

Crawl under  
pool noodles

Hop in  
a sack

Push/jump on  
a yoga ball

Run through  
ladder

Jump on mini  
trampoline

Somersault/cartwheel  
on gym mat

Balance on  
step stones



# Obstacle Course Field Manual

**Ying Liu**



## **Obstacle Course Field Manual:**

**U.S. Army Zombie Training Manual** Department of the Army, 2012-10-02 When a zombie is taken prisoner by the Army it need not be uselessly destroyed In fact just as our Army trains dogs for combat roles it has a program to train the captured Undead for combat roles No zombie that our Army can capture will go unutilized This is our Army's No Zombie Left Behind policy The manual in your hands is the Department of Defense's principal source of information on care conditioning training and operations of our Army's Working Zombies such as Blech the brave zombie who served in a capacity similar to that of his canine comrade Cairo in the raid that killed Bin Laden From basics such as HEEL and STAY to negotiating obstacle courses to tracking searching attacking and even zombies working undercover in the real world this manual shows readers how our military trains zombies to be soldier zombies Illustrations depict the dos and don'ts of zombie care training and operations Contents include Zombie Veterinary Training Priorities Principles of Conditioning and Behavior Modification Patrol Zombie Training Clear Signals Training Method Deferred Final Response Detector Zombie Training Validation The Military Working Zombie Program MWZ Program Facilities and Equipment And more *Field Manual* United States. Department of the Army, 1946

**Basic Field Manual** United States. War Department, 1943

**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 Appendix Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub U.S. Army Physical Readiness Training Manual U.S. Department of the Army, 2012-01-14 Time tested physical training from the U S Army now available to *Staff Officers' Field Manual* United States. Department of the Army, 1968 FM 101-1 Staff Officers' Field Manual The G1 Manual United States. Army, 2018-09-30 FM 101-1 Staff Officers Field Manual The G1 Manual 1955 07 19 This Staff Officers Field Manual is a compilation of principles procedures and techniques to be used as a guide for the Assistant Chief of Staff G 1 at echelons below the Department of the Army It is supplementary to FM 100-10 and FM 101-5 Digitized by AHEC Manuals Combined: FIELD MANUAL FM 22-6 GUARD DUTY, FM 21-18 FOOT MARCHES, FM 21-60 VISUAL SIGNALS & FM 21-10 FIELD HYGIENE AND SANITATION , Purpose and Scope a This manual is for personnel concerned with the organization and functions of interior and exterior guard It includes orders countersigns parole words and responsibility of the main guard including duties of personnel and methods of mounting the guard The manual also discusses the duties and composition of special guards b As this manual is a guide and as all possible situations and eventualities cannot be foreseen or covered by

the manual great reliance must be placed upon the application of sound judgment and common sense by all members of a guard and by all security personnel In situations not covered by this manual and where doubt arises as to the proper action to be taken the individual must consider his mission and apply sound judgment in making the required decision s

**PREFACE**

This manual is a guide for commanders and their staffs in the procedures and techniques of foot marches It describes the march mission characteristics and types of foot marches and march training to include planning procedures duties of commanders march discipline march hygiene and march safety The material herein applies to all levels of conflict without modification General Visual signals are any means of communication that require sight and can be used to transmit prearranged messages rapidly over short distances This includes the devices and means used for the recognition and identification of friendly forces

**PREFACE**

The purpose of this publication is to assist individual service members unit commanders unit leaders and field sanitation teams FSTs in preventing disease and nonbattle injury DNBI The publication provides information on preventive medicine measures PMM for the individual service member as well as essential information for the unit commander unit leaders and the FST on applying unit level PMM When a problem exists beyond unit capabilities the brigade or division preventive medicine PVNTMED section or corps PVNTMED detachments should be called upon to assist in countering the threat

**The Official U.S. Army Tactics Field Manual** Department of the Army, 2020-05-01

Tactics is the art and science of employing all available means to win battles and engagements Specifically it comprises the actions taken by a commander to arrange units and activities in relation to each other and the enemy Filled with diagrams of attack plans defensive strategies and troop movements U S Army Tactics Field Manual is the playbook the U S Army uses to employ available means to win in combat This book provides combat tested concepts and ideas modified to exploit emerging Army and joint capabilities This book focuses on the organization of forces minimum essential control measures and general planning preparation and execution considerations for each type and form of combat operation It is the common reference for all students of the tactical art both in the field and the Army school system

The Art of Tactics  
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Reconnaissance Operations  
Troop Movement  
Relief in Place  
Passage of Lines

**Manual of Physical Training, 1931**

Great Britain. War Office, 1931

ACFT Army Combat Fitness Test For Dummies Angie Papple Johnston, 2021-01-20

The best standalone resource for the Army Combat Fitness Test As the Army prepares to shift to the new Army Combat Fitness Test ACFT from the Army Physical Fitness Test hundreds of thousands of new and current servicemembers will have to pass a more rigorous and demanding set of physical events to prove they have what it takes to meet the physical demands of an army job Utilizing the accessible and simple approach that has made the For Dummies series famous the world over ACFT For Dummies is packed with everything you need to train for and ultimately crush the ACFT Topics include An overview of

the test including how it fits into your army role How the test is administered location equipment etc Instructions on how to perform each of the six events How the ACFT is scored Training for the ACFT on your own time The importance of recovery including essential stretches How to build your own workout routine Videos for each of the six events with tips for how to train for them The ACFT For Dummies prepares readers to tackle the new tougher Army fitness test with practical examples and concrete strategies that will push each servicemember to new heights

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Field Manual No.1-111: Aviation Brigades , Field Physical Training of the Soldier United States. War Dept,1917

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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 total weight 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

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