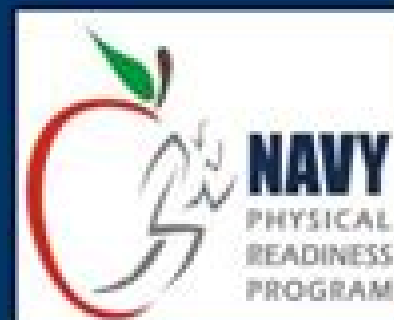
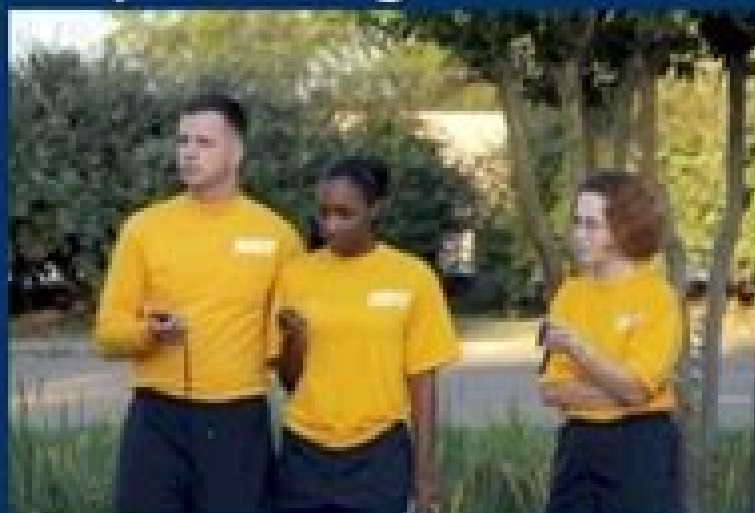




Physical Readiness Test (PRT)

Physical Readiness Program Operating Guide 5



Physical Readiness Program Operating Guide

**United States. Department of the
Army**

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Physical Readiness Program Operating Guide:

U.S. Army Physical Readiness Training Manual U.S. Department of the Army, 2012-01-05 Soldier or civilian if you are looking to get into shape the U S Army Physical Readiness Training Manual book is the sure fire way to go The official fitness and physical readiness guide of the U S Army TC 3 22 20 helps anyone to engage in a rigorous rewarding regime of physical training Divided into three sections the book incorporates the philosophy behind the Army s training the types of programs and planning considerations to guide the reader s own personal training agenda and the exercises themselves Whether you need to be Army Strong or are just looking to lose that extra holiday weight the U S Army Physical Readiness Training Manual is the book for you *Army Physical Readiness Training Manual* Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training s fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit s training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more

than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the totalweight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude

Assessing Readiness in Military Women Committee on Body Composition, Nutrition, and Health of Military Women, Food and Nutrition Board, Institute of Medicine, 1998-01-15 U S military personnel are required to adhere to standards of body composition fitness and appearance to achieve and maintain readiness that is the maintenance of optimum health and performance so they are ready for deployment at any moment In 1992 the Committee on Military Nutrition Research reviewed the existing standards and found among other things that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks This report addresses that conflict and reviews and makes recommendations about current policies governing body composition and fitness as well as postpartum return to duty standards Military Recommended Dietary Allowances and physical activity and nutritional practices of military women to determine their individual and collective impact on the health fitness and readiness of active duty women

Command Fitness Coordinator Orientation Manual, 1991 *Body Composition and Physical Performance* Institute of Medicine, Committee on Military Nutrition Research, 1992-02-01 This book surveys the entire field of body composition as it relates to performance It includes a clear definition of terminology and a discussion of the various methods for measuring body composition The authored papers represent a state of the art review of this controversial field and address questions such as What is a better measure of body composition body fat or lean body mass Does being overweight for one s height really affect performance The book also addresses the issue of physical appearance

as it relates to body fatness and performance It includes an in depth discussion of many of the topics of interest to those involved in sports medicine and exercise physiology *Manuals Combined: U.S. Army Special Forces And Navy Operational Obstetrics & Gynecology With Physical Exam Techniques* , Over 4 000 total pages Just a SAMPLE of the Contents
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Field Manuals United States. War Department,1980 **FM 7-22 Army Physical Readiness Training** Headquarters Department of the Army,2017-08-27 Field Manual 7 22 encompasses the US Army Physical Readiness Training program in its entirety This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT Physical Readiness Training at the Squad Company Battery Troop and higher levels This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series *Health and Physical Readiness* ,1987

Resources in Education ,1981 Career Compass, Second Edition Douglas H. Rau,2025-10-01 Since the release of the first edition of Career Compass more than two decades ago the landscape of a Navy officer s career has transformed significantly adapting to societal changes while upholding the Navy s core values of service and excellence This fully revised second edition offers updated insights into the evolving culture communication strategies career opportunities and management practices all while reinforcing the enduring importance of exceptional performance This new edition includes crucial updates on mentoring graduate education sea shore rotations Washington duty fitness reports and career planning tools including strategies for engaging with community detailers It highlights the principles that will keep every officer from midshipman to admiral eligible and competitive for promotion and command while also remaining competent and capable of performing the necessary duties supporting the requirements of naval service Drawing on more than twenty years of experience mentoring midshipmen and junior officers author Douglas H Rau presents this guide as a vital resource for aspiring officers looking to navigate their Navy careers with purpose foresight and success **U.S. Army Leadership Handbook** U.S. Department of the Army,2012-02-21 What does it take to lead an army in battle What does it take to win Competent leaders of character are essential for the Army to meet the challenges in the dangerous and complex security

environment we face today The U S Army Leadership Handbook FM 6 22 is the Army s flagship field manual on leadership It establishes leadership doctrine and fundamental principles for all officers noncommissioned officers and Army civilians across all components using the BE KNOW DO concept It is critical that Army leaders be agile multiskilled athletes who have strong moral character broad knowledge and keen intellect Leaders military and civilian alike must set the example teach and mentor and this manual provides the principles concepts and training to accomplish this important task Filled with leadership principles crucial to the U S military and equally applicable to leaders in any walk of life this up to date manual from the Army will teach all leaders everything they need to know *Instructor's Guide* Naval Education and Training Program Management Support Activity (U.S.),1989 **Educational Services Officer** Bruce E. Hewitt,1989 The Educational Services Officer NAVEDTRA 10460 A and the nonresident training course NRTC NAVEDTRA 80460 A form a self study training package covering the knowledge required of the men and women of the U S Navy and Naval Reserve preparing to serve as an educational services officer Designed for individual study rather than formal classroom instruction the training manual TRAMAN provides subject matter on various educational programs and benefits and the Navy advancement system **Instructor's Guide** ,1989 **US Army Chemical School and US Army Military Police School Relocation to Fort Leonard Wood (FLW) from Fort McClellan** ,1997 Marine Battle Skills Training Handbook ,1995 *Field Radio Repairer* United States. Department of the Army,1980 **Multichannel Communications Equipment Operator** United States. Department of the Army,1980

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