

## STRETCH

Arm + Shoulder

Overhead Arm Pull

Shoulder Rotations

Chest Back

Chest Front

Upper Back

Full Extension

Side Stretch

Hamstring-V

Groin

Hamstring -Line

Lower Back

Thigh

Calf 1 + 2

4 for the Core

Bent Leg Raise

Side Bridge

Back Bridge

Quadruplex

(Plus 1) Plank

Recovery Drill

Overhead Arm Pull

Rear Lunge

Extended Flex

Thigh Stretch

Single Leg Over

## ARMY PHYSICAL READINESS TRAINING REFERENCE SHEET

### Hip Stability Drill

Lateral Leg Raise

Medial Leg Raise

Single Leg Tuck

Single Leg Over

### Shoulder Stability Drill

I – Raise

T – Raise

Y – Raise

L – Raise

W – Raise

### Preparation Drill

Bend and Reach

Rear Lunge

High Jumper

Rower

Squat Bender

Windmill

Forward Lunge

Prone Row

Bent Leg Body Twist

Push Up

### Conditioning Drill #1

Power Jump

V-UP

Mountain Climber

Leg Tuck + Twist

Single Leg Push Up

### Conditioning Drill #2

Turn + Lunge

Supine Bicycle

Side Straddle Hops

Swimmer

8 Count Push Up

### Conditioning Drill #3

Y Squat

Single Leg Dead Lift

Side to Side Knee Lifts

Front Kick Alternate Toe Touch

Tuck Jump

Straddle Run (FWD/Back)

Half Squat Laterals

Frog Jumps (FWD/Back)

Alt Turn Jump

Alt Staggered Squat Jump

FM 7-22

## Running

30-60s

60-120s

Warrior Run

1 Mile Run

2 Mile Run

Stairs

### Military Movement Drill #1

Verticals

Laterals

300 Yard Shuttle Sprint

### Military Movement Drill #2

Power Skip

Cross Overs

Crouch Run

### Other Drills

Push Up Improve

Curl Up Improve

Pull Up Improve

Circuits

PREs: Partner

Resistance

Exercises

# Prt Army Study Guide

**William Swan Sonnenschein**



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## **Table of Contents Prt Army Study Guide**

1. Understanding the eBook Prt Army Study Guide
  - The Rise of Digital Reading Prt Army Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Prt Army Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Prt Army Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Prt Army Study Guide
  - Personalized Recommendations
  - Prt Army Study Guide User Reviews and Ratings
  - Prt Army Study Guide and Bestseller Lists
5. Accessing Prt Army Study Guide Free and Paid eBooks

- Prt Army Study Guide Public Domain eBooks
- Prt Army Study Guide eBook Subscription Services
- Prt Army Study Guide Budget-Friendly Options
- 6. Navigating Prt Army Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Prt Army Study Guide Compatibility with Devices
  - Prt Army Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Prt Army Study Guide
  - Highlighting and Note-Taking Prt Army Study Guide
  - Interactive Elements Prt Army Study Guide
- 8. Staying Engaged with Prt Army Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Prt Army Study Guide
- 9. Balancing eBooks and Physical Books Prt Army Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Prt Army Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Prt Army Study Guide
  - Setting Reading Goals Prt Army Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Prt Army Study Guide
  - Fact-Checking eBook Content of Prt Army Study Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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