulders upward keeping the arms fully extended.
2. Return to the starting position. On completion of the last repetition, perform the action in count 2 of the dead lift to lower the bar back to the ground.

Check Points:
- Maintaining trunk stability by setting the hips (neutral position) and tightening the abdomen throughout the exercise.
- The heels remain on the ground.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Keep the knees aligned over the feet.
- Keep the barbell close to the thighs.
- Allow the hips and knees to flex slightly throughout the exercise.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not allow the trunk to flex or extend during the exercise.
BARBELL DRILL 2

EXERCISE 9: TRICEPS EXTENSION

Purpose: This exercise develops strength in the rear upper arm muscles.

Starting Position: Supine position on a flat bench with both feet on the ground, hips, shoulders, head, and neck on the bench. The spotter positions the bar over the Soldier’s chest. Grasp the bar with a closed, pronated grip, slightly narrower than shoulder-width. The elbows bent are fully extended and the wrists are in a neutral position.

Cadence: SLOW

Count:
1. Flex the elbows and lower the barbell toward the forehead.
2. Return to the starting position by extending the elbows and pushing the barbell upward until the arms are perpendicular to the ground, over the chest.

Check Points:
- Feet remain on the ground, with hips, back, and shoulders flat on the bench.
- The head and neck in a neutral position.
- Keep the elbows slightly narrower than shoulder-width throughout the exercise.
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench. Control the lowering of the bar on count 1 to prevent hitting the forehead.
BARBELL DRILL 2

EXERCISE 9: TRICEPS EXTENSION (CONTINUED)

Spotting: Barbell exercises are performed with a bar moving over the head, positioned on the upper back or shoulders, racked on the front of the shoulders, or moving over the face require with one or more spotters. In addition, the spotter assists the Soldier in moving the bar in and out of the starting position.

Spotting Position: Stand erect at the head of the bench, feet shoulder-width, knees slightly flexed. Squat, reach down and grasp the bar with a closed, alternating grip. Rise up and place the bar in the Soldier’s hands directly over their chest with their elbows fully extended in the starting position. Release the bar.

Count:

1. Follow the path of the bar by slightly flexing the knees, hips and trunk, maintaining a flat back while keeping an alternating grip position close to, but not touching, the bar as it is lowered toward the Soldier’s head.
2. Follow the path of the bar by slightly extending the knees, hips, and trunk, maintaining a flat back while keeping an alternating grip position close to, but not touching, the bar as it ascends to the starting position. On signal from the Soldier, grasp the bar and squat, lowering the bar back to the ground.

Check Points:

- Communicate with the Soldier performing the exercise.
- Ensure Soldier maintains proper body alignment on the bench.
- Confirm the spotter has control of the bar prior to releasing it.

Precautions: N/A
BARBELL DRILL 2

EXERCISE 10: BICEPS CURL

Purpose: This exercise develops strength of the front of the upper arm muscles.

Starting Position: Straddle stance with barbell across the upper thighs. Hands are placed on the barbell with an underhand grip, shoulder-width apart, outside the knees, with elbows fully extended. Assume the starting position by performing a dead lift using an underhand grip.

Cadence: SLOW

Count:
1. Flex the elbows, raising the bar to the chest.
2. Return to the starting position. On completion of the last repetition, perform the action in count 2 of the dead lift to lower the bar back to the ground.

Check Points:
- Maintain trunk stability by setting the hips (neutral position) and tightening the abdomen throughout the exercise.
- The heels remain on the ground.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Keep the knees aligned over the feet.
- Allow the hips and knees to flex slightly throughout the exercise.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not allow the trunk to flex or extend during the exercise.
STRENGTH TRAINING MACHINE DRILL 1

9-184. Strength training machines develop strength in specific muscle groups while providing stability throughout each exercise. The use of a variety of strength training machine exercises, properly sequenced, provides a well-balanced routine that safely improves total-body muscular strength. Army physical fitness facilities provide much of the equipment required to conduct complete and balanced strength training exercise routines that accommodate the reconditioning of Soldiers re-entering the toughening phase of PRT. The STM Drill 1 is a basic total-body strength development routine performed for one set of 10 repetitions and progressing to 2 to 3 sets of 10 repetitions. Table 9-14 lists the body segments trained in STM1.

Table 9-14. Body segments trained in STM 1.

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</table>
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 1: THE LEG PRESS

Purpose: This exercise develops strength in the hip and thigh muscles.

Starting Position: Seated position with the knees with the knees bent at 90-degrees and feet flat on the foot platform. The hips, low back, shoulders and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips.

Cadence: SLOW

Count:
1. Straighten the legs slowly until they are fully extended, not locked.
2. Return to the starting position in a slow, controlled motion.

Check Points:
- The hips, low back, shoulders and head are firmly against the seat back.
- Maintain a natural arch in the lower back.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 2: THE LEG CURL

Purpose: This exercise develops strength in the back of the upper leg muscles.

Starting Position: Seated position with the knees aligned with the center axis of the machine. The lower leg pad is adjusted to contact the lower legs just above the ankle, allowing the lower leg to be fully extended, but not locked. The lower legs and feet are relaxed. The thigh pad is positioned just above the knees. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thigh pad.

Cadence: SLOW

Count:

1. Pull the lower legs to the rear slowly until the lower legs are flexed, forming a 90-degree angle between the upper and lower legs.
2. Return to the starting position by slowly raising the lower legs.

Check Points:

- Knees are aligned with the center axis of the machine.
- The leg pad contacts the lower legs just behind the ankles.
- The hips, low back, shoulders and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Inhale on count 1 and exhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 3: THE HEEL RAISE

Purpose: This exercise develops strength in the back of the lower leg muscles.

Starting Position: Stand with the balls of the feet on the elevated platform, toes pointing straight ahead, feet aligned directly below the hips and the knees slightly flexed.

Cadence: SLOW

Count:
1. Raise the entire body slowly by pulling the heels up, maintaining a slight bend in the knees and a natural arch in the low back.
2. Return to the starting position.

Check Points:
- Maintain a natural arch in the lower back.
- Keep the knees slightly flexed throughout the exercise.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Keep the knees aligned over the feet
- Exhale on count 1 and inhale on count 2.

Precautions: Avoid flexing or extending the trunk. Do not allow the ankles to turn in or out.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 4: THE CHEST PRESS

Purpose: This exercise develops strength in the arms, shoulders, and chest muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 5: THE SEATED ROW

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Seated position with the feet firmly planted on the foot supports. Lean forward and grasp the hand grips with the hands in a neutral closed grip. Sit erect, so the upper body is perpendicular to the floor. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Simultaneously bend the elbows and pull the handgrips to the chest or upper abdomen while keeping the trunk rigid and the back flat.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground or foot supports.
- The trunk is erect and the back is flat.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly downward.
- The arms are about parallel to the ground.
- On count 1 ensure the elbows point up and to the rear.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk to move the handgrips towards the chest. Maintain a flat back.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 6: THE OVERHEAD PRESS

Purpose: This exercise develops strength in the arm and shoulder muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 7: THE LAT PULL-DOWN

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Select the appropriate weight and ensure the pin is secure in the weight stack before assuming the starting position. Sit erect and adjust the roller pad firmly against the upper thigh and hip. Grasp the bar with a closed, pronated grip and assume a seated position with the hips against the roller pad and the feet flat on the ground. The upper body is perpendicular to the floor.

Cadence: SLOW

Count:
1. Keeping the arms straight and elbows rotated out to the side and slightly flexed, simultaneously bend the elbows and pull the bar toward the shoulders until the upper arms are parallel to the ground.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground and the trunk is erect.
- Maintain a natural arch in the lower back.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- The arms straight and elbows rotated out to the side and slightly flexed and in direct line with the cable.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk or lean back to move the bar towards the shoulders.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 8: THE LATERAL RAISE

**Purpose:** This exercise develops strength in the shoulder and neck muscles.

**Starting Position:** Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

**Cadence:** SLOW

**Count:**
1. Raise upward until both arms are parallel to the ground.
2. Return to the starting position.

**Check Points:**
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

**Precautions:** Do not arch the back or allow the hips to rise off the bench. Do not raise arms above parallel to the ground.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 9: THE TRICEPS EXTENSION

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position:

**Standing:** Straddle stance with a 90-degree angle formed at the upper and lower arms. Select the appropriate weight and ensure the pin is secure in the weight stack. Maintain an erect position, eyes looking straight ahead, grasping the bar with a closed, pronated grip.

**Seated:** Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms, with elbows shoulder-width apart on the supporting pad and hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: **SLOW**

Count:

1. Push downward until both arms are fully extended, but not locked.
2. Return to the starting position.
Check Points:

- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench during seated exercise. Do not lean forward while performing standing triceps extension.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 10: THE BICEPS CURL

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so the arms are straight, elbows shoulder-width apart and the back of the upper arms on the supporting pad, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Pull upward until both arms are fully flexed.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench. Do not arch backward while performing the biceps curl.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 11: TRUNK FLEXION

Purpose: This exercise develops strength in the abdominal muscles.

Starting Position: Seated position with the feet firmly on the ground. Select the appropriate weight and ensure the pin is secure in the weight stack. The seat is adjusted so the chest pad is located on the upper chest, below the collarbone. The elbows are shoulder-width apart and bent at 90-degrees, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead.

Cadence: SLOW

Count:

1. Bend forward, flexing the trunk, and bringing the chest pad to the thighs.
2. Return to the starting position.

Check Points:

- Feet remain on the ground, with hips and back firmly on the bench.
- Maintain the head and neck in a neutral position.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 1

EXERCISE 12: TRUNK EXTENSION

Purpose: This exercise develops strength in the low back muscles.

Starting Position: Kneeling position with the front of the lower legs on the kneepad. Select the appropriate weight and ensure the pin is secure in the weight stack. The hip pad is adjusted so the pad is located on the front of the upper thigh and hips. The hands on the support bar in a pronated, closed-grip. The upper back is firmly against the padded lever arm. Head is in a neutral position with eyes looking straight ahead.

Cadence: SLOW

Count:
1. Rise to the upright position, extending the trunk.
2. Return to the starting position.

Check Points:
- Maintain the head and neck in a neutral position.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position. Maintain contact with the hip pad.
STRENGTH TRAINING MACHINE DRILL 2

STM Drill 2 is a more comprehensive total-body strength development routine than STM Drill 1. This drill contains fifteen 2-count exercises performed at a slow cadence. STM Drill 2 is performed in the sustaining phase for 1 set of 10 repetitions (30 minutes), then progresses to 2 to 3 sets of 10 repetitions (60-90 minutes). This drill can be conducted as a circuit, performing each exercise for one set, then repeating multiple sets or remaining on each machine for two to three sets before moving to the next exercise. Table 9-15 lists the body segments trained in STM2.

STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 1: THE LEG PRESS

Purpose: This exercise develops strength in the hip and thigh muscles.

Starting Position: Seated position with the knees with the knees bent at 90-degrees and feet flat on the foot platform. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips.

Cadence: SLOW

Count:
1. Straighten the legs slowly until they are fully extended, not locked.
2. Return to the starting position in a slow, controlled motion.

Check Points:
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 2: THE LEG CURL

Purpose: This exercise develops strength in the back of the upper leg muscles.

Starting Position: Seated position, knees aligned with center axis of the machine. The lower leg pad is adjusted to contact the lower legs just above the ankle, allowing the lower leg to be fully extended, but not locked. The lower legs and feet are relaxed. The thigh pad is positioned just above the knees. The hips, low back, shoulders and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thigh pad.

Cadence: SLOW
Count:
1. Pull the lower legs to the rear slowly until the lower legs are flexed, forming a 90-degree angle between the upper and lower legs.
2. Return to the starting position by slowly raising the lower legs.

Check Points:
- Knees are aligned with the center axis of the machine.
- The leg pad contacts the lower legs just behind the ankles.
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 3: HIP ABDUCTION

Purpose: This exercise develops strength in the muscles of the outer hips and thighs.

Starting Position: Seated position with legs extended and together. The lower legs and feet are relaxed. The outside of the upper thighs rests against the thigh pads. The hips, low back, shoulders and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thighs.

Cadence: SLOW

Count:
1. Move the legs outward to the furthest, comfortable range of motion.
2. Return to the starting position slowly.

Check Points:
- The legs remain in contact with the thigh pads throughout the exercise.
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 4: THE HEEL RAISE

**Purpose:** This exercise develops strength in the back of the lower leg muscles.

**Starting Position:** Stand with the balls of the feet on the elevated platform, toes pointing straight ahead, feet aligned directly below the hips and the knees slightly flexed.

**Cadence:** SLOW

**Count:**
1. Raise the entire body slowly by pulling the heels up, maintaining a slight bend in the knees and a natural arch in the low back.
2. Return to the starting position.

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**Check Points:**
- Maintain a natural arch in the lower back.
- Keep the knees slightly flexed throughout the exercise.
- Maintain the head and neck in a neutral position with the eyes looking straight ahead.
- Keep the knees aligned over the feet
- Exhale on count 1 and inhale on count 2.

**Precautions:** Avoid flexing or extending the trunk. Do not allow the ankles to turn in or out.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 5: THE TOE PULL

Purpose: This exercise develops strength in the front of the lower leg muscles.

Starting Position: Seated position with the legs extended and the insteps of both feet on the lower leg pad.

Using the Prone Leg Curl machine: Select the appropriate weight and ensure the pin is secure in the weight stack. Sit on the bench facing the lever arm with legs fully extended and the toes are pointed forward with the insteps of both feet are positioned on the lower leg pad.

Cadence: SLOW

Count:
1. Pull the toes toward the shins.
2. Return to the starting position.

Check Points:
- Exhale on count 1 and inhale on count 2.
- Keep the knees slightly bent throughout the exercise.

Precautions: Do not lean backward or jerk to raise the weight to the up position.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 6: THE CHEST PRESS

Purpose: This exercise develops strength in the arms, shoulders, and chest muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 7: THE SEATED ROW

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Seated position with the feet firmly planted on the foot supports. Lean forward and grasp the hand grips with the hands in a neutral closed grip. Sit erect, so the upper body is perpendicular to the floor. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Simultaneously bend the elbows and pull the handgrips to the chest or upper abdomen while keeping the trunk rigid and the back flat.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground or foot supports.
- The trunk is erect and the back is flat.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly downward.
- The arms are about parallel to the ground.
- On count 1 ensure the elbows point up and to the rear.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk to move the handgrips towards the chest. Maintain a flat back.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 8: THE OVERHEAD PRESS

**Purpose:** This exercise develops strength in the arm and shoulder muscles.

**Starting Position:** Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

**Cadence:** SLOW

**Count:**
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

**Check Points:**
- Feet remain on the ground, with hips, back, shoulders and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

**Precautions:** Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 9: THE LAT PULL-DOWN

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Select the appropriate weight and ensure the pin is secure in the weight stack before assuming the starting position. Sit erect and adjust the roller pad firm against the upper thigh and hip. Grasp the bar with a closed, pronated grip and assume a seated position with the hips against the roller pad and the feet flat on the ground. The upper body is perpendicular to the floor.

Cadence: SLOW

Count:
1. Keeping the arms straight and elbows rotated out to the side and slightly flexed, simultaneously bend the elbows and pull bar towards the shoulders until the upper arms are parallel to the ground.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground and the trunk is erect.
- Maintain a natural arch in the lower back.
- Maintain the head and neck in a neutral position, looking straight ahead, or slightly upward.
- The arms straight with elbows rotated out to the side and slightly flexed and in direct line with the cable.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk or lean back to move the bar towards the shoulders.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 10: THE LATERAL RAISE

**Purpose:** This exercise develops strength in the shoulder and neck muscles.

**Starting Position:** Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

**Cadence:** SLOW

**Count:**
1. Raise upward until both arms are parallel to the ground.
2. Return to the starting position.

**Check Points:**
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

**Precautions:** Do not arch the back or allow the hips to rise off the bench. Do not raise arms above parallel to the ground.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 11: THE TRICEPS EXTENSION

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position:

**Standing:** Straddle stance with a 90-degree angle formed at the upper and lower arms. Select the appropriate weight and ensure the pin is secure in the weight stack. Maintain an erect position, eyes looking straight ahead, grasping the bar with a closed, pronated grip.

**Seated:** Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms, with elbows shoulder-width apart on the supporting pad, and hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:

1. Push downward until both arms are fully extended, but not locked.
2. Return to the starting position.
Check Points:
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench during seated exercise. Do not lean forward while performing standing triceps extension.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 12: THE BICEPS CURL

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so the arms are straight, elbows shoulder-width apart and the back of the upper arms on the supporting pad, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Pull upward until both arms are fully flexed.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench. Do not arch backward while performing the biceps curl.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 13: TRUNK FLEXION

Purpose: This exercise develops strength in the abdominal muscles.

Starting Position: Seated position with the feet firmly on the ground. Select the appropriate weight and ensure the pin is secure in the weight stack. The seat is adjusted so the chest pad is located on the upper chest, below the collarbone. The elbows are shoulder-width apart and bent at 90-degrees, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead.

Cadence: SLOW

Count:
1. Bend forward, flexing the trunk and bringing the chest pad to the thighs.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips and back firmly on the bench.
- Maintain the head and neck in a neutral position.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 2

EXERCISE 14: TRUNK EXTENSION

Purpose: This exercise develops strength in the low back muscles.

Starting Position: Kneeling position with the front of the lower legs on the knee pad. Select the appropriate weight and ensure the pin is secure in the weight stack. The hip pad is adjusted so the pad is located on the front of the upper thigh and hips. The hands on the support bar in a pronated, closed-grip. The upper back is firmly against the padded lever arm. Head is in a neutral position with eyes looking straight ahead.

Cadence: SLOW

Count:
1. Rise to the upright position, extending the trunk.
2. Return to the starting position.

Check Points:
- Maintain the head and neck in a neutral position.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position. Maintain contact with the hip pad.
Strength and Mobility Activities

Strength Training Machine Drill 3A and 3B

9-186. STM Drills 3A and 3B separate the exercises of STM Drill 2 into a split routine between upper and lower body. They are performed two to three times per week on alternate days in the sustaining phase. Each exercise is performed in the same manner listed in STM Drill 2. However, more time may be dedicated to performing three to five sets of five repetitions of each exercise at a higher resistance. This higher volume of exercise promotes greater strength gains, but requires more time spent on each area of the body in a given workout. Each routine requires approximately 90 minutes, including preparation, and recovery. Each exercise in STM Drills 3A and 3B are 2-count exercises performed at a slow cadence. Figure 9-16 lists the body segments trained in STM 3A. Table 9-17 lists the body segments trained in STM 3B.

Table 9-16. Body segments trained in STM3A.

<table>
<thead>
<tr>
<th>STRENGTH TRAINING MACHINE DRILL 3A (STM 3A)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Body Exercises</td>
<td>HIPS</td>
</tr>
<tr>
<td>1. CHEST PRESS</td>
<td></td>
</tr>
<tr>
<td>2. SEATED ROW</td>
<td></td>
</tr>
<tr>
<td>3. OVERHEAD PRESS</td>
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<tr>
<td>4. LAT PULL-DOWN</td>
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<td>5. LATERAL RAISE</td>
<td></td>
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<tr>
<td>6. TRICEPS EXTENSION</td>
<td></td>
</tr>
<tr>
<td>7. BICEPS CURL</td>
<td></td>
</tr>
<tr>
<td>8. TRUNK FLEXION</td>
<td></td>
</tr>
<tr>
<td>9. TRUNK EXTENSION</td>
<td></td>
</tr>
</tbody>
</table>
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 1: THE CHEST PRESS

Purpose: This exercise develops strength in the arms, shoulders, and chest muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 2: THE SEATED ROW

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Seated position with the feet firmly planted on the foot supports. Lean forward and grasp the hand grips with the hands in a neutral closed grip. Sit erect, so the upper body is perpendicular to the floor. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Simultaneously bend the elbows and pull the handgrips to the chest or upper abdomen while keeping the trunk rigid and the back flat.
2. Return to the starting position by slowly extending the elbows.

Check Points:
- Feet remain flat on the ground or foot supports.
- The trunk is erect and the back is flat.
- Maintain the head and neck in a neutral position, looking straight ahead, or slightly downward.
- The arms are about parallel to the ground.
- On count 1 ensure the elbows point up and to the rear.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk to move the handgrips towards the chest. Maintain a flat back.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 3: THE OVERHEAD PRESS

Purpose: This exercise develops strength in the arm and shoulder muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Push upward until both arms are fully extended, but not locked.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips, back, shoulders and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 4: THE LAT PULL-DOWN

Purpose: This exercise develops strength in the arm and back muscles.

Starting Position: Select the appropriate weight and ensure the pin is secure in the weight stack before assuming the starting position. Sit erect and adjust the roller pad firm against the upper thigh and hip. Grasp the bar with a closed, pronated grip and assume a seated position with the hips against the roller pad and the feet flat on the ground. The upper body is perpendicular to the floor.

Cadence: SLOW

Count:

1. Keeping the arms straight and elbows rotated out to the side and slightly flexed, simultaneously bend the elbows and pull bar towards the shoulders until the upper arms are parallel to the ground.
2. Return to the starting position by slowly extending the elbows.

Check Points:

- Feet remain flat on the ground and the trunk is erect.
- Maintain a natural arch in the lower back.
- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- The arms straight and elbows rotated out to the side and slightly flexed and in direct line with the cable.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk the trunk or lean back to move the bar towards the shoulders.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 5: THE LATERAL RAISE

Purpose: This exercise develops strength in the shoulder and neck muscles.

Starting Position: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: SLOW

Count:
1. Raise upward until both arms are parallel to the ground.
2. Return to the starting position.

Check Points:
- Feet remain on the ground with hips, back, shoulders, and head firmly on the bench.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench. Do not raise arms above parallel to the ground.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 6: THE TRICEPS EXTENSION

Purpose: This exercise develops strength in the upper arm muscles.

Starting Position:

**Standing**: Straddle stance with a 90-degree angle formed at the upper and lower arms. Select the appropriate weight and ensure the pin is secure in the weight stack. Maintain an erect position, eyes looking straight ahead, grasping the bar with a closed, pronated grip.

**Seated**: Seated position with the feet firmly on the ground. The seat is adjusted so a 90-degree angle is formed between the upper and lower arms, with elbows shoulder-width apart on the supporting pad, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

Cadence: **SLOW**

Count:

1. Push downward until both arms are fully extended, but not locked.
2. Return to the starting position.
Check Points:
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the bench during seated exercise. Do not lean forward while performing standing triceps extension.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 7: THE BICEPS CURL

**Purpose:** This exercise develops strength in the upper arm muscles.

**Starting Position:** Seated position with the feet firmly on the ground. The seat is adjusted so the arms are straight, elbows shoulder-width apart and the back of the upper arms on the supporting pad, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack.

**Cadence:** SLOW

**Count:**
1. Pull upward until both arms are fully flexed.
2. Return to the starting position.

**Check Points:**
- Feet remain on the ground, with hips and back firmly on the bench during seated triceps extension.
- Maintain the head and neck in a neutral position, looking straight ahead.
- Exhale on count 1 and inhale on count 2.

**Precautions:** Do not arch the back or allow the hips to rise off the bench. Do not arch backward while performing the biceps curl.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 8: TRUNK FLEXION

Purpose: This exercise develops strength in the abdominal muscles.

Starting Position: Seated position with the feet firmly on the ground. Select the appropriate weight and ensure the pin is secure in the weight stack. The seat is adjusted so the chest pad is located on the upper chest, below the collarbone. The elbows are shoulder-width apart and bent at 90-degrees, with hands in a closed-grip. The hips and low back are firmly against the seat back with the eyes looking straight ahead.

Cadence: SLOW

Count:
1. Bend forward, flexing the trunk and bringing the chest pad to the thighs.
2. Return to the starting position.

Check Points:
- Feet remain on the ground, with hips and back firmly on the bench.
- Maintain the head and neck in a neutral position.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position or allow the hips to rise off the bench.
STRENGTH TRAINING MACHINE DRILL 3A

EXERCISE 9: TRUNK EXTENSION

Purpose: This exercise develops strength in the low back muscles.

Starting Position: Kneeling position with the front of the lower legs on the kneepad. Select the appropriate weight and ensure the pin is secure in the weight stack. The hip pad is adjusted so the pad is located on the front of the upper thigh and hips. The hands on the support bar in a pronated, closed-grip. The upper back is firmly against the padded lever arm. Head is in a neutral position with eyes looking straight ahead.

Cadence: SLOW

Count:
1. Raise to the upright position, extending the trunk.
2. Return to the starting position.

Check Points:
- Maintain the head and neck in a neutral position.
- Exhale on count 1 and inhale on count 2.

Precautions: Do not jerk into position. Maintain contact with the hip pad.
## Strength Training Machine Drill 3B

Table 9-17. Body segments trained in STM 3B.

<table>
<thead>
<tr>
<th>STRENGTH TRAINING MACHINE DRILL 3B (STM 3B)</th>
<th>MUSCLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower Body Exercises</td>
<td>HIPS</td>
</tr>
<tr>
<td>1. LEG PRESS</td>
<td>X</td>
</tr>
<tr>
<td>2. LEG CURL</td>
<td>X</td>
</tr>
<tr>
<td>3. HIP ABDUCTION (OUTER)</td>
<td>X</td>
</tr>
<tr>
<td>4. HIP ABDUCTION (INNER)</td>
<td>X</td>
</tr>
<tr>
<td>5. HEEL RAISE</td>
<td></td>
</tr>
<tr>
<td>6. TOE PULL</td>
<td></td>
</tr>
</tbody>
</table>
STRENGTH TRAINING MACHINE DRILL 3B

EXERCISE 1: THE LEG PRESS

Purpose: This exercise develops strength in the hip and thigh muscles.

Starting Position: Seated position with the knees with the knees bent at 90-degrees and feet flat on the foot platform. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips.

Cadence: SLOW

Count:
1. Straighten the slowly until they are fully extended, not locked.
2. Return to the starting position in a slow, controlled motion.

Check Points:
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
Chapter 9

STRENGTH TRAINING MACHINE DRILL 3B

EXERCISE 2: THE LEG CURL

Purpose: This exercise develops strength in the back of the upper leg muscles.

Starting Position: Seated position, knees aligned with the center axis of the machine. The lower leg pad is adjusted to contact the lower legs just above the ankle, allowing the lower leg to be fully extended, but not locked. The lower legs and feet are relaxed. The thigh pad is positioned just above the knees. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thigh pad.

Cadence: SLOW

Count:

1. Pull the lower legs to the rear slowly until the lower legs are flexed, forming a 90-degree angle between the upper and lower legs.
2. Return to the starting position by slowly raising the lower legs.

Check Points:

- Knees are aligned with the center axis of the machine.
- The leg pad contacts the lower legs just behind the ankles.
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 3B

EXERCISE 3: HIP ABDUCTION (OUTER)

Purpose: This exercise develops strength in the muscles of the outer hips and thighs.

Starting Position: Seated position with legs extended and together. The lower legs and feet are relaxed. The outside of the upper thighs rests against the thigh pads. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thighs.

Cadence: SLOW

Count:
1. Move the legs outward to the furthest, comfortable range of motion.
2. Return to the starting position by slowly.

Check Points:
- The legs remain in contact with the thigh pads through out the exercise.
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 3B

EXERCISE 4: HIP ADDUCTION (INNER)

Purpose: This exercise develops strength in the muscles of the inner hips and thighs.

Starting Position: Seated position with legs extended and apart. The lower legs and feet are relaxed. The inside of the upper thighs rests against the thigh pads. The hips, low back, shoulders, and head are firmly against the seat back with the eyes looking straight ahead. A natural arch is maintained in the lower back. Select the appropriate weight and ensure the pin is secure in the weight stack. Hands are relaxed and placed on the handgrips on the top of the thighs.

Cadence: SLOW

Count:
1. Move the legs together in a slow controlled motion.
2. Return to the starting position by slowly.

Check Points:
- The legs remain in contact with the thigh pads through out the exercise.
- The hips, low back, shoulders, and head are firmly against the seat back.
- Maintain a natural arch in the lower back
- Exhale on count 1 and inhale on count 2.

Precautions: Do not arch the back or allow the hips to rise off the seat. Do not grip the handgrips tightly.
STRENGTH TRAINING MACHINE DRILL 3B

EXERCISE 5: THE HEEL RAISE

Purpose: This exercise develops strength in the back of the lower leg muscles.

Starting Position: Stand with the balls of the feet on the elevated platform, toes pointing straight ahead, feet aligned directly below the hips, and the knees slightly flexed.

Cadence: SLOW

Count:
1. Raise the entire body slowly by pulling the heels up, maintaining a slight bend in the knees and a natural arch in the low back.
2. Return to the starting position.

Check Points:
- Maintain a natural arch in the lower back.
- Keep the knees slightly flexed throughout the exercise.
- Maintain the head and neck in a neutral position with the eyes looking straight ahead.
- Keep the knees aligned over the feet
- Exhale on count 1 and inhale on count 2.

Precautions: Avoid flexing or extending the trunk. Do not allow the ankles to turn in or out.
STRENGTH TRAINING MACHINE DRILL 3B

EXERCISE 6: THE TOE PULL

Purpose: This exercise develops strength in the front of the lower leg muscles.

Starting Position: Seated position with the legs extended and the insteps of both feet on the lower leg pad.

Using the Prone Leg Curl machine: Select the appropriate weight and ensure the pin is secure in the weight stack. Sit on the bench facing the lever arm with legs fully extended, and the toes pointed forward, with the insteps of both feet positioned on the lower leg pad.

Cadence: SLOW

Count:
1. Pull the toes toward the shins.
2. Return to the starting position.

Check Points:
1. Exhale on count 1 and inhale on count 2.
2. Keep the knees slightly bent throughout the exercise.

Precautions: Do not lean backward or jerk to raise the weight to the up position.
9-187. Power is the product of strength and speed. Once a sufficient level of strength, stability, and motor coordination has been obtained, advanced lifting techniques may be employed to enhance explosive strength (power). Soldiers performing these lifting techniques must be free from injury and learn proper technique before adding resistance. Soldiers should be able to perform barbell and dumbbell drills before beginning power training exercises. Initially, Soldiers will learn the lifting techniques and practice with only a broom stick, then progress to lifting an olympic bar without weights. Once proper form is achieved, resistance (weight plates) may be added. Table 9-19 lists the body segments trained in power training.


<table>
<thead>
<tr>
<th>POWER TRAINING</th>
<th>MUSCLES</th>
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<tbody>
<tr>
<td></td>
<td>HIPS</td>
</tr>
<tr>
<td>1. POWER CLEAN</td>
<td>X</td>
</tr>
<tr>
<td>2. PUSH-PRESS</td>
<td>X</td>
</tr>
<tr>
<td>3. CLEAN AND PRESS</td>
<td>X</td>
</tr>
</tbody>
</table>
POWER TRAINING

EXERCISE 1: THE POWER CLEAN

Purpose: This exercise develops power in the legs, hips, and shoulder muscles.

Starting Position: Straddle stance with knees flexed, trunk leaning forward at a 45-degree angle to the ground. The back is flat or slightly arched, the chest is held up and out, the head is in line with the spine, eyes focused straight ahead, with hands shoulder-width apart grasping the bar in a closed, pronated grip. The elbows are fully extended and the bar is resting on the ground.

Cadence: FAST (Upward Movement Phases) and MODERATE (Downward Movement Phase).

Count 1 - Upward Movement Phases:

- Initial Pull - Forcefully lift the bar by extending the hips and knees while maintaining 45-degree angle to the ground. Keep your hips below the shoulders while maintaining a flat back position. Elbows are fully extended. Head remains in a neutral position with the shoulders slightly over the bar.
- Transition - As the bar is raised, keep it close to the lower legs as possible. As the bar travels above the knees, thrust hips forward and slightly bend the knees. Keeping the back flat or slightly arched, elbows extended and pointing outward, forcefully extend the hips, knees and ankles as the bar travels above the thighs, keeping the bar close to the body.
- Second Pull - When the lower body joints reach full extension (up on the balls of the feet) rapidly shrug the shoulders upward keeping the elbows extended. When the shoulders reach the highest elevation flex the elbows and pull the body under the bar. Continue to pull the arms as high and as long as possible.
- Catch - After the lower body has fully extended and the bar reaches near maximal height, pull the body under the bar. Simultaneously flex the hips and knees into a quarter-squat position and rotate the arms around and under the bar. Once the arms are under the bar, lift the elbows so the upper arms are parallel to the floor. Rest the bar across the front of the collar bones and shoulders. Catch the bar with an erect torso, neutral head position, and feet flat. Stand up extending the hips and knees to a fully erect position.

Count 2 - Downward Movement Phase:

- Lower the bar controlling the decent to the thighs. Simultaneously flex the hips and knees to cushion the impact of the bar on the thighs. Squat down with the elbows fully extended until the bar touches the floor, returning to the starting position.

Check Points:

- The four upward movement phases in count 1 are performed in a fast, continuous motion.
- Always control the decent of the bar during count 2 to avoid injury to the trunk, back and thighs.
- Inhale on count 1 and exhale on count 2.
- Perform four to six repetitions of this exercise for three to five sets.
- Do not increase resistance until exceed six repetitions can be correctly performed.

Precautions: Do not perform these exercises alone. Always use collars to secure weight plates. A platform and rubber bumper plates are preferred.
EXERCISE 1: THE POWER CLEAN

Starting Position  Count 1 - Initial Pull  Count 1 - Transition

Count 1 - Second Pull  Count 1 - Catch
EXERCISE 1: THE POWER CLEAN (CONTINUED)

Count 1 – Catch (Fully Erect)

Count 2 – Controlled Decent to Thighs

Count 2 – Return to Starting Position
POWER TRAINING

EXERCISE 2: THE PUSH-PRESS

Purpose: This exercise develops power in the arms and shoulder muscles.

Starting Position: Straddle stance with knees slightly flexed and the bar in the catch position of Exercise 1, The Power Clean.

Cadence: FAST (Upward Movement Phases) and MODERATE (Downward Movement Phase).

Count 1 - Upward Movement Phases:

- Drop – From the starting position slightly flex the hips and knees (slight squat) with feet flat on the floor, keeping the upper body and upper arms parallel to the marching surface.
- Drive - Initiate the drive phase by forcefully extending the hips, knees, and ankles while simultaneously extending the elbows to raise the barbell overhead so the bar’s final position is slightly behind the head. The neck can be slightly extended to allow the bar to pass in front of the face.

Count 2 - Downward Movement Phase:

- Return to the starting position by flexing the elbows, controlling the decent to the collar bones and shoulders while simultaneously flexing the hips and knees to reduce the impact of the bar on the shoulders. The neck can be slightly extended to allow the bar to pass in front of the face.

Check Points:

- Maintain the head and neck in a neutral position, looking straight ahead or slightly upward.
- Count 1 is performed in a fast, continuous motion.
- Always control the decent of the bar during count 2 to avoid injury to the trunk and back.
- Inhale on count 1 and exhale on count 2.
- Perform four to six repetitions of this exercise for three to five sets.
- Do not increase resistance until exceed six repetitions can be correctly performed.

Precautions: Do not perform these exercises alone. Always use collars to secure weight plates. A platform and rubber bumper plates are preferred.
EXERCISE 2: THE PUSH-PRESS

Starting Position

Count 1 - Drop

Count 1 - Drive
**EXERCISE 2: THE PUSH-PRESS (CONTINUED)**

Count 2 – Controlled decent to the collar bones and shoulders and return to the starting position.
POWER TRAINING

EXERCISE 3: THE CLEAN AND PRESS

Purpose: This exercise develops power in the legs, hips, and shoulder muscles.

Starting Position: Straddle stance with knees flexed, trunk leaning forward at a 45-degree angle to the ground. The back is flat or slightly arched, the chest is held up and out, the head is in line with the spine, eyes focused straight ahead and the hands are shoulder-width apart, grasping the bar in a closed, pronated grip. The elbows are fully extended and the bar is resting on the ground.

Cadence: FAST (Upward Movement Phases) and Moderate (Downward Movement Phase).

Count 1 - Upward Movement Phases:

- **Initial Pull** - Forcefully lift the bar by extending the hips and knees while maintaining 45-degree angle to the ground. Keep your hips below the shoulders while maintaining a flat back position. Elbows are fully extended. Head remains in a neutral position and the shoulders are slightly over the bar.
- **Transition** - As the bar is raised, keep it close to the lower legs as possible. As the bar travels above the knees, thrust hips forward and slightly bend the knees. Keeping the back flat or slightly arched, elbows extended and pointing outward, forcefully extend the hips, knees, and ankles as the bar travels above the thighs keeping the bar close to the body.
- **Second Pull** - When the lower body joints reach full extension (up on the balls of the feet) rapidly shrug the shoulders upward keeping the elbows extended. When the shoulders reach the highest elevation, flex the elbows and pull the body under the bar. Continue to pull the arms as high and as long as possible.
- **Catch** – After the lower body has fully extended and the bar reaches near maximal height, pull the body under the bar while simultaneously flexing the hips and knees into a quarter-squat position and rotating the arms around and under the bar. Once the arms are under the bar, lift the elbows so the upper arms are parallel to the floor. Rest the bar across the front of the collar bones and shoulders. Catch the bar with an erect torso, neutral head position, and feet flat. Stand up extending the hips and knees to a fully erect position.
- **Drop** – From the starting position slightly flex the hips and knees (slight squat) with feet flat on the floor, keeping the upper body and upper arms parallel to the marching surface.
- **Drive** - Initiate the drive phase by forcefully extending the hips, knees, and ankles while simultaneously extending the elbows to raise the barbell overhead so the bar's final position is slightly behind the head. The neck can be slightly extended to allow the bar to pass in front of the face.

Count 2 - Downward Movement Phase:

- Return to the catch position by flexing the elbows, controlling the decent to the collar bones and shoulders while simultaneously flexing the hips and knees to reduce the impact of the bar on the shoulders. The neck can be slightly extended to allow the bar to pass in front of the face.
- Continue to lower the bar controlling the decent to the thighs. Simultaneously flex the hips and knees to cushion the impact of the bar on the thighs. Squat down with the elbows fully extended until the bar touches the floor, returning to the starting position.
CHECK POINTS:
- The six upward movement phases in count 1 are performed in a fast, continuous motion.
- Always control the descent of the bar during count 2 to avoid injury to the trunk, back, and thighs.
- Inhale on count 1 and exhale on count 2.
- Perform four to six repetitions of this exercise for three to five sets.
- Do not increase resistance until exceed six repetitions can be correctly performed.

Precautions: Do not perform these exercises alone. Always use collars to secure weight plates. A platform and rubber bumper plates are preferred.

EXERCISE 3: THE CLEAN AND PRESS
EXERCISE 3: THE CLEAN AND PRESS (CONTINUED)

Count 1 – Drive and Press

Count 2 – Controlled Decent to Shoulders
**EXERCISE 3: THE CLEAN AND PRESS (CONTINUED)**

**SUMMARY**

9-188. The purpose of strength and mobility activities is to improve functional strength, postural alignment, and body mechanics as they relate to the performance of warrior tasks. The regular and precise execution of the exercise drills listed in this chapter will develop the body management competencies needed to successfully accomplish these tasks.
Chapter 10
Endurance and Mobility Activities

“Each morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and knows it must move faster than the slowest gazelle or it will starve. It doesn’t matter if you are the lion or the gazelle, when the sun comes up, you better be moving.”

-W. Anonymous

WARRIOR TASKS

10-1. Warrior tasks require the ability to move quickly on foot. Running short distances at high speed is essential to moving under direct and indirect fire (Figure 10-1). Running for long distances at a constant speed also develops endurance but should not be over-emphasized in the PRT program. Table 10-1 presents several endurance and mobility exercise.

Figure 10-1. Moving under direct and indirect fire.
Table 10-1. Endurance and mobility activities.

<table>
<thead>
<tr>
<th>ENCAPSULATION AND MOBILITY ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ability Group Run</strong></td>
</tr>
<tr>
<td>Ability group runs train Soldiers in groups of near-equal ability to sustain running for improvement in aerobic endurance.</td>
</tr>
<tr>
<td><strong>Unit Formation Run</strong></td>
</tr>
<tr>
<td>Unit formation runs are based on a time and distance that can be achieved with unit integrity and a display of unit cohesion.</td>
</tr>
<tr>
<td><strong>30:60s 60:120s</strong></td>
</tr>
<tr>
<td>30:60s and 60:120s improve the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, Soldiers will be able to sustain performance of physically demanding tasks at a higher intensity for a longer duration.</td>
</tr>
<tr>
<td><strong>300-yard Shuttle Run</strong></td>
</tr>
<tr>
<td>The 300-yard Shuttle Run develops the ability to repeatedly sprint after changing direction. It is an indicator of the Soldier’s anaerobic endurance, speed, and agility.</td>
</tr>
<tr>
<td><strong>Military Movement Drills 1 and 2</strong></td>
</tr>
<tr>
<td>The purpose of Military Movement Drills is to dynamically prepare the body for more vigorous running activities and develop motor efficiency.</td>
</tr>
<tr>
<td><strong>Foot March</strong></td>
</tr>
<tr>
<td>Foot marching as a movement component of maneuver, is a critical Soldier physical requirement. Regular foot marching prepares Soldiers to successfully move under load.</td>
</tr>
<tr>
<td><strong>Conditioning Obstacle Course</strong></td>
</tr>
<tr>
<td>Running the conditioning obstacle course for time challenges Soldiers’ strength, endurance and mobility, improving individual movement techniques.</td>
</tr>
<tr>
<td><strong>Terrain Run</strong></td>
</tr>
<tr>
<td>Terrain running applies the “Train for Combat Proficiency” principle to PRT. Running through local training areas, over hills and around obstacles improves mobility, endurance, and the ability to stop, start, and change direction.</td>
</tr>
<tr>
<td><strong>Hill Repeats</strong></td>
</tr>
<tr>
<td>Hill repeats are an effective means of developing explosive leg strength and anaerobic power.</td>
</tr>
<tr>
<td><strong>Endurance Training Machines</strong></td>
</tr>
<tr>
<td>Use of endurance training equipment may be based on environmental constraints, safety for Soldiers on physical profile and isolation of specific muscle groups to be trained during rehabilitation and reconditioning.</td>
</tr>
</tbody>
</table>
SECTION I — RUNNING

10-2. The purpose of running is to improve the overall conditioning of the Soldier by developing endurance. Endurance spans a continuum between aerobic and anaerobic systems. Aerobic endurance is developed by performing low to moderate intensity activities for a long duration. Anaerobic endurance is developed by performing high intensity activities for a short duration, resting, then repeating the sequence. Aerobic training alone does not fully prepare Soldiers for the functional endurance and strength requirements of warrior tasks and battle drills. The analysis of the physical demands needed to successfully accomplish warrior tasks demonstrates a more significant requirement for anaerobic endurance. In order to train the complete spectrum of endurance, both speed running and sustained running must be performed. The running activities described in this chapter may be performed individually or collectively.

TRAINING AREA

10-3. Running will be conducted over a variety of terrain:
- Hardball (improved and unimproved roads)
- Grassy fields
- Tracks
- Wooded areas
- Hills
- Tank trails

UNIFORM

10-4. The commander will specify the appropriate uniform based on the type of running activity to be performed. PRT uniforms appropriate for running include:
- PFU
- ACUs and running shoes
- ACUs and boots
- ACUs with boots and fighting load

EQUIPMENT

10-5. Equipment used will be IAW installation safety policy (flashlights, reflective vests/bands, traffic cones, AGR route markers placed at ¼-mile intervals). The PRT leader and AI must monitor run time and pace during the conduct of running activities.

FORMATION

10-6. Formations used in unit running are squad, platoon, company, and battalion in column. Other types of running such as terrain running or speed running will be conducted in one or more columns as determined by the training area and installation safety SOP.

LEADERSHIP

INSTRUCTION AND EXECUTION

10-7. The PRT leader and AIs must be able to demonstrate and lead all types of running activities. They must also be familiar with formations, commands, cadence, and classification of Soldiers into ability groups for sustained and speed running. Running may be performed individually or collectively. When conducting collective training, running is optimized when Soldiers are grouped by near-equal ability. The best way to assign Soldiers to ability groups is by their most recent 1-mile-run time assessment. The optimal time and range between each group is 60 seconds. When performing formation sustained running, the PRT leader should be on the left side of the formation and toward the rear to have a full view of all
Soldiers and maintain control. Speed running may be conducted individually or collectively by ability group, on a track or designated running area. When conducting speed running, the PRT leader will control running and recovery times from the center of the track or running area using a whistle and stopwatch. AIs may run with the Soldiers providing positive motivation and running form corrections.

PRECISION

10-8. Soldiers should be instructed on the running form guidelines in Section II, Sustained Running Form. Running with optimal body mechanics allows greater efficiency with less chance of injury. Soldiers should strive to demonstrate and maintain proper running form during all running activities.

PROGRESSION

10-9. In the toughening phase (BCT/OSUT/AIT), Soldiers perform speed running (30:60s, 60:120s and the 300-yard Shuttle Run) and sustained running (individual or collective). Initially, Soldiers will perform six repetitions of 30:60s and progress to 8 repetitions, then begin performing 60:120s, 6 repetitions progressing to 10 repetitions. The intensity for speed running during the 30 and 60 second work intervals is 75 to 85 percent maximal effort. During the 60 and 120 second recovery intervals, all Soldiers will walk until the next work interval begins. At the completion of 30:60s or 60:120s Soldiers will walk two to three minutes before engaging in other PRT activities or recovery. The Shuttle Run is performed only one time when performed as an activity during a PRT session, in conjunction with 60:120s. The PRT leader will designate the number of repetitions and signal the start of each group or individual. Formation running is conducted for no longer than 30 minutes in the toughening phase. All running courses should be marked at ¼-mile intervals so PRT leaders can monitor split times to ensure the maintenance of the appropriate running pace. Sustained running progression is built into the PRT training schedules for BCT/OSUT. Sustained running progression for AIT is accomplished by moving the Soldier from a lower ability group to the next higher ability group. Refer to Chapter 5, Army Physical Readiness Training Planning, to review BCT/OSUT and AIT PRT schedules.

10-10. In the sustaining phase, Soldiers perform 60:120s, the 300-yard Shuttle Run, hill repeats, formation running, and terrain running. Hill Repeats start with 6 repetitions and add no more than 1 repetition every 2 weeks, not to exceed 10 repetitions. The PRT leader will designate the number of repetitions and signal the start of each group or individual. Sustained running should not exceed 30 minutes in the sustaining phase. All running courses should be marked at ¼-mile intervals so PRT leaders can monitor split times to ensure the maintenance of the appropriate running pace. Sustained running progression is accomplished by moving the Soldier from a lower ability group to the next higher ability group. Refer to Chapter 5 to review sustaining phase PRT Schedules. Terrain running is only conducted in the sustaining phase. Distances should generally be one mile for densely wooded areas and up to 2 miles on tanks trails and open fields. During the sustaining phase, the 300-yard Shuttle Run may be performed in ACUs and boots, progressing to individual body armor without plates, then with plates, then with fighting load. Caution must be used when determining appropriate progression. Environmental considerations are important in the ramp of progression. Repetitions, pace, load, uniform and total exercise time must be adjusted when exercising in high altitudes and in hot, humid environments.

INTEGRATION

10-11. The variety of running activities conducted during the toughening phase (30:60s, 60:120s, AGR and unit formation running) and sustaining phase (30:60s, 60:120s, hill repeats, AGR and unit formation running) integrate anaerobic and aerobic training. The 300-yard Shuttle Run in both the toughening and sustaining phases, and sustaining phase terrain running are also integrated to develop Soldier skills.

COMMANDS

10-12. Calling of cadence and commands is the responsibility of the PRT leader or ability group leader. The command, “Double Time, MARCH,” is used to begin formation running. The command, “Quick Time, MARCH,” is used to terminate formation running (refer to FM 3-21.5, Drill and Ceremonies). After
performance of preparation and any previous PRT activities (Military Movement Drills 1 and/or 2), the Soldiers will jog for approximately ¼ mile before the first repetition of 30:60s or 60:120s is performed. When conducting 30:60s, 60:120s or hill repeats in mass, the PRT leader will control work (running or uphill phase) and recovery (walking or downhill phase) times from the center of the track or running area. The PRT leader will initiate the work (run/hill) interval by signaling with one whistle blast. At the conclusion of the work (run/hill) interval (30 or 60 seconds), the PRT leader will signal with two short whistle blasts. At the conclusion of the recovery (walk/down-hill) interval (60 or 120 seconds), the PRT leader will again signal with one short whistle blast. This sequence is repeated until the desired number of repetitions are completed. Soldiers of varied abilities run for different numbers of repetitions during the toughening phase. Soldiers who finish early will continue to walk until all Soldiers have completed the activity. At the end of the activity the entire group will walk for 2-3 minutes prior to performing any subsequent activities or recovery.

SECTION II — SUSTAINED RUNNING FORM

RUNNING FORM

10-13. Running form varies from Soldier to Soldier. Anatomical variations cause a variety biomechanical manifestations. Many individual variations may be successful. Attempts to force Soldiers to conform to one standard may do more harm than good. However, there are some basic guidelines that may improve running efficiency without overhauling the natural stride. Generally, the form and technique for all types of running is fairly constant. The following information addresses optimal running form for the major body segments (Figure 10-2).

![Figure 10-2. Sustained running form.](image)

HEAD

10-14. The head should be held high, with the chin pointed forward, neither up nor down. Allowing the head to ride forward puts undue strain on the muscles of the upper back.

SHOULDERS

10-15. The shoulders should assume a neutral posture, neither rounded forward nor forcefully arched backward. Rounding the shoulders forward is the most common fault in everyday posture while walking and running. The problem is usually associated with tightness of the chest and shoulder muscles. Another problem occurs when the shoulders start to rise with fatigue or increased effort. This position not only wastes energy, but can also adversely affect breathing.
ARMS

10-16. Throughout the arm swing, the elbows should stay at roughly a 90-degree bend. The wrists stay straight and the hands remain loosely cupped. The arm swing should be free of tension, but do not allow the hands to cross the midline of the body.

TRUNK AND PELVIS

10-17. The trunk should remain over its base of support, the pelvis. A common problem with fatigue is allowing the trunk to lean forward of the legs and pelvis. This forces the lower back muscles to expend too much energy resisting further trunk lean to the front.

LEGS

10-18. For distance running, much of the power is generated from below the knee. Energy is wasted as the knees come higher and the large muscles of the hips and thighs are engaged. Practice getting a strong push-off from the ankle of the back leg. This helps to naturally lengthen the stride. Lengthening the stride by reaching forward with the front leg will be counterproductive.

FEET

10-19. The feet should be pointed directly forward while running. With fatigue and certain muscle imbalances, the legs and feet may start to rotate outward. This may hinder performance and create abnormal stresses that contribute to injury.

BREATHING

10-20. Breathing should be rhythmic in nature and coordinated with the running stride.

SECTION III — TOUGHENING PHASE ENDURANCE AND MOBILITY ACTIVITIES

10-21. Table 10-2 illustrates toughening phase endurance and mobility activities.

Table 10-2. Toughening phase endurance and mobility activities.

<table>
<thead>
<tr>
<th>Toughening Phase Endurance and Mobility Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military Movement Drill 1</td>
</tr>
<tr>
<td>300-yard Shuttle Run</td>
</tr>
<tr>
<td>30:60s</td>
</tr>
<tr>
<td>60:120s</td>
</tr>
<tr>
<td>Ability Group Run</td>
</tr>
<tr>
<td>Unit Formation Run</td>
</tr>
<tr>
<td>Foot March</td>
</tr>
<tr>
<td>Conditioning Obstacle Course</td>
</tr>
</tbody>
</table>
MILITARY MOVEMENT DRILL 1

10-22. The purpose of Military Movement Drill 1 (MMD1) in the toughening phase (Figure 10-3) is to enhance running form, dynamically prepare the body for more vigorous running activities, and develop motor efficiency. MMD1 is conducted following Preparation and prior to running activities during the PRT session. Any level area of adequate size is appropriate for conducting the movement drill. Beware of hazards such as holes, uneven terrain, and rocks. Use caution when conducting MMD1 on wet terrain. This drill is conducted using the extended rectangular formation (covered) and performed by rank. MMD1 consists of exercises performed at 25-yard intervals: Verticals, Laterals, and The Shuttle Sprint.

![Extended Rectangular Formation (covered)]

<table>
<thead>
<tr>
<th>0 yards - Start Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-13 yards</td>
</tr>
<tr>
<td>25 yards - Start Point</td>
</tr>
</tbody>
</table>

Reform at the stop point in the same ranks and perform the same exercise to the start point. This is one repetition.

NOTE: RL - Rank Leader  S-Soldier

Figure 10-3. Military movement drill 1.
MILITARY MOVEMENT DRILL 1

EXERCISE 1: VERTICALS

Purpose: This exercise helps to develop proper running form.

Starting Position: Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.

Check Points:
- Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There should not be any back swing of the legs.

Precautions: N/A
MILITARY MOVEMENT DRILL 1

EXERCISE 2: LATERALS

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

Movement: Step out with the lead leg and then bring the trail leg up and toward the lead leg. Always face the same direction so that the first 25-yards is moving to the left and the second 25-yards is moving to the right.

Check Points:

- Pick the feet up with each step. Avoid dragging the feet along the ground.
- Crouch slightly while keeping the back straight.
- Avoid hitting the feet and ankles together on each step.
- Rank leaders will face their rank throughout the exercise.

Precautions: N/A
MILITARY MOVEMENT DRILL 1

EXERCISE 3: THE SHUTTLE SPRINT

Purpose: This exercise (Figure 10-4) develops anaerobic endurance, leg speed, and agility.

Starting Position: Staggered Stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

Movement: Run quickly to the 25-yard mark (as arrow 1 in the following exercise illustration shows). Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line (arrow 2) and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually (arrow 3) accelerating to near maximum speed.

Check Points:
- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.
THE 300-YARD SHUTTLE RUN

10-23. The 300-yard Shuttle Run develops the ability to repeatedly sprint after changing direction. It is an indicator of the Soldier’s anaerobic endurance, speed, and agility. The 300-Yard Shuttle Run is conducted from the extended rectangular formation (covered) as shown in Figure 10-5. On the command, “Ready,” one Soldier in each column will move behind the starting line and assume the ready position (staggered stance). On the command, “GO,” the Soldier will sprint to a line 25-yards from the starting line. They must touch the line or beyond it with the left hand, then return to touch the starting/finish line with the right hand. This is considered one repetition. The Soldier will perform six repetitions alternating touching the lines with opposite hands. On the last (sixth) repetition, the Soldier will sprint past the starting/finish line without touching it. The PRT leader and AIs will ensure that Soldiers sprint in their own lanes and run with their heads up to watch for other Soldiers who may be moving in an opposite direction. Figure 10-5 illustrates the running patterns and requirements of the 300-yard shuttle run.
Figure 10-5. 300 yard shuttle run.

**Checkpoints:**
- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should both bend the trunk and squat when reaching to touch the ground as they change direction.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn and continue to alternate hand touches on each turn.
- Soldiers must sprint with their heads up and watch for other soldiers who may be moving in an opposite direction.
SPEED RUNNING

10-24. Speed running is based on the training principle that a greater amount of intense work can be performed if the work is interspersed with periods of recovery. Improvements in physical fitness are affected to a greater extent by the intensity of training than by the frequency or duration of the training. During speed running, Soldiers perform a work interval in a specified time for a specific number of repetitions. The work intervals are followed immediately by an active recovery interval. Multiple work intervals cause the onset of fatigue many times during a single training session. Speed running improves the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, Soldiers are able to sustain performance of physically demanding tasks at a higher intensity for a longer duration. The training stimulus associated with speed running occurs from the combination of work and recovery. A very short recovery period may not allow the body to recover sufficiently to perform the next work interval at the desired intensity. A very long recovery period may allow the body to recover too much and some of the training effect would be lost. Generally, duration of the recovery period depends on the intensity and duration of the work interval. An appropriate work to recovery ratio for improving Soldier physical readiness is 1:2. Speed running has three variables: work duration, recovery duration, and the number of repetitions. The speed running activity appropriate for Soldiers to improve physical readiness and APFT 2-mile run performance are 30:60s and 60:120s. A speed running chart is provided in Figures 10-6, and Appendix A, PRT Leader Drill Cards. When conducting speed running, the AIs will perform the activity by running with Soldiers in the unit. This allows the AIs to continually monitor and motivate Soldiers throughout the conduct of the exercise. The PRT Leader positions himself to supervise the conduct of speed running and uses a stopwatch and a whistle for signaling the “Start” and “Stop” of each work and rest interval.

30:60s

10-25. Soldiers will perform 30:60s adhering to a work to recovery ratio of 1:2. During the work interval, Soldiers will sprint for 30 seconds. During the recovery interval, Soldiers will walk for 60 seconds. This is one repetition of a 30:60. Speed running will cause Soldiers to spread out over the course of the running track during the work interval. If required, the PRT Leader will have Soldiers regroup before the start of the next work interval. All ability groups should run at a slow pace (jog) ¼ - mile prior to beginning 30:60s. Refer to Table 10-3 for the number of repetitions performed by ability group. All ability groups should walk a minimum of 3 minutes prior to performing additional activities or Recovery.

60:120s

10-26. Soldiers will perform 60:120s adhering to a work to recovery ratio of 1:2. During the work interval, Soldiers will sprint for 60 seconds. During the recovery interval, Soldiers will walk for 120 seconds. This is one repetition of a 60:120. Speed running will cause Soldiers to spread out over the course of the running track during the work interval. If required, the PT Leader will have Soldiers regroup before the start of the next work interval. All ability groups should run at a slow pace (jog) ¼ - mile prior to beginning 60:120s. In the toughening phase (BCT/OSUT) Soldiers transition to 60:120s in week 4 (Table 10-3).
Table 10-3. BCT/OSUT speed running progression.

<table>
<thead>
<tr>
<th>Week #</th>
<th>Group A</th>
<th>Group B</th>
<th>Group C</th>
<th>Group D</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>30:60s 6 reps</td>
<td>30:60s 6 reps</td>
<td>30:60s 6 reps</td>
<td>30:60s 6 reps</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>30:60s 6 reps</td>
<td>30:60s 6 reps</td>
<td>30:60s 6 reps</td>
<td>30:60s 6 reps</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>30:60s 8 reps</td>
<td>30:60s 8 reps</td>
<td>30:60s 8 reps</td>
<td>30:60s 8 reps</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>60:120s 6 reps</td>
<td>60:120s 6 reps</td>
<td>60:120s 6 reps</td>
<td>60:120s 6 reps</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>60:120s 8 reps</td>
<td>60:120s 8 reps</td>
<td>60:120s 8 reps</td>
<td>60:120s 8 reps</td>
</tr>
<tr>
<td>WEEK 6/7</td>
<td>60:120s 8 reps</td>
<td>60:120s 8 reps</td>
<td>60:120s 8 reps</td>
<td>60:120s 8 reps</td>
</tr>
<tr>
<td>WEEK 8/9</td>
<td>300-yard SR 60:120s 6 reps</td>
<td>300-yard SR 60:120s 6 reps</td>
<td>300-yard SR 60:120s 6 reps</td>
<td>300-yard SR 60:120s 6 reps</td>
</tr>
<tr>
<td>WEEK 10-16</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
</tr>
<tr>
<td>WEEK 17+</td>
<td>300-yard SR 60:120s 10 reps</td>
<td>300-yard SR 60:120s 10 reps</td>
<td>300-yard SR 60:120s 10 reps</td>
<td>300-yard SR 60:120s 10 reps</td>
</tr>
</tbody>
</table>

Table 10-4 illustrates AIT running progression.

Table 10-4. AIT speed running (4 groups).

<table>
<thead>
<tr>
<th>GROUP</th>
<th>Strength and Mobility Weeks</th>
<th>Endurance and Mobility Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>300-yard Shuttle Run 60:120s 8 reps</td>
<td>60:120s 10 reps</td>
</tr>
<tr>
<td>B</td>
<td>300-yard Shuttle Run 60:120s 8 reps</td>
<td>60:120s 10 reps</td>
</tr>
<tr>
<td>C</td>
<td>300-yard Shuttle Run 60:120s 8 reps</td>
<td>60:120s 10 reps</td>
</tr>
<tr>
<td>D</td>
<td>300-yard Shuttle Run 60:120s 8 reps</td>
<td>60:120s 10 reps</td>
</tr>
</tbody>
</table>

Soldiers running the one-mile in **6:30 and faster** will be assigned to ability group A. Soldiers running the one-mile from **6:31 to 7:15** will be assigned to ability group B. Soldiers running the one-mile from **7:16 to 8:00** will be assigned to ability group C. Soldiers running the one-mile in **8:01 and slower** will be assigned to ability group D.

**TRAINING AREAS FOR SPEED RUNNING**

10-28. Ideally, the training area for the conduct of 30:60s and 60:120s is a quarter-mile or 400-meter oval running track. The PRT leader should be located in the middle of the training area so he has all Soldiers in sight and whistle commands to start and stop walking and running intervals are easily heard by all Soldiers. If 30:60s or 60:120s are conducted on a road, the route MUST be wide enough for Soldiers to turn around and not collide. The recommended distances for conducting 30:60s or 60:120s on a straight road course is a minimum of 100 yards and a maximum of 200 yards (Figure 10-6).
ABILITY GROUP RUNS

10-29. Ability group runs (AGRs) in the toughening phase (BCT/OSUT and AIT) train Soldiers in groups of near-equal ability (Figure 10-7). Each ability group runs at a prescribed pace intense enough to produce a training effect for that group and each Soldier in it. Leaders should program these runs for specific lengths of time, not miles to be run. This training method provides a challenge for each ability group while controlling injuries. Conduct a 1-mile run assessment to assign Soldiers in ability groups. Based on their 1-mile run assessment times, Soldiers will be assigned to the following groups. Table 10-5 shows BCT/OSUT/AGR time and pace. Table 10-6 shows AIT AGR time and pace.

<table>
<thead>
<tr>
<th>BCT/OSUT AGR Groups</th>
<th>AIT AGR Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Group 7:15 and faster</td>
<td>A Group 6:30 and faster</td>
</tr>
<tr>
<td>B Group 7:16 to 8:15</td>
<td>B Group 6:31 to 7:15</td>
</tr>
<tr>
<td>C Group 8:16 to 10:15</td>
<td>C Group 7:16 to 8:00</td>
</tr>
<tr>
<td>D Group 10:16 and slower</td>
<td>D Group 8:01 and slower</td>
</tr>
</tbody>
</table>

Figure 10-6. Speed running on a straight course.

Figure 10-7. Ability group assignment.
Table 10-5. BCT/OSUT AGR time and pace.

<table>
<thead>
<tr>
<th>Week #</th>
<th>Group A</th>
<th>Group B</th>
<th>Group C</th>
<th>Group D</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>15 MIN @ 7:30 pace</td>
<td>15 min @ 9:00 pace</td>
<td>10 min @ 10:30 pace</td>
<td>10 min @ 12:00 pace</td>
</tr>
<tr>
<td>WEEK 2</td>
<td>15 min @ 7:15 pace</td>
<td>15 min @ 8:30 pace</td>
<td>12 min @ 10:00 pace</td>
<td>12 min @ 11:00 pace</td>
</tr>
<tr>
<td>WEEK 3</td>
<td>20 min @ 7:15 pace</td>
<td>20 min @ 8:30 pace</td>
<td>14 min @ 9:30 pace</td>
<td>14 min @ 10:30 pace</td>
</tr>
<tr>
<td>WEEK 4</td>
<td>25 min @ 7:15 pace</td>
<td>25 min @ 8:15 pace</td>
<td>16 min @ 9:30 pace</td>
<td>16 min @ 10:00 pace</td>
</tr>
<tr>
<td>WEEK 5</td>
<td>30 min @ 7:30 pace</td>
<td>25 min @ 8:00 pace</td>
<td>18:00 min @ 9:00 pace</td>
<td>18 min @ 10:00 pace</td>
</tr>
<tr>
<td>WEEK 6</td>
<td>30 min @ 7:30 pace</td>
<td>30 min @ 8:00 pace</td>
<td>20 min @ 8:30 pace</td>
<td>20 min @ 9:30 pace</td>
</tr>
<tr>
<td>WEEK 7-9</td>
<td>30 min @ 7:15 pace</td>
<td>30 min @ 7:45 pace</td>
<td>20 min @ 8:15 pace</td>
<td>20 min @ 9:30 pace</td>
</tr>
<tr>
<td>WEEK 10+</td>
<td>30 min @ 7:00 pace</td>
<td>30 min @ 7:30 pace</td>
<td>30 min @ 8:15 pace</td>
<td>30 min @ 9:30 pace</td>
</tr>
</tbody>
</table>

Soldiers running the one-mile in 7:15 and faster will be assigned to ability group A.
Soldiers running the one-mile in 7:16 to 8:15 will be assigned to ability group B.
Soldiers running the one-mile in 8:16 to 10:15 will be assigned to ability group C.
Soldiers running the one-mile in 10:16 and slower will be assigned to ability group D.

Table 10-6. AIT AGR time and pace.

<table>
<thead>
<tr>
<th>GROUP</th>
<th>Strength and Mobility Weeks</th>
<th>Endurance and Mobility Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>30 MIN @ 7:00 pace</td>
<td>30 min @ 7:00 pace</td>
</tr>
<tr>
<td>B</td>
<td>30 min @ 7:30 pace</td>
<td>30 min @ 7:30 pace</td>
</tr>
<tr>
<td>C</td>
<td>30 min @ 8:15 pace</td>
<td>30 min @ 8:15 pace</td>
</tr>
<tr>
<td>D</td>
<td>30 min @ 9:30 pace</td>
<td>30 min @ 9:30 pace</td>
</tr>
</tbody>
</table>

Soldiers running the one-mile in 6:30 and faster will be assigned to ability group A.
Soldiers running the one-mile from 6:31 to 7:15 will be assigned to ability group B.
Soldiers running the one-mile from 7:16 to 8:00 will be assigned to ability group C.
Soldiers running the one-mile in 8:01 and slower will be assigned to ability group D.

10-30. Some Soldiers may make the cut off times to qualify for an ability group but are unable to maintain the prescribed running pace listed in the PRT schedule. If this occurs, they may drop down to the slower group and progress later to the faster running group. AGRs must be conducted at the times listed above for the duration and frequency specified in the training schedules in Chapter 5, Army Physical Readiness Training Planning. The frequency of AGRs is one or two times per week. AGR, speed running, and foot marching (greater than 5 Km) should not be conducted on the same or consecutive days. The running duration is determined by time, not distance. Because Soldiers progress at different rates, they should move to faster groups when they are ready. Those who have difficulty maintaining the specified pace within an ability group should be placed in a slower ability group. Supervision will prevent a constant shifting of Soldiers between groups due to lack of individual effort. Refer to Tables 10-5 and 10-6 for BCT/OSUT and AIT AGR time and pace. Routes used for sustained running in ability groups should be well lighted, free from hazards and traffic, and marked at quarter-mile intervals. Ability group leaders will ensure running is at the proper pace prescribed for their group by checking their split times at each quarter-mile marker along the route. Table 10-7 lists the appropriate quarter-mile split time based on the AGR pace.
## FORMATION RUNNING

10-31. Formation running may be conducted by unit or in ability groups. There are intangible rewards gained from running with a group (esprit de corps, team building, and discipline). Unit formation running is based on a time and distance that can be achieved with unit integrity and a display of unit cohesion. Unit formation runs are organized by squad, platoon, company, or battalion; not by ability. Keeping a large unit in step, with proper distance intervals and correct running form offers intangible benefits that commanders desire. Commanders should not use unit formation runs as the foundation of their PRT program. They should be performed no more than once per quarter due to the limited training effect offered for the entire unit. The unit formation run begins with a gradual increase in intensity for the first three minutes or ¼ mile, then continues at a prescribed target pace for a specified time and concludes with a gradual decrease in intensity for the last three minutes or ¼ mile. The gradual increase and gradual decrease quarter miles will be conducted at a pace two minutes slower than the target pace. The unit commander is responsible for establishing a pace achievable by all Soldiers in the unit.

## FOOT MARCHING

10-32. Foot marching as a movement component of maneuver, is a critical Soldier physical requirement. Regular foot marching helps to avoid the cumulative effects of lower injury trauma and prepares Soldiers to successfully move under load. Refer to FM 21-18, Foot Marching, and Chapter 11, Foot Marching, in this manual, for specific instructions and guidance for the conduct of foot marches.

## CONDITIONING OBSTACLE COURSE

10-33. Obstacle course running develops physical capacities and fundamental skills and abilities that are important to Soldiers in combat operations. Soldiers must be able to crawl, creep, climb, walk, run, and jump. Furthermore, with individual body armor and fighting load, they must be able to perform all these tasks for long periods of time without exhaustion or injury, even after fatigue has set in. Refer to Chapter 12, Obstacle Negotiation, for specific instructions for conducting obstacle course activities.

## SECTION IV — SUSTAINING PHASE ENDURANCE AND MOBILITY ACTIVITIES

10-34. Table 10-8 lists all sustaining phase endurance and mobility activities.
Table 10-8. Sustaining phase endurance and mobility activities.

<table>
<thead>
<tr>
<th>Sustaining Phase Endurance and Mobility Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military Movement Drills 1 and 2</td>
</tr>
<tr>
<td>300-yard Shuttle Run</td>
</tr>
<tr>
<td>60:120s</td>
</tr>
<tr>
<td>30:60s and 60:120s (w/equipment)</td>
</tr>
<tr>
<td>Ability Group Run</td>
</tr>
<tr>
<td>Unit Formation Run</td>
</tr>
<tr>
<td>Release Run</td>
</tr>
<tr>
<td>Terrain Run</td>
</tr>
<tr>
<td>Hill Repeats</td>
</tr>
<tr>
<td>Foot March</td>
</tr>
<tr>
<td>Conditioning Obstacle Course</td>
</tr>
<tr>
<td>Endurance Training Machines</td>
</tr>
</tbody>
</table>
MILITARY MOVEMENT DRILL 1 (MMD1)

10-35. The purpose of Military Movement Drills 1 and 2 (MMD1 and MMD2) in the sustaining phase is designed to enhance running form, dynamically prepare the body for more vigorous running activities, and develop motor efficiency. MMD1 and/or MMD2 is/are conducted following Preparation and prior to running activities during sustaining phase PRT sessions. Any level area of adequate size is appropriate for conducting the movement drills. Beware of hazards such as holes, uneven terrain, and rocks. Use caution when conducting MMD1 and MMD2 on wet terrain. These drills are conducted using the extended rectangular formation (covered) performed by rank. MMD1 and MMD2 each consist of three exercises performed at 25-yard intervals: Verticals, Laterals, and The Shuttle Sprint for MMD1; The Power Skip, Crossovers, and Crouch Run for MMD2 (Figure 10-8).
MILITARY MOVEMENT DRILL 1

EXERCISE 1: VERTICALS

**Purpose:** This exercise helps to develop proper running form.

**Starting Position:** Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm forward. The head is up looking straight ahead and the knees are slightly bent.

**Movement:** Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.

**Check Points:**
- Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There should not be any back swing of the legs.

**Precautions:** N/A
MILITARY MOVEMENT DRILL 1

EXERCISE 2: LATERALS

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

Movement: Step out with the lead leg and then bring the trail leg up and toward the lead leg. Always face the same direction so that the first 25-yards is moving to the left and the second 25-yards is moving to the right.

Check Points:
- Pick the feet up with each step. Avoid dragging the feet along the ground.
- Crouch slightly while keeping the back straight.
- Avoid hitting the feet and ankles together on each step.
- Rank leaders will face their rank throughout the exercise.

Precautions: N/A
MILITARY MOVEMENT DRILL 1

EXERCISE 3: THE SHUTTLE SPRINT

Purpose: This exercise develops anaerobic endurance, leg speed, and agility (Figure 10-9).

Starting Position: Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

Movement: Run quickly to the 25-yard mark (as arrow 1 in the following exercise illustration shows). Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line (arrow 2) and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually (arrow 3) accelerating to near maximum speed.

![Figure 10-9. The shuttle sprint.]

Check Points:
- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.

MILITARY MOVEMENT DRILL 2 (MMD2)

10-26. MMD2 contains three dynamic, plyometric exercises that are conducted in the same manner as MMD1. Both military movement drills may be conducted prior to running activities in the sustaining phase. MMD1 should precede MMD2 if both drills are conducted. DO NOT mix exercises between the two drills. Perform the drills as prescribed in this manual.
MILITARY MOVEMENT DRILL 2

EXERCISE 1: THE POWER SKIP

**Purpose:** This exercise develops leg power, coordination, and jumping ability from a single leg. It also promotes a powerful extension from the ankle, knee, and hip.

**Starting Position:** Staggered stance.

**Movement:** Step and then hop and land on the same leg, followed by the same action with the opposite leg. When the right leg is forward, the left arm swings forward and the right arm is to the rear. When the left leg is forward, the right arm swings forward and the left arm is to the rear.

**Check Points:**
- Start slowly and progress the speed and height of the skip with each 25-yard interval.
- Soldiers should gradually incorporate larger arm swings as they jump to get higher elevation. Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.

**Precautions:** N/A
MILITARY MOVEMENT DRILL 2

EXERCISE 2: CROSSOVERS

Purpose: This exercise improves leg coordination and trains Soldiers to move laterally.

Starting Position: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward or holding weapon. Face perpendicular to direction of movement.

Movement: Cross the trail leg first to the front of the lead leg and step in the direction of travel to return to the starting position. Then cross the trail leg to the rear of the lead leg and step in the direction of travel to return to the starting position. Repeat sequence to the 25-yard stop point. Always face the same direction so the first 25-yards is moving to the left and the second 25-yards is moving to the right.

Check Points:
- Pick the feet up with each step. Avoid dragging the feet along the ground.
- Crouch slightly while keeping the back straight.
- Maintain the trunk perpendicular to the direction of travel while allowing the hips to move naturally.
- Rank leaders will face their rank throughout the exercise.

Precautions: N/A
MILITARY MOVEMENT DRILL 2

EXERCISE 3: THE CROUCH RUN

Purpose: This exercise develops the ability to run quickly in a crouched position.

Starting Position: Assume the starting position for exercise three of Calisthenic Drill 1: The Mountain Climber.

Movement: Power out of the starting position, performing one repetition of The Mountain Climber, then upon finishing count 4, run forward in the crouched position to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand, as in performing the Shuttle Sprint in MMD1. Crouch run quickly back to the starting line and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Accelerate out of the crouch run to an upright position and sprint back to the 25-yard mark gradually accelerating to near maximum speed.

Check Points:
- Move from the starting position The Crouch Run by executing one repetition of The Mountain Climber and firing out of count four with the right leg and swinging the left arm forward, to the crouch run.
- On the Crouch Run, stay low with minimal arm swing.
- Soldiers should slow their movement before planting feet and changing direction.
- Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.
THE 300-YARD SHUTTLE RUN

10-37. The 300-yard Shuttle Run develops the ability to repeatedly sprint after changing direction. It is an indicator of the Soldier’s anaerobic endurance, speed, and agility. The 300-Yard Shuttle Run is conducted from the extended rectangular formation (covered) as shown in Exercise 3, page 10-22. On the command, “Ready,” one Soldier in each column will move behind the starting line and assume the ready position (staggered stance). On the command, “GO,” the Soldier will sprint to a line 25-yards from the starting line. They must touch the line or beyond it with the left hand, then return to touch the starting/finish line with the right hand. This is considered one repetition. The Soldier will perform six repetitions alternating touching the lines with opposite hands. On the last (sixth) repetition, the Soldier will sprint past the starting/finish line without touching it. The PRT leader and assistant instructors (AIs) will ensure that Soldiers sprint in their own lanes and run with their heads up to watch for other Soldiers who may be moving in an opposite direction. The 300-yard shuttle run is usually conducted only one-time when used ICW 60:120s. During field PRT when sustained running is limited, the shuttle run may be conducted 1 to 3 times as an endurance and mobility activity by itself (Refer again to Exercise 3, page 6-22.).

10-38. In the sustaining phase, the 300-yard shuttle run may be conducted with equipment. Commanders must use caution when conducting the 300-yard shuttle run under load. Soldiers will progress from wearing ACUs, boots, and carrying weapon to also include the wear of IBA and ACH. Soldiers may first wear IBA without plates and progress by adding plates over time. Soldiers will begin with one repetition of the 300-Yard Shuttle Run and progress to no more than four repetitions within a given PRT session. When the 300-Yard Shuttle Run is combined with 30:60s or 60:120s, no more than two repetitions will be performed under load. Rest intervals between shuttle runs should be between 5 to 10 minutes.

SPEED RUNNING

10-39. Speed running is based on the principle that a greater amount of intense work can be performed if the work is interspersed with periods of recovery. Improvements in physical fitness are affected to a greater extent by the intensity of training than by the frequency or duration of the training. During speed running, Soldiers perform a work interval in a specified time for a specific number of repetitions. The work intervals are followed immediately by an active recovery interval. Multiple work intervals cause the onset of fatigue many times during a single training session. Speed running improves the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, Soldiers will be able to sustain performance of physically demanding tasks at a higher intensity for a longer duration. The training stimulus associated with speed running occurs from the combination of work and recovery. A very short recovery period may not allow the body to recover sufficiently to perform the next work interval at the desired intensity. A very long recovery period may allow the body to recover too much and some of the training effect would be lost. Generally, duration of the recovery period depends on the intensity and duration of the work interval. An appropriate work to recovery ratio for improving Soldier physical readiness is 1:2. Speed running has three variables: work duration, recovery duration, and the number of repetitions. The speed running activity appropriate for Soldiers to improve physical readiness and APFT 2-mile run performance are 60:120s. A speed running chart is provided in Figure 10-11 and Appendix A, PRT Leader Drill Cards. When conducting speed running, the AIs will perform the activity by running with the Soldiers in the unit. This allows AIs to continually monitor and motivate Soldiers throughout the conduct of the exercise. The PRT leader positions himself in order to supervise the conduct of speed running. The PRT leader uses a stopwatch and a whistle for signaling the “Start” and “Stop” of each work and rest interval.

10-40. In the sustaining phase (Figure 10-10), 30:60s and 60:120s may be conducted with equipment. Commanders must use caution when conducting 30:60s and 60:120s under load. Soldiers will progress from wearing ACUs, boots, and carrying weapon to also include the wear of IBA and ACH. Soldiers may first wear IBA without plates and progress by adding plates over time. Soldiers will begin with 6 repetitions and progress to no more than 10 repetitions within a given PRT session. When the 300-yard Shuttle Run is combined with 30:60s or 60:120s, no more than eight repetitions will be performed under load.
60:120S

10-41. Soldiers will perform 60:120s adhering to a work to recovery ratio of 1:2. During the work interval, Soldiers will sprint for 60 seconds. During the recovery interval, Soldiers will walk for 120 seconds. This is one repetition of a 60:120. Speed running will cause Soldiers to spread out over the course of the running track during the work interval. If required, the PRT leader will have Soldiers regroup before the start of the next work interval. All ability groups should run at a slow pace (jog) ¼ - mile prior to beginning 60:120s. All ability groups should walk a minimum of 3 minutes prior to performing additional activities or Recovery.

TRAINING AREAS FOR SPEED RUNNING

10-42. The training area for the conduct of 60:120s and 30:60s/60:120s under load is, ideally, a 1/4-mile oval running track. The PRT leader has all Soldiers in sight and whistle commands to start and stop walking and running intervals are easily heard by all Soldiers. If 60:120s or 30:60s/60:120s under load are conducted on a road, the route MUST be wide enough for Soldiers to turn around and not collide. The recommended distances for conducting 60:120s or 30:60s/60:120s under load on a straight road course is a minimum of 100 yards and a maximum of 200 yards (Figure 10-11).
ABILITY GROUP RUNNING

10-43. Ability group running (AGR) the sustaining phase trains Soldiers in groups of near-equal ability. Each ability group runs at a prescribed pace intense enough to produce a training effect for that group and each Soldier in it. Leaders should program these runs for specific lengths of time, not miles or distance to be run. This training method provides a challenge for each ability group while controlling injuries. To assign Soldiers to ability groups, conduct a 1-mile run assessment. Soldiers are assigned to the following groups (Figure 10-12).

<table>
<thead>
<tr>
<th>Sustaining Phase AGR Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Group 6:30 and faster</td>
</tr>
<tr>
<td>B Group 6:31 to 7:15</td>
</tr>
<tr>
<td>C Group 7:16 to 8:00</td>
</tr>
<tr>
<td>D Group 8:01 and slower</td>
</tr>
</tbody>
</table>

Figure 10-12. Sustaining phase AGR groups.

10-44. Some Soldiers may make the cut-off times to qualify for an ability group but are unable to maintain the prescribed running pace listed in the PRT schedule. If this occurs, they may drop down to the slower group and progress later to the faster running group. AGRs must be conducted at the times listed above for the duration and frequency specified in the training schedules in Chapters 5. The frequency of AGRs (Table 10-9) is one or two times per week. AGR, speed running, and foot marching (greater than 5 km) should not be conducted on the same or consecutive days. The running duration is determined by time, not distance. Because Soldiers progress at different rates, they should move to faster groups when they are ready. Those who have difficulty maintaining the specified pace within an ability group should be placed in a slower ability group. Supervision will prevent a constant shifting of Soldiers between groups due to lack of individual effort. Routes used for sustained running in ability groups should be well lighted, free from hazards and traffic, and marked at quarter-mile intervals. Ability group leaders will ensure running is at the...
proper pace prescribed for their group by checking their split times at each quarter-mile marker along the route. Refer to Table 10-10 for the appropriate 1/4-mile split time based on the AGR pace.

Table 10-9. Sustaining phase AGR time and pace.

<table>
<thead>
<tr>
<th>Sustaining Phase AGR Time and Pace</th>
<th>1-2 x per week</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A GROUP:</strong> Soldiers running the one-mile in 6:30 and faster.</td>
<td>30 min @ 7:00 pace (1/4 mile split = 1:45)</td>
</tr>
<tr>
<td><strong>B Group:</strong> Soldiers running the one-mile from 6:31 to 7:15.</td>
<td>30 min @ 7:30 pace (1/4 mile split = 1:52)</td>
</tr>
<tr>
<td><strong>C Group:</strong> Soldiers running the one-mile from 7:16 to 8:00.</td>
<td>30 min @ 8:00 pace (1/4 mile split = 2:00)</td>
</tr>
<tr>
<td><strong>D Group:</strong> Soldiers running the one-mile in 8:01 or slower.</td>
<td>30 min @ 8:30 pace (1/4 mile split = 2:07)</td>
</tr>
</tbody>
</table>

Table 10-10. Quarter-mile split time based on AGR pace.

<table>
<thead>
<tr>
<th>AGR 1/4 – MILE SPLIT TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>PACE/MILE</td>
</tr>
<tr>
<td>6:00</td>
</tr>
<tr>
<td>6:15</td>
</tr>
<tr>
<td>6:30</td>
</tr>
<tr>
<td>6:45</td>
</tr>
<tr>
<td>7:00</td>
</tr>
<tr>
<td>7:15</td>
</tr>
<tr>
<td>7:30</td>
</tr>
<tr>
<td>7:45</td>
</tr>
<tr>
<td>8:00</td>
</tr>
</tbody>
</table>

FORMATION RUNNING

10-45. Formation running can be conducted in unit or ability groups. There are intangible rewards gained from running with a group (esprit de corps, team building, and discipline). Unit formation running is based on a time and distance that can be achieved with unit integrity and a display of unit cohesion. Unit formation runs are organized by squad, platoon, company, and battalion; not by ability. Keeping a large unit in step with proper distance intervals and correct running form offers intangible benefits that commanders desire. Commanders should not use unit formation runs as the foundation of their PRT program. They should be performed no more than once per quarter due to the limited training effect offered for the entire unit. The unit formation run begins with a gradual increase in intensity for the first three minutes or ¼ mile, continues at a prescribed target pace for a specified time and concludes with a gradual decrease in intensity for the last three minutes or ¼ mile. The gradual increase and gradual decrease quarter miles will be conducted at a pace two minutes slower than the target pace. The unit commander is responsible for establishing a pace achievable by all Soldiers in the unit.
RELEASE RUNS

10-46. Release runs combine the benefits of formation running and individual performance at higher training intensities. Soldiers will run in formation to a specified time (no more than 15 minutes), then are released to run as fast as they can back to the starting point. Upon completion of the release run, additional PRT activities may be conducted or perform recovery.

TERRAIN RUNNING

10-47. Terrain running applies the “Train for Combat Proficiency” principle to PRT. Running through local training areas, over hills, and around obstacles improves mobility, endurance, and the ability to stop, start, and change direction. Terrain running is designed to be conducted with small unit integrity. This type of running is best performed by squads and sections. Distances should generally be one mile for densely wooded areas and up to 2 miles on tanks trails and open fields. Intensity is relative to the terrain. PRT leaders will form the unit and maintain an interval suitable for the terrain and environmental conditions. Soldiers should perform terrain running in ACUs and well-fitting boots. Soldiers may progress to performing terrain running with IBA, ACH, weapon, and under fighting load.

HILL REPEATS

10-48. Hill repeats are an effective means of developing explosive leg strength and anaerobic endurance. The intensity and duration of the repetitions will depend on the characteristics of the hill. A short steep hill is ideal for explosive efforts (15-20 seconds up and 30-60 seconds down for five to ten repetitions). Long, gentle slopes are best for sustained efforts of moderate intensity (45-60 seconds up and 90-120 seconds down for four to six repetitions). It is important to maintain good form during hill repeats. Lean slightly forward without bending at the waist. On steep hills, the knees will need to rise higher than normal to permit a full stride. As with other forms of speed running, start with just a few repetitions and add no more than one repetition every two weeks. The PRT leader will designate the number of repetitions and signal the start of each group or individual. Hill repeats should not be conducted under load.

FOOT MARCHING

10-49. Foot marching is a movement component of maneuver and is a critical Soldier physical requirement. Regular foot marching helps to avoid the cumulative effects of lower injury trauma and prepares Soldiers to successfully move under load. Refer to FM 21-18, Foot Marching, and Chapter 11 in this manual for specific instructions and guidance for the conduct of foot marches.

CONDITIONING OBSTACLE COURSE

10-50. Obstacle course running develops physical capacities and fundamental skills and abilities that are important to Soldiers in combat operations. Soldiers must be able to crawl, creep, climb, walk, run, and jump. Furthermore, with individual body armor and fighting load, they must be able to perform all these tasks for long periods of time without exhaustion or injury, even after fatigue has set in. Refer to Chapter 12, Obstacle Negotiation, for specific instructions for conducting obstacle course activities.

ENDURANCE TRAINING MACHINES (ETMs)

10-51. Endurance training, when using equipment, includes four primary variables: exercise mode, training frequency, exercise duration and training intensity. Exercise prescription specifies training frequency, exercise duration and training intensity. The mode of exercise (type of endurance training equipment) is determined by environmental constraints and/or training IAW physical profile limitations (temporary/permanent). Each piece of endurance training equipment contains specific instructions for proper use and adjustments for the Soldier to obtain optimal posture during endurance exercise (seat height on cycle ergometers or seat distance on rowing machines). If the piece of endurance training equipment has no visible list of operating instructions, ask the PRT leader or AI for assistance (Figure 10-13).
EXERCISE MODE

10-52. Exercise mode refers to the specific activity performed by the Soldier: running, cycling, swimming, and use of a variety of endurance training equipment. There are advantages to using endurance training equipment (environmental constraints, safety for Soldiers on physical profile, and isolation of specific muscle groups to be trained during rehabilitation and reconditioning). Consideration for use of specific types of equipment may be based on the Soldier’s ability to participate in weight-bearing or non-weight-bearing activities. Weight-bearing activities include: walking or running on a treadmill and using a stair climbing/stepping machine. Non-weight-bearing and limited weight-bearing activities include use of cycle ergometers (upright/recumbent) elliptical trainers, rowers, climbing machines, and cross-country ski machines. Use of limited or non-weight-bearing endurance training equipment is desirable for obtaining higher caloric expenditure through additional training sessions by overweight Soldiers attempting to reduce body fat. Each of these modes typically provide the Soldier with a variety of individual exercise routines that monitor and display exercise duration, training intensity (heart rate/pace/watts), caloric expenditure, and distance completed (miles/km). Refer to Figures 10-13 for examples of various types of endurance training equipment.

TRAINING FREQUENCY

10-53. Training frequency refers to the number of training sessions conducted per day or per week. Training frequency is determined by exercise duration and training intensity. Training sessions that involve high intensity or longer duration may necessitate less frequent training to allow for adequate recovery. Normal endurance training frequency is three to five exercise sessions per week.

EXERCISE DURATION

10-54. Exercise duration is 20 minutes or longer and varies from machine to machine, depending on the intensity of the exercise routine being performed (hill profile, speed, degree of incline, resistance). Most exercise sessions of high or moderate intensity should last 20 to 30 minutes. Endurance exercise sessions that address additional caloric expenditure for body fat reduction should be of low intensity and may last up to 60 minutes.

TRAINING INTENSITY

10-55. Training intensity is typically monitored and displayed on the exercise equipment control panel in terms of heart rate, pace (mph/kph, step rate), watts, kiloponds, caloric expenditure (kcals), or resistance.
SUMMARY

10-56. The activities in this chapter develop the endurance and mobility demanded of warrior tasks and battle drills. A properly designed PRT running program strikes a balance between speed and sustained running to train the full spectrum of endurance. Chapters 5, PRT Program Planning, provides the template for commanders and PRT leaders to implement endurance and mobility activities into their PRT programs. Endurance training equipment is used to accommodate environmental constraints and/or training IAW Soldiers’ physical profile limitations.
Chapter 11

Foot Marching

“No Soldier should be compelled to walk until he actually enters battle. From that point forward he should carry nothing but what he wears, his rations, and his toilet articles. When battle is concluded he should get new uniforms…new everything.”

General George Patton, Jr.

SECTION I — FOOT MARCHING OVERVIEW

A MOVEMENT COMPONENT OF MANEUVER

11-1. Foot marching as a movement component of maneuver is a critical Soldier physical readiness requirement. Soldier physical capabilities are severely tested during foot marching. Leaders must therefore understand and consider the myriad of demands placed on the physical capabilities of Soldiers. The duration and intensity of the foot march that is influenced by factors such as Soldier’s load, rate of march, terrain, and environment directly impact foot march performance. A successful foot march is accomplished when Soldiers arrive at their destination, at the prescribed time, physically able to execute their tactical mission. Measured in the ability to apply all the elements of combat power at the decisive place and time, tactical success has always been dependent upon the ability of a Soldier to successfully maneuver. This chapter does not address the tactical planning factors of foot marching. It does, however, give guidance in developing the physical readiness potential of Soldiers to meet the physical demands of foot marching. Conducted under realistic conditions, foot marching must be part of every unit’s PRT program.

HISTORICAL EXAMPLES

MARCHING TO VICTORY IN THE ARDENNES

11-2. Military historians cite numerous examples where heavy loads directly or indirectly resulted in reduced performance, unnecessary deaths, and lost battles. The experience of the British in the Falklands and U.S. Army in Grenada proved that overloading of Soldiers continues as a dilemma in modern warfare. Many examples of successful marches exist throughout the history of warfare. An excellent example of successful troop movement as a force multiplier is the 3d U.S. Army during the Battle of Ardennes in 1944. On 16 December, while the 3d U.S. Army was preparing to attack the Siegfried line in Germany, the Battle of the Bulge commenced. By 19 December, the German attack had reached such large proportions that the 3d U.S. Army was directed to cease its eastern attack and to turn north. To stop the enemy counter-offensive, the 3d U.S. Army shifted its troops from the Saarlautern-Saarbrucken area to the Luxembourg-Belgium area, a distance of 100-road miles. The III Corps launched the new attack at 0600 on 22 December 1944. The size of this operation is indicated by the statistics. Eight divisions were moved from the eastern to the northern sectors, two of which were brought in from the rear areas. This shifted about 250,000 men and 25,000 vehicles. Units moved distances varying from 50 to 150 miles. From 18 to 31 December 1944, the trucks of the 3d Army traveled a total of 1,254,042 miles. From 17 to 23 December, nearly 42,000 tons of supplies and 133,178 vehicles were checked through control stations in the area. The weather was damp and cold, and the ground was covered with snow and ice. However, foot Soldiers marched to entrucking and from detrucking locations to their new battle areas. This decisive movement of an entire army was possible since smaller units could move themselves. The units of the 3d Army were well-trained in movement. Their SOP and experience had been tested and proven. When the job was placed upon them, they succeeded, knowing the importance of foot marching to unit combat readiness.
PLANNING CONSIDERATIONS

TRAINING AREA, EQUIPMENT, AND FORMATION

11-1. Foot marches will be conducted over a variety of terrain, including:

- Urban areas
- Hardball (improved and unimproved roads)
- Fields
- Wooded areas
- Hills
- Tank trails

UNIFORM

11-3. The commander specifies the appropriate uniform, based on the type of foot marching activity to be performed. Uniforms appropriate for foot marching are listed below and shown in Figure 11-1.

- ACUs and boots
- Fighting load
- Approach march load
- Emergency approach march load

EQUIPMENT

11-4. Equipment will be IAW unit and installation policy.

FORMATION

11-5. Formations used in unit foot marching are platoon, company, and battalion in column.

LEADERSHIP

11-6. The PRT leader must be able to demonstrate and lead all types of foot marching activities. He must also be familiar with formations and commands. When performing foot marches, the PRT leader should be to one side of the column or unit and toward the rear to have a full view of all the Soldiers. The PRT leader must emphasize the contributing role that PRT activities such as calisthenic, guerrilla, dumbbell, barbell and strength training machine, and climbing drills have to foot marching. Calisthenic drills train Soldiers to handle their own
Foot Marching

bodyweight and reinforce proper movement patterns when assuming both kneeling and prone positions. Guerrilla drills strengthen joints, and train Soldiers to handle their own and another Soldier’s bodyweight while under load. Both calisthenic and guerrilla drills prepare Soldiers for the continuous propelling and braking forces performed by the lower extremities while foot marching. Dumbbell drills, barbell drills, and strength training machines develops total body muscular strength. Climbing drills effectively train the Soldier’s upper body and trunk to efficiently carry the load. Studies have revealed that both endurance and strength training must be combined to improve foot marching capabilities and control injury. When regular foot marching under load is conducted two to three times a month as part of the unit PRT program, Soldiers march faster than those without march training.

COMMANDS

11-7. Commands for foot marching are the responsibility of the PRT leader. The command “Forward, MARCH” is used to begin marching. The command, “Route Step, MARCH” directs Soldiers to continue marching without cadence and allows Soldiers to rehydrate/refuel while marching at individual stride and rate of march. The command “Mark Time, MARCH” followed by “Group, HALT” is used to terminate marching (see FM 3-21.5, para 4-9).

SECTION II — TYPES OF FOOT MARCHES

TERRAIN MARCHES

11-8. Terrain marches apply the “Train as You Fight” principle to PRT. Foot movement through local training areas, over hills, and around obstacles improves mobility, endurance, and the ability to stop, start, and rapidly change direction. Terrain marches are conducted with small unit integrity. This type of foot movement is best performed by squads and sections. Distances are covered at an intensity relative to the terrain. Small unit leaders will form the unit in single file and maintain an interval suitable for the terrain and environmental conditions. Soldiers in the toughening phase should perform terrain marches in ACUs and well-fitting boots, progressing to carrying a fighting load. Soldiers in the sustaining phase should perform terrain marches under fighting load, approach march load, and periodically under emergency-approach march load. The intensity of exercise contributes more toward the improvement of physical readiness than does the duration.

UNIT FOOT MARCHES

11-9. Unit foot marches are based on a time and distance that can be achieved with unit integrity and a display of unit cohesion. Unit marches are organized by platoon, company, or battalion, not by ability. Maintaining proper distance intervals and correct form offers intangible benefits commanders desire. They provide a snapshot of the discipline and motivation of the unit. To ensure that all Soldiers train to standard, unit foot marches should be conducted at a target pace of 2.4 miles per hour or 4 kilometers per hour.

SECTION III — CONDUCT OF THE FOOT MARCH

11-10. Foot marching should be included as a “Train as You Fight” principle of individual and unit PRT. The discussion so far has provided leaders the purpose and desired conditions for successful foot marches. The following discussion clarifies the key factors of load, rate of march, time, and distance as they effect Soldier strength, endurance, and mobility. The conduct of PRT preparation activities prior to conducting a foot march is essential for the rigors of foot marching and to control injuries associated with foot marching. Proper progression regarding distance, while maintaining consistency in the load carried and rate of march, is a primary factor for injury control for Soldiers in the toughening phase. Initially, only the time or distance to be marched is progressively increased from week to week. For Soldiers in the toughening phase, foot marching is a sound way to strengthen the trunk, feet, and legs. Running alone does not suffice as the sole aerobic endurance activity and does not adequately strengthen the muscles used in foot marching and load carriage. Calisthenic, dumbbell drills, barbell drills, strength training machines, and guerrilla drills strengthen the arch, ankle, calf, knee, trunk, and hip musculature to withstand the dynamic forces of foot marching under load. Whether a force is mounted or dismounted, success in combat depends upon troops who can move dismounted cross-country, covering a
great distance in the shortest time. Performing foot marching as a part of PRT is an important contribution to achieving unit discipline, good leadership, teamwork, high morale, strength, endurance, and mobility.

**FREQUENCY**

11-11. Foot marching should be conducted two to three times a month under loads concurrent with doctrinal fighting (toughening phase) and approach (sustaining phase) march load guidelines. Foot marches should be conducted in lieu of sustained running activities (AGRs or unit runs). This approach to foot marching avoids the cumulative effects of lower injury trauma often associated with the conduct of foot marching as an additional physical training activity. Soldiers in the toughening phase are expected to achieve the PRT foot march assessment standard of 2.4 miles or 4 km in one hour under fighting load. Soldiers in the sustaining phase are expected to achieve the PRT foot march assessment standard of 4 km in one hour under approach march load.

**LOAD**

11-12. When planning foot marches leaders must have a clear understanding of the Soldier’s ability to perform critical warrior tasks while under load. For this discussion, load is defined in much broader terms than just what a Soldier carries. It is of critical importance due to its direct impact on the required distance and rate of march. Current Army doctrine limits the load carried by the Soldier to the mission-essential equipment required by Soldiers to fight, survive, and complete their combat mission. The load is divided into “fighting load”, “approach march load”, and “emergency approach march load”. The fighting load is carried when enemy contact is expected and consists of the Soldier’s clothing, modular/integrated communications helmet (MICH), Army combat helmet (ACH), Interceptor body armor (IBA), load bearing equipment (LBE), weapon, bayonet, water, and ammunition. Current U.S. Army doctrine recommends no more than 48 lbs (or 30 percent body weight) for the fighting load. These load weights include all clothing and equipment that are worn and carried. The approach march load is carried for extended operations when the Soldier must carry enough equipment and munitions for fighting and existing until resupply. The approach march load consists of the fighting load plus rucksack or assault pack, sleeping roll, extra clothing, extra rations, water, and extra ammunition. Current U.S. Army doctrine recommends no more than 72 lbs (or 45 percent body weight) for the approach march load. In the worst-case scenario, emergency approach march loads require a larger rucksack, raising the total weight to 100-150 pounds (over 50 percent body weight).

**RESEARCH**

11-13. Studies over the last several years have determined that load mass, load volume, and load distribution as variables, when increased, produce decrements in the Soldier performance of tasks such as short sprints, agility runs, ladder climbs, and obstacle course negotiation. The Soldier’s ability to react to the enemy directly affects combat power. The burden of excessive load carrying causes fatigue and lack of agility, placing Soldiers at a disadvantage when rapid reaction to the enemy is required. For example, the time a Soldier needs to complete an obstacle course is increased from 10 to 15 percent for every 10 pounds of equipment carried. It is likely that Soldier’s agility in the assault will also be degraded similarly. Further studies have demonstrated that the rate of march and required distance significantly affect Soldier performance upon completion of the march on critical military tasks such as marksmanship and grenade throwing. Because of mission requirements or the limited transportation assets of some types of units (light Infantry), Soldiers must often depend on their personal mobility to move individual equipment. The specified and implied tactical requirement for Soldier movement via foot marching must be viewed as a realistic, and for some, a required physical readiness task. The primary consideration is not how much a Soldier can carry, but how much he can carry without impaired combat effectiveness. The combat strength of a unit cannot be counted solely by the number of Soldiers, but must be counted by the number of willing and physically ready Soldiers capable of completing the mission.

**RATE OF MARCH**

11-14. Rate of march is directly impacted by the distance marched and the load a Soldier must carry. This is a significant factor when planning foot marches. Appropriately designed PRT that properly utilizes foot marching will progressively increase Soldier physical abilities in regard to functional capacity. In fact, recent studies have shown that march disciplines and required distance during a basic combat training cycle showed functional improvements similar to those of a traditional recruit training program involving running. Study foot march variables included progressive load increases and march rate. The commander considers every factor that affect
his mission accomplishment. The load or rate of march for his unit should be determined with the knowledge of his unit’s physical capabilities. Consideration should also be given to the critical components of time and distance that will place his unit at its destination in the shortest time in combat-ready condition. Unit SOP’s based on realistic performance-oriented training will usually state rates for marches on roads and cross-country over normal terrain during daylight and limited visibility conditions. Rates of march for physically capable Soldiers under these conditions with fighting load are shown in Tables 11-1 though 11-4.

Table 11-1. Day/road 4 kph rate of march.

<table>
<thead>
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<th>REST TIME</th>
<th>TOTAL TIME</th>
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</tr>
<tr>
<td>32 km</td>
<td>8:00</td>
<td>1:45</td>
<td>9:45</td>
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Table 11-2. Day/cross-country 2.4 kph rate of march.

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</tr>
</thead>
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<tr>
<td>32 km</td>
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<td>16:35</td>
</tr>
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</table>
Table 11-3. Limited visibility/road 3.2 kph rate of march.

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<th>REST TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
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<td>2:30</td>
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Table 11-4. Limited visibility/ cross-country 1/6 kph rate of march.

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<th>REST TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
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</tr>
<tr>
<td>32 km</td>
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<td>5:00</td>
<td>25:00</td>
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</tbody>
</table>

**Rate of March Adherence**

11-15. Maintaining adherence to these rates of march while utilizing the techniques of a reliable pace setter and proper halts incorporates a foot march readiness standard as part of the PRT toughening phase. Foot march training at too fast a progression increases the potential for injury. Using a pacesetter and planned halts effectively monitors the rate of the foot march. The pacesetter is an experienced Soldier who carries the same load as the majority of the other Soldiers. He marches from 4 to 10 meters at the head of the column. The pace of the column must be governed by the most heavily loaded element. The pacesetter's primary duty is to maintain the rate of march ordered by the column commander. He does this by establishing his pace (length of step) and cadence (number of steps per minute) to obtain the prescribed rate of march. The rate of march is the regulated speed of a column established by the individual in the lead element to maintain the prescribed average speed. For a foot march, the normal pace is 30 inches at a cadence of 106 steps per minute. The pacesetter should be of medium height so average strides are taken. Over or under striding tends to quickly tire the leg.
muscles and affects the efficiency of foot marching Soldiers. Foot marching at the head of the column, the leader supervises the pacesetter to ensure the pacesetter takes average strides and maintains a uniform cadence.

**DISTANCE**
11-16. Distance is a fact derived from mission analysis and METT-TC. The current location of the unit and the distance required to march to a new location is a fact. The leader determines the rate of march based on the time available and the known distance and type of terrain (METT-TC). The foot march tables listed above provide planning guidance. Leaders should assign a rate of march based on the specified tasks in the mission statement or scheme of maneuver. Load and rate of march are tactical planning factors that are inversely proportional. Studies have shown that the rate of march decreases as load increases. Therefore, increasing both load and rate of march will increase the risk of injury.

**HALTS**
11-17. Halts are enforced routinely during a foot march to rest personnel and adjust equipment. They are taken to ensure the arrival of the unit in effective fighting condition. Units that foot march on a regular basis normally regulate halts IAW SOP. When foot marching for PRT, Soldiers in the toughening phase should be capable of sustaining the rates of march described with a 15-minute halt after 60 minutes of marching. Full advantage should be taken of the halts to ensure troops are rested. This will enable the rate of march to be increased if necessary. Soldiers in the sustaining phase should be rested IAW Tables 11-1 through 11-4 and unit SOPs.

**FOOT MARCH FORM**

**HEAD**
11-18. The head should be held high, with the chin neither pointing up nor down. Allowing the head to ride forward puts undue strain on the muscles of the upper back.

**SHOULDERS**
11-19. The shoulders should assume a neutral posture, neither rounded forward nor forcefully arched backward. Rounding the shoulders forward is the most common fault in everyday posture and is increased when carrying a heavy load. This is usually associated with tightness of the chest and shoulders.

**ARMS**
11-20. When foot marching without a weapon, the arms swing forward and back as in walking. When foot marching with a weapon, arms are in the ready position with the weapon pointing away from formation.

**TRUNK AND PELVIS**
11-21. The trunk should remain over its base of support, the pelvis. A common problem with fatigue is allowing the trunk to get in front of the legs and pelvis. This forces the lower back muscles to spend too much energy resisting further trunk collapse to the front.

**LEGS**
11-22. Power is generated from below the knee. Energy is wasted as the knees come higher and the large muscles of the hips and thighs are engaged. Practice getting a strong push-off from the ankle of the back leg helps to naturally lengthen the stride. Lengthening the stride by reaching forward with the front leg will be counterproductive.

**FEET**
11-23. The feet should be pointed directly forward while foot marching. With fatigue and certain muscle imbalances, the legs and feet will start to rotate outward. This hinders performance and may create abnormal stresses that cause injury.
Chapter 11

SECTION IV — NUTRITIONAL CONSIDERATIONS

11-24. Maintaining adequate carbohydrate reserves and preventing dehydration are the nutritional challenges for Soldiers during foot marching. Maintenance of a high carbohydrate diet (60 percent of caloric intake) with adequate protein, fat, and fluid intake is recommended to ensure that Soldiers are sufficiently fueled prior to a foot march. Foot marches that last more than 90 minutes require Soldiers to intake foods and fluids before, during, and after the march to rehydrate and replenish carbohydrates, water, and electrolytes. The following nutritional guidelines should be considered when performing foot marches over 90 minutes in duration:

- The goal during the march is to keep the body in normal balance by consuming enough fluid to match sweat losses, and enough carbohydrate to provide energy and help maintain blood sugar. Research has shown that stamina can be increased by eating 100-300 calories of carbohydrate per hour during activities of 90 minutes or more in duration.

- At least 16 ounces (about half of a quart canteen) of water should be consumed before the foot march. Fluids should also be consumed at regular intervals, particularly when in a hot environment (8-10 ounces every 15-20 minutes). In addition to plain water, a sports drink containing carbohydrate and electrolytes (sodium and potassium) should be consumed early in the foot march. The ideal fluid replacement beverage is one that tastes good to the Soldier, does not cause gastrointestinal discomfort, promotes rapid fluid absorption, and provides energy and electrolytes. The beverage should contain a small amount of sugar, about 50-80 calories per 8 ounces (4%-8% solution), and a small amount of sodium and potassium.

- Solid energy bars that are high in carbohydrate, vitamins, and electrolytes are also beneficial and convenient for foot marching. Ensure that adequate amounts of water are ingested with the consumption of energy bars for best results.

- After the foot march, the top priority should be to replace fluids lost by sweating. Top choices are juices, watery foods, high carbohydrate sports drinks or soft drinks, commercial fluid replacement drinks, and water. Soldiers should drink at least 16 ounces of water immediately after the foot march and continue to drink at least 8 ounces every 15-20 minutes. Soldiers should also consume carbohydrate-rich foods and beverages (0.5 grams per pound of body weight) within the first two hours after the foot march. The body is more receptive to replacement of muscle glycogen (carbohydrate) right after strenuous activity. Recovery foods should also include some lean protein. A good ratio is to consume 1 gram of protein for every 4 grams of carbohydrate.

SUMMARY

11-25. Foot marching is a warrior task that must be conducted regularly in the PRT program. An essential quality of the principle “Train to Sustain Proficiency” is proper physical and mental conditioning. Foot marching is an activity that builds the strength and endurance to accomplish both.
Chapter 12
OBSTACLE NEGOTIATION

Obstacle course running (Figure 12-1) develops physical capacities and fundamental skills and abilities that are important to Soldiers in combat operations. Soldiers must be able to crawl, creep, climb, walk, run and jump in order to accomplish certain missions. They must be able to do all these things while carrying full field equipment for long periods of time without exhaustion or injury, even after fatigue has set in. This chapter focuses on obstacle negotiation and obstacle courses used in physical readiness training (PRT).

Figure 12-1. Obstacle course running.
SECTION I — OBSTACLE COURSES

12-1. Conditioning and confidence obstacle courses as prescribed in this chapter must comply with installation safety requirements. Considerable time and effort must be expended to teach Soldiers how to correctly negotiate conditioning and confidence obstacles. Soldiers are required to receive instruction for each obstacle negotiated, have each obstacle demonstrated to standard by a PRT leader or AI, and be allowed to practice obstacle negotiation prior to course negotiation. Soldiers will wear ACUs and boots. Conditioning obstacle courses may be run for time. Confidence obstacle courses incorporate complex obstacles that involve height and will not be run for time.

12-2. **Conditioning Obstacle Course.** The conditioning obstacle course has low obstacles that must be negotiated quickly. Running the course challenges the Soldier’s basic motor skills and physical condition. After Soldiers receive instruction and practice negotiation skills, they may run the course against time.

12-3. **Confidence Obstacle Course.** The confidence obstacle course has higher and more difficult obstacles than the conditioning course. It gives Soldiers confidence in their mental and physical abilities and cultivates their spirit and daring. Soldiers are encouraged but not forced to negotiate each obstacle. Unlike conditioning courses, confidence courses are not run against time.

12-4. PRT leaders will ensure that AIs are positioned at each conditioning and confidence obstacle to ensure proper negotiation and Soldier safety. PRT leaders are required to perform risk management procedures as specified by their installation. One of the objectives of PRT is to develop Soldiers who are proficient in military physical skills (running, jumping, climbing, and carrying). Fast and skillful execution of these skills may mean the difference between the success and failure of combat missions.

**RUNNING**

12-5. Running is used to develop endurance. Soldiers should be exposed to running in the following situations:

- On roads.
- Over rough ground.
- Up and down hills.
- Across country.
- Over low obstacles.

**JUMPING**

12-6. In vertical and long jumping, the takeoff foot is planted firmly. The spring comes from the extension of take-off foot leg as the other leg reaches for the high or far side of the obstacle (like a ditch). The arms are forcibly raised forward and upward to assist in propelling the body. Landing may be on one or both feet, depending upon the length of the jump. When jumping downward from a height, the jumper should aim his feet at the desired landing spot and jump with the knees slightly bent, feet together, and the trunk inclined slightly forward. As the feet strike the ground, the shock is absorbed by bending the knees into a full squatting position. If the height is too great or the ground too hard to absorb the shock, the jumper should execute a forward or side roll to absorb some of the shock.

**DODGING**

12-7. In combat situations it is often necessary to change directions quickly. To dodge while running, the lead foot (the left foot if the direction is to the right; the right foot if the direction is to the left) is firmly planted on the ground. The opposite foot is moved in the new direction. The knees are flexed slightly during the movement and the center of gravity is low. The head and trunk are quickly turned in the new direction at the instant of directional change.
CLIMBING AND SURMOUNTING

12-8. The Soldier should know how to effectively climb and surmount various types of obstacles.

VERTICAL CLIMBING A ROPE OR POLE

12-9. Whether climbing a rope or pole, the techniques are similar. The hands grasp the rope or pole overhead with the palms toward the face. The body is pulled upward with the arms and shoulders assisted by the feet (which grip and assist by pushing downward). If shoulder-girdle strength and body coordination are not adequate to permit alternating hands, the arms act together in pulling upward.

CLIMBING OVER A WALL

12-10. When going over a wall, the body is as close to the top as possible to maintain a low silhouette. (In combat operations, it is important to offer as small a target as possible. When preparing to go over a wall, the rifle is slung across the back so the hands are free.) Chinning and creeping are the most common methods used for surmounting a wall of moderate height.

CHINNING

12-11. Approach the wall at a walk or slow run. Jump upward and grasp the top of the wall and chin upward until it is possible to change into a push-up. Place the chest on the wall and kick vigorously upward and over with both legs. A creeping motion with the toes against the wall will help the upward progress of the chinning and pushing up.

CREEPING

12-12. Approach the wall at either a walk or slow run. Jump upward and grasp the top of the wall. Make contact with both knees and start a creeping motion upward. As the knees reach their limit of upward motion, place both feet against the wall and continue with a walking-creeping motion until one leg can be thrown over the top of the wall. Make sure a creeping walk is used.

RUN, JUMP, AND VAULT

12-13. Approach the wall at a run, jump forward and upward at it and place one foot against it as high up as possible. Use the foot in contact with the wall to help push the body upward while grasping the top of the wall with the hands. Pull the body up with the arms, assisted by pressure from the foot against the wall and swing the legs over, propelling the body over the wall.

HOOK AND SWING

12-14. Approach the wall at a run and jump forward and upward. Hook one elbow over the wall, locking the arm in place by pulling up until the top of the wall is underneath the armpit. Grasp the top of the wall with the other hand. Draw the leg that is closer to the wall up toward the abdomen as far as possible. Then swing the outside leg over the wall. The body is carried over with a rolling motion. Soldiers who are unable to draw up the leg as described can use a variation of this leg action. While hanging with both legs fully extended, start a swinging motion with the legs together. When the legs have enough momentum, swing the outside leg over the wall with a vigorous kick; then follow with the body.

DROPPING

12-15. Execute all drops from the wall in the same manner. Place one hand against the far side of the wall while the other hand grasps the top. From this position, roll over the wall and vault away from it with the legs swinging clear. As the body passes over the wall and drops, face the wall. This keeps the rifle and other equipment clear. Balance is maintained by retaining a grasp on the top of the wall as long as possible.
CLIMBING LADDERS AND CARGO NETS

12-16. Rope ladders, stationary vertical ladders, and cargo nets require the same general climbing technique. Grasp the side supports firmly in the hands about shoulder height and place the feet on a rung, which will cause the body to be extended. To move up, obtain a higher grasp and move the opposite leg up a rung. The body is elevated as the knee straightens.

TRAVERSING HORIZONTAL OBJECTS BY HAND

12-17. Traversing horizontal objects puts stress on the arms and shoulder-girdle area when the feet are suspended in air and the arms and shoulders support body weight.

TRAVERSING HORIZONTAL ROPES OR PIPES

12-18. The hands grasp the horizontal support overhead with the palms facing. To propel the body forward, one hand is released and moved forward to secure a new grasp. At the same time, the opposite side of the body is swung forward. The other hand is then released and moved forward as the Soldier continues to move.

TRAVERSING HORIZONTAL LADDERS

12-19. The movement is the same as used in traversing a rope or pipe. The hands, however, are placed on the rungs palms forward. Otherwise, the technique is the same.

VAULTING

12-20. Vaulting is employed to overcome low barriers or fences. The object to be surmounted is approached at an angle. The hand on the side next to the obstacle is placed on top of the obstacle, then with a straight-arm movement the body weight is pushed upward. At the same time, the leg on the side next to the obstacle is thrown upward and over the top, followed by the other leg. In landing, the weight comes down on the leading leg first, followed by regaining the balance on both legs. The free arm serves as a balance. A direct (front) approach can also be used, at which time both legs go over the object together.

BALANCING

12-21. Balancing the body while walking or running on a narrow object, as when crossing obstacles, is a skill that requires practice and confidence. Balance is required in negotiating a log placed across a stream, or in crossing any narrow beam or rail. To perform this skill, place the feet on the object to be crossed, hold the arms to the side at shoulder level, then fix the eyes on the object approximately 5 yards in front of the feet. Walk the object by placing first one foot and then the other in the center of the object slowly moving forward, using the arms to aid in maintaining balance.

CRAWLING

12-22. Crawling in combat situations is a useful skill. Crawling may be in the high or low stance.

HIGH CRAWL

12-23. The Soldier moves on his hands and knees, moving one hand and the opposite knee and then continuing to move the hands in alternation with the knees.

LOW CRAWL

12-24. The Soldier is in the prone position. Pulling with both arms and pushing with one leg accomplish forward movement. The other leg is dragged behind. The legs are alternated frequently to avoid fatigue.
THROWING

12-25. Throwing may be from the kneeling or standing position. The object to be thrown is held in the throwing hand with the throwing arm is bent at the elbow. The hand is then moved to the rear until it is behind the ear. The body is turned so that the lead foot and balance (other) arm point toward the target. The balance arm is used to sight over and align the throwing hand with the target. When properly aligned, the elbow is move rapidly forward until it is at a point just in front of the body where the arm is straightened and the wrist “snapped.” This whip motion propels the object to the target. Underhand throws get momentum by the thrower bending his knees and swinging the throwing arm to the rear. As the knees are straightened, the arm is forcefully swung forward from the shoulder and the object is released.

FALLING

12-26. Injuries may be avoided if Soldiers are taught to fall properly by using body momentum to their advantage instead of resisting it. If enough momentum is present, as in falling while running or in jumping from a height, the Soldier can extend his hands to catch his weight while ducking his head and forward rolling onto his feet. The key to falling without injury from the standing position is relaxation and rolling the body to take the momentum of the fall on the outside of one leg, hip, and buttock.

SECTION II — CONDITIONING OBSTACLE COURSES

12-27. Conditioning obstacle courses are typically not standardized because of varying topographical conditions. However, individual obstacles within the conditioning course are standardized for both construction and negotiation. Commanders should use ingenuity in constructing courses, making good use of streams, hill, trees, rocks and other natural obstacles. Since conditioning courses are run against time, they should not be made dangerous.

12-28. Conditioning courses should be developed based on the following guidelines:

- Courses should be horseshoe-shaped with route signs and the finish close to the start.
- Total course distance ranges from 300 to 450 yards.
- Courses contain 15 to 25 obstacles placed 20 to 30 yards apart.
- Obstacles are arranged so that those that exercise the same muscle groups are separated and not performed consecutively.
- Obstacles must be solidly built with no sharp points or corners and landing pits filled with sawdust or ground tires.
- Lanes will be wide enough for 6 to 8 Soldiers to run the course at the same time and avoid congestion.
- Courses will be built and marked so Soldiers cannot sidestep the obstacles or detour around them.
- To minimize the possibility of falls and injuries due to fatigue, the last two or three obstacles should not be too difficult or involve high climbing.

OBSTACLES FOR JUMPING

12-29. These types of obstacles include ditches Soldiers can clear with one leap, trenches they can jump in or out of, and hurdles (Figure 12-2).
OBSTACLES FOR DODGING

12-30. These obstacles include mazes or lanes for change of direction. The maze is constructed from posts set in the ground at irregular intervals. The spaces between the posts are narrow so Soldiers must pick their way carefully through and around them. Lane guides are built to guide Soldiers in dodging and change of direction (Figure 12-3).
OBSTACLES FOR VERTICAL CLIMBING AND SURMOUNTING

12-31. These obstacles (Figure 12-4) include climbing ropes 1 ½-inches in diameter (plain or knotted), cargo nets, walls (7 or 8 feet high), or vertical poles (6 to 8 inches in diameter and 15 feet high).

![Figure 12-4. Climbing obstacles.]

OBSTACLES FOR HORIZONTAL TRAVERSING

12-32. These obstacles include ladders, ropes, pipes or beams positioned 8 to 10 feet off the ground. These obstacles may be traversed using the arms only or a combination of arms and legs (Figure 12-5).

![Figure 12-5. Horizontal traversing obstacles.]
OBSTACLES FOR CRAWLING

12-33. These obstacles (Figure 12-6) include large pipe sections (tunnels 4 feet in diameter and 8 feet long), low rails (8 inch diameter log, 8 feet long and 2 feet off the ground) and wire (all wire lanes will be 10 feet wide, 30 feet long and 2 feet off the ground).

Figure 12-6. Crawling obstacles.

OBSTACLES FOR VAULTING

12-34. These obstacles (Figure 12-7) include fences or low walls (3 to 3 1/2 feet high).

Figure 12-7. Vaulting obstacles.
OBSTACLES FOR BALANCING

12-35. These obstacles (Figure 12-8) include beams, logs, or planks that span water obstacles or dry ditches (2 feet deep).

Figure 12-8. Balancing obstacles.

NEGOTIATION STANDARDS FOR CONDITIONING COURSES

LANES TO GUIDE CHANGE OF DIRECTION

12-36. To successfully negotiate laned obstacles you must enter and exit the change of direction lanes while running, using the following technique. To change direction while running, plant your lead foot (left foot if the direction is to the right; right foot if the direction is to the left) firmly on the ground. Then, move your opposite foot in the new direction. Your knees are flexed slightly and your center of gravity is low. Turn your head and trunk quickly in the new direction at the instant of the directional change.

DITCH

12-37. To successfully negotiate this obstacle you must jump over the ditch while running and use the following technique. When jumping over a ditch, your takeoff foot is planted firmly and the spring comes from the extension of this leg as your other leg reaches for the opposite side of the ditch. Raise your arms forcibly forward and upward to assist in propelling your body. Your landing may be on one or both feet, depending on the length of the jump.

CLIMBING ROPE

12-38. To successfully negotiate this obstacle you must climb the rope, using the following technique. Grasp the rope overhead with your hands keeping your palms toward your face; then pull your body upward with your arms and shoulders. To assist with your feet on a knotted rope, squeeze the rope and push off the knot with the bottoms of the feet. To continue climbing, re-grasp the rope overhead; then raise your legs at the hips and reposition your feet as mentioned above. Continue this technique until reaching the top of the rope. Touch the beam above the anchor point and descend the rope to the ground.
LOGS
12-39. To successfully negotiate this obstacle you must walk or run the log using the following technique. Place your feet on the log, hold your arms at your sides at shoulder level and fix your eyes on the log approximately five yards in front of your feet. Walk or run the log by placing first one foot then the other in the center of the log, moving forward using your arms to maintain balance.

HORIZONTAL LADDER
12-40. To successfully negotiate this obstacle you must traverse the ladder using the following technique. Grasp the first rung overhead with your palms facing forward and suspend your body. To propel your body forward, release one hand and move forward to secure a new grasp. At the same time, swing the opposite side of your body forward. Release your other hand and move it forward to re-grasp another rung. Continue this technique grasping each and every rung until you reach the last rung. Suspend your body from the last rung, then drop to the ground.

ALTERNATE HIGH STEPPING
12-41. To successfully negotiate this obstacle you must enter and exit the maze while running, using the following technique. Run on the balls of the feet and raise the knees up high with each step while crossing over the obstacles and placing each foot in adjacent grid squares.

HORIZONTAL ROPE
12-42. To successfully negotiate this obstacle you must traverse the rope using the following technique. Reach up and grasp the rope with your hands and swing your legs up to assume the position used when climbing a vertical rope. Leading with your head, traverse the rope horizontally by pulling with your arms. Your feet and legs are used to secure your position on the rope and may also be used to assist in your movement as in the vertical rope climb. To complete negotiation of this obstacle, one hand must touch the post securing the end anchor point.

WIRE
12-43. To successfully negotiate this obstacle you must enter and exit using the low crawl technique. Start in the prone position. To move forward, pull with both arms and push with one leg. Your other leg is dragged behind. Your legs are alternated frequently to avoid fatigue. Continue this technique until your body has cleared the low wire.

CARGO NET
12-44. To successfully negotiate this obstacle you must approach the net while running. Leap to grasp the rope rungs overhead and step up on the lower rope rungs. You may use either of the following methods to climb the cargo net: The first technique performs alternating arm and leg movements (reach up with your right arm to grasp a higher rung while simultaneously stepping up with your left leg). The second technique would be to grasp and step with the same side arm and leg, ascending the rope in a crawling fashion. Continue this technique to the top of the net, then propel your body over the platform and descend the net on the other side using a similar technique.

FENCE
12-45. To successfully negotiate this obstacle you must use the vaulting technique. Approach the fence at an angle, your hand on the side next to the fence is placed on top of the fence and with a straight-arm movement push your body weight upward. At the same time, your leg on the side next to the fence is thrown upward and over the top, followed by your other leg. When landing, your weight comes down on the landing leg first, followed by regaining your balance on both legs. Your free arm also serves as a balance. A direct front approach can also be used, at which time both legs go over the fence together.
**TRENCH**

12-46. To successfully negotiate this obstacle you must use the following technique. Jump downward into the trench, aiming your feet at the desired landing spot with your knees slightly bent, feet slightly apart, and trunk inclined slightly forward. As your feet strike the ground, absorb shock by bending your knees to a squatting position. If the height is too great or the ground too hard to absorb the shock, you should land with your feet together and execute a forward or side roll to absorb some of the shock. To exit the trench, use one of the following techniques: Approach the trench wall at a run, jump forward and upward at it and place one foot against the trench wall as high as possible. Use your foot in contact with the wall to help push your body upward while grasping the top of the trench with your hands. Pull your body up with your arms, assisted by the pressure of your foot against the wall and swing your legs over to propel yourself out of the trench. Using the second technique, approach the trench wall at a run and jump forward and upward. Hook one elbow over the top of the trench, locking your arm in place by pulling up until the top of the trench is under your armpit. Grasp the top of the trench with your other hand. Draw your leg that is closest to the trench wall up toward your abdomen as far as possible, then swing the outside legs over the top of the trench. Your body is then carried over with a rolling motion. Soldiers who are unable to draw up the leg as described can use a variation of this leg action. While hanging with both legs fully extended, start a swinging motion with your legs together. When your legs have enough momentum, swing your outside leg over the trench wall with a vigorous kick, then follow with your body to exit the trench.

**LOW RAILS**

12-47. To successfully negotiate this obstacle you must use the low crawl technique to move under the low rails.

**PLANKS AND BEAMS**

12-48. To successfully negotiate this obstacle you must use the same technique listed to traverse the logs.

**WALL**

12-49. To successfully negotiate this obstacle you may use either of the following techniques to surmount the wall. Run, jump, and vault. When using this method approach the wall at a run, jump forward and upward at it and place one foot against the wall as high as possible. Use your foot in contact with the wall to help push your body upward while grasping the top of the wall with your hands. Pull your body up with your arms, assisted by the pressure of your foot against the wall and swing your legs over to propel yourself over the wall. The second technique is the hook and swing. Approach the wall at a run and jump forward and upward. Hook one elbow over the wall, locking your arm in place by pulling up until the top of the wall is under your armpit. Grasp the top of the wall with your other hand. Draw your leg that is closest to the wall up toward your abdomen as far as possible, then swing the outside leg over the wall. Your body is then carried over with a rolling motion. A variation of this leg action can be used by Soldiers who are unable to draw up the leg as described. While hanging with both legs fully extended, start a swinging motion with your legs together. When your legs have enough momentum, swing the outside leg over the wall with a vigorous kick, then follow with your body. To drop from the wall to the ground, place one hand against the far side of the wall while the other hand grasps the top. From this position, roll over the wall and vault away from it with your legs swinging clear. As your body passes over the wall and drops, face the wall. Balance is maintained by retaining your grasp on the top of the wall as long as possible and then dropping to your feet.

**LOW WALL**

12-50. To successfully negotiate this obstacle you must use the vaulting technique. Approach the fence at an angle, your hand on the side next to the fence is placed on top of the fence, then with a straight-arm movement push your body weight upward. At the same time, your leg on the side next to the fence is thrown upward and over the top, followed by your other leg. In landing, your weight comes down on the landing leg first, followed by regaining your balance on both legs. Your free arm also serves as a balance. A direct front approach can also be used, at which time both legs go over the fence together.
HURDLE

12-51. To successfully negotiate this obstacle you may leap over the hurdle one leg at a time or step on the hurdle with one leg and leap down from the hurdle with the other or both legs to the ground.

PLATFORM

12-52. To successfully negotiate this obstacle, surmount the platform by using the support beams to step up and pull you to the top. When jumping down from the platform to the ground, perform the same technique used for jumping downward from a height as in negotiating a trench.

TUNNEL

12-53. To successfully negotiate this obstacle, two crawling methods may be used; the high crawl and low crawl. The high crawl technique is performed on your hands and knees. Propell yourself forward by moving one hand forward while simultaneously moving your opposite knee forward. Continue moving on your hands and knees in an alternating fashion. The low crawl technique starts in the prone position. To move forward, pull with both arms and push with one leg. Your other leg is dragged behind. Both legs are alternated frequently to avoid fatigue. Continue this technique until exiting the tunnel.

CONDUCTING THE CONDITIONING OBSTACLE COURSE

12-54. Before Soldiers run the conditioning obstacle course in its entirety, they should be taken to each obstacle and instructed in the proper negotiation techniques previously mentioned. In each case the techniques should be explained in detail with emphasis on avoidance of injury. All Soldiers should be given the opportunity to practice on each obstacle until they become proficient at negotiation. Before the course is run against time, several practice runs should be run at a slower pace. During such practice runs, PRT leaders and AIs observe their performance and make appropriate corrections. Soldiers should never be permitted to run conditioning obstacle courses for time until they have mastered all obstacles thoroughly. The best method of timing Soldiers on the obstacle course is to have the timer stand at the finish and call out minutes and seconds as each Soldier crosses the finish line. If Soldiers fail to negotiate an obstacle, a predetermined penalty (5 to 10 seconds) should be assessed.

SECTION III — CONFIDENCE OBSTACLE COURSES

12-55. Confidence obstacle courses (COC) challenge Soldiers’ strength, endurance, and mobility while instilling self-confidence and promoting teamwork. **Soldiers do not negotiate these obstacles at high speed or against time.** Obstacles vary in difficulty. Some stand very high. Safety nets and crash pads are provided for these high obstacles. Soldiers may skip any obstacle they are unwilling to attempt. PRT leaders and AIs should encourage, but not force Soldiers to attempt every obstacle. Fearful Soldiers should be encouraged to negotiate the easier obstacles before attempting the higher more difficult ones. Some of the higher, more difficult obstacles may be negotiated as a group effort, with stronger Soldiers assisting those unable to negotiate the obstacles by themselves. Gradually, as their confidence and negotiation skills improve, the weaker Soldiers will be able to successfully negotiate all obstacles individually. PRT leaders and AIs should be available to assist Soldiers in proper obstacle negotiation throughout the course. At no time are PRT leaders or AIs to make obstacles more difficult by shaking ropes, rolling logs, and so forth. This practice destroys confidence and greatly jeopardizes safety. Confidence obstacle courses must be constructed IAW Folio Number 1, “Training Facilities”, Corps of Engineers Drawing number 28-13-95. Contact your installation Directorate of Public Works for blueprints. The Army’s standardized confidence obstacle course consists of 22 obstacles that are grouped into color-coded quadrants with five or six obstacles in each. Negotiation becomes more difficult beginning with the Black Quadrant followed by the Blue Quadrant, White Quadrant, and Red Quadrant. All Soldiers begin confidence course obstacle negotiation in the Black Quadrant. Soldiers progress to the more difficult quadrants (Blue, White and Red) when they become proficient and successfully negotiate obstacles in previous quadrants.
BLACK QUADRANT

High Step Over

12-56. Soldiers step over each bar: they either alternate legs or use the same leg each time while making an effort not to use their hands. (Shorter Soldiers may be required to use hands). Soldiers must be spaced so as to prevent kicking each other.

Low Wire

12-57. Soldiers move forward under wire on their backs while raising wire with their hands to clear their bodies and moving to the end of the obstacle.

Swing, Stop and Jump

12-58. Soldiers gain momentum with a short run, grasp the rope, and swing their bodies forward to the top of the wall. They release the rope while standing on the wall and jump to the ground.

Six Vaults

12-59. Soldiers vault over each log using one or both hands.

Easy Balancer

12-60. Soldiers walk up one incline log and down the one on the other side to the ground. Running is not encouraged (Figure 12-9).
Figure 12-9. Black quadrant confidence obstacle course (COC).
BLUE QUADRANT

BELLY BUSTER

12-61. Soldiers vault, jump, or climb over a moving log.

REVERSE CLimb

12-62. Soldiers approach the underside of the climbing ladder, climb up to and over the top of the ladder, then climb down the opposite side.

WEAVER

12-63. Soldiers move from one end of the obstacle to the other by weaving their bodies under one bar and over the next.

HIP-HIP

12-64. Soldiers step over each bar by either alternating legs or using the same leg each time while making an effort not to use their hands.

BALANCING LOGS

12-65. Soldiers walk or run along logs while maintaining their balance.

ISLAND HOPPERS

12-66. Soldiers jump from one log to another until obstacle is negotiated from near to far side (Figure 12-10)
Figure 12-10. Blue quadrant confidence obstacle course (COC).
WHITE QUADRANT

TOUGH NUT

12-67. Soldiers step over each “X” in each lane.

SLIDE FOR LIFE

12-68. Soldiers climb the tower, mount the center of the platform, grasp rope firmly with hands, and perform a heel hook. Soldiers begin traversing down the rope by moving hand-over-hand and reaching with the legs. Soldiers brake by use of hands, legs, and feet. Soldiers traverse rope to a marked release point. Soldiers dismount the rope by removing their legs from the rope, hanging with arms fully extended, then drop to the ground landing on their feet. If during negotiation a Soldier’s legs come off the rope, he should attempt to heel hook and lock legs back on the rope. Soldiers must be instructed on proper technique for landing in the net if they should fall from the obstacle. Soldiers need to draw their knees toward their chest, tuck their chin, then attempt to land on their back or side. Only one Soldier is allowed on the rope at a time. This obstacle is dangerous if the rope is wet. This obstacle requires one instructor on the platform and one at the release point. A safety net will extend from below the platform to the release point.

LOW BELLY OVER

12-69. Soldiers mount the low log and jump onto the high log, grasping with both hands the high log’s top, keeping the belly area in contact with it. Soldiers swing their legs over the log, then lower themselves to the ground.

BELLY CRAWL

12-70. Soldiers move forward under the wire on their stomachs, to the end of the wire obstacle.

DIRTY NAME

12-71. Soldiers mount the low log and jump onto the high log. Soldiers swing their legs over the top log, then lower themselves to the ground.

TARZAN

12-72. Soldiers mount the lowest log and maintain balance while walking the length of it. Soldiers then mount the higher log and maintain balance until they reach the horizontal ladder. Soldiers then step onto the foot blocks and grasp the first rung of the ladder. They begin traversing the ladder by releasing one hand at a time and swinging forward, grasping a more distant rung each time. Upon reaching the last rung, Soldiers hang with arms fully extended and drop to the ground landing on their feet (Figure 12-11).
WHITE QUADRANT

Figure 12-11. White quadrant confidence obstacle course (COC).
RED QUADRANT

INCLINING WALL

12-73. Soldiers approach the underside of the wall, jump up and grasp the top and pull themselves over the top. Soldiers slide or jump down the incline to the ground.

Skyscraper

12-74. A team of Soldiers (4+) jumps or climbs to the first floor and either climb the corner posts or help one another to higher floors. All climbing from the second to the fourth floor is accomplished only on sides containing safety nets. Crash pads are positioned on the non-climbing sides of the obstacle. The top of the obstacle is off limits and will not be negotiated. Only one team should be on the obstacle at a given time. Soldiers descend from floor to floor individually or as a team. They should not jump to the ground from above the first floor and must be instructed on proper technique for landing in the net if they should fall from the obstacle. Soldiers need to draw their knees towards their chest, tuck their chin and attempt to land on their back or side.

CONFIDENCE CLimb

12-75. Soldiers climb the vertical ladder to the second rung from the top, climb over the rung, and descend the other side. Only one Soldier is allowed on the obstacle at a time. An instructor is harnessed in at the top of the obstacle to assist Soldiers with obstacle negotiation. Soldiers must be instructed on proper technique for landing on the crash pad if they should fall from the obstacle. They must draw their knees toward their chest, tuck their chin, and attempt to land on their back or side. Pads will be placed at the base of the obstacle on both climbing sides.

BELLY ROBBER

12-76. Soldiers step on the lower log and assume a prone position on the horizontal logs. They crawl over the logs to the opposite end of the obstacle. Rope gaskets must be attached to the ends of the logs to keep the hands from being pinched and to ensure logs cannot fall from the perpendicular cradle.

TOUGH ONE

12-77. Soldiers climb the cargo net up and over at the low end of the obstacle (13 ft.). They move across the top of the logs and climb the ladder and over the log at the high end (33 ft.). An instructor is harnessed in at the high end of the obstacle to assist climbers with obstacle negotiation. Soldiers then climb down the cargo net to the ground. The net will extend from below the log walk. Crash pads are positioned at the base of each cargo net. Soldiers must be instructed on proper technique for landing in the net if they should fall from the obstacle. They must draw their knees towards their chest, tuck their chin and attempt to land on their back or side (Figure 12-12).
Figure 12-12. Red quadrant confidence obstacle course (COC).
SECTION IV — CONFIDENCE OBSTACLE COURSE CONSTRUCTION AND SAFETY

COURSE SKETCHES

12-78. The following course sketches supplement Department of the Army Engineer Drawings 28-13-95, Confidence Course Layout Plan. They serve as the minimum construction/safety standards for COCs.

12-79. Criteria for safety and structural inspections are specified in the obstacle risk assessment and IAW the material manufacturer’s directions. Re-inspection must include a review of the risk assessment, an analysis and assessment of accidents/injuries sustained since the obstacle was put into (or back into) service, following repairs, major renovations, or modifications.

12-80. COC safety precautions include:

- Inspection of structural integrity and safety devices prior to use.
- Current risk assessment updated prior to each day’s training and updated as conditions change.
- Instructor training and certification on operation of obstacles prior to conduct of course.
- Preparation exercises before commencing course and Recovery exercises upon completion.
- Muscular strength/muscle failure physical training that should not be conducted within 12 hours prior to the COC.
- Landing/fall areas under obstacles raked and refilled as needed before each use.
- Puddles of water under obstacles filled to preclude a false sense of security.
- Training that is postponed/modified when obstacles are slippery due to inclement weather.
- Instructors who instruct and demonstrate obstacle negotiation before allowing Soldiers to negotiate the COC.
- A sign posted at each obstacle detailing exact procedures to be used for proper negotiation.
- A maintenance and inspection log that is maintained for each COC. The log should include:
  - A detailed checklist for course and obstacle inspection.
  - A record of all course inspections and maintenance deficiencies.
  - A list of any uncorrected deficiencies remaining on the course and countermeasures in place.

12-81. Detailed obstacle illustrations are provided for:

- Tough One
- Slide for Life
- Confidence Climb
- Skyscraper
- Belly Robber
- Tarzan
- Low Belly Over
- Dirty Name
- Tough Nut
- Belly Crawl
- Inclining Wall
- High Step Over
- Swing, Stop and Jump
- Six Vaults
- Easy Balancer
- Low Wire
Chapter 12

- Belly Buster
- Hip-Hip
- Reverse Climb
- Weaver
- Balancing Logs
- Island Hopper

12-82. Safety equipment (nets, pads, ground covering) must be procured from reliable sources, inspected and tested frequently, and replaced before failure/deterioration. Figures 12-13 through 12-34 display differing obstacle constructions in use today.

"Tough One"

**Purpose of obstacle** is to give soldiers confidence in their mental and physical abilities while overcoming parental courses. This obstacle is not timed.

**Execution of obstacle**: Soldier mounts and climbs on low roof of obstacle. Soldier goes over or between logs at top of roof, red or pole. Soldier moves across top walkway, climbs ladder to high end (SS-L), then climbs down the cargo net to the ground.

**Safety**: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all ropes, nets and wood surfaces are inspected prior to use for rips, tears or wear. Apparatus surfaces. Distance between rungs on log ladder should not exceed 33 ft. Safety padding sufficient to break a fall should be placed at bottom of high (33 ft) cargo net. Instructor should be positioned at top of the wooden ladder to observe assist: soldier over log at high point, and into cargo net; instructor is to be secured with safety line or harness to horizontal log to prevent instructor from being pulled off by soldier negotiating apparatus.

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Figure 12-13. Tough One (course sketch).
**Obstacle Negotiation**

**Slide for Life**

Purpose of obstacle: Is to give soldiers confidence in their mental and physical abilities while cultivating personal courage. This obstacle is not timed.

Execution of obstacle: Soldier climbs tower, mounts center of platform (instructor available to assist), grasps rope firmly and swings legs upward. Soldier holds rope with legs to distribute weight between legs and arms. Braking the slide with feet and legs, soldier proceeds down the rope. Soldiers must be warned that they could get rope burns on their hands if improperly executed. This obstacle can be dangerous when the rope is slippery. Soldiers leave the rope at a clearly marked point of release. Only one soldier at a time is allowed on the rope.

Safety: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all ropes, nets and wood surfaces are inspected prior to use for rips, tears or worn / unsecured surfaces. Spacing between the rungs on the log ladder should not exceed 36”. Rope will be 1.5 inch diameter with no knots in the vicinity of the mounting point. A safety net is attached so that a soldier falling from any portion of the rope will land in the net before striking any part of the tower. Padding placed in the net will reduce likelihood of hands / fingers being twisted in the net. Safety padding sufficient to break a fall should be emplaced at the drop off point. Instructor is positioned on the tower platform to assist soldiers mounting the rope; instructor is to be secured to tower to prevent instructor from being pulled off by soldier negotiating apparatus. Padding is emplaced at the bottom end of the net (nearest release point) to prevent soldier from injury on tightened portion of net. This obstacle is dangerous when rope becomes wet/slippery and should not be used. Gloves should not be worn on this apparatus.

Purpose of obstacle is to give soldiers confidence in their mental and physical abilities while cultivating personal courage. This obstacle is not timed.

Execution of obstacle: Soldier climbs vertical ladder. Soldier goes up to second rung from top, climbs over, and climbs down other side of ladder. Soldier does not climb over top rung. Only one soldier at a time is allowed

Safety: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all surfaces and cables are inspected prior to use for breaks, splinters, tears or worn / unsecured surfaces. Safety padding sufficient to break a fall is emplaced at each side on bottom of ladder/tower (inclined ladders depicted in FM 21-20 are removed to prevent falling soldier from striking cross members). Instructor is positioned on the tower to assist soldiers climbing to other side; instructor is to be secured to tower to prevent instructor from being pulled off by soldier negotiating apparatus. This obstacle is dangerous when beams become slippery and should not be used. Gloves should not be worn on this apparatus.

Figure 12-14. Slide for Life (course sketch).

Figure 12-15. Confidence Climb (course sketch).
“Skyscraper”

Purpose of obstacle is to give soldiers confidence in their mental and physical abilities while cultivating personal courage and developing teamwork. This obstacle is not timed.

Execution of obstacle: Team of soldiers (4+) jump or climb to the first floor and either climb corner posts or help one another to higher floors. Subsequent climbing is done on side of tower over net (if available). They descend to the ground as a team as well. The top level roof is off limits / not used. One team at a time should be on the obstacle. Soldiers should never jump to the ground from above the first level.

Safety: Instructors conduct inspection and provide orientation and demonstration on apparatus. At a minimum, all surfaces and any supporting cables are inspected prior to use for breaks, splinters, tears or worn / unsecured surfaces. Safety padding sufficient to break a fall is emplaced on the ground under the climbing side(s) of the tower. This obstacle is dangerous when slippery and should not be used. Gloves should not be worn on this apparatus. NOTE: Optional net on two sides allows mounting over pads then subsequent climbing over the net.

Figure 12-16. Sky Scraper (course sketch).

“Belly Robber”

Purpose of obstacle is to give soldiers confidence in physical abilities while cultivating toughness.

Execution of obstacle: Soldiers step on lower log and take prone, stomach down position on the horizontal logs. Soldiers crawl over logs to opposite end of obstacle, then dismount feet first.

Safety: Instructor conducts inspection and provides orientation to obstacle. Rope gaskets must be attached to the ends of the logs to keep the hands from being pinched and to ensure logs cannot fall from perpendicular cradle logs. Logs should be free of nails and splinters. A center "lane" / line should be marked to canalize users down the center of the obstacle.

Figure 12-17. Belly Robber (course sketch).
"Tarzan"

Purpose of obstacle is to give soldiers confidence in physical abilities to include balance and upper body strength.

Execution of obstacle: Soldiers mount the lowest log and maintain balance while walking length of it. Then soldiers mount each higher log, and balance-walk until they reach the horizontal ladder. Soldier then steps onto foot blocks and grasps two rungs of the ladder and swings self into air. Soldier negotiates length of the ladder by releasing one hand at a time and swinging forward, grasping a more distant rung each time.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under obstacle must be covered with sawdust, sand, or similar material to lessen impact of fall. Vertical surfaces should be padded if they present possibility of injury if struck during a fall from the obstacle. Obstacle should not be executed if slippery due to wet conditions.

Figure 12-18. Tarzan (course sketch).

"Low Belly Over"

Purpose of obstacle is to give soldiers confidence in physical abilities to include balance and upper body strength.

Execution of obstacle: Soldiers mount the low log and jump onto high log. They grasp over the top of the log with both arms, keeping the belly area in contact with it. They swing their legs over the log, then lower themselves to the ground.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under obstacle must be covered with sawdust, sand, shredded tire, or similar material to lessen impact of fall. Vertical surfaces should be padded if they present possibility of injury if struck during a fall from the obstacle. Obstacle should not be executed when slippery due to wet conditions. Spotters should be used.

Note: Add a rope for soldiers to climb down from the top log.

Figure 12-19. Low Belly Over (course sketch).
“Dirty Name”

Purpose of obstacle is to give soldiers confidence in physical abilities to include balance and upper body strength.

Execution of obstacle: Soldiers mount the low log and jump onto middle log. Soldiers pull themselves onto middle log and jump onto high log. They grasp over the top of the log with both arms, keeping the belly area in contact with it. They swing their legs over the log, then lower themselves to the ground.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under obstacle must be covered with sawdust, sand, shredded tire, or similar material to lessen impact of fall. Vertical surfaces should be padded if they present possibility of injury if struck during a fall from the obstacle. Obstacle should not be executed when slippery due to wet conditions. Spotters should be used.

Figure 12-20. Dirty Name (course sketch).

“Tough Nut”

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers step over each “X” in each lane.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ensure obstacle does not have sharp edges or splinters.

Note: The height of each “X” should not exceed 30 inches.

Figure 12-21. Tough Nut (course sketch).
“Belly Crawl”

Purpose of obstacle is to give soldiers confidence in physical abilities.  
Execution of obstacle: Soldiers move forward under wire, on their stomachs, to the end of the wire obstacle.  
Safety: Instructor conducts inspection and provides orientation to obstacle. Wire should be 16" above ground.  
Crawling surface should be sand or sawdust, free of sharp objects. Direction of negotiating crawl may be reversed from time to time to maintain more level crawling surface.

Figure 12-22. Belly Crawl (course sketch).

“Inclining Wall”

Purpose of obstacle is to give soldiers confidence in physical abilities.  
Execution of obstacle: Soldiers approach the underside of wall, jump up and grasp the top, and pull themselves over. They slide or jump down the incline to the ground.  
Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under near side of obstacle must be covered with sawdust, sand, shredded tire, or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Spotters should be used on near side of obstacle.

Figure 12-23. Inclining Wall (course sketch).
“High Step Over”

**Purpose of obstacle** is to give soldiers confidence in physical abilities. 

**Execution of obstacle**: Soldiers step over each bar: they either alternate legs or use the same leg each time while making an effort not to use their hands. (Shorter soldiers may be required to use hands).  

**Safety**: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other. 

*Note:* Height of the top of the horizontal logs should not exceed 40 inches.

**Figure 12-24. High Step Over (course sketch).**

“Swing, Stop, & Jump”

**Purpose of obstacle** is to give soldiers confidence in physical abilities and develop agility. 

**Execution of obstacle**: Soldiers gain momentum with a short run, grasp the rope, and swing their bodies forward to the top of the wall. They release the rope while standing on the wall and jump to the ground. 

**Safety**: Instructor conducts inspection and provides orientation to obstacle. Wood wall surface must be free of nails and splinters. Ground under obstacle should be covered with sand, sawdust, or shredded rubber to absorb shock and falls. Vertical surfaces may be padded if there is danger of falling soldier striking support or similar structures. Rope should be tested daily to ensure no frays or loosening of attachment to overhead support. Obstacle should not be used when wall surface is wet.

**Figure 12-25. Swing, Stop, & Jump (course sketch).**
"Six Vaults"

Purpose of obstacle is to give soldiers confidence in physical abilities.
Execution of obstacle: Soldiers vault over each log using one or both hands.
Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other. Ground may be covered with sand, sawdust, or shredded rubber.

Note: Height of the top of the horizontal logs should not exceed 40 inches.

Figure 12-26. Six Vaults (course sketch).

"Easy Balancer"

Purpose of obstacle is to give soldiers confidence in physical abilities.
Execution of obstacle: Soldiers walk up one inclined log and down the one on the other side to the ground. (No Running).
Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Ground should be covered with sand, sawdust, or shredded rubber. Notches can be cut into the logs to assist with traction.

Note: Need spotters at the horizontal log.

Figure 12-27. Easy Balancer (course sketch).
“Belly Buster”

**Purpose:** The purpose of the obstacle is to give soldiers confidence in physical abilities.

**Execution of obstacle:** Soldiers vault, jump or climb over the log.

**Safety:** Instructor conducts the inspection and provides orientation to the obstacle. Soldiers must be warned that the log is not stationary. Soldiers must keep hands and fingers away from parts of the log resting on the cradle. Soldiers should not rock or roll the log while others are negotiating it. Ground under the obstacle should be covered with sand, sawdust, or shredded rubber to lessen impact in case of fall.

![Belly Buster Diagram](image)

**Figure 12-28. Belly Buster (course sketch).**

“Low Wire”

**Purpose of obstacle:** The purpose of the obstacle is to give soldiers confidence in physical abilities.

**Execution of obstacle:** Soldiers move forward under the wire, on their backs while raising the wire with their hands to clear their bodies. Continuing to the end of the wire obstacle.

**Safety:** Instructor conducts inspection and provides orientation to the obstacle. The wire should lay loosely on the ground. The crawling surface should be sand or sawdust, free of sharp objects. Direction of negotiating the crawl may be reversed from time to time to maintain a more level crawling surface.

![Low Wire Diagram](image)

**Figure 12-29. Low Wire (course sketch).**
“Hip-Hip”

Purpose of obstacle is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers step over each bar; they either alternate legs or use the same leg each time while making an effort not to use their hands. (Shorter soldiers may be required to use hands).

Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Soldiers must be spaced so as to prevent kicking each other.

Figure 12-30. Hip Hip (course sketch).

“Reverse Climb”

Purpose of obstacle: is to give soldiers confidence in physical abilities.

Execution of obstacle: Soldiers approach the underside of climbing ladder and go down other side to the ground.

Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under near side of obstacle must be covered with sawdust, sand, shredded tire or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Support braces will be padded. Spotters will be used between the support post.

Figure 12-31. Reverse Climb (course sketch).
"Weaver"

Purpose of obstacle is to give soldiers confidence in physical abilities.
Execution of obstacle: Soldiers move from one end of the obstacle to the other by weaving their bodies under one bar and over the next.
Safety: Instructor conducts inspection and provides orientation to obstacle. Ground under obstacle must be covered with sawdust, sand, shredded tire or similar material to lessen impact of fall. Wood surface must be free of nails and splinters. Spotters should be used in center. Safety pads will be used under the apex.

![Figure 12-32. Weaver (course sketch).](image)

"Balancing Logs"

Purpose of obstacle: is to give soldiers confidence in physical abilities.
Execution of obstacle: Soldiers walk or run along logs while maintaining their balance.
Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface must be free of nails and splinters. Tops of supports should not have any sharp edges. Ground should be covered with sand, sawdust or shredded rubber. Nearby vertical surfaces, if any, should be padded.

![Figure 12-33. Balancing Logs (course sketch).](image)
Obstacle Negotiation

“Island Hopper”

Purpose of obstacle: is to give soldiers confidence in physical abilities.
Execution of obstacle: Soldiers jump from one log to another until obstacle is negotiated from near to far side.
Safety: Instructor conducts inspection and provides orientation to obstacle. Wood surface should be free of sharp edges and should not be slippery (it may be necessary to rough up tops of logs/stumps to ensure traction or use 1-inch nails driven into the tops).

Figure 12-34. Island Hopper (course sketch).

SUMMARY

12-83. Obstacle courses provide Soldiers with an activity that challenges their strength, endurance, and mobility while honing critical combat skills and instilling confidence. They are an integral part of the PRT program and should be performed regularly. Confidence obstacle course negotiation is high-risk training. PRT leaders must follow appropriate risk management and safety practices.
Chapter 13
Army Water Survival Training

Some military operations will require Soldiers to negotiate water obstacles. Leaders at all levels should be aware of the potentially dangerous situations this will present for those who fear water or cannot swim. It is unrealistic to expect that every Soldier will be a proficient swimmer. However, every Soldier can be expected to participate safely in military aquatic training. This chapter describes the Army Water Survival Training (AWST) program. The objective of AWST is to build Soldier confidence and increase survivability in hazardous water situations. Commanders and PRT leaders are enabled during AWST to determine their Soldiers’ water survival ability level and train them accordingly.

SECTION I — PURPOSE OF WATER SURVIVAL TRAINING

13-1. This chapter describes the Army Water Survival Training (AWST) program. The purpose of this training is to assist commanders and PRT leaders in determining the water survivability level of their Soldiers and to train them in basic downproofing.

TRAINING AREA

13-2. AWST should be conducted in swimming pools as opposed to open water. The length and width distance requirements for performing this training are based on a pool 25-yards long by 15-yards wide. For larger or smaller pools, PRT leaders will adjust IAW this chapter.

UNIFORM

13-3. Soldiers will wear ACUs and boots with swimsuit or IPFU as an under garment. ACUs may give off high levels of dye because of the chlorinated pool water. This can adversely affect the quality of the water and make the pool unusable for up to several days after the exercise. Consult TB MED 575 and appropriate medical and pool personnel before conducting this training.

EQUIPMENT

13-4. Soldiers will wear LBE/LBV IAW with unit SOP. Soldiers will carry an M16 series/M4 carbine training aid (rubber duck).

FORMATION

13-5. Soldiers will be given preliminary instruction deck side or in bleachers around the pool. Soldiers may be taught individually or in mass in the pool facing an instructor on deck. AIs will be positioned around the pool and in the water to assist Soldiers.

LEADERSHIP

13-6. Considerable time and effort must be expended to teach Soldiers how to correctly perform water survival skills. The unit will provide instructors and AIs for water survival training. They will explain, demonstrate, and evaluate all skills. The ideal instructor-to-Soldier ratio during training and testing is one to six. Instructors and
AIs must be strong swimmers who are competent in all water survival skills through Combat Survival Swimmer. Though not required, instructors should hold either an American Red Cross Training certificate or Water Safety Instructor certificate. PRT leaders are required to perform risk management procedures IAW installation policy and FM 100-14, Risk Management.

COMMANDES
13-7. Refer to AWST requirements for specific commands.

SAFETY
13-8. Safety is the first concern when training Soldiers in and around water. Two qualified lifeguards must be on duty at all times during AWST. The lifeguards must have a current American Red Cross Lifeguard Training certificate and must be certified in first aid and cardiopulmonary resuscitation (CPR). The following are important safety considerations:

- Know the water survival ability level (swimmer/non swimmer) of each Soldier.
- Conduct all water survival training in a pool, with a minimum of two lifeguards and appropriate equipment present.
- Ensure the water is at least 9-feet deep at the deep end of the pool.
- Have safety and emergency action plans.
- Use the buddy system. (Pair a strong swimmer with a weaker one.)
- Ensure all water entries during training are done feet-first.
- Ensure Soldiers use the water entry techniques described in this chapter.
- Always conduct risk management procedures prior to conducting any AWST.
- 2 FLAs and two medic teams on site.

13-9. The following equipment must be on site while conducting AWST:

- Shepherd’s crook or reaching pole.
- Heaving line.
- Ring buoy with rope.
- Back board with tie down straps.
- Cervical collar.
- Whistles.
- First aid kit.
- Safety ropes with D-rings.
- AED

SECTION II — CLASSIFICATION AND EVALUATION

CLASSIFICATION LEVELS
13-10. There are two levels of classification in the AWST program.
(1) Basic Survival Swimmer (BSS).
(2) Combat Survival Swimmer (CSS).

13-11. The commander must know the water survivability levels of his Soldiers to determine how much training time can be devoted to teaching water survival techniques. Qualification at the Combat Survival Swimmer level is only necessary for units that anticipate extensive operations in and around water. Time permitting, the unit should conduct training to meet these performance standards. The techniques and methods used to train Soldiers to acquire Basic and Combat Survival Swimmer skills are described later in this chapter. Soldiers should learn and practice the skills in the order they are presented.
IDENTIFICATION OF NON-SWIMMERS

13-12. Before beginning training and qualification for the Basic Survival Swimmer Level, AWST leaders must identify those Soldiers who say they cannot swim or cannot stay buoyant on their own power for two minutes. Based on the factors such as fear of water and lack of fundamental skills, non-swimmers require additional training time. Most Soldiers who have even marginal aquatic ability can become qualified at the Basic Survival Swimmer Level. For this manual, non-swimmers are those who cannot maintain buoyancy for two minutes on their own power without showing signs of undue fear, stress, panic, or fatigue.

TWO-MINUTE BUOYANCY TEST ADMINISTRATION

13-13. Do not give this test to Soldiers who identify themselves as non-swimmers. Give the Soldiers who do not pass the two-minute buoyancy test extra training to master the skills necessary to successfully perform the two-minute buoyancy test requirement. Despite additional training, some Soldiers will not meet this requirement.

13-14. Prior to administration of the Two-minute Buoyancy Test, instruct Soldiers on the technique and procedures of treading water and performance of the hanging float. Treading water and the hanging float are very important skills for water survival. They can be used while waiting for help to arrive and as resting positions when swimming to safety. The hanging float should not be used in cold water. Uniform is ACUs and boots. Soldiers will perform a shallow water entry into the shallow end of the pool and walk to chest-deep water. They will then perform treading water and the hanging float (or combination of the two), to meet the standard on the Two-minute Buoyancy Test.

TWO MINUTE BUOYANCY TEST INSTRUCTION

13-15. Instruction should include the following:

SHALLOW WATER STEP-OFF ENTRY

13-16. For shallow-water entry without weapon, Soldiers will step off the edge of the pool deck into the water with the knees slightly flexed. They should be prepared to absorb the impact when contacting the bottom of the pool. (Figure 13-1).

Figure 13-1. Shallow water step-off entry.
TREADING WATER

SCULLING

13-17. Both the hanging float and treading water use sculling. This is a rhythmically controlled motion of the arms and hands that manipulates water for upward thrust and keeps the body vertically afloat. A common sculling action is the figure eight. With the fingers together and palms facing downward, draw a figure eight with each hand, pushing the water downward and outward during the motion (Figure 13-2). Keep the arms slightly bent in front the chest. Use a minimum effort to avoid excessive fatigue.

![Figure 13-2. Sculling.]

TREADING

13-18. Compared with the hanging float, treading water lets the Soldier maintain visibility and retain more body heat since his head is out of the water. However, it requires more physical exertion. Treading water is accomplished with better ease and efficiency when sculling and kicking movements are combined. To tread water, you must combine both sculling with the arms and hands along with bicycle-like or scissor-kicking movements with the legs (Figure 13-3).
BODY POSITION

13-19. Keep the body upright with the head out of the water.

HAND AND ARM MOVEMENTS

13-20. Make slow sculling movements underwater to maintain the vertical body position.

LEG MOVEMENTS

13-21. Make slow, continuous bicycle or scissors type movements to support the body.

HANGING FLOAT

13-22. Once the hanging float is mastered, the Soldier will have control of himself in the water. He will realize how buoyant he is with his lungs fully inflated and his body relaxed. To perform the hanging float, use the following procedure:

   (1) Inhale to fill the lungs, let arms and legs dangle in the water (#1 Figure 13-4).
   (2) Place your face down in the water with the back of your head at the surface (#2, Figure 13-4).
   (3) Slowly bring arms to shoulder height and raise the head out of the water (#3, Figure 13-4).
   (4) Inhale and slowly press arms downward (#4, Figure 13-4).
(5) Scull with the hands and slowly perform bicycle movements with the legs. Raise the head above the water and exhale (#5, Figure 13-4).

**Figure 13-4. Hanging float.**

**RESTING/STARTING POSITION**

13-23. Inhale deeply to fully inflate the lungs. Hold the breath, and put the face in the water. Let the arms and legs dangle.

**RECOVER MOVEMENTS**

13-24. Slowly bring the arms to about shoulder height, and scull. Slowly perform a bicycle movement with the legs. Raise the head so the mouth is just above the water surface, and exhale.

**INHALE AND STROKE**

13-25. Inhale through the mouth and slowly press the arms downward. Return to the resting/starting position.

13-26. At this point in the training all Soldiers who are not confident in the preceding skills will receive additional training in chest-deep water. Each Soldier must be proficient in treading water and the hanging float before proceeding to the Two-minute Buoyancy Test.

**TASK**

13-27. Perform the two-minute buoyancy test for identification of non-swimmers.
CONDITION


STANDARD

13-29. Enter into the water at the shallow end of the pool by sitting on the edge of the pool deck and lowering yourself into the pool. Walk toward the deep end of the pool until shoulders are under water. At a signal from the AWST leader, begin to float or tread water for two minutes.

NOTE: Have AIs present during the test both in and out of the pool to maintain safety and ensure that no one touches the bottom of the pool.

SECTION III — BASIC SURVIVAL SWIMMER (BSS)

BSS CLASSIFICATION TASKS

13-30. Soldiers must successfully complete the following three tasks to become classified as Basic Survival Swimmers. Soldiers will wear ACU, boots and LBE/LBV. Soldiers will wear LBE/LBV and carry/sling an M16 series/M4 carbine training aid (rubber duck) for Tasks 2 and 3.

(1) Task 1: Trouser Inflation and Float
(2) Task 2: Bob and Travel
(3) Task 3: 2-Stroke Test (Sidestroke and Breaststroke)

13-31. The skill training for these tasks are discussed in the following paragraphs. After successfully completing these tasks Soldiers are qualified as Basic Survival Swimmers.

BSS TASK 1: TROUSER INFLATION AND FLOAT

CONDITION

13-32. AWST leaders select a location on the side of the pool where the water is at least 9 feet deep. Uniform is ACUs with boots. Swim suit or IPFU should be worn as an under garment. The exercise involves inflating clothing with air to create a flotation device that will keep the Soldier afloat. ACU trousers must be free of holes. To retain air, the material that is above water must be kept wet.

NOTE: Soldiers should practice the hanging float before attempting this task.

STANDARD

13-33. Perform stride entry by leaping off the edge of the pool deck into the water with the trunk leaning forward, the head up, the legs spread in a stride position (one forward, the other back), and the arms extended sideward (palms facing downward). Immediately upon entry, legs move together and the arms move vigorously downward slapping the water upon entry. This technique keeps the head above water and allows the Soldier to maintain visibility.

13-34. Perform a hanging float and remove one boot at a time. Place the first boot under an arm while untying the other boot. Tie the laces together and put the boots around the neck, resting each boot on each side of the chest. Remove trousers, button the fly, and tie-off each trouser leg individually using an overhand knot.

13-35. Inflate the trousers using the sling or splash method. Once the trousers are inflated, gather-in the waist band and twist to seal the air inside the trousers. While grasping the twisted waist band, climb in between the
trouser legs and place one leg under each arm. Float for two minutes. At the end of two minutes have the Soldier remove the air from the trousers and re-inflate.

**SLING METHOD**

13-36. Place the trousers on top of the water as if they are to be put on. Grasp the waistband, forming a circular opening on the surface of the water. Maintaining hold of the waistband, cross the right arm over the left, then rotate the trousers counter clockwise above and behind the head. Maintain the circular opening of the waistband with both hands. Perform a large scissor kick while forcibly extending the arms overhead. Sling the trousers quickly forward and downward, trapping air under the water. Immediately gather in the waistband to maintain inflation of each trouser leg. Continue to hold the waistband together with one hand, while bringing the opposite arm around and over the same side trouser leg. Change hands continuing to hold the waistband together with the other hand while bringing the opposite arm around and over the other trouser leg (Figures 13-5A and B).

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Figure 13-5A. Sling method.
**SPLASH METHOD**

13-37. Place trousers in front and hold the waistband open at the fly with one hand. While using the scissors of frog kick to stay afloat, splash water and air toward the waistband opening with a downward motion of the hand. Stop the stroke at the opening. Immediately gather in the waistband to maintain inflation of each trouser leg. Continue to hold the waistband together with one hand, while bringing the opposite arm around and over the same side trouser leg. Change hands continuing to hold the waistband together with the other hand, while bringing the opposite arm around and over the other trouser leg (Figure 13-6).

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**Figure 13.5B. Sling method.**

**Figure 13.6. Splash method**
BSS TASK 2: BOB AND TRAVEL

CONDITION

13-38. AWST leaders select a location on the side of the pool where the water is 7 to 8 feet deep. Soldier performs this task wearing ACUs, boots, LBE/LBV and M16 series/M4 carbine training aid (rubber duck).

STANDARD

13-39. Sling weapon over the right shoulder, grasping the sling close to the sling clamp with the right hand at the chest and the weapon butt plate with the left hand. The weapon is then pulled tight to the back. Stand with toes on the edge of the pool deck and face toward the water. Step off the edge of the pool deck into the water, with the knees slightly flexed, to absorb the impact upon hitting the bottom of the pool. Submerge to the bottom of the pool, slowly exhaling air through the nose while maintaining control of the weapon. Assume a squatting position and push off the bottom of the pool with both feet, extending the arms overhead and hands together, traveling forward at a 45-degree angle toward the surface (travel). Upon reaching the surface, take a full breath and rotate the hips forward, drawing the knees toward the chest (bob). Resubmerge to the bottom of the pool by straightening the legs and bringing the arms forcefully overhead with the palms turned inward, slowly exhaling air through the nose. Repeat the travel action, continuing to bob and travel for 15 meters (refer to Figure 13-7).

NOTE: If Soldier shows signs of panic or an inability to swim to the side of the pool, the AWST leader will pull the Soldier to the side of the pool using the shepherd’s crook.
BSS TASK 3: TWO-STROKE TEST

13-40. When performed correctly, the sidestroke and breaststroke enable the Soldier to move through the water quickly and efficiently. The sidestroke is one of the most efficient strokes because it allows the BSS the ability to rest on top of the water. It is also the stroke used in the collar tow. The breaststroke is the most useful stroke for military swimming. It is efficient when swimming through debris and in full clothing and gear, and it provides good visibility. Soldiers enter the water at the deep end of the pool using the stride entry and sidestroke the pool’s length. Soldiers exit the shallow end of the pool and walk back to the deep end starting point. They then re-enter the water at the deep end using the stride entry, and swim the length of the pool performing the breaststroke. Soldiers exit the shallow end of the pool.
CONDITION

13-41. AWST leaders select a location on the deep end of the pool where the water is 9 feet or deeper. Soldier performs this task wearing ACUs, boots, LBE/LBV and M16 series/M4 carbine training aid (rubber duck).

NOTE: Prior to entering the water, Soldiers should practice stroke mechanics for the sidestroke and breaststroke while on the pool deck.

STANDARD

13-42. Perform stride entry by stepping off the edge of the pool deck into deep water with the trunk leaning forward, the head up, the legs spread in a stride position (one forward, the other back), and the arms extended overhead holding the M16 series/M4 carbine. Immediately upon entry, legs move together and the arms move vigorously downward slapping the water with the weapon upon entry. This technique keeps the head above water and allows the Soldier to maintain visibility. The water should be nine feet or deeper.

13-43. Upon entry into the water, stabilize buoyancy and simultaneously transfer weapon to the right side of the body grasping the sling close to the front sling clamp with the right hand. Place the weapon near the sling clamp onto the right hip and roll onto left side. Perform the sidestroke to the shallow end of the pool.

13-44. Perform a pool exit and walk back to the deep end starting point. Soldiers re-enter the water at the deep end using the stride entry with weapon slung. Soldiers grasp the front sling clamp with the left hand and butt with the right hand pulling weapon securely against the body, prior to entry. They breaststroke the length of the pool, and exit at the shallow end.

NOTE: If Soldier shows signs of panic or an inability to swim to the side of the pool, the AWST leader will pull the Soldier to the side of the pool using the shepherd’s crook.

SIDESTROKE

Start/glide position

13-45. Use the following procedures for the sidestroke. Lie on the left side with the left arm extended beyond the head in line with the body, with the palm down and the head turned facing up and out of the water (glide position). The right arm and hand maintain control of the weapon, placed on the right hip.

ARM STROKES

13-46. With the left arm straight, pull the left arm downward until it is straight down from the shoulder. Flex the elbow and pull into the side. At the same time turn the palm toward the face and thrust forward to the original extended position. When performing the side stroke on the right side, the arm positions are reversed, the right arm is used to perform the stroke.

SCISSORS KICK

13-47. The scissors kick is initiated from the extended glide position by flexing the legs at the hips and knees by forming a tucked position. When performing the side stroke on the left side, the left, or bottom leg, is extended rearward with the toes pointed back and knee flexed. The right leg, or top leg, extends forward with the toes pointed. The kick is initiated from this position. Forward momentum is provided by the pushing of water with the back of the top, or right leg, and the front of the bottom, or left leg. The leg positions are reversed when performing the scissors kick on the right side.

13-48. From the start/glide position, begin the stroke with the downward pull of the left arm. At the same time, bring the right arm forward and draw up the knees to begin the kick. Let the thrust and pull of the right arm and
the kick of the legs coincide with the completion of the pull of the left arm and its thrust forward to the glide position.

**BREATHING**

13-49. The most efficient way is to inhale during the extension of the left arm and exhale through the mouth and nose when the left arm and hand pull back toward the chest (Figure 13-8).

![Picture
Side stroke sequence w/weapon

**THE BREASTSTROKE**

**Start/glide position**

13-50. Lie prone in the water with arms extended out in front and legs extended behind. Keep the head up. The weapon is slung and rests across the back (Figure 13-9).

**ARM STROKES**

13-51. Turn the palms outward and bend the arms slightly. Sweep the arms sideward and slightly downward until the hands are opposite and slightly below the shoulders (inverted heart shape motion). Then bring the hands and arms up along the chest and thrust them forward until they are extended and ready to execute the next arm pull (glide position).
FROG KICK

13-52. Draw the heels toward the buttocks. Thrust the legs outward and rearward, then squeeze them together. The whipping/sculling action of the feet aids forward propulsion.

ARM AND LEG COORDINATION

13-53. The stroke movement is performed in three counts:
   - Count 1: Begin the arm pull. Near the finish of the pull, flex the knees, and bring the heels toward the buttocks. The arm pull counteracts the resistance created by the knees.
   - Count 2: As the arm pull is completed, thrust the hands forward, kick out the legs, and squeeze them together.
   - Count 3: Glide through the water until the forward momentum decreases, then begin the next stroke.

BREATHING

13-54. It is possible to breathe at any time during this stroke. The most efficient way is to inhale during the arm pull and exhale through the mouth and nose during the finish of the frog kick and glide.

BODY POSITION

13-55. When swimming for speed, the trunk and legs must be near the surface. However, this streamlined position is tiring. Swimming with the trunk and legs projecting back and down at an angle of from 20 to 35-degrees, while much slower, is easier to sustain and not as fatiguing.
SECTION IV — COMBAT SURVIVAL SWIMMER (CSS)

CSS CLASSIFICATION TASKS

13-56. Soldiers must successfully complete the following four tasks to become classified as Combat Survival Swimmers. Uniform is ACUs, boots and LBE/LBV. Soldiers will carry an M16 series/M4 carbine training aid (rubber duck) for all tasks.

- Task 1: Equipment Removal
- Task 2: Collar Tow
- Task 3: 15-meter Underwater Swim
- Task 4: 3-meter Entry and Pool Exit

13-57. The skill training for these tasks are discussed in the following paragraphs. After successfully completing these tasks the Soldier is qualified as a Combat Survival Swimmer.

CSS TASK 1: EQUIPMENT REMOVAL

13-58. Equipment removal measures a Soldier’s ability to enter the water, submerge to the bottom of the pool, successfully remove their equipment, surface, and swim to the side of the pool.

CONDITION

13-59. AWST leaders select a location on the deep end of the pool where the water is 9 feet or deeper. Soldier wears ACUs with boots, LBE/LBV and M16 series/M4 carbine training aid (rubber duck) slung over the back. A safety line will be attached to the soldier and controlled by the AWST leader/AI. If at any time the Soldier shows signs of undo fear, stress, panic, or fatigue, the AWST leader/AI will use the safety line to pull the Soldier from the water.

STANDARD

13-60. Soldier moves to starting point at the deep end of the pool. The Soldier moves to the entry line with his back facing the water and slings his weapon over the right shoulder, grasping the sling close to the sling clamp with the right hand at the chest and the weapon butt plate with the left hand. The weapon is then pulled tight to the back. The Soldier stands with heels on the edge of the pool deck, and back toward the water. He then performs a rear water entry bending forward at the waist, transferring body weight to the heels, and falling rearward into the water while maintaining control of the slung weapon. He then breaks the water with the rear of his thighs and buttocks. After performing the rear entry the Soldier enters the deep end of the pool and submerges slowly while exhaling through the nose and mouth to the bottom of the pool. Upon reaching the bottom of the pool, the Soldier will remove his weapon from its slung position and place it on the bottom of the pool. The Soldier then removes LBE/LBV and places it on the bottom of the pool. The Soldier will surface and continue to swim any stroke to the side of the pool and exit. If the Soldier shows signs of panic or an inability to complete the distance, the AI will pull the Soldier to the side of the pool using the shepherd’s crook. Soldiers should practice equipment removal while on the deck prior to entering the water.

CSS TASK 2: COLLAR TOW

13-61. The collar tow is used to help swimmers who are tired, but not struggling. For this task, one Soldier acts as rescuer while partner acts as victim. The Soldiers then reverse roles.

CONDITION

13-62. AWST leaders select a location on the deep end of the pool where the water is 9 feet or deeper. Soldier performs this task wearing ACUs, boots, LBE/LBV and M16 series/M4 carbine training aid (rubber duck) slung over the back. Soldiers are paired with a partner. For this task, one Soldier acts as rescuer while his partner acts
as the victim. The Soldiers then reverse roles. Prior to entering the water, Soldiers should practice stroke mechanics for the sidestroke while on the pool deck.

**STANDARD**

13-63. Rescuer slings weapon over the right shoulder, grasping the sling close to the sling clamp with the right hand at the chest and the weapon butt plate with the left hand. The weapon is then pulled tight to the back. The rescuer stands with his toes on the edge of the pool deck while facing toward the water. He performs stride entry by stepping off the pool deck into the water with his trunk leaning forward, head up, legs spread in a stride position (one forward, the other back), and weapon slung across the back. Immediately upon entry, his legs move together. This technique keeps the head above water and allows the rescuer to maintain visibility. The water should be nine feet or deeper upon entry into the water, the rescuer will stabilize buoyancy, roll onto his left side, and breaststroke toward the victim.

13-64. The rescuer grabs the victim’s collar at the back of the neck and pulls him to a horizontal position on his back. He maintains hold of the victim’s collar, keeping his arm fully extended. He uses a modified sidestroke while towing. He swims on the side that feels most natural, using a sidearm pull and scissors kick. After mastering the stroke on that side, he should learn to do it on the other side, then reverse the procedure for swimming on the opposite side.

**SIDESTROKE**

13-65. For the sidestroke use the following procedures: Lie on the left side with the left arm extended beyond the head in line with the body, with the palm down and the head turned facing up and out of the water.

**ARM STROKES**

13-66. With the left arm straight, pull the left arm downward until it is straight down from the shoulder. Flex the elbow and pull into the side. At the same time turn the palm toward the face and thrust forward to the original extended position.

**SCISSORS KICK**

13-67. Draw up the feet with the right foot slightly forward until the knees are bent at a right angle. Straighten the right knee and thrust the right foot forward, downward, and then backward in a semicircular sweeping motion. Keep the toes pointed during the backward sweep. At the same time, straighten the left knee and thrust the left foot backward, downward, and then forward in a sweeping motion resembling a kick. Keep the left foot extended throughout the stroke. Bring the legs together at the end of the stroke, and keep them in a straight line with the toes pointed during the glide.

**COORDINATION OF ARMS AND LEGS**

13-68. From the start/glide position, begin stroke with the downward pull of the left arm. At the same time, draw up the knees to begin the kick. Let the kick of the legs coincide with the completion of the pull of the left arm and its thrust forward to the gliding position (Figure 13-10).
POOL EXIT WITH VICTIM

13-69. Following the sidestroke sequence, Soldiers will exit the pool in the deep end using the following procedure: Place the rifle on the deck, and exit the pool at the deep end unassisted and without using the ladder while maintaining contact with the victim on the side of the pool. This is best accomplished by securing one or both arms against the pool deck while exiting the pool. Once on the pool deck, squat and grasp the victims LBE/LBV and rotate the victim so their back is against the side of the pool. Simultaneously stand-up from the squat position and lay the victim onto the pool deck (Figure 13-11).
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CSS TASK 3: UNDERWATER SWIM

13-70. The underwater swim measures the Soldier’s confidence and ability to enter the water, submerge to the bottom of the pool, successfully swim 15 meters underwater with their equipment, surface, and exit the pool.

CONDITION

13-71. AWST leaders select a location on the deep end of the pool where the water is 9 feet or deeper. The Soldier performs this task wearing ACUs, boots, LBE/LBV and M16 series/M4 carbine training aid (rubber duck) slung over the back. Prior to entering the water, Soldiers should practice breaststroke mechanics while on the pool deck.

STANDARD

13-72. Sling weapon over the left shoulder, grasping the sling close to the sling clamp with the left hand at the chest and the weapon butt plate with the right hand. The weapon is then pulled tight to the back. Stand with heels on the edge of the pool deck and back toward the water. Perform a rear water entry by bending forward at the waist, transferring body weight to the heels and falling rearward into the water while maintaining control of...
the slung weapon. Break the water with the rear of the thighs and buttocks. Submerge to the bottom of the pool. Slowly exhale air through the mouth and nose. Push off the bottom of the pool with both feet, bob to the surface and grasp the edge of the pool deck. Upon command of the AWST leader, rotate facing the pool, take a full breath and drop under the surface of the water. Immediately push off the wall and begin the underwater swim with arm and leg movements used in the breaststroke. Remember to slowly exhale air through the mouth and nose while underwater swimming to the opposite side of the pool. Upon reaching the opposite pool wall, surface and perform a pool exit (Figure 13-12).

Figure 13-12. Underwater swim sequence.

CSS TASK 4: 3-METER ENTRY AND POOL EXIT

13-73. The 3-meter drop with rifle and equipment measures Soldier confidence and ability to enter the water and successfully swim to the side of the pool and exit with weapon and equipment.
**CONDITION**

13-74. AWST leaders select a location on the side of the pool where the water is 9 feet or deeper. Soldier performs this task wearing ACUs, boots, LBE/LBV and M16 series/M4 carbine training aid (rubber duck). Safety line will be attached to Soldier and controlled by AWST leader/AI. If at any time the Soldier shows signs of undo fear, stress, panic, or fatigue, the AWST leader/AI will use the safety line to pull the Soldier from the water.

**STANDARDS**

13-75. Perform stride entry by stepping off the 3-meter diving board or platform into the water with the trunk leaning forward, the head up, the legs spread in a stride position (one forward, the other back), and the arms extended overhead holding the M16 series/M4 carbine. Immediately upon entry, legs move together and the arms move vigorously downward slapping the water with the weapon. This technique keeps the head above water and allows the Soldier to maintain visibility. The water should be nine feet or deeper.

13-76. Upon entry into the water, stabilize buoyancy and simultaneously transfer weapon to the right side of the body grasping the sling close to the forward sling clamp with the right hand. Place the weapon near the sling clamp onto the right hip while rolling onto left side. Perform the sidestroke to the edge of the pool and exit (Figure 13-13).
SIDESTROKE

13-77. For the sidestroke use the following procedures: Lie on the left side with the left arm extended beyond the head in line with the body, with the palm down and the head turned facing up and out of the water. The right arm and hand maintain control of the weapon, placed on the right hip (Figure 13-14).

ARM STROKES

13-78. With the left arm straight, pull the left arm downward until it is straight down from the shoulder. Flex the elbow and pull into the side. At the same time turn the palm toward the face and thrust forward to the original extended position.

SCISSORS KICK

13-79. Draw up the feet with the right foot slightly forward until the knees are bent at a right angle. Straighten the right knee and thrust the right foot forward, downward, and then backward in a semicircular sweeping motion. Keep the toes pointed during the backward sweep. At the same time, straighten the left knee and thrust the left foot backward, downward, and then forward in a sweeping motion resembling a kick. Keep the left foot extended throughout the stroke. Bring the legs together at the end of the stroke, and keep them in a straight line with the toes pointed during the glide.

COORDINATION OF ARMS AND LEGS

13-80. From the start/glide position, begin the stroke with the downward pull of the left arm. At the same time, draw up the knees to begin the kick. Let the kick of the legs coincide with the completion of the pull of the left arm and its thrust forward to the gliding position.
POOL EXIT

13-81. Place the rifle on the deck and exit the pool at the deep end unassisted without using the ladder. Following the sidestroke sequence, Soldiers will exit the pool in the deep end using the following procedure: Place the rifle on the deck. Then, unassisted and without using a ladder, climb up onto the deck and stand up while the AWST leader/AI removes the safety line (Figure 13-14).

SUMMARY

13-82. AWST is an integral part of PRT and critical to Soldier survivability in and around water. When this training is conducted to standard, Soldier safety is ensured while Soldier performance is enhanced. AWST will build Soldier confidence for operations in and around water.
PART FOUR
PHYSICAL TRAINING ASSESSMENT

Chapter 14
The Army Physical Fitness Test (APFT)

The intent of the Army Physical Fitness Test (APFT) is to provide an assessment of the PRT program. Physical fitness testing is designed to ensure the maintenance of a base level of physical fitness essential for every Soldier, regardless of Army MOS or duty assignment. PRT programs must be developed to take this base level of conditioning and raise it to help meet or exceed mission-related physical performance tasks. Commanders must ensure that physical fitness testing does not form the foundation of unit or individual PRT programs. Temporary training periods solely devoted toward meeting APFT requirements are highly discouraged. See AR 350-1, Training and Leader Development, for policy guidelines pertaining to the APFT.

SECTION I — APFT OVERVIEW

FITNESS STANDARDS

14-1. The APFT provides a measure of upper and lower body muscular endurance. It is a performance test that indicates a Soldier’s ability to perform physically and handle his or her own body weight. APFT standards are adjusted for age and physiological differences between the genders.

14-2. The APFT consists of push-ups, sit-ups, and a 2-mile run—done in that order—on the same day. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events (from the first push-up performed to the last Soldier crossing the finish line of the 2-mile run event).

14-3. IAW AR 350-1, all Soldiers must attain a score of at least 60 points on each event and an overall score of at least 180 points. Soldiers in BCT must attain 50 points in each event and an overall score of 150 points. The maximum score a Soldier can attain on the APFT is 300 points. The use of extended scale scoring IS NOT authorized.

14-4. APFT results will be recorded on DA Form 705, Physical Fitness Scorecard (sample and AKO Form reference located at chapter end). One scorecard will be maintained for each Soldier. The scorecard will be kept in a central location in the unit and will accompany the individual military personnel records jacket at the time of permanent change of station IAW AR 350-1. Units and separate offices monitor the performance and progress of their Soldiers. Individual Soldiers are not authorized to administer the APFT to themselves to simply satisfy record test requirements. A minimum of five Soldiers are required to administer an APFT: an OIC or NCOIC, an event supervisor(s), an event scorer, an event timer, and a backup timer. Another Soldier being tested may act as a holder to secure the Soldier’s ankles during the sit-up event.

14-5. Any piece of clothing not prescribed as a component of the physical fitness uniform (PFU), Army combat uniform (ACU), or commander authorized civilian attire is not permitted for wear during the APFT. Neither are devices or equipment that offer any potential for unfair advantage during testing. Unless
prescribed as part of the Soldier’s medical profile, the wearing of the following items are not authorized:
nasal strips, weight lifting gloves, back braces, elastic bandages, or braces. The following additional items
are also not authorized: MP3 players, IPODs, cell phones, or compact disk players. AR 670-1, Wear and
Appearance of Army Uniforms and Insignia, specifies the components of the PFU ensemble.

SECTION II — APFT ADMINISTRATION

SUPERVISION

14-6. The success of any physical fitness testing program depends on obtaining valid and accurate test
results. Therefore, the APFT must be administered properly to accurately evaluate individual Soldier and
unit physical fitness. Supervision of the APFT is necessary to ensure the objectives of the physical fitness
program are met. Proper supervision provides for standardization in the following:

- Test preparation.
- Control of performance factors.
- Training of test personnel.
- Test scoring.

PREPARATION

14-7. Preparation for the APFT should be directed at securing the most accurate evaluation of personnel
participating in the test. Preparatory requirements include the following:

- Selecting and training of event supervisors, scorers, timers, demonstrators, and support
  personnel.
- Equipment inventory.
- Securing the test site.

PLANNING

14-8. The commander should ensure that testing is consistent with regard to events, scoring, clothing,
equipment, and facilities. Testing should be planned to permit each Soldier to perform at his maximal level,
and should ensure the following:

- Soldiers are not tested when fatigued or ill.
- Soldiers do not participate in tiring duties before taking an APFT.
- Weather and environmental conditions do not inhibit physical performance.
- Risk analysis is conducted.

SECTION III — DUTIES OF TEST PERSONNEL

RESPONSIBILITIES

14-9. APFT personnel must be familiar with all aspects of administration of the APFT. Supervision of
Soldiers and laying out the test area are essential duties. The following test personnel are required to
conduct an APFT: OIC and/or NCOIC, event supervisor (s), timer, back-up timer, scorer (s), demonstrator
(s), and support personnel.

14-10. The OIC and NCOIC are responsible for the administration of the APFT. Responsibilities include:

- Preparation for push-up event (after reading instructions and before test start).
- Administration of the test.
- Conduct of recovery upon completion of the test.
- Procurement of all necessary equipment and supplies.
• Arrangement and layout of test area.
• Training of event supervisors, scorers, timer, back-up timer demonstrators, and support personnel.
• Ensure tests are properly administered and that events are explained, demonstrated, and scored according to standard.
• Reports results of test.

14-11. The event supervisors are responsible for administration of test events. Responsibility includes the following:
• Administers one or more test events.
• Ensures necessary equipment is on hand for each event(s).
• Reads APFT event instructions.
• Conducts APFT event demonstration.
• Supervises event scoring to standard.
• Answers questions on scoring discrepancies and informs OIC/NCOIC.

14-12. The event scorers are responsible for scoring events to standard. Responsibility includes the following:
• Enforces test standards.
• Records the correct number of repetitions in the raw score block on DA 705.
• Records initials in initials box on DA 705.
• Performs other duties assigned by OIC or NCOIC.
• Receives training conducted by OIC/NCOIC to ensure scoring is to standard.

14-13. The demonstrators are responsible for demonstrating the push-up and sit-up events to standard. Responsibility includes the following:
• Assists the event supervisor by demonstrating push-ups and sit-ups to standard during the reading of event instructions.
• Performs other duties assigned by OIC or NCOIC.
• Receives training conducted by OIC/NCOIC to ensure demonstration of push-ups and sit-ups are to standard.

14-14. Timers and back-up timers are responsible for properly timing the push-up, sit-up, and 2-mile run events.

14-15. Support personnel assist in preventing unsafe acts to ensure smooth operation of the APFT. The use of support personnel depends on local policy and unit SOPs. Medical support on site is not required unless specified by local policy. The OIC and/or NCOIC should have a plan for medical support (if required).

SECTION IV — TEST SITE

REQUIREMENTS

14-16. The OIC and NCOIC should select a test site that is flat and free of debris. The test site should have the following:
• A site that is free of any significant hazards.
• A briefing area for the reading of event instructions.
• A preparation area (can be same as briefing area).
• A soft, flat, dry area for push-ups and sit-ups.
• A flat, measure 2-mile running course with a solid surface that is nor more than 3 percent grade.
Chapter 14

14-17. Sound judgment must be used in the selection of a 2-mile run course. There is no requirement to
survey 2-mile run courses. However, selected test sites should be free of significant hazards such as traffic,
slippery road surfaces, and areas where heavy pollution is present. Running tracks may be used to
administer the 2-mile run event. If a 400-meter track is used, the OIC/NCOIC must add an additional 61
feet, 4 inches to the standard 8 laps to ensure the test’s required 2-mile distance is covered. One lap on a
400-meter track is 92 inches shorter than one lap on a 440-yard track. Eight laps on a 400-meter track is
736 inches shorter than eight laps (2 miles) on a 440-yard track. Therefore, Soldiers running on a 400-meter
track must run an additional 61 feet, 4 inches.

SECTION V — TEST PROCEDURES

14-18. The APFT test sequence is the push-up, sit-up and 2-mile run (or an approved alternate aerobic
event). The order of events cannot be changed. There are no exceptions to this sequence. Soldiers are
allowed a minimum of 10 minutes and a maximum of 20 minutes to recover between events. The OIC or
NCOIC determines the recovery time. It is normally based on the number of Soldiers taking the test. If
large numbers of Soldiers are being tested, staggered start times should be planned to allow for proper
recovery between test events. Under no circumstances is the APFT valid if Soldiers cannot begin and end
all three events in two hours or less. The following paragraphs describe procedures for APFT
administration. On test day, the OIC or NCOIC briefs Soldiers on the purpose and organization of the test.
The OIC or NCOIC explains test administration including, the scorecard, scoring standards, and test
sequence. In addition, the wearing of unauthorized items such as nasal strips, braces, elastic bandages,
weight lifting gloves, radios, MP3 players, IPODS, cell phones, and compact disc players are addressed.
Test instructions for the push-up, sit-up and 2-mile run (or approved alternate aerobic event) are read prior
to conducting preparation. After preparation is completed, the push-up event will begin. From the
beginning of the push-up event to the completion of all remaining events, the total time elapsed cannot
exceed two hours. Upon completion of all events, recovery will be conducted.

14-19. The following instructions are read aloud to all Soldiers taking the APFT:

“YOU ARE ABOUT TO TAKE THE ARMY PHYSICAL FITNESS TEST, A TEST THAT WILL
MEASURE YOUR UPPER AND LOWER BODY MUSCULAR ENDURANCE. THE RESULTS OF
THIS TEST WILL GIVE YOU AND YOUR COMMANDERS AN INDICATION OF YOUR STATE OF
FITNESS AND WILL ACT AS A GUIDE IN DETERM INING YOUR PHYSICAL TRAINING NEEDS.
LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF
THE EVENTS.”

14-20. If DA Form 705 (APFT scorecard) has not been issued, scorecards will be handed out at this time.
The OIC or NCOIC will then instruct the Soldiers to fill in the appropriate spaces with the required
personal data. The following instructions are read aloud to all Soldiers taking the APFT:

“IN THE APPROPRIATE SPACES, PRINT IN INK THE PERSONAL INFORMATION REQUIRED
ON THE SCORECARD.” (The preceding remark is omitted if scorecards were issued prior to arrival at the
test site.)

14-21. Soldiers are then given time to complete the required information. Next, the OIC or NCOIC
explains procedures for scorecard use during testing. The following instructions are read aloud to all
Soldiers taking the APFT:
"YOU ARE TO CARRY THIS CARD WITH YOU TO EACH EVENT. BEFORE YOU BEGIN, HAND THE CARD TO THE SCORER. AFTER YOU COMPLETE THE EVENT, THE SCORER WILL RECORD YOUR RAW SCORE, INITIAL THE CARD, AND RETURN IT TO YOU."

14-22. Now the OIC or NCOIC explains how raw scores are converted to point scores. At this point in time Soldiers are assigned to groups. The following instructions are read aloud to all Soldiers taking the APFT:

"EACH OF YOU WILL BE ASSIGNED TO A GROUP. STAY WITH YOUR TEST GROUP FOR THE ENTIRE TEST. WHAT ARE YOUR QUESTIONS ABOUT THE TEST AT THIS POINT?"

INSTRUCTIONS

14-23. The OIC, NCOIC, or event supervisor will read all three event instructions prior to the start of the test. Specific 2-mile run route instructions can be addressed at the 2-mile run event test site.

PUSH-UP

14-24. The OIC, NCOIC, or event supervisor must read the following before beginning the push-up event (Figures 14-1 and 14-2).

"THE PUSH-UP EVENT MEASURES THE ENDURANCE OF THE CHEST, SHOULDER, AND TRICEPS MUSCLES. ON THE COMMAND ‘GET SET’, ASSUME THE FRONT-LEANING REST POSITION BY PLACING YOUR HANDS WHERE THEY ARE COMFORTABLE FOR YOU. YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART (MEASURED BETWEEN THE FEET). WHEN VIEWED FROM THE SIDE, YOUR BODY SHOULD FORM A GENERALLY STRAIGHT LINE FROM YOUR SHOULDERS TO YOUR ANKLES. ON THE COMMAND ‘GO’, BEGIN THE PUSH-UP BY BENDING YOUR ELBOWS AND LOWERING YOUR ENTIRE BODY AS A SINGLE UNIT UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND. THEN, RETURN TO THE STARTING POSITION BY RAISING YOUR ENTIRE BODY UNTIL YOUR ARMS ARE FULLY EXTENDED. YOUR BODY MUST REMAIN RIGID IN A GENERALLY STRAIGHT LINE AND MOVE AS A UNIT WHILE PERFORMING EACH REPETITION. AT THE END OF EACH REPETITION, THE SCORER WILL STATE THE NUMBER OF REPETITIONS YOU HAVE COMPLETED CORRECTLY. IF YOU FAIL TO KEEP YOUR BODY GENERALLY STRAIGHT, TO LOWER YOUR WHOLE BODY UNTIL YOUR UPPER ARMS ARE AT LEAST PARALLEL TO THE GROUND, OR TO EXTEND YOUR ARMS COMPLETELY, THAT REPETITION WILL NOT COUNT, AND THE SCORER WILL REPEAT THE NUMBER OF THE LAST CORRECTLY PERFORMED REPETITION."

"IF YOU FAIL TO PERFORM THE FIRST 10 PUSH-UPS CORRECTLY, THE SCORER WILL TELL YOU TO GO TO YOUR KNEES AND WILL EXPLAIN YOUR DEFICIENCIES. YOU WILL THEN BE SENT TO THE END OF THE LINE TO BE RETESTED. AFTER THE FIRST 10 PUSH-UPS HAVE
BEEN PERFORMED AND COUNTED, HOWEVER, NO RESTARTS ARE ALLOWED. THE TEST WILL CONTINUE, AND ANY INCORRECTLY PERFORMED PUSH-UPS WILL NOT BE COUNTED. AN ALTERED, FRONT-LEANING REST POSITION IS THE ONLY AUTHORIZED REST POSITION. THAT IS, YOU MAY SAG IN THE MIDDLE OR FLEX YOUR BACK. WHEN FLEXING YOUR BACK, YOU MAY BEND YOUR KNEES, BUT NOT TO SUCH AN EXTENT THAT YOU ARE SUPPORTING MOST OF YOUR BODY WEIGHT WITH YOUR LEGS. IF THIS OCCURS, YOUR PERFORMANCE WILL BE TERMINATED. YOU MUST RETURN TO, AND PAUSE IN, THE CORRECT STARTING POSITION BEFORE CONTINUING. IF YOU REST ON THE GROUND OR RAISE EITHER HAND OR FOOT FROM THE GROUND, YOUR PERFORMANCE WILL BE TERMINATED. YOU MAY REPOSITION YOUR HANDS AND/OR FEET DURING THE EVENT AS LONG AS THEY REMAIN IN CONTACT WITH THE GROUND AT ALL TIMES. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES IN WHICH TO DO AS MANY PUSH-UPS AS YOU CAN. WATCH THIS DEMONSTRATION.”

Figure 14-1. Push-up event narrative.

Figure 14-2. Push-up additional checkpoints.

14-25. Additional checkpoints to explain and demonstrate for the push-up event:
- “Your chest may touch the ground during the push-up as long as the contact does not provide an advantage. You cannot bounce off the ground.”
- “If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use.”
- “Your feet will not be braced during the push-up event.”
- “You may do the push-up event on your fists.”
- “You may not cross your feet while doing the push-up event.”
- “You may not take any APFT event in bare feet.”
- “You should not wear glasses while performing the push-up event.”

14-26. In conclusion, OIC/NCOIC or event supervisors asks:

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

SIT-UP

14-27. The OIC, NCOIC or event supervisor must read the following before the sit-up event (Figures 14-3 and 14-4):

“IF YOU STOP AND REST IN THE DOWN (STARTING) POSITION, THE EVENT WILL BE TERMINATED. AS LONG AS YOU MAKE A CONTINUOUS PHYSICAL EFFORT TO SIT UP, THE EVENT WILL NOT BE TERMINATED. YOU MAY NOT USE YOUR HANDS OR ANY OTHER MEANS TO PULL OR PUSH YOURSELF UP TO THE UP (RESTING) POSITION OR TO HOLD YOURSELF IN THE REST POSITION. IF YOU DO SO, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. CORRECT PERFORMANCE IS IMPORTANT. YOU WILL HAVE TWO MINUTES TO PERFORM AS MANY SIT-UPS AS YOU CAN. WATCH THIS DEMONSTRATION.”

Figure 14-3. Sit-up event narrative.
14-28. Additional checkpoints to explain and demonstrate for the sit-up event:
   - “If a mat is used, your entire body must be on the mat. Sleeping mats are not authorized for use.”
   - “You may not swing your arms or use your hands to pull yourself up or push off the ground to obtain the up position. If this occurs your performance in the event will be terminated.”
   - “You may wiggle to obtain the up position, but while in the up position, you may not use your elbows or any part of the arms to lock on to or brace against the legs. Your elbows can go either inside or outside the knees, but may not be used to hold yourself in the up position. If this occurs your performance in the event will be terminated.”
   - “During your performance of the sit-up, your fingers must be interlocked behind your head. As long as any of your fingers are overlapping to any degree, they are considered to be interlocked (Figure 14-5). If they do not remain interlocked, that repetition will not count and the scorer will repeat the number of the last correct repetition performed.”
   - “Both heels must stay in contact with the ground (Figure 14-5). If either foot breaks contact with the ground during a repetition, that repetition will not count and the scorer will repeat the number of the last correct repetition performed.”

14-29. In conclusion, the OIC/NCOIC, or event supervisors asks:

"WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"

2-MILE RUN

14-30. The OIC, NCOIC, or event supervisor must read the following before the 2- mile run event (Figure 14-6):
“THE 2-MILE RUN MEASURES YOUR AEROBIC FITNESS AND ENDURANCE OF THE LEG MUSCLES. YOU MUST COMPLETE THE RUN WITHOUT ANY PHYSICAL HELP. AT THE START, ALL SOLDIERS WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND “GO”, THE CLOCK WILL START. YOU WILL BEGIN RUNNING AT YOUR OWN PACE. TO RUN THE REQUIRED TWO MILES, YOU MUST COMPLETE THE REQUIRED 2-MILE DISTANCE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS, AND COURSE LAYOUT). YOU ARE BEING TESTED ON YOUR ABILITY TO COMPLETE THE TWO-MILE COURSE IN THE SHORTEST TIME POSSIBLE. ALTHOUGH WALKING IS AUTHORIZED, IT IS STRONGLY DISCOURAGED. IF YOU ARE PHYSICALLY HELPED IN ANY WAY (FOR EXAMPLE, PULLED, PUSHED, PICKED UP, AND/OR CARRIED), OR LEAVE THE DESIGNATED RUNNING COURSE FOR ANY REASON, THE EVENT WILL BE TERMINATED. IT IS LEGAL TO PACE A SOLDIER DURING THE TWO-MILE RUN. AS LONG AS THERE IS NO PHYSICAL CONTACT WITH THE PACE SOLDIER, AND IT DOES NOT PHYSICALLY HINDER OTHER SOLDIERS TAKING THE TEST. THE PRACTICE OF RUNNING AHEAD OF, ALONG SIDE OF, OR BEHIND THE TESTED SOLDIER WHILE SERVING AS A PACER IS PERMITTED. CHEERING OR CALLING OUT THE ELAPSED TIME IS ALSO PERMITTED. THE NUMBER ON YOUR CHEST IS FOR IDENTIFICATION. YOU MUST MAKE SURE IT IS VISIBLE AT ALL TIMES. TURN IN YOUR NUMBER WHEN YOU FINISH THE RUN. THEN, GO TO THE AREA DESIGNATED FOR RECOVERY. DO NOT STAY NEAR THE SCORERS OR THE FINISH LINE AS THIS MAY INTERFERE WITH THE TESTING.”

“What are your questions about this event?”

Figure 14-6. 2-mile run event narrative.

APFT EQUIPMENT

14-31. The following equipment is required for administration of the APFT:
- Two stopwatches, clipboards, and black pens for each scorer.
- Run numbers and DA 705s for each Soldier being tested.

APFT FACILITIES

14-32. The following facilities are required for administration of the APFT:
- Designated area for preparation and recovery.
- One test station (6 feet wide by 15 feet deep) for every 8 Soldiers participating in the push-up and sit-up events.
- A measured 2-mile run course.

APFT PERSONNEL

14-33. The following personnel are required for administration of the APFT:
- OIC and/or NCOIC.
Chapter 14

- Event supervisor.
- One event scorer for every eight Soldiers being tested
- Timer and back-up timer.
- Required support personnel.

**APFT TIMER AND BACK-UP TIMER**

14-34. The timer begins each push-up or sit-up event with the command “GET SET”. On the command “GO” time starts on both the timer’s and back-up timer’s watches. The timer indicates time remaining at one minute (with the command “ONE MINUTE REMAINING”), 30 seconds (with the command “30 SECONDS REMAINING”), and counts down the remaining 10 seconds (with the command “10, 9, 8, 7, 6, 5, 4, 3, 2, 1, STOP”). The timer begins the 2-mile run assessment with the command “GET SET”. The 2-mile run time starts on both the timer’s and back-up timer’s watches on the command “GO”. As Soldiers near the finish line, the timer calls out time in minutes and seconds (for example: “FOURTEEN-FIFTY-EIGHT, FOURTEEN-FIFTY-NINE, FIFTEEN MINUTES, FIFTEEN-O-ONE”).

**APFT SCORER**

14-35. The scorer counts the correct number of repetitions out loud, repeats the last number of the correct repetitions when incorrect repetitions are performed, and verbally corrects push-up and sit-up performance. When Soldiers complete their APFT events, the scorer records the correct number of completed push-ups and sit-ups, records the 2-mile run time, and initials the DA 705. During the push-up event, scorers sit or kneel three feet from the Soldier’s left shoulder at a 45-degree angle. A scorer’s head should be even with the Soldier’s left shoulder when he is in the front-leaning rest position. During the sit-up event, the scorer kneels or sits three feet from the Soldier’s left hip. The scorer’s head should be even with the Soldier’s shoulder when he is in the vertical (up) position. During the 2-mile run event, the scorer is at the finish line. Upon completion of entering the Soldier’s 2-mile run time on the DA 705, the scorer converts raw scores into point scores for each event and enters the total on the DA 705. The scorer then returns all DA 705s to the OIC or NCOIC.

**APFT FAILURES**

14-36. Soldiers who fail to achieve the minimum passing score for their age and gender on any event are considered test failures. If a Soldier is ill or becomes injured during the APFT and fails to achieve the minimum passing score for their age and gender on any event, he is considered a test failure.

**SECTION VI — ALTERNATE AEROBIC EVENTS**

14-37. Alternate aerobic events assess the cardiorespiratory endurance and muscular endurance of Soldiers with permanent medical profiles, or long-term temporary profiles who cannot perform the 2-mile run. The alternate aerobic APFT events are the following:

- 800-Yard-Swim Test
- 6.2-Mile-Stationary-Cycle Ergometer Test
- 6.2-Mile-Bicycle Test
- 2.5-Mile-Walk Test

14-38. Required scores for alternate aerobic events are recorded in Table 14-1.
### Table 14-1. Alternate Aerobic event standards.

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<tbody>
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<td>800-YARD SWIM</td>
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<td>6.2-MILE CYCLE ERGOMETER AND BICYCLE TEST</td>
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<td>2.5-MILE WALK</td>
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14-39. Soldiers on permanent physical profile are given a DA Form 3349, Positive Physical Profile. This form annotates exercises and activities suitable for the profiled Soldier. The form also stipulates the events and/or alternate aerobic event the Soldier will do on the APFT. The Soldier must perform all regular APFT events his profile permits. Each Soldier must score a minimum of 60 points on each regular event taken to receive a “GO”. The profiled Soldier must complete the alternate aerobic event in a time equal to or less than the one listed in Table 14-1. The Soldier must receive a minimum passing score in each event taken to receive a “GO” for the test. Soldiers profiled for two or more events must take the two-mile run or an alternate aerobic event to earn a “GO” on the test. Soldiers who cannot perform the 2-mile run or an alternate aerobic event cannot be tested. There is no point score annotated on the DA 705 for the performance of alternate aerobic events. These events are scored as “GO” or “NO GO”.

14-40. Soldiers with temporary physical profiles must take a regular three event APFT after the profile has expired. Soldiers with temporary profiles of long duration (more than three months) may take an alternate aerobic event as determined by the commander with input from health-care personnel. Once the profile has been lifted, the Soldier must be given twice the length of the profile (not to exceed 90 days) to train for the regular three event APFT. If a regularly scheduled APFT occurs during the profile period, the Soldier should be given a mandatory make-up date for the APFT.

### THE 800-YARD SWIM TEST

14-41. The 800-Yard-Swim Test measures cardiorespiratory (aerobic) fitness. Administrative and support requirements for this event are listed below:

#### Equipment

14-42. The timer and back-up timer each require a stopwatch, FM 3-22.20, Chapter 14, and appropriate safety equipment. Event scorers require a clipboard and black pen.
**FACILITIES**

14-43. A swimming pool at least 25 yards long and three feet deep is required.

**PERSONNEL**

14-44. One event supervisor, one scorer for every three Soldiers, one timer, one back-up timer, and support personnel to ensure proper control and safety. The event supervisor will not be an event scorer.

**INSTRUCTIONS**

14-45. The OIC, NCOIC, or event supervisor must read the following before the 800-yard swim event (Figure 14-7):

```
"THE 800-YARD SWIM MEASURES YOUR LEVEL OF AEROBIC FITNESS. YOU WILL BEGIN IN THE WATER; NO DIVING IS ALLOWED. AT THE START, YOUR BODY MUST BE IN CONTACT WITH THE WALL OF THE POOL. ON THE COMMAND 'GO', THE CLOCK WILL START. YOU SHOULD THEN BEGIN SWIMMING AT YOUR OWN PACE, USING ANY STROKE OR COMBINATION OF STROKES YOU WISH. YOU MUST SWIM (STATE THE NUMBER) LAPS TO COMPLETE THIS DISTANCE. YOU MUST TOUCH THE WALL OF THE POOL AT EACH END OF THE POOL AS YOU TURN. ANY TYPE OF TURN IS AUTHORIZED. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE SWIM IN A TIME EQUAL TO, OR LESS THAN, THAT LISTED FOR YOUR AGE AND GENDER. WALKING ON THE BOTTOM TO RECUPERATE IS AUTHORIZED. SWIMMING GOGGLES ARE PERMITTED. BUT NO OTHER EQUIPMENT IS AUTHORIZED."

"WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"
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Figure 14-7. 800-yard swim test narrative.

**ADMINISTRATION**

14-46. The OIC, NCOIC, or event supervisor will read the instructions aloud and answers questions. The event supervisor will assign each Soldier to a lane and tells the Soldier to enter the water. He allows for a short acclimation and preparation period. The event supervisor must be alert to the safety of the Soldiers throughout the test.

**TIMING TECHNIQUES**

14-47. When the timer gives the command “GET SET” the Soldiers position themselves to begin the event. Time begins when the timer gives the command “GO”. The timer calls out times in minutes and seconds as Soldiers near the finish. Time is recorded by the scorer when the Soldier touches the end of the pool or crosses a predetermined line that establishes the 800-yard mark.

**SCORER DUTIES**

14-48. Scorers must observe the Soldiers assigned to them. They must ensure that each Soldier touches the bulkhead (wall) at every turn. The scorer records the time in the time block and circles the “GO” or “NO GO”. 800-Yard Swim is entered in the Alternate Event block. Refer to Figure 14-11 for scoring this event. If the pool length is measured in meters, the scorer can convert the exact distance to yards. To convert meters to yards, multiply the number of meters by 39.37 and divide the product by 36.
THE 6.2-MILE-STATIONARY-CYCLE ERGOMETER TEST

14-49. The 6.2-Mile-Stationary-Cycle Ergometer Test measures cardiorespiratory (aerobic) and leg muscle endurance. Administrative and support requirements for this event follow.

EQUIPMENT

14-50. The event supervisor requires two stopwatches (the timer and back-up timer each require a stopwatch), FM 3-22.20, Chapter 14, and one stationary cycle ergometer. The ergometer must have mechanically adjustable resistance measured in kiloponds or newtons, and must be available for training and testing. The seat and handlebars must be adjustable to accommodate Soldiers of different sizes. It should have an adjustable tension setting (Resistance) and an odometer. The resistance is set by a tension strap on a weighted pendulum connected to the flywheel. Event scorers require a clipboard and black pen.

FACILITIES

14-51. The test site can be any location (usually a gym) where there is an approved cycle ergometer. The test station should be two yards wide and four yards deep.

PERSONNEL

14-52. One event supervisor, one scorer for every three Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

INSTRUCTIONS

14-53. The OIC, NCOIC, or event supervisor must read the following before the 6.2 cycle ergometer test event (Figure 14-8):

"THE 6.2-MILE STATIONARY-CYCLE ERGOMETER EVENT MEASURES YOUR CARDIO-RESPIRATORY FITNESS AND LEG MUSCLE ENDURANCE. THE ERGOMETER'S RESISTANCE MUST BE SET AT TWO KILOPOUNDS (20 NEWTONS). ON THE COMMAND 'GO', THE CLOCK WILL START, AND YOU WILL BEGIN PEDALING AT YOUR OWN PACE WHILE MAINTAINING THE RESISTANCE INDICATOR AT TWO KILOPOUNDS. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE 6.2 MILES (10 KILOMETERS), AS SHOWN ON THE ODOMETER IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER."

"WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?"

Figure 14-8. 6.2 stationary cycle ergometer test narrative.

ADMINISTRATION

14-54. The event supervisor will read the instructions aloud and answer questions. He will also allow each Soldier a short warm-up period and an opportunity to adjust handlebar and seat height.

TIMING TECHNIQUES

14-55. When the timer gives the command “GET SET” the Soldiers will position themselves to begin the event. Time begins when the timer gives the command “GO”. The timer will call out times in minutes and
seconds as Soldiers near the last two-tenths of the test distance. He calls out the time remaining every 30 seconds for the last two minutes of the allowable time, and every second during the last ten seconds.

**SCORER DUTIES**

14-56. The scorer must observe that the ergometer is functioning correctly. He must then make sure that the ergometer’s tension settings have been calibrated and are accurate, and that the resistance of the ergometer has been set at two kiloponds or 20 newtons. The scorer must observe the Soldiers throughout the event. He will have to make small adjustments to the resistance to ensure that a continuous resistance of exactly 2 kiloponds is maintained throughout the test. The scorer records the time in the time block and circles the “GO” or “NO GO”. 6.2-Mile-Stationary-Cycle Ergometer is entered in the Alternate Event block. Refer to Figure 14-4 for scoring of this event.

**THE 6.2-MILE-BICYCLE TEST**

14-57. The 6.2-Mile-Bicycle Test measures cardiorespiratory (aerobic) and leg muscle endurance. Administrative and support requirements for this event are listed below.

**EQUIPMENT**

14-58. The event supervisor requires two stopwatches (the timer and back-up timer each require a watch), and FM 3-22.20, Chapter 14. One-speed or multispeed bicycles are authorized for use. If a multi-speed bike is used, the event supervisor and/or scorer will take measures to ensure that only one speed is used during the event. This can be accomplished by taping the gear shifters. The Soldier taking the event sets the speed by selecting the gear they wish to ride in. Event scorers require a clipboard, numbers and black pen.

**FACILITIES**

14-59. A relatively flat course with a uniform surface and no obstacles must be used. The course must be clearly marked. Quarter-mile tracks are not authorized for use. The Soldiers being test must be in view of the scorers at all time. The course should be free of walkers and runners.

**PERSONNEL**

14-60. One event supervisor, one scorer for every 10 Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety are required. The event supervisor should not be an event scorer.

**INSTRUCTIONS**

14-61. The OIC, NCOIC, or event supervisor must read the following before the 6.2 mile bicycle test event (Figure 14-9):

"THE 6.2-MILE BICYCLE TEST MEASURES CARDIORESPIRATORY FITNESS AND LEG MUSCLES ENDURANCE. YOU MUST COMPLETE THE 6.2 MILES WITHOUT ANY PHYSICAL HELP FROM OTHERS. YOU MUST KEEP YOUR BICYCLE IN ONE GEAR OF YOUR CHOOSING FOR THE ENTIRE TEST. CHANGING GEARS IS NOT PERMITTED AND WILL RESULT IN DISQUALIFICATION. TO BEGIN, YOU WILL LINE UP BEHIND THE STARTING LINE. ON THE COMMAND 'GO', THE CLOCK WILL START, AND YOU WILL BEGIN PEDALING AT YOUR OWN PACE. TO COMPLETE THE REQUIRED DISTANCE OF 6.2 MILES, YOU MUST COMPLETE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS, AND COURSE LAYOUT)."
YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE DISTANCE OF 6.2 MILES (10 KILOMETERS) IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER. IF YOU LEAVE THE DESIGNATED COURSE FOR ANY REASON, YOU WILL BE DISQUALIFIED.”

“WHAT ARE YOUR QUESTIONS ABOUT THIS EVENT?”

Figure 14-9. 6.2 mile bicycle test narrative.

ADMINISTRATION

14-62. The OIC, NCOIC, or event supervisor will read the instructions aloud and answers questions. He then assigns Soldiers to a scorer. Each scorer assigns each Soldier a number and records the Soldier’s number on their scorecard.

TIMING TECHNIQUES

14-63. The event supervisor is the timer. When the timer gives the command “GET SET” the Soldiers will position themselves to begin the event. Time begins when the timer gives the command “GO”. The timer will call out times in minutes and seconds as Soldiers near the end of the 6.2-mile ride.

SCORER DUTIES

14-64. The scorer records the time in the time block and circles the “GO” or “NO GO”. 6.2-Mile-Bicycle is entered in the Alternate Event block. Refer to Figure 14-11 for scoring of this event.

THE 2.5-MILE-WALK TEST

14-65. The 2.5-Mile-Walk Test measures cardiorespiratory (aerobic) and leg muscle endurance. Administrative and support requirements for this event follow.

EQUIPMENT

14-66. The event supervisor requires two stopwatches (the timer and back-up timer each require a stopwatch). Event scorers require a clipboard, FM 3-22.20, Chapter 14, numbers, and a black pen.

FACILITIES

14-67. The event uses the same course as the 2-mile run, with the addition of ½-mile added to the 2-mile distance. The Soldiers being tested must be in view of the scorers at all time.

PERSONNEL

14-68. One event supervisor, one scorer for every three Soldiers tested, one timer, one back-up timer, and support personnel to ensure proper control and safety are required. The event supervisor will not be an event scorer.

INSTRUCTIONS

14-69. The OIC, NCOIC or event supervisor must read the following before the 2.5 mile walk test event (Figure 14-10):
Chapter 14

"THE 2.5-MILE WALK MEASURES CARDIORESPIRATORY FITNESS AND LEG-MUSCLE ENDURANCE. ON THE COMMAND 'GO,' THE CLOCK WILL START, AND YOU WILL BEGIN WALKING AT YOUR OWN PACE. YOU MUST COMPLETE (DESCRIBE THE NUMBER OF LAPS, START AND FINISH POINTS, AND COURSE LAYOUT). ONE FOOT MUST BE IN CONTACT WITH THE GROUND AT ALL TIMES. IF YOU BREAK INTO A RUNNING STRIDE AT ANY TIME OR HAVE BOTH FEET OFF THE GROUND AT THE SAME TIME, YOUR PERFORMANCE IN THE EVENT WILL BE TERMINATED. YOU WILL BE SCORED ON YOUR ABILITY TO COMPLETE THE 2.5-MILE COURSE IN A TIME EQUAL TO OR LESS THAN THAT LISTED FOR YOUR AGE AND GENDER."

“What are your questions about this event?”

Figure 14-10. 2.5 mile walk narrative.

ADMINISTRATION

14-70. The OIC, NCOIC, or event supervisor will read the instructions aloud and answers questions. He then assigns Soldiers to a scorer. Each scorer assigns each Soldier a number and records the Soldier’s number on their scorecard.

TIMING TECHNIQUES

14-71. When the timer gives the command “GET SET” the Soldiers will position themselves to begin the event. Time begins when the timer gives the command “GO”. The timer will call out times in minutes and seconds as Soldiers near the end of the 2.5-mile walk.

SCORER DUTIES

14-72. Scorers must observe the Soldiers during the entire event and must ensure that the Soldiers maintain a walking stride. Soldiers that break into any type of running stride will be terminated from the event and will be a “NO GO”. The scorer records the time in the time block and circles the “GO” or “NO GO”. 2.5-Mile Walk is entered in the Alternate Event block. Refer to Figure 14-4 for scoring of this event.

DA FORM 705 SAMPLE

14-73. Following (Figure 14-11 A through E) is a sample of the Army Physical Training Fitness Test Scorecard leaders use to test the physical fitness of their units. DA 750 can be downloaded from the Army Knowledge Online (AKO) My Forms link. Forms can be filled out on screen or by hand.
Figure 14-11A. DA Form 705 Sample (page 1)
Figure 14-11B. DA Form 705 sample (page 2).
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Figure 14-11D. DA Form 705 sample (page 4).
## 2-MILE RUN STANDARDS

|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|

**Figure 14-11E. DA Form 705 sample (page 5).**
Chapter 14

**SUMMARY**

14-74. Physical fitness testing is designed to ensure the maintenance of a base level of physical fitness essential for every Soldier in the Army, regardless of MOS or duty assignment. PRT programs must take this base level of conditioning and raise it to help meet or exceed the physical performance of warrior tasks and drills.
Chapter 15

Combat Water Survival Test

The purpose of the Combat Water Survival Test (CWST) is to assess a Soldier’s ability to take immediate action when entering the water unexpectedly, remove equipment, and swim to safety. Water survival training and the CWST will build Soldier confidence for operations in and around water.

SECTION I — COMBAT WATER SURVIVAL TEST OVERVIEW

CWST INTENT

15-1. The intent of the CWST is to assess a Soldier’s ability to safely function in a water environment. The CWST consists of three events:

1. 15-meter swim with equipment and weapon.
2. Equipment removal.
3. 3-meter drop.

15-2. All CWST events are performed in ACUs with the top ACU blouse button closed, boots on, and trousers unbloused. Equipment includes LBE/LBV IAW unit SOP and an M-16 training aid (Rubber Duck). CWST events are conducted in installation pools, not open water. The length and width distance requirements for performing this training are based on a pool 25-yards long by 15-yards wide. For larger or smaller pools, physical readiness training (PRT) leaders must adjust accordingly.

CWST SUCCESS

15-3. The success of any PRT program depends on obtaining valid and accurate test results. Therefore, the CWST must be administered to standard to accurately evaluate individual Soldier and unit physical readiness. Proper supervision provides for uniformity in the following:

- Test scoring.
- Training of test personnel.
- Test preparation.

TEST ADMINISTRATION

15-4. Preparation for the CWST should be focused on securing the most accurate evaluation of personnel participating in the test. Preparatory requirements include the following:

- Selecting and training of lifeguards, event scorers, and support personnel.
- Equipment inventory.
- Securing the pool.

15-5. The commander should ensure testing is uniform with regard to events, scoring, clothing, equipment, and facilities. Testing should be planned to allow each Soldier to perform at his maximal level. Commanders should ensure the following:

- Soldiers are not tested when fatigued or ill.
- Soldiers do not participate in tiring duties before taking the CWST.
- Risk analysis is conducted.
TEST PERSONNEL DUTIES
15-6. CWST personnel must be familiar with all aspects of CWST administration. Supervision of Soldiers and preparing the pool are essential duties. The following test personnel are required to conduct the CWST:

- OIC and/or NCOIC.
- Event supervisor.
- Scorer.
- Demonstrator.
- Support personnel.

OIC/NCOIC
15-7. The OIC and NCOIC are responsible for CWST administration. Responsibilities include:

- Test administration.
  - Ensure test is properly administered, events are explained and demonstrated, and that scoring is according to standard.
- Procurement of all necessary equipment and supplies.
- Preparation of pool area.
- Training of event supervisors, scorers, demonstrators, and support personnel.
- Reporting of test results.

EVENT SUPERVISOR
15-8. Event supervisors are responsible for administration of test events. Responsibilities include:

- Administration of one or more test events.
- Provision of all event equipment.
- Reading of CWST event instructions.
- Conduction of CWST event demonstration.
- Supervision of event scoring to standard.
- Response to questions on scoring discrepancies and OIC/NCOIC.

EVENT SCORER
15-9. Event scorers are responsible for scoring events to standard. Responsibilities include:

- Enforcement of test standards.
- Recording of event scores.
- Performance of other duties assigned by OIC or NCOIC.
- Reception of training conducted by OIC/NCOIC to ensure scoring is to standard.

DEMONSTRATOR
15-10. Demonstrators are responsible for the following:

- Assist event supervisor by demonstrating: 15-meter swim with equipment and weapon; equipment removal; and 3-meter high board drop during reading of event instructions.
- Performs other duties assigned by OIC or NCOIC.
- Receives training conducted by OIC/NCOIC to ensure demonstration of CWST events are to standard.

SUPPORT PERSONNEL
15-11. Support personnel assist in preventing unsafe acts to ensure smooth operation of the CWST. Two qualified lifeguards must be on duty at all times during water survival training. Lifeguards must have a current American Red Cross Lifeguard Training certificate and must be certified in first aid and cardiopulmonary resuscitation (CPR). Medical support on site is not required unless specified by local policy. The OIC and/or NCOIC should have a plan for medical support if required.
EVENT LOCATION
15-12. CWST events will be conducted in installation pools as opposed to open water. The length and width distance requirements for performing this training are based on a pool 25-yards long by 15-yards wide. For larger or smaller pools, PRT leaders must adjust accordingly.

EVENT SEQUENCE
15-13. The CWST event sequence is the 15-meter swim with equipment and weapon, equipment removal, and 3-meter drop. The order of events cannot be changed. There are no exceptions to this sequence and NO RESTARTS ARE ALLOWED. Soldiers are allowed a minimum of 10 minutes and a maximum of 20 minutes to recover between events. The OIC or NCOIC determines the recovery time. Recovery time is generally based on the number of Soldiers taking the test. Staggered start times should be planned to allow for proper recovery between test events when large numbers of Soldiers are being tested.

TEST PROCEDURES
15-14. On test day, the OIC or NCOIC briefs Soldiers on the purpose and organization of the CWST. The OIC or NCOIC explains test administration including, scoring standards, and test sequence.

INSTRUCTIONS
15-15. The following instructions (Figure 15-1) will be read aloud by the OIC, NCOIC, or event supervisor to Soldiers prior to the start of the CWST:

"YOU ARE ABOUT TO TAKE THE ARMY COMBAT WATER SURVIVAL TEST, A TEST THAT WILL MEASURE YOUR ABILITY TO SAFELY FUNCTION IN A WATER ENVIRONMENT. THE CWST CONSISTS OF THREE EVENTS: 15-METER SWIM; EQUIPMENT REMOVAL; AND 3-METER DROP. IF YOU FAIL ANY ONE OF THESE THREE EVENTS, YOU WILL BE A CWST FAILURE. THE RESULTS OF THIS TEST WILL GIVE YOU AND YOUR COMMANDER AN INDICATION OF YOUR STATE OF READINESS AND WILL ACT AS A GUIDE IN DETERMINING YOUR WATER SURVIVAL TRAINING NEEDS. LISTEN CLOSELY TO THE TEST INSTRUCTIONS, AND DO THE BEST YOU CAN ON EACH OF THE EVENTS."

Figure 15-1. CWST event instructions.

15-METER SWIM WITH WEAPON AND EQUIPMENT
15-16. The following instructions (Figure 15-2) will be read aloud by the OIC, NCOIC, or event supervisor to Soldiers prior to the start of the 15-meter swim with weapon and equipment:
“THE 15-METER SWIM WITH WEAPON AND EQUIPMENT WILL MEASURE YOUR ABILITY TO ENTER THE WATER AND SUCCESSFULLY SWIM A DISTANCE OF 15 METERS WITH WEAPON AND EQUIPMENT. YOU WILL MOVE TO THE STARTING POINT AT THE DEEP END OF THE POOL. THE SCORER WILL ATTACH A SAFETY LINE TO YOUR LBE/LBV. ON THE COMMAND, ‘GET SET,’ YOU WILL STAND BEHIND THE ENTRY LINE WITH WEAPON AT PORT ARMS. ON THE COMMAND, ‘JUMP,’ YOU WILL ENTER THE DEEP END OF THE POOL USING THE STRIDE ENTRY AND CONTINUE TO SWIM ANY STROKE TO COMPLETE THE 15-METER DISTANCE. PULL YOUR WEAPON IN close TO YOUR BODY TO REDUCE DRAG. IT IS RECOMMENDED THAT YOU USE THE SIDESTROKE TO SWIM THE REQUIRED 15 METERS. THE SIDESTROKE WILL ALLOW YOUR FREE ARM TO CARRY THE RIFLE. THE SIDESTROKE IS USED BECAUSE IT IS ALSO ONE OF THE LEAST TIRING AND MOST EFFICIENT OF THE SWIMMING STROKES. ALWAYS ATTEMPT TO KEEP YOURSELF HORIZONTAL. DURING THE SWIM YOU WILL NOT BE ALLOWED TO TOUCH THE SIDES OR BOTTOM OF THE POOL. IF ANY OF YOU SHOW SIGNS OF PANIC OR AN INABILITY TO COMPLETE THE DISTANCE, THE SCORER OR AI WILL PULL YOU TO THE SIDE OF THE POOL USING THE ATTACHED SAFETY LINE OR SHEPHERD’S CROOK. WATCH THIS DEMONSTRATION. ARE THERE ANY QUESTIONS ABOUT THIS EVENT?”

Figure 15-2. 15-meter swim with weapon and equipment event instructions.

EQUIPMENT REMOVAL

15-17. The following instructions (Figure 15-3) will be read aloud by the OIC, NCOIC, or event supervisor to Soldiers prior to the start of equipment removal:

Figure 15-3.Equipment removal instructions.

NOTE: Prior to entering the water, Soldiers should practice equipment removal while on the deck.

3-METER DROP
15-18. The following instructions (Figure 15-4) will be read aloud by the OIC, NCOIC, or event supervisor to Soldiers prior to the start of the 3-meter drop:

Figure 15-4. 3-Meter drop instructions.

SECTION II — SAFETY

RISK MANAGEMENT

15-19. Safety is the first concern when training Soldier in and around water. Two qualified lifeguards must be on duty at all times during water survival training. The lifeguards must have a current American Red Cross Lifeguard Training certificate and must be certified in first aid and cardiopulmonary resuscitation (CPR).

SAFETY

15-20. Following are important safety considerations:

- Know the water survival ability level of each Soldier.
- Conduct all water survival training in a pool with lifeguards and appropriate equipment present.
● Ensure the water is at least nine feet deep at the deep end of the pool.
● Have safety and emergency action plans.
● Use the buddy system. (Pair a strong swimmer with a weaker one.)
● Each soldier tested will have an attached safety line controlled by the event scorer or AI.
● Ensure all water entries during training are done feet-first.
● Ensure Soldiers use the water entry techniques described in Chapter 13.

**REQUIRED CWST EQUIPMENT**

15-21. The following equipment must be on site while conducting CWST:

- Shepherd’s crook or reaching pole.
- Heaving line.
- Ring buoy.
- Backboard with tie down straps.
- Cervical collar.
- Whistle.
- First aid kit.
- Safety ropes with D-rings.
- AED IAW installation policy

**SUMMARY**

15-22. Successful completion of the CWST identifies those Soldiers who possess the required swimming skills to complete more advanced waterborne training and testing. When this training is conducted to standard, Soldier safety is ensured while performance is enhanced. The CWST will build Soldier confidence for operations in and around water.
A-1. The PRT Leader Drill Cards are intended for use as a reference when leading the PRT drills. The drills must be performed in the order listed to the standards prescribed or they lose much of their value.

A-2. Copy the following drill cards, cut around the outside of each card and laminate.

<table>
<thead>
<tr>
<th>TOUGHENING PHASE</th>
<th>PREPARATION (PREP)</th>
<th>CONDITIONING DRILL 1 (CD1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1 set x 5 reps)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. The Bend And Reach (4-count, SLOW)</td>
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<tr>
<td>2. The Rear Lunge (4-count, SLOW)</td>
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<tr>
<td>3. The High Jumper (4-count, MODERATE)</td>
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<td>4. The Rower (4-count, SLOW)</td>
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<td>5. The Squat Bender (4-count, SLOW)</td>
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<td>6. The Windmill (4-count, SLOW)</td>
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<tr>
<td>7. The Forward Lunge (4-count, SLOW)</td>
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<td>8. The Prone Row (4-count, SLOW)</td>
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<tr>
<td>9. The Bent-leg Body Twist (4-count, SLOW)</td>
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<tr>
<td>10. The Push-up (4-count, MODERATE)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TOUGHENING PHASE</th>
<th>RECOVERY (REC)</th>
<th>THE STRETCH DRILL (SD)</th>
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</thead>
<tbody>
<tr>
<td>(1 set x 20 seconds)</td>
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</tr>
<tr>
<td>1. The Overhead Arm Pull</td>
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<tr>
<td>2. The Rear Lunge</td>
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<td>3. The Extend and Flex</td>
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<td>4. The Thigh Stretch</td>
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<tr>
<td>5. The Single-leg Over</td>
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</tbody>
</table>
| TOUGHENING PHASE  
| CONDITIONING DRILL 2 (CD2)  
<table>
<thead>
<tr>
<th>(5 reps @ Moderate Cadence)</th>
</tr>
</thead>
</table>
| 1. The Push-up (4-count, MODERATE)  
| 2. The Sit-up (4-count, MODERATE)  
| 3. The Straight-arm Pull (2-count, MODERATE)  
| 4. The Pull-up (2-count, MODERATE)  
| 5. The Leg Tuck (2-count, MODERATE) |

| TOUGHENING PHASE  
| CONDITIONING DRILL 3 (CD3)  
<table>
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<th>(5 reps @ Moderate Cadence)</th>
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</thead>
</table>
| 1. The Power Jump (4-count, MODERATE)  
| 2. The V-up (4-count, MODERATE)  
| 3. The Mountain Climber (4-count, MODERATE)  
| 4. The Leg Tuck and Twist (4-count, MODERATE)  
| 5. The Single-leg Push-up (4-count, MODERATE) |

| TOUGHENING PHASE  
| THE PUSH-UP AND SIT-UP DRILL (PUSU)  
<table>
<thead>
<tr>
<th>(30-60 Second Timed Sets)</th>
</tr>
</thead>
</table>
| 1. The Push-up  
| 2. The Sit-up |
PRT Leader Cards

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<th>GROUP</th>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>15 min</td>
<td>15 min</td>
<td>20 min</td>
<td>25 min</td>
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<td></td>
<td>@ 7:30 pace</td>
<td>@ 7:15 pace</td>
<td>@ 7:15 pace</td>
<td>@ 7:15 pace</td>
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<tr>
<td>B</td>
<td>15 min</td>
<td>15 min</td>
<td>20 min</td>
<td>25 min</td>
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<tr>
<td></td>
<td>@ 9:00 pace</td>
<td>@ 8:30 pace</td>
<td>@ 8:30 pace</td>
<td>@ 8:15</td>
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<td>C</td>
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<td>12 min</td>
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<td>16 min</td>
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<td>@ 10:30 pace</td>
<td>@ 10:00 pace</td>
<td>@ 9:30 pace</td>
<td>@ 9:30 pace</td>
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<td>D</td>
<td>10 min</td>
<td>12 min</td>
<td>14 min</td>
<td>16 min</td>
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<td>@ 12:00 pace</td>
<td>@ 11:00 pace</td>
<td>@ 10:30 pace</td>
<td>@ 10:00 pace</td>
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</table>

Soldiers running the one-mile in 7:15 and faster will be assigned to ability group A. Soldiers running the one-mile from 7:16 to 8:15 will be assigned to ability group B. Soldiers running the one-mile from 8:16 to 10:15 will be assigned to ability group C. Soldiers running the one-mile in 10:16 and slower will be assigned to ability group D.
### AIT AGR Time and Pace

<table>
<thead>
<tr>
<th>GROUP</th>
<th>Strength and Mobility Weeks</th>
<th>Endurance and Mobility Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>30 min @ 7:00 pace</td>
<td>30 min @ 7:00 pace</td>
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<tr>
<td>B</td>
<td>30 min @ 7:30 pace</td>
<td>30 min @ 7:30 pace</td>
</tr>
<tr>
<td>C</td>
<td>30 min @ 8:15 pace</td>
<td>30 min @ 8:15 pace</td>
</tr>
<tr>
<td>D</td>
<td>30 min @ 9:30</td>
<td>30 min @ 9:30</td>
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</table>

Soldiers running the one-mile in 6:30 and faster will be assigned to ability group A.
Soldiers running the one-mile from 6:31 to 7:15 will be assigned to ability group B.
Soldiers running the one-mile from 7:16 to 8:00 will be assigned to ability group C.
Soldiers running the one-mile in 8:01 and slower will be assigned to ability group D.
### BCT/OSUT Speed Running Progression

<table>
<thead>
<tr>
<th>GROUP</th>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
<th>WEEK 5</th>
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</thead>
<tbody>
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<td>A</td>
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<td>30:60s</td>
<td>60:120s</td>
<td>60:120s</td>
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<td>6 reps</td>
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<td>8 reps</td>
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<td>B</td>
<td>30:60s</td>
<td>30:60s</td>
<td>30:60s</td>
<td>60:120s</td>
<td>60:120s</td>
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<td>C</td>
<td>30:60s</td>
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<td>8 reps</td>
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### BCT/OSUT Speed Running Progression

<table>
<thead>
<tr>
<th>GROUP</th>
<th>WEEK 6/7</th>
<th>WEEK 8/9</th>
<th>WEEK 10-16</th>
<th>WEEK 17 +</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>60:120s</td>
<td>300-yard SR 60:120s x 6 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s x 10 reps</td>
</tr>
<tr>
<td></td>
<td>8 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>60:120s</td>
<td>300-yard SR 60:120s x 6 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s x 10 reps</td>
</tr>
<tr>
<td></td>
<td>8 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>60:120s</td>
<td>300-yard SR 60:120s x 6 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s x 10 reps</td>
</tr>
<tr>
<td></td>
<td>8 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>60:120s</td>
<td>300-yard SR 60:120s x 6 reps</td>
<td>300-yard SR 60:120s 8 reps</td>
<td>300-yard SR 60:120s x 10 reps</td>
</tr>
<tr>
<td></td>
<td>8 reps</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All ability groups should run at a slow pace (jog) ¼ mile prior to beginning 30:60s or 60:120s.

All ability groups should walk a minimum of 3 minutes prior to performing recovery.
### AIT Speed Running (4 Groups)

<table>
<thead>
<tr>
<th>GROUP</th>
<th>Strength and Mobility Weeks</th>
<th>Endurance and Mobility Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>300-yard Shuttle Run 60:120s (8 repetitions)</td>
<td>60:120s (10 repetitions)</td>
</tr>
<tr>
<td>B</td>
<td>300-yard Shuttle Run 60:120s (8 repetitions)</td>
<td>60:120s (10 repetitions)</td>
</tr>
<tr>
<td>C</td>
<td>300-yard Shuttle Run 60:120s (8 repetitions)</td>
<td>60:120s (10 repetitions)</td>
</tr>
<tr>
<td>D</td>
<td>300-yard Shuttle Run 60:120s (8 repetitions)</td>
<td>60:120s (10 repetitions)</td>
</tr>
</tbody>
</table>

Soldiers running the one-mile in 6:30 and faster will be assigned to ability group A.  
Soldiers running the one-mile from 6:31 to 7:15 will be assigned to ability group B.  
Soldiers running the one-mile from 7:16 to 8:00 will be assigned to ability group C.  
Soldiers running the one-mile in 8:01 and slower will be assigned to ability group D.
Sustaining Phase PRT Leader Drill Cards

A-3. The PRT Leader Drill Cards are intended for use as a reference when leading the PRT drills. The drills must be performed in the order listed to the standards prescribed or they lose much of their value.

A-4. Copy the following drill cards, cut around the outside of each card and laminate.

<table>
<thead>
<tr>
<th>SUSTAINING PHASE</th>
<th>PREPARATION (PREP)</th>
<th>(1 set x 5 reps)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The Bend And Reach</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>2. The Rear Lunge</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>3. The High Jumper</td>
<td>(4-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>4. The Rower</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>5. The Squat Bender</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>6. The Windmill</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>7. The Forward Lunge</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>8. The Prone Row</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>9. The Bent-leg Body Twist</td>
<td>(4-count, SLOW)</td>
<td></td>
</tr>
<tr>
<td>10. The Push-up</td>
<td>(4-count, MODERATE)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SUSTAINING PHASE</th>
<th>RECOVERY (REC)</th>
<th>(1 set x 20 seconds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The Overhead Arm Pull</td>
<td>(1 set x 20 seconds)</td>
<td></td>
</tr>
<tr>
<td>2. The Rear Lunge</td>
<td>(1 set x 20 seconds)</td>
<td></td>
</tr>
<tr>
<td>3. The Extend and Flex</td>
<td>(1 set x 20 seconds)</td>
<td></td>
</tr>
<tr>
<td>4. The Thigh Stretch</td>
<td>(1 set x 20 seconds)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Single-leg Over</td>
<td>(1 set x 20 seconds)</td>
</tr>
</tbody>
</table>
### SUSTAINING PHASE

#### CALISTHENIC DRILL 1 (CAL1)
(5 reps @ Moderate Cadence)

1. The Power Jump (4-count, MODERATE)
2. The V-up (4-count, MODERATE)
3. The Mountain Climber (4-count, MODERATE)
4. The Leg Tuck and Twist (4-count, MODERATE)
5. The Single-leg Push-up (4-count, MODERATE)

#### CALISTHENIC DRILL 2 (CAL2)
(5 reps @ Moderate Cadence)

1. The Squat Jumper (4-count, MODERATE)
2. The Supine Bicycle (4-count, MODERATE)
3. Half Jacks (4-count, MODERATE)
4. The Swimmer (4-count, MODERATE)
5. The 8-count Push-up (8-count, MODERATE)

### SUSTAINING PHASE

#### THE PUSH-UP AND SIT-UP DRILL (PUSU)
(30-60 Second Timed Sets)

1. The Push-up (30-60 Second Timed Sets)
2. The Sit-up (30-60 Second Timed Sets)
## SUSTAINING PHASE
### CLIMBING DRILL 1 (CL1)
(5 reps @ Moderate Cadence)

1. The Straight-arm Pull (2-count, MODERATE)
2. The Heel Hook (2-count, MODERATE)
3. The Pull-up (2-count, MODERATE)
4. The Leg Tuck (2-count, MODERATE)
5. The Alternating Grip Pull-up (2-count, MODERATE)

## SUSTAINING PHASE
### CLIMBING DRILL 2 (CL2)

1. The Flexed-arm Hang (1 rep @ 5 sec)
2. The Heel Hook (5 reps, Moderate)
3. The Pull-up (5 reps, Moderate)
4. The Leg Tuck (5 reps, Moderate)
5. The Alternating Grip Pull-up (5 reps, Moderate)
<table>
<thead>
<tr>
<th>SUSTAINING PHASE DUMBBELL DRILL 1 (DB1) (5 reps @ Slow Cadence)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The Squat (4-count, SLOW)</td>
</tr>
<tr>
<td>2. The Rear Lunge (4-count, SLOW)</td>
</tr>
<tr>
<td>3. The Straight-back Lift (4-count, SLOW)</td>
</tr>
<tr>
<td>4. The Curl and Press (4-count, SLOW)</td>
</tr>
<tr>
<td>5. The Bent-over Lateral Raise (4-count, SLOW)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SUSTAINING PHASE DUMBBELL DRILL 2 (DB2) (5 reps @ Slow Cadence)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The 8-count Squat (8-count, SLOW)</td>
</tr>
<tr>
<td>2. The Rear Lunge and Press (4-count, SLOW)</td>
</tr>
<tr>
<td>3. The Forward Lunge and Bend (4-count, SLOW)</td>
</tr>
<tr>
<td>4. The Shrug and Curl (4-count, SLOW)</td>
</tr>
<tr>
<td>5. The Supine Body Twist (4-count, SLOW)</td>
</tr>
</tbody>
</table>
## SUSTAINING PHASE

### BARBELL DRILL 1 (BD1)
(1-3 sets, 5 reps @ Moderate Cadence)

1. The Dead Lift (2-count, MODERATE)
2. The Back Squat (2-count, MODERATE)
3. The Bench Press (2-count, MODERATE)
4. The Bent-over Row (2-count, MODERATE)
5. The Overhead Press (2-count, MODERATE)

### SUSTAINING PHASE

### BARBELL DRILL 2 (BD2)
(1-3 sets, 10 reps @ Moderate Cadence)

1. The Forward Lunge (2-count, MODERATE)
2. The Straight-leg Dead Lift (2-count, MODERATE)
3. The Heel Raise (2-count, MODERATE)
4. The Bench Press (2-count, MODERATE)
5. The Bent-over Row (2-count, MODERATE)
6. The Overhead Press (2-count, MODERATE)
7. The Pull-over (2-count, MODERATE)
8. The Shrug (2-count, MODERATE)
9. Triceps Extension (2-count, MODERATE)
10. Biceps Curl (2-count, MODERATE)
<table>
<thead>
<tr>
<th></th>
<th>SUSTAINING PHASE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>STRENGTH TRAINING MACHINE DRILL 1 (STM1)</td>
</tr>
<tr>
<td></td>
<td>(1-3 sets, 10 reps @ Moderate Cadence)</td>
</tr>
<tr>
<td>1.</td>
<td>The Leg Press (2-count, MODERATE)</td>
</tr>
<tr>
<td>2.</td>
<td>The Leg Curl (2-count, MODERATE)</td>
</tr>
<tr>
<td>3.</td>
<td>The Heel Raise (2-count, MODERATE)</td>
</tr>
<tr>
<td>4.</td>
<td>The Chest Press (2-count, MODERATE)</td>
</tr>
<tr>
<td>5.</td>
<td>The Seated Row (2-count, MODERATE)</td>
</tr>
<tr>
<td>6.</td>
<td>The Overhead Press (2-count, MODERATE)</td>
</tr>
<tr>
<td>7.</td>
<td>The Lat Pull-down (2-count, MODERATE)</td>
</tr>
<tr>
<td>8.</td>
<td>The Lateral Raise (2-count, MODERATE)</td>
</tr>
<tr>
<td>9.</td>
<td>Triceps Extension (2-count, MODERATE)</td>
</tr>
<tr>
<td>10.</td>
<td>Biceps Curl (2-count, MODERATE)</td>
</tr>
<tr>
<td>11.</td>
<td>Trunk Flexion (2-count, MODERATE)</td>
</tr>
<tr>
<td>12.</td>
<td>Trunk Extension (2-count, MODERATE)</td>
</tr>
</tbody>
</table>
**SUSTAINING PHASE**
**STRENGTH TRAINING MACHINE DRILL 2 (STM2)**
(1-3 sets, 10 reps @ Moderate Cadence)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The Leg Press (2-count, MODERATE)</td>
</tr>
<tr>
<td>2.</td>
<td>The Leg Curl (2-count, MODERATE)</td>
</tr>
<tr>
<td>3.</td>
<td>Hip Abduction (2-count, MODERATE)</td>
</tr>
<tr>
<td>4.</td>
<td>Hip Adduction (2-count, MODERATE)</td>
</tr>
<tr>
<td>5.</td>
<td>The Heel Raise (2-count, MODERATE)</td>
</tr>
<tr>
<td>6.</td>
<td>The Toe Pull (2-count, MODERATE)</td>
</tr>
<tr>
<td>7.</td>
<td>The Chest Press (2-count, MODERATE)</td>
</tr>
<tr>
<td>8.</td>
<td>The Seated Row (2-count, MODERATE)</td>
</tr>
<tr>
<td>9.</td>
<td>The Overhead Press (2-count, MODERATE)</td>
</tr>
<tr>
<td>10.</td>
<td>The Lat Pull-down (2-count, MODERATE)</td>
</tr>
<tr>
<td>11.</td>
<td>The Lateral Raise (2-count, MODERATE)</td>
</tr>
<tr>
<td>12.</td>
<td>Triceps Extension (2-count, MODERATE)</td>
</tr>
<tr>
<td>13.</td>
<td>Biceps Curl (2-count, MODERATE)</td>
</tr>
<tr>
<td>14.</td>
<td>Trunk Flexion (2-count, MODERATE)</td>
</tr>
<tr>
<td>15.</td>
<td>Trunk Extension (2-count, MODERATE)</td>
</tr>
</tbody>
</table>
## SUSTAINING PHASE

**STRENGTH TRAINING MACHINE DRILL 3A (STM3A)**

(1-3 sets, 10 reps @ Moderate Cadence)

1. The Chest Press (2-count, MODERATE)
2. The Seated Row (2-count, MODERATE)
3. The Overhead Press (2-count, MODERATE)
4. The Lat Pull-down (2-count, MODERATE)
5. The Lateral Raise (2-count, MODERATE)
6. Triceps Extension (2-count, MODERATE)
7. Biceps Curl (2-count, MODERATE)
8. Trunk Flexion (2-count, MODERATE)
9. Trunk Extension (2-count, MODERATE)
### SUSTAINING PHASE
#### STRENGTH TRAINING MACHINE DRILL 3B (STM3B)
(1-3 sets, 10 reps @ Moderate Cadence)

1. The Leg Press (2-count, MODERATE)
2. The Leg Curl (2-count, MODERATE)
3. Hip Abduction (2-count, MODERATE)
4. Hip Adduction (2-count, MODERATE)
5. The Heel Raise (2-count, MODERATE)
6. The Toe Pull (2-count, MODERATE)

### SUSTAINING PHASE
#### THE LOG DRILL (LD)
(1-3 sets, 5 reps @ Moderate Cadence)

1. The 8-count Squat (8-count, MODERATE)
2. The Alternating Over Head Press (4-count, MODERATE)
3. The Dead Lift (4-count, MODERATE)
4. The Squat Bender (4-count, MODERATE)
5. The 12-count Press (12-count, MODERATE)

### SUSTAINING PHASE
#### THE GUERRILLA DRILL (GD)

- The Shoulder Roll (LEFT AND RIGHT)
  (1 repetition = 2 x 25 yards)
- The Lunge Walk
  (1 repetition = 2 x 25 yards)
- The Soldier Carry
  (1 repetition = 1 x 25 yards for each Soldier)
### SUSTAINING PHASE

#### MILITARY MOVEMENT DRILL 1 (MMD1)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Verticals (1 Repetition = 2 x 25 yards)</td>
</tr>
<tr>
<td>2.</td>
<td>Laterals (1 Repetition = 2 x 25 yards)</td>
</tr>
<tr>
<td>3.</td>
<td>The Shuttle Sprint (1 Repetition = 3 x 25 yards)</td>
</tr>
</tbody>
</table>

#### MILITARY MOVEMENT DRILL 2 (MMD2)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The Power Skip (1 Repetition = 2 x 25 yards)</td>
</tr>
<tr>
<td>2.</td>
<td>Crossovers (1 Repetition = 2 x 25 yards)</td>
</tr>
<tr>
<td>3.</td>
<td>The Crouch Run (1 Repetition = 2 x 25 yards)</td>
</tr>
</tbody>
</table>
### Sustaining Phase Running Activities

<table>
<thead>
<tr>
<th>Ability Group Running</th>
<th>1-2 x per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Group: Soldiers running the one-mile in 6:30 and faster.</td>
<td>30 min @ 7:00 pace (1/4 mile split = 1:45)</td>
</tr>
<tr>
<td>B Group: Soldiers running the one-mile from 6:31 to 7:15.</td>
<td>30 min @ 7:30 pace (1/4 mile split = 1:52)</td>
</tr>
<tr>
<td>C Group: Soldiers running the one-mile from 7:16 to 8:00.</td>
<td>30 min @ 8:00 pace (1/4 mile split = 2:00)</td>
</tr>
<tr>
<td>D Group: Soldiers running the one-mile in 8:01 and slower.</td>
<td>30 min @ 8:30 pace (1/4 mile split = 2:07)</td>
</tr>
</tbody>
</table>

### SUSTAINING PHASE SPEED RUNNING

#### SPEED RUNNING WITHOUT LOAD
(1-2 TIMES PER WEEK)

- 300-yard Shuttle Run (1 repetition) and 60:120s (8 repetitions)
- 60:120s (10 repetitions)

#### SPEED RUNNING UNDER LOAD
(1-2 TIMES PER WEEK)

<table>
<thead>
<tr>
<th>30:60s</th>
<th>6 - 10 reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>60:120s</td>
<td>6 - 10 reps</td>
</tr>
<tr>
<td>30:60s and 300-yard Shuttle Run</td>
<td>8 reps and 1-2 reps</td>
</tr>
<tr>
<td>60:120s and 300-yard Shuttle Run</td>
<td>8 reps and 1 rep</td>
</tr>
<tr>
<td>300-yard Shuttle Run</td>
<td>1 - 4 reps</td>
</tr>
</tbody>
</table>

A-5. Commanders must use caution when conducting 30:60s and 60:120s under load.
Appendix A

Soldiers will progress from wearing ACUs, boots and carrying weapon to also include the wear of IBA and ACH. Soldiers may first wear IBA without plates and progress by adding plates over time. Soldiers will begin with six repetitions and progress to no more than 10 repetitions within a given PRT session. When the 300-yard shuttle run is combined with 30:60s or 60:120s, no more than eight repetitions will be performed under load.
A-6. The Reconditioning PRT Leader Drill Cards are intended for use as a reference when leading the Reconditioning PRT drills and activities. The drills must be performed in the order listed to the standards prescribed or they lose much of their value.

A-7. Copy the following drill cards, cut around the outside of each card and laminate.

<table>
<thead>
<tr>
<th>RECONDITIONING PREPARATION (PREP)</th>
<th>(1 set x 5 reps)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The Bend And Reach (4-count, SLOW)</td>
<td>Modified: Decreased Range of Motion</td>
</tr>
<tr>
<td>2. The Rear Lunge (4-count, SLOW)</td>
<td>Modified: Decreased Range of Motion</td>
</tr>
</tbody>
</table>
| 3. The High Jumper (4-count, MODERATE) | Modified: Remaining on the Ground  
Modified: Limited Arm Movement |
| 4. The Rower (4-count, SLOW) | Modified: Limited Range of Movement  
Modified: With Use of Arms |
| 5. The Squat Bender (4-count, SLOW) | Modified: Decreased Range of Motion |
| 6. The Windmill (4-count, SLOW) | Modified: Body Twist  
Modified: Hands on Hips  
Modified: Single Arm |
| 7. The Forward Lunge (4-count, SLOW) | Modified: Decreased Range of Motion |
| 8. The Prone Row (4-count, SLOW) | Modified: Assuming the Starting Position  
Modified: Using the Arms  
Modified: Without the Arms |
| 9. The Bent-leg Body Twist (4-count, SLOW) | Modified: Head on Ground / Arms at 45 degrees  
Modified: Head Elevated / Arms Sideward |
| 10. The Push-up (4-count, MODERATE) | Modified: Assuming the 6-Point Stance  
Modified: Push-Up on Knees |
<table>
<thead>
<tr>
<th></th>
<th>RECONDITIONING RECOVERY (REC)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(1 set x 20 seconds)</td>
</tr>
<tr>
<td>1.</td>
<td>The Overhead Arm Pull</td>
</tr>
<tr>
<td></td>
<td>Modified: Grasp the Wrist</td>
</tr>
<tr>
<td></td>
<td>Modified: Left or Right</td>
</tr>
<tr>
<td></td>
<td>Modified: Front Arm Pull</td>
</tr>
<tr>
<td>2.</td>
<td>The Rear Lunge</td>
</tr>
<tr>
<td></td>
<td>Modified: Decreased Range of</td>
</tr>
<tr>
<td></td>
<td>Motion L or R</td>
</tr>
<tr>
<td>3.</td>
<td>The Extend and Flex</td>
</tr>
<tr>
<td></td>
<td>Modified: Standing</td>
</tr>
<tr>
<td></td>
<td>Modified: Prone</td>
</tr>
<tr>
<td>4.</td>
<td>The Thigh Stretch</td>
</tr>
<tr>
<td></td>
<td>Modified: Kneeling</td>
</tr>
<tr>
<td></td>
<td>Modified: Left or Right</td>
</tr>
<tr>
<td>5.</td>
<td>The Single-leg Over</td>
</tr>
<tr>
<td></td>
<td>Modified: Bent-Leg Over</td>
</tr>
</tbody>
</table>
RECONDITIONING
4 FOR THE CORE
(Hold each position 60 seconds)

1. The Bent Leg Raise (Hold 60 seconds)

2. The Side Bridge (Hold 60 seconds)
   Modified: On Knees

3. The Back Bridge (Hold 60 seconds)

4. The Quadraplex (Hold 60 seconds)
## RECONDITIONING

### STRENGTH TRAINING MACHINE DRILL 1 (STM1)

(1-3 sets, 10 reps @ Moderate Cadence)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong> The Leg Press (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>1A. Modified: ¼ Leg Press or ½ Leg Press</td>
<td></td>
</tr>
<tr>
<td>1B. Modified: Single-Leg Press Left or Right</td>
<td></td>
</tr>
<tr>
<td><strong>2.</strong> The Leg Curl (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>2A. Modified: Seated</td>
<td></td>
</tr>
<tr>
<td>2B. Modified: Seated Single-Leg Left or Right</td>
<td></td>
</tr>
<tr>
<td>2C. Modified: Prone</td>
<td></td>
</tr>
<tr>
<td>2D. Modified: Prone Left or Right</td>
<td></td>
</tr>
<tr>
<td><strong>3.</strong> The Heel Raise (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>3A. Modified: Single-Leg Heel Raise Left or Right</td>
<td></td>
</tr>
<tr>
<td><strong>4.</strong> The Chest Press (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>4A. Modified: Decreased Range of Motion</td>
<td></td>
</tr>
<tr>
<td>4B. Modified: Single-Arm Left or Right</td>
<td></td>
</tr>
<tr>
<td><strong>5.</strong> The Seated Row (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>5A. Modified: Straight-Arm</td>
<td></td>
</tr>
<tr>
<td>5B. Modified: Single-Arm</td>
<td></td>
</tr>
<tr>
<td><strong>6.</strong> The Overhead Press (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>6A. Modified: Decreased Range of Motion</td>
<td></td>
</tr>
<tr>
<td>6B. Modified: Singe-Arm</td>
<td></td>
</tr>
<tr>
<td><strong>7.</strong> The Lat Pull-down (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>7A. Modified: Straight-Arm</td>
<td></td>
</tr>
<tr>
<td>7B. Modified: Single-Arm</td>
<td></td>
</tr>
<tr>
<td><strong>8.</strong> The Lateral Raise (2-count, MODERATE)</td>
<td></td>
</tr>
<tr>
<td>8A. Modified: Single-Arm</td>
<td></td>
</tr>
<tr>
<td><strong>9.</strong> Triceps Extension (2-count, MODERATE)</td>
<td></td>
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<tr>
<td>9A. Modified: Decreased Range of Motion</td>
<td></td>
</tr>
<tr>
<td>(High Pulley or Extension Machine)</td>
<td></td>
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<tr>
<td>9B. Modified: Single-Arm Left or Right</td>
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<tr>
<td>(High Pulley or Extension Machine)</td>
<td></td>
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<tr>
<td><strong>10.</strong> Biceps Curl (2-count, MODERATE)</td>
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<tr>
<td>10A. Modified: Decreased Range of Motion</td>
<td></td>
</tr>
<tr>
<td>10B. Modified: Single-Arm Left or Right</td>
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</tr>
<tr>
<td><strong>11.</strong> Trunk Flexion (2-count, MODERATE)</td>
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<tr>
<td>11A. Modified: Decreased Range of Motion</td>
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</tr>
<tr>
<td><strong>12.</strong> Trunk Extension (2-count, MODERATE)</td>
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</tr>
<tr>
<td>12A. Modified: Decreased Range of Motion</td>
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### RECONDITIONING ENDURANCE TRAINING MACHINES

1. Treadmill

2. Stair Stepper

3. Elliptical Trainer

4. Recumbent Cycle

5. Upright Cycle

6. Arm Ergometer

7. Rowing Machine
# RECONDITIONING
## WALK TO RUN PROGRAM

<table>
<thead>
<tr>
<th></th>
<th>WEEK I</th>
<th>WEEK II</th>
<th>WEEK III</th>
<th>WEEK IV</th>
<th>WEEK V</th>
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<tr>
<td><strong>WALK</strong></td>
<td>4 min</td>
<td>3 min</td>
<td>2 min</td>
<td>1 min</td>
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</tr>
<tr>
<td><strong>JOG</strong></td>
<td>2 min</td>
<td>3 min</td>
<td>4 min</td>
<td>5 min</td>
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<tr>
<td><strong>REPS</strong></td>
<td>5 times</td>
<td>5 times</td>
<td>5 times</td>
<td>5 times</td>
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<tr>
<td><strong>TOTAL TIME</strong></td>
<td>30 minutes</td>
<td>30 minutes</td>
<td>30 minutes</td>
<td>30 minutes</td>
<td>Run every other day with a goal of reaching 30 minutes without stopping</td>
</tr>
</tbody>
</table>

- Run every other day with a goal of reaching 30 minutes without stopping.
### RECONDITIONING

**CALISTHENIC DRILL 1 (CAL1)**

(5 reps @ Moderate Cadence)

<table>
<thead>
<tr>
<th></th>
<th>Exercise Description</th>
<th>Modification</th>
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<tr>
<td>1.</td>
<td>The Power Jump</td>
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<td></td>
<td></td>
<td>Decreased Range of Motion</td>
</tr>
<tr>
<td>2.</td>
<td>The V-up</td>
<td>4-count, MODERATE</td>
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<td></td>
<td></td>
<td>Decreased Range of Motion</td>
</tr>
<tr>
<td>3.</td>
<td>The Mountain Climber</td>
<td>4-count, MODERATE</td>
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<tr>
<td></td>
<td></td>
<td>Decreased Range of Motion</td>
</tr>
<tr>
<td>4.</td>
<td>The Leg Tuck and Twist</td>
<td>4-count, MODERATE</td>
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<tr>
<td></td>
<td></td>
<td>Decreased Range of Motion</td>
</tr>
<tr>
<td>5.</td>
<td>The Single-leg Push-up</td>
<td>4-count, MODERATE</td>
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<tr>
<td></td>
<td></td>
<td>Push-up in the 6-Point Stance</td>
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<tr>
<td></td>
<td></td>
<td>Push-Up on Knees</td>
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Appendix B

CLIMBING BARS

This appendix discusses climbing bars required in Physical Readiness Training.

B-1. Figure B-1 shows the climbing bar layout required for toughening and sustaining phase PRT drills.

Figure B-1. Climbing bars.
CLIMBING BARS SPECIFICATIONS

B-2. The specifications for the climbing bars are as follows:
- The posts (5) are 6 by 6 inches by 12 feet and sunk 3 feet into the ground.
- The bars (2) are threaded water pipe, 1.5 inch outside diameter, 12 feet long with 1-inch end caps (4).
- The bars are through the 6 by 6s at 7.5 and 8 feet above the ground.
- The distance from inside post edge to inside post edge is approximately 62 inches (Figure B-2). This is to allow enough bar space to conduct all exercises safely.
- The step-ups (16 inches long) are cut from 4 by 4 inches by 8-foot posts and secured to the 6 by 6s with 3-inch screws that are counter sunk.
- The step-ups on the outside 6 by 6 posts are 18 inches from the ground, the step-ups on the inside post are 24 inches above the ground (refer to Figure B-3).

Figure B-2. Climbing bars dimensions – top view.
The following planning considerations apply:

- Climbing bars provide adequate space and facilitate better command and control than traditional pull-up bars. Traditional pull-up bars are too narrow to safely and efficiently conduct the climbing drills.
- Employment of multiple climbing bar “pods” as shown in Figure B-4 allow for efficient mass training. The climbing drills require one bar for every three Soldiers when performed as a single activity.
- The total ground surface area for 4 pods is only 625 square feet.
- Four pods will accommodate 16 stations of 3 Soldiers per station for a total of 48 Soldiers.
- Additional freestanding pods should be constructed to accommodate more Soldiers.
Figure B-4. Multiple climbing bar "pods".

Resource Requirements:
(20) 6” x 6” x 12’ PT posts,
(8) 12” x 1.5” pipe (bars),
(6) 4” x 4” x 8’ PT posts,
Appendix C
Posture and Body Mechanics

“Good posture has many values for the Soldier. First, a Soldier is often judged by his appearance – the man with good posture looks like a good Soldier, he commands attention. Secondly, it is an accepted psychological fact that good posture is associated with good morale – a man with good posture feels better and is more positive. A man with poor posture cannot feel as positive, consequently he may develop a negative and discouraged attitude. Thirdly, good posture permits the body to function most efficiently.”

FM 21-20, Physical Training (January 1946)

Posture and body mechanics are critical factors for Soldier performance, allowing them to move efficiently with an ability to create great force and absorb heavy resistance. Posture is any position in which the body resides. It is further defined by the relationship of body segments to one another. Body mechanics is posture in motion. Though posture is often thought of as a stationary position, control of moving postures is perhaps even more important in task performance and injury control.

“In the training of anyone, nothing equals the importance of proper posture; it is the very foundation upon which the entire fabric of a successful course in physical training must be founded.”

LTC Herman J. Koehler

SECTION I — POSTURE

EFFECT OF POSTURE

C-1. When body segments are aligned properly, movement is efficient and injury risk is minimized. When body segments are not aligned properly, movement is less efficient and risk of injury is increased. Consider a Soldier attempting to lift a heavy load from the ground with his legs straight and trunk twisted. Not only will the load seem heavier than if his knees were bent and back straight, but he is at risk for injury. The back injury that occurs during an improper lift is an obvious example of the relationship between posture, body mechanics, performance, and health. Less obvious, but just as damaging, is the daily stress that takes its toll on the body when faulty postures are consistently assumed.

EFFECT OF GRAVITY

C-2. Gravity molds body tissues. The body adapts to the stresses placed upon it. Gravity exerts a constant influence. When body segments are not aligned properly, such as when the head is too far forward, gravity works to further pull the head forward, placing undue stress on the structures of the neck and upper back. Over time, the neck adapts to faulty posture and natural neck movements may become restricted. Another example of this effect is seen among those who allow their shoulders to round forward. Gravity compounds this effect, limiting overhead range-of-motion as shown in Figure C-1. By simply pulling the shoulders back as shown in Figure C-2, the arms are then free to move fully overhead. To maintain this optimal
position, Soldiers need to regularly stretch the chest muscles that are prone to tightness, and strengthen the upper back muscles that promote proper carriage of the shoulder girdle. More importantly, they need greater awareness of the manner in which they carry the shoulder girdle while performing everyday tasks. Rounding of the shoulders is a common postural problem with many Soldiers, perhaps from emphasizing pushing exercises at the expense of pulling motions.

Figure C-1. Poor posture limits range of motion.

Figure C-2. Good posture allows better range of motion.
EFFECT OF EXERCISE

C-3. Like gravity, exercise also molds body tissues. As previously noted, imbalanced exercise practices may adversely affect posture. When regularly performed with precision, the exercise drills and activities in this manual will enhance posture and improve body mechanics. For example, Exercise 2 of Preparation, The Rear Lunge, provides an excellent stretch of the hip flexors, a muscle group that is prone to tightness. This tightness tilts the pelvis forward, creating an unbalanced base of support for the spine. C-4. This exercise also extends the trunk and upper body, compensating for the many hours of flexion throughout the course of the day.

C-5. Improving posture must be built upon the desire to move correctly and efficiently at all times. Regardless of the amount of instruction given and exercise performed, Soldiers will habitually assume good postures only if they want to. C-6. Good standing and sitting postures are characterized by vertical alignment of certain body segments. However, posture is not improved by forcefully holding the body in a position of ideal alignment. In fact, excessive effort to hold the body in a given posture will only serve to increase muscular tension and fatigue. Assuming naturally balanced postures shifts the weight of the body onto the bones, relieving muscles of the need to support weight bearing. Though the following recommendations are given in the form of a checklist, don’t force your body to immediately conform to these ideals. Habits that have been reinforced over decades will take time to correct. Regular and precise performance of the PRT activities in this manual will enhance posture and body mechanics.

C-7. Checkpoints for Sitting (Figure C-4):
- Center the head between the shoulders and keep the chin level.
- Draw the shoulders comfortably back; don’t allow them to round forward.
- Carry the chest comfortably up and out.
- Maintain the inward curve of the lower back; don’t allow it to roll outward or inward excessively. Use a firm support between the lower spine and the backrest of the seat or chair to assist in maintaining the proper position.
- Maintain 90-degree angles at the hips and knees with the feet flat on the floor.

Figure C-3. The Rear Lunge.

“We are all sculptors and painters, and our material is our own flesh, blood, and bones.”

Henry David Thoreau

SECTION II – IMPROVING POSTURE

C-5. Improving posture must be built upon the desire to move correctly and efficiently at all times. Regardless of the amount of instruction given and exercise performed, Soldiers will habitually assume good postures only if they want to.

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- Maintain 90-degree angles at the hips and knees with the feet flat on the floor.
Figure C-4. Good (left) and poor (center and right) sitting posture.

C-8. Checkpoints for Standing (Figure C-5):

- Stand as tall as possible. The head should not be tilted or the shoulders raised.
- Center the head between the shoulders and keep the eyes and chin level.
- Slightly draw the chin inward by pressing the neck back toward the collar. Moderately elevate the chest without strain. If the chest is raised properly, the abdomen flattens normally. Don’t draw in the stomach to the extent that normal breathing is restricted.
- Relax the shoulders and let them fall evenly. If the shoulders round forward, draw them back slightly, without strain.
- Set the pelvis and hips level (refer to Figure C-10c).
- Keep the knees straight but not locked.
- Direct the feet forward without strain. Variations in skeletal alignment will prevent some individuals from assuming the feet-forward position.
- Distribute the weight evenly between the heels and balls of your feet.

Figure C-5. Good (left) and poor (right) standing posture.
COMPENSATING FOR THE EFFECTS OF COMMON POSTURES

C-9. Given the broad definition of posture (any position in which the body resides), the number of postures Soldiers may assume is infinite. However, Soldiers assume the same few postures throughout most of the duty day. The postures can be categorized as the flexed posture (associated with sitting, bending forward, lifting, and crouching); and the upright posture (associated with standing, walking, marching, and running). The body will eventually conform to accommodate these postures. Some muscles will become over-stretched and weak, while others will tighten and lose flexibility. The resulting muscle imbalances will hinder natural movement and increase the likelihood of injury. It is important to regularly compensate for time spent in these prolonged postures by performing exercises or activities that restore the optimal flexibility of muscles and joints:

- **Performing Extension Compensates for Flexion.** The most common posture for many individuals is seated. This posture is associated with flexion of the spine. Unless great effort is made to sit straight (or a roll is used to maintain the inward curve of the low back), the trunk tends to assume a C-shape. The longer this flexed posture is assumed, the greater will be the effect on muscles around the trunk. The back muscles and ligaments become over-stretched and weak, while muscles on the other side of the trunk (for example, hip flexors) get tighter and pull the pelvis into an unbalanced position. The Soldier on the right in Figure C-6 is in a flexed position. Compensation for prolonged time in this position would occur if the Soldier assumed the prone position of extension demonstrated by the Soldier on the left. To prevent the imbalances associated with too much flexion, Soldiers should regularly perform extension exercises and activities such as those shown in Figure C-7.

![Figure C-6. Soldiers In the flexed (right) and extended (left) postures.](image-url)
Appendix C

Figure C-7. Performing extension to compensate for flexion.

- **Performing Decompression.** This compensates for many of the compressive forces that act on the body throughout the day. Many Soldiers spend the majority of their day on their feet. The weight of the body and equipment creates a compressive effect on the spine and other weight-bearing joints. In fact, at the end of the day enough fluid will have been compressed out of the spinal discs that height measurements will usually indicate that Soldiers are noticeably shorter. Joints that are overly compressed may eventually compromise mobility. To compensate for compressive forces on the spine, it is useful to perform exercises or activities that decompress as shown in Figure C-8.

Figure C-8. Performing decompression to compensate for compression.
C-10. Body mechanics (posture in motion) is the ability to control body movement. Many discussions of posture are limited to static positions such as sitting and standing. Good posture during movement is imperative for efficiency and injury control. Just as good posture requires balanced alignment of the body, so does exercise. Many Soldiers use awkward movements as they struggle to perform one last repetition. **When body mechanics are poor, the exercise serves little purpose and may do more harm than good.** The activities in the PRT system were designed to reinforce proper body mechanics. Of special importance to PRT leaders are the checkpoints given for each exercise. Adherence to these checkpoints ensures optimal execution of the exercise. Over time, skillful movements become second nature to the Soldier. When this occurs, physical readiness is enhanced and injury risk is minimized.

**PREPARING THE BODY’S CORE**

C-11. Muscles work to initiate and control movement. Because movement is more apparent than the lack of it, the focus is most often on the movement muscles create. Less obvious is the "braking" force that muscles apply to movement. Without this braking force, nearly all movement would be extremely sloppy and potentially dangerous. Around the body’s core (trunk and pelvis), this braking action of the muscles becomes extremely important for two reasons. First, the spine and pelvis are the base of attachment for many muscles that power the arms and legs. Without a strong, stable base of support, using these muscles is like firing a cannon from a canoe. Second, the body’s center of gravity is within the trunk area. Keeping it there leads to balanced, skillful movement. This is the job of the trunk muscles that do this primarily by putting on the brakes. The ability to maintain balanced postures is often referred to as stabilization. The load on the Soldiers shown in Figure C-9 demands strength and stability from the body’s core.

![Figure C-9. Soldiers moving under load.](image)

C-12. To promote stable postures during exercise, it is essential that Soldiers learn to prepare the trunk. A simple, two-part action prepares the trunk for exercise:

- **Set the hips.** This is also referred to as the neutral position of the pelvis. This position is found by first tilting the pelvis forward (buttocks goes back, belly goes forward, and the inward curve of the low back is increased), Figure C-10a. Second, tilt the pelvis backward (the buttocks and belly draw inward as far as possible, flattening the curve of the low back) (Figure C-10b). Then settle in between these two extremes (Figure C-10c).

- **Tighten the abdominal muscles.** Once the hips are set, tightening the abdominal muscles will ensure readiness of the muscles that control and protect the trunk. To contract the correct
Appendix C

muscles, imagine drawing the gut straight inward as if preparing for a blow to the mid-section or trying to appear slimmer than you really are. Keep the hips set as the abdominals are tightened (Figure C-10c).

C-13. After setting the hips and tightening the abdominal muscles, the Soldier's posture should appear balanced and ready for exercise. The Soldier should not associate these two actions with a stiff, awkward posture. The goal is not to eliminate all movement from the trunk, but to simply control the natural motion that will occur.

![Figure C-10. Set the hips and tighten the abdominal muscles.](image)

**POWER POSITION**

C-14. Proper body mechanics are essential for the powerful movements required of Soldiers. From the power position (Figure C-11), the Soldier is ready to:

- Respond to or deliver aggression.
- Squat to lower or lift a heavy load.
- Accept a heavy load being passed from another individual.
- Sprint to cover.
C-15. To assume the power position, first set the hips and tighten the abdominals as described above. From the straddle stance, place one leg 6 to 8 inches behind the other and crouch so the hips go rearward and the trunk counterbalances by leaning slightly forward. The balls of the feet accept most of the body weight. The shoulder blades are pulled slightly back, but not forced. The chest is high, head is level, and elbows and knees are comfortably bent (about 45-degrees).

**LIFTING FROM THE GROUND**

C-16. Power the lift with the legs, not the back (Figure C-12). Then continue to bend at the hips and knees to lower the body. To protect the back, keep the hips set and the abdominal muscles tight throughout the lift. Keep the load close to the body from start to finish. When Soldiers must turn under load, do so by pivoting the feet rather than twisting the trunk.
LIFTING OVERHEAD

C-17. Most of the power for pushing an object overhead comes from the legs. To transmit leg strength through the trunk and arms to the object being pushed, set the hips and tighten the abdominal muscles. Hands should be placed shoulder width apart with the upper arms in line with the trunk. Squat slightly, then forcefully straighten the legs in a coordinated effort with the action of the arms (Figure C-13).

![Figure C-13. Lifting overhead.](image)

PUSHING

C-18. Push with the hands in front of the shoulders and the upper arms close to the body. This technique creates a mechanical advantage that is lost the farther the hands and arms are from this position. Because this method is the most functional, the calisthenic drills use this technique (Figure C-14).

![Figure C-14. Pushing.](image)
PULLING/CLIMBING

C-19. When pulling an object that is on the ground or horizontal to it, Soldiers must first assume the power position. Set the shoulder girdle by pulling the shoulder blades slightly to the rear. This is also important when pulling the body upward from an overhead grasp. Climbing will often require the legs to power the accent or gain leverage on support structures (Figure C-15). This will demand significant strength from the trunk muscles. The exercises in the climbing drills prepare Soldiers for these demands.

Figure C-15. Pulling/climbing.

ROTATION

C-20. Prepare the body’s trunk to control rotation. Coiling (rotating) the body, then quickly uncoiling is the primary source of power for many Soldier and athletic tasks such as throwing a punch or heaving an object onto a platform (Figure C-16). Each of these activities produces a torque on the spine and other joints that may cause injury if the forces are uncontrolled. Control comes from setting the hips, tightening the abdominals, and allowing the hips and knees to bend so as to absorb some of the stress of rotation.

Figure C-16. Rotation.
JUMPING AND LANDING

C-21. Land softly with alignment of the shoulders, knees, and balls of the feet. Land first on the balls of the feet with the heels touching down last. Bending of the hips and knees allows the legs to serve as coils that absorb the impact of the landing. The trunk should be straight but leaning forward so when it is viewed from the side, the shoulders, knees and balls of the feet are aligned (Figure C-17).

LUNGING

C-22. Maintain the knee of the forward leg in vertical alignment with the ball of the foot. Do not allow the knee to go beyond the toes or to the right or left of the foot. Lunging is a component of many Soldier tasks. Figure C-18 shows Soldiers performing a proper lunge as they begin a sprint for cover. Calisthenic and dumbbell exercises that involve lunging prepare Soldiers for functional tasks such as this.

MARCHING

C-23. The head and trunk checkpoints for standing also apply to marching. Allow the arms to swing naturally, though crossing the midline of the body is excessive. Allow the hips to naturally rotate forward
with each stride. Do not allow the knees to lock at any point in the walking cycle. Stride naturally, landing on the heel and pushing off with most of the weight toward the big toe. The feet remain directed forward. Do not strain to keep the feet directed forward, since variations in skeletal alignment will prevent some Soldiers from assuming the feet-forward position. Foot marching with a load on the back will require some forward lean of the trunk. Do not, however, allow the trunk and shoulders to round forward (Figure C-19).

![Figure C-19. Marching and foot marching.](image)

**RUNNING**

C-24. Refer to Chapter 10, *Endurance and Mobility Activities*, for a discussion on running form.

**CHANGING DIRECTION**

C-25. Soldiers may be required to quickly change direction, while maintaining forward movement or to quickly reverse direction. To maintain forward movement, plant on the outside leg with plenty of bend in the hips and knees. The foot should turn slightly inward toward the change of direction. To reverse direction, as in the shuttle run, reduce forward speed and crouch so the body is directed approximately 180 degrees from the forward direction. At the lowest point of the crouch, body weight should rest primarily on the leg closest to the new direction of travel, shifting momentum in that direction (Figure C-20).

![Figure C-20. Changing direction.](image)
SUMMARY

C-26. Soldiers are often judged by their appearance, and posture matters. A balanced, alert posture portrays readiness, while sloppy posture does just the opposite. PRT leaders must understand the fundamental principles of posture and body mechanics. They must demonstrate proper carriage of the body and demand the same from their Soldiers, not only during PRT, but also throughout the day. When Soldiers live in good postures the results are better performance, fewer injuries, confidence borne of grace, balance, and power.

“Half of life is showing up, the other half is doing something when you get there. The key to success is doing it well.”

*Stephen Van Camp, Chief of Doctrine, USAPFS*
Appendix D

Environmental Considerations

Soldiers must be ready to perform physically demanding tasks in hot, cold, and high altitude environments. Acclimatization to these environments during the conduct of PRT and other daily training activities is essential to safely preparing Soldiers for physical success. When gradually exposed to these environments and the intensity and duration of activities are adjusted, Soldiers can safely acclimatize over time.

SECTION I — HEAT ACCLIMATIZATION

D-1. Soldiers need to acclimatize properly prior to conducting PRT in extremely hot environments. Heat acclimatization allows for those specific adaptations that aid in the reduction of physiological stress (heart rate, core temperature and sweat adaptation). It also improves physical work capability in the heat and builds Soldier confidence. In hot environments Soldiers will safely acclimatize to the heat by conducting PRT sessions during the heat of the day at a lower intensity and volume. For example, PRT can be moved from early morning to late morning or from late morning to mid-afternoon. This allows for acclimatization by gradually progressing to a warmer/hotter environment. Consideration must also be given to wear of the IPFU ensemble (Figure D-2).

D-2. Heat acclimatization works on a principle of repeated bouts of heat exposure that are stressful enough to safely elevate core temperature and provoke the sweating mechanism. Limited physical activity accompanied by rest in hot environments will result in only partial acclimatization. Acclimatization requires a minimum daily heat exposure of two hours when combined with endurance and mobility, and strength and mobility training. Research has shown that repeated bouts of shorter duration exercise, like those found in speed running, allow for acclimatization more safely than sustained activity in the heat. Initially, Soldiers will train at a lower intensity and shorter duration, then safely progress, increasing physical exercise intensity, duration, and volume to achieve optimal acclimatization in warm/hot environments. In most cases Soldiers can acclimatize in approximately two weeks. Soldiers will maintain acclimatization for approximately one week with about 75 percent of acclimatization lost within three weeks once the Soldier no longer remains in that environment. Soldiers of low fitness levels or those susceptible to heat injuries may require additional days/weeks to fully acclimatize.

D-3. Soldiers must consume sufficient amounts of water to replace water lost due to sweat. Sweating rates greater than one quart per hour are not uncommon. Acclimatization increases sweating rates, which in turn increase water requirements. A risk to acclimatized Soldiers is dehydrating faster than their water intake. Dehydration reduces thermal regulatory advantages achieved through acclimatization and high levels of physical readiness.

HEAT INJURIES

D-4. Soldiers and PRT leaders must be aware of the signs and symptoms of heat injuries and their severities. They must know how to assess Soldiers who may be at risk, and be ready to provide appropriate treatment immediately. If any of the below symptoms of heat cramps, heat exhaustion, or heatstroke are experienced, immediately stop physical activity and seek treatment and/or medical attention.
HEAT CRAMPS
Symptoms: Muscular twitching, cramping, muscular spasms in arms, legs, or abdomen.
Treatment: Monitor Soldier in a cool, shaded area and give water and/or electrolyte sports drink. Call for medical attention if situation worsens.

HEAT EXHAUSTION (REQUIRES MEDICAL ATTENTION)
Symptoms: Excessive thirst, fatigue, lack of coordination, increased sweating, cool/wet skin, dizziness and/or confusion.
Treatment: Monitor Soldier in a cool, shaded area, attempt to cool Soldier’s head and body with cold water and give water and/or electrolyte sports drink and await medical attention.

HEATSTROKE (MEDICAL EMERGENCY, DIAL 911)
Symptoms: No sweating, hot/dry skin, rapid pulse, rapid breathing, seizure, dizziness and/or confusion, loss of consciousness.
Treatment: Monitor Soldier in a cool, shaded area, attempt to immediately cool Soldier’s head and body with cold water or ice blanket and give water and/or electrolyte sports drink while awaiting medical attention.

HYPONATREMIA OR OVERHYDRATION (MEDICAL EMERGENCY, DIAL 911)
Symptoms: Confusion, weakness, nausea and vomiting.
Treatment: Typically misdiagnosed and treated as dehydration. Monitor Soldier and follow treatment for heat exhaustion. If symptoms persist or become more severe with rehydration, replace salt loss and transport immediately to medical facility. DO NOT continue to have Soldier drink more water.

HYDRATION AND NUTRITION
D-5. Ensuring that Soldiers are properly hydrated and receive regular, adequate nutrition is a good way to prevent the onset of heat injuries. Water is the preferred hydration fluid before, during, and after physical training activities. Drink 13 to 20 ounces of cool water at least 30 minutes before beginning exercise (approximately 2 glasses of water). After exercise, drink to satisfy thirst, then drink a little more. Also avoid alcoholic beverages and soft drinks because they are not suitable for proper hydration and recovery. Sports drinks may be consumed, but are not required and contain a considerable number of additional calories. It is also possible to drink too much water. Be sure to limit intake to NO MORE THAN 11/2 quarts per hour (48 oz) during heavy exertion. Remember, hydration is also important in the cold environment. Many times loss of water is not as noticeable when it is cool or cold.

D-6. Good nutrition practices helps ensure Soldiers have the needed vitamins and minerals for safe performance of exercise in hot environments. Sodium, potassium, and B complex vitamins are lost through sweat and exertion in the heat. It is important to replenish calories lost during exercise with foods containing these nutrients. Try to eat within an hour after exercise. This will assist in recovery and your body is still burning calories at an elevated rate.
COLD INJURIES

D-7. Soldiers participating in military training or deployments will often encounter cold stress that can impact successful mission accomplishment. Continued exposure in a cold environment degrades physical performance capabilities, significantly impacts morale, and eventually causes cold weather injuries. Cold environments include exposure to extremely low temperatures (Arctic regions), and cold-wet exposures (rain or water immersion) in warmer ambient temperatures. Cold-weather conditions impair many aspects of normal military functioning in the field, which in turn can influence Soldier health and performance.

D-8. During exercise in the cold, your body usually produces enough heat to maintain its normal temperature. As you get fatigued, however, you slow down and your body produces less heat. Two types of cold injury conditions may occur due to prolonged exposure and/or loss of core temperature. Soldiers and PRT leaders must be aware of the signs and symptoms of cold injuries and their severities to assess Soldiers who may be at risk, and to provide appropriate treatment immediately. If any of the below symptoms (frost bite or hypothermia) are experienced, immediately stop physical activity and seek treatment and/or medical attention.

Frostbite – When skin is exposed to temperatures/wind chill of 20 degrees Fahrenheit or below there is potential for freezing of skin tissue or frostbite (Figure D-1).

Symptoms: A white or grayish-yellow skin area; skin that feels unusually firm or waxy; numbness in body parts exposed to the cold such as the nose, ears, feet, hands, and skin.

Treatment: Keeping susceptible areas covered is the easiest way to prevent frostbite from occurring (Figure D-2). If any of the aforementioned symptoms are experienced, immediately stop physical activity and seek treatment and/or medical attention.

Hypothermia – This condition develops when the body cannot produce heat as fast as it is losing it (Figure D-1). When Soldiers experience prolonged exposure to cold temperatures or become wet or submerged in cool-water temperatures, they are susceptible to hypothermia.

Symptoms: Shivering, loss of judgment, slurred speech, drowsiness and muscle weakness.

Treatment: Dressing in layers and wearing breathable undergarments that wick away moisture are helpful in preventing hypothermia. If a Soldier has the symptoms listed above, attempt to make them warmer and request medical attention.
## Appendix D

### Wind Chill Chart

<table>
<thead>
<tr>
<th>Wind Speed (in MPH)</th>
<th>50</th>
<th>40</th>
<th>30</th>
<th>20</th>
<th>10</th>
<th>0</th>
<th>-10</th>
<th>20</th>
</tr>
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<tbody>
<tr>
<td>Calm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>-10</td>
<td>-20</td>
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<tr>
<td>5</td>
<td>48</td>
<td>37</td>
<td>27</td>
<td>16</td>
<td>6</td>
<td>-5</td>
<td>-15</td>
<td>-26</td>
</tr>
<tr>
<td>10</td>
<td>40</td>
<td>28</td>
<td>16</td>
<td>3</td>
<td>-9</td>
<td>-21</td>
<td>-33</td>
<td>-46</td>
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<tr>
<td>15</td>
<td>36</td>
<td>22</td>
<td>9</td>
<td>-5</td>
<td>-18</td>
<td>-32</td>
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<td>-58</td>
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<tr>
<td>20</td>
<td>32</td>
<td>18</td>
<td>4</td>
<td>-10</td>
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<td>-67</td>
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<td>25</td>
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<td>15</td>
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<tr>
<td>30</td>
<td>28</td>
<td>13</td>
<td>-2</td>
<td>-18</td>
<td>-33</td>
<td>-48</td>
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<td>35</td>
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<td>40</td>
<td>26</td>
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<td>-22</td>
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<td>-53</td>
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<td>-85</td>
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<table>
<thead>
<tr>
<th>Equivalent Chill Temperature (F)</th>
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</thead>
<tbody>
<tr>
<td>Little Danger for Properly Clothed Soldiers</td>
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</table>

**Figure D-1. Wind chill chart.**

### Endurance and Mobility

<table>
<thead>
<tr>
<th>Uniform Items</th>
<th>Temperature</th>
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</thead>
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<tr>
<td>S/S Shirt</td>
<td>60 or +</td>
</tr>
<tr>
<td></td>
<td>50 - 59</td>
</tr>
<tr>
<td></td>
<td>40 - 49</td>
</tr>
<tr>
<td></td>
<td>39 &amp; below</td>
</tr>
</tbody>
</table>

- S/S Shirt: X
- Shorts: X X X X
- L/S Shirt: X X X
- Outer-garment Shirt: X
- Outer-garment Pants: X
- Gloves w/ Inserts: X
- Watch Cap: X

**Figure D-2. Clothing recommendations for PRT.**

### Strength and Mobility

<table>
<thead>
<tr>
<th>Uniform Items</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/S Shirt</td>
<td>60 or +</td>
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<tr>
<td></td>
<td>50 - 59</td>
</tr>
<tr>
<td></td>
<td>40 - 49</td>
</tr>
<tr>
<td></td>
<td>39 &amp; below</td>
</tr>
</tbody>
</table>

- S/S Shirt: X X
- Shorts: X X X X
- L/S Shirt: X X X
- Outer-garment Shirt: X
- Outer-garment Pants: X
- Gloves w/ Inserts: X
- Watch Cap: X
SECTION III — ALTITUDE ACCLIMATIZATION

D-9. Soldiers may be deployed to theaters of operation that are at altitudes in excess of 3000 feet above sea level. Altitude acclimatization allows Soldiers to decrease their susceptibility to altitude illness and achieve optimal physical and cognitive performance for the altitude to which they are acclimatized. Altitude acclimatization has no negative side effects and will not harm health or physical performance upon return to low altitude. However, Soldiers with good aerobic endurance may acclimatize sooner and perform better than those of low fitness levels. Refer to the following website for more detailed discussion on altitude acclimatization:


SECTION IV — OTHER CONSIDERATIONS

AIR POLLUTION

D-10. Avoid exercising near heavily traveled streets and highways during peak traffic hours. If possible, avoid exposure to pollutants before and during exercise (including tobacco). In areas of high smog concentrations, train early in the day or later in the evening.

SUNLIGHT/SUNBURN

D-11. Use a waterproof or sweat proof sun block (SPF 15 or higher) when exercising in warm weather to avoid sunburn. Follow the instructions on the bottle for proper use.

SUMMARY

D-12. Soldiers must be ready to perform physically demanding tasks in hot, cold, and high altitude environments. Acclimatization to these environments during the conduct of PRT and other daily training activities is essential to safely preparing Soldiers for physical success. For more detailed information, refer to the resources listed below.

U.S. Army Center for Health Promotion and Preventive Medicine

U.S. Army Research Institute of Environmental Medicine
http://www.usariem.army.mil/
http://www.usariem.army.mil/heatinjury.htm
# GLOSSARY

## SECTION I—ACRONYMS AND ABBREVIATIONS

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Definition</th>
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<tbody>
<tr>
<td>AAR</td>
<td>after-action review</td>
</tr>
<tr>
<td>AC</td>
<td>active component</td>
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<tr>
<td>ACU</td>
<td>Army combat uniform</td>
</tr>
<tr>
<td>AGR</td>
<td>ability group run</td>
</tr>
<tr>
<td>AGR</td>
<td>active guard and reserve</td>
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<tr>
<td>AI</td>
<td>assistant instructor</td>
</tr>
<tr>
<td>AIT</td>
<td>advance individual training</td>
</tr>
<tr>
<td>AML</td>
<td>approach-march load</td>
</tr>
<tr>
<td>ARNG</td>
<td>Army National Guard</td>
</tr>
<tr>
<td>APFT</td>
<td>Army Physical Fitness Test</td>
</tr>
<tr>
<td>ARFORGEN</td>
<td>Army force generation</td>
</tr>
<tr>
<td>ARPL</td>
<td>assistant reconditioning program leader</td>
</tr>
<tr>
<td>AT</td>
<td>annual training</td>
</tr>
<tr>
<td>ATC</td>
<td>Army Training Center</td>
</tr>
<tr>
<td>AWCP</td>
<td>Army Weight Control Program</td>
</tr>
<tr>
<td>AWST</td>
<td>Army water survival training</td>
</tr>
<tr>
<td>BD 1</td>
<td>Barbell Drill 1</td>
</tr>
<tr>
<td>BD 2</td>
<td>Barbell Drill 2</td>
</tr>
<tr>
<td>BCT</td>
<td>basic combat training</td>
</tr>
<tr>
<td>BOLC I</td>
<td>Basic Officer Leadership Course 1</td>
</tr>
<tr>
<td>BOLC II</td>
<td>Basic Officer Leadership Course 2</td>
</tr>
<tr>
<td>BSS</td>
<td>basic survival swimmer</td>
</tr>
<tr>
<td>CAL 1</td>
<td>Calisthenic Drill 1</td>
</tr>
<tr>
<td>CAL 2</td>
<td>Calisthenic Drill 2</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Description</td>
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<td>--------------</td>
<td>--------------------------------------------------</td>
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<td><strong>CD 1</strong></td>
<td>Conditioning Drill 1</td>
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<tr>
<td><strong>CD 2</strong></td>
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</tr>
<tr>
<td><strong>CD 3</strong></td>
<td>Conditioning Drill 3</td>
</tr>
<tr>
<td><strong>CL 1</strong></td>
<td>Climbing Drill 1</td>
</tr>
<tr>
<td><strong>CL 2</strong></td>
<td>Climbing Drill 2</td>
</tr>
<tr>
<td><strong>C-METL</strong></td>
<td>core-mission essential task list</td>
</tr>
<tr>
<td><strong>CMT</strong></td>
<td>common military task</td>
</tr>
<tr>
<td><strong>CSS</strong></td>
<td>combat survival swimmer</td>
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<tr>
<td><strong>COC</strong></td>
<td>conditioning obstacle course/confidence obstacle course</td>
</tr>
<tr>
<td><strong>CWST</strong></td>
<td>combat water survival test</td>
</tr>
<tr>
<td><strong>DA 705</strong></td>
<td>Department of Army Form 705 (APFT Scorecard)</td>
</tr>
<tr>
<td><strong>DB 1</strong></td>
<td>Dumbbell Drill 1</td>
</tr>
<tr>
<td><strong>DB 2</strong></td>
<td>Dumbbell Drill 2</td>
</tr>
<tr>
<td><strong>D-METL</strong></td>
<td>directed mission essential task list</td>
</tr>
<tr>
<td><strong>EAML</strong></td>
<td>emergency-approach-march load</td>
</tr>
<tr>
<td><strong>ETM</strong></td>
<td>endurance training machines</td>
</tr>
<tr>
<td><strong>FL</strong></td>
<td>fighting load</td>
</tr>
<tr>
<td><strong>FM</strong></td>
<td>field manual/foot march</td>
</tr>
<tr>
<td><strong>FTU</strong></td>
<td>fitness training unit</td>
</tr>
<tr>
<td><strong>GD</strong></td>
<td>Guerrilla Drill</td>
</tr>
<tr>
<td><strong>IAW</strong></td>
<td>in accordance with</td>
</tr>
<tr>
<td><strong>IBA</strong></td>
<td>Interceptor body armor</td>
</tr>
<tr>
<td><strong>IDT</strong></td>
<td>inactive duty for training</td>
</tr>
<tr>
<td><strong>IET</strong></td>
<td>Initial Entry Training</td>
</tr>
<tr>
<td><strong>IMT</strong></td>
<td>individual movement techniques/initial military training</td>
</tr>
<tr>
<td><strong>IPFU</strong></td>
<td>individual physical fitness uniform</td>
</tr>
<tr>
<td><strong>LD</strong></td>
<td>Log Drill</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Full Term</td>
</tr>
<tr>
<td>--------------</td>
<td>-----------</td>
</tr>
<tr>
<td>M-day</td>
<td>Man Day Soldier (ARNG)</td>
</tr>
<tr>
<td>METL</td>
<td>mission-essential task list</td>
</tr>
<tr>
<td>MMD 1</td>
<td>Military Movement Drill 1</td>
</tr>
<tr>
<td>MMD 2</td>
<td>Military Movement Drill 2</td>
</tr>
<tr>
<td>MMRB</td>
<td>military medical review board</td>
</tr>
<tr>
<td>MOS</td>
<td>military occupational specialty</td>
</tr>
<tr>
<td>MTF</td>
<td>medical treatment facility</td>
</tr>
<tr>
<td>MTP</td>
<td>mission training plan</td>
</tr>
<tr>
<td>MWR</td>
<td>Morale, Welfare, and Recreation</td>
</tr>
<tr>
<td>NCO</td>
<td>non-commissioned officer</td>
</tr>
<tr>
<td>NCOIC</td>
<td>non-commissioned officer in-charge</td>
</tr>
<tr>
<td>OIC</td>
<td>officer in charge</td>
</tr>
<tr>
<td>OPTEMPO</td>
<td>operational tempo</td>
</tr>
<tr>
<td>OSUT</td>
<td>one station unit training</td>
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<tr>
<td>PFU</td>
<td>physical fitness uniform</td>
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<tr>
<td>PPPT</td>
<td>pregnancy and post-partum physical training</td>
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<td>PRT</td>
<td>physical readiness training</td>
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<td>PRT LDR</td>
<td>physical readiness training leader</td>
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<tr>
<td>PU</td>
<td>push-up</td>
</tr>
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<td>RC</td>
<td>reserve component</td>
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<tr>
<td>RL</td>
<td>rank leader</td>
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<td>RPL</td>
<td>reconditioning program leader</td>
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<td>ROM</td>
<td>range of motion</td>
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<td>S</td>
<td>Soldier</td>
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<td>SD</td>
<td>Stretch Drill</td>
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<td>SL</td>
<td>squad leader</td>
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<tr>
<td>STM</td>
<td>strength training machine</td>
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</tbody>
</table>
Glossary

STM 1  Strength Training Machine Drill 1
STM 2  Strength Training Machine Drill 2
STM 3A Strength Training Machine Drill 3A
STM 3B Strength Training Machine Drill 3B
SU    sit-up
TTPU training program unit
TRADOC Training and Doctrine Command
USAR  United States Army Reserve
WTBDs warrior tasks and battle drills
WTRP  warrior training rehabilitation program
2-MR  two-mile run
30:60s 30-second sprint/60-second walk
60:120s 60-second sprint/120-second walk
300-YD SR 300-yard shuttle run

SECTION II — TERMS

Ability Group Run (AGR) — AGRs train Soldiers in groups of near or equal ability to sustain running for improvement in aerobic endurance. Based on their 1-mile run time from the 1-1-1 Physical Fitness Assessment specified in Chapter 15 of this manual, Soldiers are divided into four or more ability groups. Leaders should program these runs for specific lengths of time, not miles to be run.

AGR Route Markers — Split times placed each quarter mile along running route to ensure proper running pace for each ability group. Pace and split times are listed in Chapter 10 of this manual.

Activities — Address specific PRT goals in the areas of strength, endurance, and mobility. Activities make up a majority of the training time (30-60 minutes).

Aerobic Endurance — The ability to sustain activity of low to moderate intensity for long duration.

After-Action Review (AAR) — A method of providing feedback to units by involving participants in the training diagnostic process to increase and reinforce learning. The AAR leader guides participants in identifying PRT deficiencies and seeking solutions.

Agility — The ability to stop, start, change direction, and efficiently change body position.

Alternate Aerobic Events — Alternate aerobic events for the 2-mile run are provided Soldiers on permanent medical profile or temporary medical profiles of long duration (greater than 90 days). Events include the 2.5-mile walk, the 800-yard swim, and the 6.2-mile cycle ergometer or bicycle tests.
**Altitude Acclimatization** – Allows Soldiers to decrease their susceptibility to altitude illness and achieve optimal physical and cognitive performance for the altitude to which they are acclimatized.

**Anaerobic Endurance** – The ability to sustain activity of high intensity for short duration.

**ARFORGEN Model** – Army Force Generation (ARFORGEN) model comprised of modular brigades that enable the Army to provide a steady-state supply of trained, ready and cohesive forces for continuous full-spectrum operations. The Army generates operational ready brigades through a structured progression of training and mission preparation. Under ARFORGEN, a designated brigade increases readiness over time by moving through the Reset/Train, Ready and Available force stages of the operational readiness cycle.

**Army Domains** – The Army Training System focuses the Army’s training efforts in the training environment’s three domains: the **Operational Domain**, **Institutional Domain**, and **Self-development Domain**.

**Army Physical Fitness Test (APFT)** – Provides a measure of cardiorespiratory and upper and lower body muscular endurance. The APFT consists of push-ups, sit-ups, and a 2-mile run, in that order, on the same day. Following are activities related to the APFT:

- **Record Test** – The commander specifies before conduct of the APFT that the results are for record. All events must be completed within 2 hours from the start of the Push-up Event, to the completion of the 2-mile Run, or alternate aerobic event. Record APFT scores will be annotated on DA Form 705, APFT Scorecard.
- **Diagnostic APFT** – This is a NON-AUTHORIZED term. The correct term for APFTs that are not conducted for record is “PRACTICE APFT” IAW AR 350-1, Army Training and Leader Development.
- **Test Procedures** – Conduct of the APFT and all events are specified in Chapter 14 of this manual.
- **APFT Failure** – Soldiers that fail to attain a score of at least 60 points in each test event (180 total points) is considered an APFT failure when performing all three events (push-ups, sit-ups and 2-mile run). Soldiers unable to perform push-ups, sit-ups and/or the 2-mile run who attain a score less than 60 points on the event(s) performed, or receive a “NO GO” on the alternate event, are also considered APFT failures. Soldiers in BCT who fail to attain a score of at least 50 points in each test event (150 total points) are considered an APFT failure.
- **APFT Alternate Event Scoring** – Alternate aerobic events are for Soldiers on permanent profiles that prevent them from performing the 2-mile Run event. Soldiers with temporary profiles of long duration (more than three months) may take an alternate test if approved by the commander and health care personnel. Soldiers performing alternate events receive either a “GO” or “NO GO” score. NO POINTS ARE AWARDED ON THE DA FORM 705 FOR ALTERNATE EVENT SCORES.
- **Support Personnel** – Road guards, a support vehicle, and emergency medical service (EMS) should be made available to ensure safe and efficient conduct of the APFT.

**Army Physical Fitness Training Program (APFT)** – The APFT program outlines guidance for the conduct of physical training. The objective is to enhance combat readiness by developing and sustaining a high level of physical fitness in Soldiers.

**Army Training Management Cycle** – The cyclic process of managing and executing training used by Army leaders to identify training requirements and sequentially plan, resource, execute, and evaluate training.

**Army Water Survival Training (AWST)** – The purpose of AWST is to assist commanders and PRT leaders in determining the water survival ability level of their Soldiers and train them in basic drownproofing. This training is comprised of two levels of classification: Basic Survival Swimmer and Combat Survival Swimmer. Qualifications and training procedures are specified in Chapters 13 and 16 in this manual.

**Army Weight Control Program (AWCP)** – The objective of the AWCP is to maintain appropriate body composition standards. The POC for AWCP issues is the Army G1.
Axis of Rotation – The axis of rotation of a joint or series of joints (spine) that is the fulcrum for movement.

Balance – The ability to maintain equilibrium. It is an essential component of movement. External forces such as gravity and momentum act on the body at any given time. Sensing these forces and responding appropriately leads to quality movements.

Band of Excellence – A range of proficiency in which a unit is capable of executing its critical wartime tasks with minimal refresher training. This is accomplished through the use of appropriate critical task training repetitions.

Battle Focused Training – Concept used to derive peacetime training requirements from assigned and anticipated missions.

SECTION III — BODY MECHANICS

Body Mechanics – Body mechanics (posture in motion) is the ability to control body movement. Many discussions of posture are limited to static positions such as sitting and standing. Just as good posture requires balanced alignment of the body, so does exercise. Good posture during movement is imperative to efficiency and injury control. When body mechanics are poor, exercise serves little purpose and may do more harm than good. The activities in the PRT system were designed to reinforce proper body mechanics.

Climbing Bars – X-shaped configuration of high bars used to facilitate the conduct of the climbing drills 1 and 2. The dimensions/specifications for construction of climbing bars are specified in Appendix B of this manual.

Cold Injuries – There are two classifications of cold injuries: frostbite (tissue damage) and hypothermia (low core temperature). Cold injuries result from prolonged exposure and/or loss of core temperature. Soldiers who become wet or are submerged in water while exposed to lower temperatures and/or high wind chill are susceptible to cold injuries.

Combat Water Survival Test (CWST) – Utilized to assess the Soldier’s ability to safely function in a water environment.

Commands – Two types used during the conduct of PRT.
- Preparatory Command – Describes and specifies what is required. All preparatory commands are given with a rising inflection.
- Command of Execution – Calls into action what has been prescribed. The interval between the preparatory command and the command of execution is long enough to permit the Soldier to understand the first one before the second one is given.

Common Military Training (CMT) – Training that consists of HQDA selected general subject areas that Soldiers and DA Civilians must be proficient in to perform satisfactorily in a military organization. CMT subjects include: Weapons Qualification, Physical Fitness, Combatives, First Aid, and Antiterrorism.

Conditioning Obstacle Course – Course consisting of low obstacles that negotiate quickly. Running the course challenges the Soldiers’ basic motor skills and physical condition. Conditioning obstacle courses are typically not standardized due to varying topographical conditions. However, individual course obstacles are standardized for construction and negotiation.

Confidence Obstacle Course – Course with higher and more difficult obstacles than the conditioning obstacle course. The confidence obstacle course challenges a Soldier’s strength, endurance, and mobility while instilling self-confidence and promoting teamwork. Obstacles vary in difficulty with some very high obstacles. Safety nets and crash pads are mandatory for injury risk reduction. Negotiation of the confidence obstacle course is never done for a time/speed record. Confidence obstacle courses are arranged by quadrant. Negotiation becomes
more difficult, beginning with the Black Quadrant, followed by the Blue Quadrant, White Quadrant, and Red Quadrant.

**Coordination** – The ability to perform multiple tasks. Coordination of arm, leg, and trunk movements is essential in the performance of WTBDs.

**Counting Cadence** – Counting cadence during exercise ensures that exercises are performed at the appropriate speed. PRT exercises that are performed to cadence are either 2 – Count, 4 – Count, 8 – Count or 12 – Count. Instruction on counting cadence is specified in Chapter 7 of this manual.

**Dehydration** – The depletion of water in the body’s tissues, usually occurring in hot environments through profuse sweating and urination.

**Demonstrator** – Assists the PRT leader by performing exercise activities while the PRT leader explains the fine points of the exercise/activity.

**Drills** – Organized sequence of exercises/activities that focus on development and improvement of one or more components of physical readiness.

**Duration** – The length of time a PRT exercise/activity is performed.

**Elliptical Cross Trainer** – Endurance training machine that simulates walking/running stride and arm movement simultaneously for an aerobic endurance training effect.

**Endurance** – The ability to sustain activity, including both aerobic and anaerobic endurance.

**Endurance Training Machines (ETM)** – Variety of stationary machines used to improve both aerobic and anaerobic endurance that include: the treadmill, cycle ergometers, stair steppers and elliptical trainers.

**Extended Rectangular Formation** – The Army’s traditional formation utilized for the conduct of PRT activities.

**Extended Scale Scores** – Extended scoring on the APFT is NO LONGER AUTHORIZED. The maximum score that can be attained on the APFT is 300 points.

**Flexibility** – Range of movement at a joint and its surrounding muscles.

**Fighting Load** – Load carried when enemy contact is expected and consists of: ACUs, boots, MICH, IBA, load-bearing equipment, weapon, bayonet and ammunition. IAW FM 21-18, fighting load should not exceed 48 pounds or 30 percent of the Soldier’s body weight.

**Foot March** – The movement component of maneuver where Soldiers move by foot, under load. Types include: Limited Visibility/Road, Limited Visibility/Cross-Country, Day/Road and Day/Cross-Country. Rate of march for each foot march type and foot march procedures as a PRT activity are found in Chapter 11 in this manual.

**Grips** – Hand placement (Grips) used for grasping barbells, dumbbells, climbing bars, STMs and obstacles are important to safety and maximizing performance. The following grips are explained in Chapter 9 of this manual: Supinated, Pronated, Neutral, Alternatives, Closer, Hook, and Open.

**Goal** – Desired end states to be achieved and are usually subjective in nature.

**Heat Acclimatization** – Allows for those specific adaptations that aid in the reduction of physiological stress, improves physical work capability in the heat and builds Soldier confidence.

**Hill Repeats** – Hill running that is usually performed as a form of speed running with resistance. Work to rest ratio varies from the length and incline of the hill and type of running surface.

**Hyponatremia** – A heat injury condition that is usually a result of over hydration and the dilution of electrolytes. Symptoms are similar to heat stroke. Condition is a medical emergency.

**Initial Military Training (IMT)** – Training that provides an orderly transition from civilian to military life. IMT includes all IET for both officers (BOLC I and BOLC II) and enlisted (BCT/OSUT and AIT) Soldiers.

**Injury Control** – Process that ensures Soldiers are trained with precision, progression, and integration of exercises and activities to safely attain performance goals.

**Intensity** – Intensity is inversely related to the duration of an exercise activity. Term refers to how hard the workload is for a given bout of exercise.

**Leadership** – The influencing of people by providing purpose, direction, and motivation while operating to accomplish the mission and improve the organization.

**Mat** – Exercise mats (not sleeping mats) may be used during PRT and APFT performance. However, when performing the push-up and/or sit-up events on the APFT, the mat must be large enough that the Soldier’s entire body is on the mat throughout the event.

**Medical Profile** – A written record of a Soldier’s physical limitations due to injury, illness, or medical condition. There are two types of profiles: Temporary Medical Profile, and Permanent Medical Profile. Two types of profile forms are used in PRT to ensure the PRT leader adjusts training appropriately to safely accommodate Soldier deficiencies and limitations: IET Physical Profile Form; and PRT Physical Profile Form.

**Mission** – The commander’s expression of what the unit must accomplish and for what purpose. The primary task assigned to a unit, individual or force.

**Mission Essential Task List (METL)** – Compilation of collective mission essential tasks an organization must perform successfully to accomplish its wartime mission(s).

**Mission Training Plan (MTP)** – Descriptive doctrinal training document that provides units a clear description of “what” and “how” to train to achieve wartime mission proficiencies.

**Mobility** – Movement proficiency; the functional application of strength and endurance.

**Nutrition** – The study of food eaten and how it affects body function.

**Over Hydration** – The intake of water/fluids far beyond what is needed for replenishment that may lead to the dilution of nutrients and electrolytes, causing hyponatremia.

**Over-Use Injury** – Injury caused by too much too soon, or too much repetitive over use.

**Performance-Oriented Training** – Performance-oriented training tasks, conditions, and standards based on warrior task and battle drills (WTBDs) proficiency required to perform missions during duty and wartime conditions.

**Physical Readiness** – The ability to meet the physical demands of any combat or duty position, accomplish the mission, and continue to fight and win.
Physical Readiness Training (PRT) Components – Three components of Strength (overcoming resistance), Endurance (sustaining activity), and Mobility (movement proficiency).

Posture – Any position in which the body resides (body alignment). May be referred to as Static (still) or Dynamic (moving). Common static postures performed daily are: Upright (standing), Flexed (sitting or bent forward), and Horizontal (lying down). Uncommon postures that may be performed to compensate for continued positioning of the body in common postures are: Extended (bending backward), Brachiation (hanging by the limbs), and Inversion (upside down).

Power – The product of strength and speed.

Preparation – Activities that ready Soldiers for PRT activities. Preparation objectives are: to increase body temperature and heart rate, increase pliability of joints and muscles, and increase responsiveness of nerves and muscles.

Principles of PRT – Over-arching PRT principles of Precision, Progression, and Integration. These principles ensure that all PRT sessions, activities, drills, and exercises are performed correctly within the appropriate intensity and duration for optimal conditioning and injury control.

Pregnancy/Post-Partum Physical Training (PPPT) – Standardized training program for Soldiers during and after pregnancy to maintain and regain levels of physical readiness.

PRT Cadence – Count that ensures PRT exercises are performed at the appropriate speed. Cadence speed is described as SLOW (50 Counts Per Minute) or Moderate (80 Counts Per Minute).

Reconditioning Program – Program designed to restore a level physical readiness that enables Soldiers to successfully re-enter unit PRT after an injury, illness, or other medical condition. Reconditioning is conducted on two levels: Level I Reconditioning (gym-based), and Level II Reconditioning (modified PRT preparation for return to duty). Specific transition criteria must be met for entry/exit at each level and return to duty.

Recovery – The purpose of recovery is to gradually bring the body back to its pre-exercise state. Benefits of performing the recovery drill exercises upon completion of PRT activities are to gradually slow the heart rate, prevent pooling of blood in the lower extremities, and increase range of motion and stability to increase performance. Recovery continues after the completion of the PRT session with proper hydration, nutrition and rest.

Reserve Component (RC) – Individuals and units assigned to the Army National Guard or U.S. Army Reserve who are not in active service, but are subject to active duty.

Resistance Training – Training that consists of exercises and activities performed under load with a focus on developing muscular strength and endurance. Exercises include the use of: calisthenics, climbing bars, dumbbells, logs, barbells, strength training machines, rubber tubing, medicine balls, and load-bearing equipment. Resistance training sessions are prescribed as repetitions and sets. A repetition is the number of times an exercise is performed. A set is number of repetitions performed before stopping to rest. The following are recommended numbers of repetitions (reps) and sets for various resistance training goals:

- Resistance Training Reps Repetition(s)
  - Muscular Strength < 6 reps
  - Muscular Power 3 – 5 reps
  - Muscular Endurance > 12 reps
  - General Strength/Endurance 10 reps
- Resistance Training Sets
  - Muscular Strength 2-6 sets
  - Muscular Power 3-5 sets
  - Muscular Endurance 2-3 sets
  - General Strength/Endurance 1-3 sets

Running Pace – Speed over the distance traveled.

Speed – Rate of running movement determined by length of stride and foot turnover.
**Speed Running** – Fast running pace that improves anaerobic and aerobic performance. Speed running activities include: 30:60s, 60:120s, 300-yard Shuttle Run, and Hill Repeats. Intensity may be gauged by overall running time and/or the ratio between the intervals of Work and Recovery.

**Spotting** – Exercise hands-on assistance used to ensure safety, proper form, and completion of a repetition(s) once a Soldier becomes fatigued. Spotting is important in the conduct of the following PRT activities: Conditioning Drills, Climbing Drills, and during the use of strength training equipment (barbells, dumbbells and strength training machines).

**Stability** – The ability to maintain or restore equilibrium when acted on by forces trying to displace it.

**Starting Positions** – Specific PRT exercise starting positions that include: The Squat, Front Leaning Rest, Six Point Stance, Straddle Stance, Forward Leaning Stance, Prone Position, and Supine Position.

**Strength** – The ability to overcome resistance. Strength runs a continuum between muscular strength (maximal or near maximal effort to overcome resistance) and muscular endurance (continued moderate effort to overcome resistance).

**Strength Training Machines (STMs)** – Exercise machines that provide resistance for strength development in many different forms. Types include, plate-loaded, selectorized, and pneumatic/electronic that have unilateral and bilateral operation with various motion positions.

**Sustained Running** – Running that conditions PRT Soldiers to improve aerobic endurance (stamina) moving their body continuously over a variety of terrain and distances. Best conducted according to time, not prescribed distance.

**Terrain Running** – Running that conditions Soldiers to develop mobility and motor skills to move through and around areas with various running surfaces and obstacles. Performed in ACUs and boots (including IBA, MICH and/or weapon).

**Training Phases** – Three PRT phases: Initial Conditioning (Future Soldier), Toughening (IMT), and Sustaining (operational Army).

**Types of PRT** – Three types: On-Ground (calisthenics), Off-Ground (jumping and climbing), and Combatives (long, medium, and close range).

**Warrior Tasks and Battle Drills (WTBDs)** – Drill skills taught in Basic Combat Training or One Station Unit Training that equip Soldiers to survive in combat. WTBDs are the foundation of Soldier training and performance.

A Warrior Task is an individual Soldier skill. These particular skills are deemed critical to Soldier survival. Examples include weapons training, tactical communications, urban operations, and first aid.

- **Battle Drills** are group skills designed to teach a unit to react and survive in common combat situations. Examples include react to ambush, react to chemical attack, and evacuate injured personnel from a vehicle.

**2-Minute Buoyancy Test** – Test that determines Soldiers swimming ability (swimmers or no-swimmers). Soldiers are placed in deep water (9 feet or deeper) and directed to tread water successfully to stay afloat. Swimmers stay afloat for 2 minutes with no signs of distress or panic. Nonswimmers receive specialized training.

**4 For the Core** – Sequence of trunk exercises that develop the foundational strength and stability needed to perform powerful movements without injury. Exercises include: The Bent-Leg Raise, The Side Bridge, The Back Bridge, and The Quadruplex.
References

This list of publications are cited in this manual for further instruction pertaining to this manual. Changes to these publications and current publication dates can be found in DA Pam 25-30.

FIELD MANUALS

ARMY REGULATIONS
AR 600-9, The Army Weight Control Program. 27 November 2006.
AR 350-1, Army Training and Leader Development. 13 January 2006.

DA FORMS

OTHER CITED SOURCES
By Order of the Secretary of the Army:

GEORGE. W. CASEY, JR.
General, United States Army
Chief of Staff

Official:

JOYCE E. MORROW
Administrative Assistant to the Secretary of the Army
0605401

DISTRIBUTION:
Active Army, Army National Guard, and U. S. Army Reserve: To be distributed in accordance with initial distribution number 110165, requirements for FM 21-20.