

DEPLOYED PRT-COLLECTIVE

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 30:60s (10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)
Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 3 (10 reps), PSD (4 x 30 sec) CL 2 (5-10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 300-yd SR (3 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 1&2 (10 reps ea) CL 1 (10 reps) or other strength training modalities Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) MMD 1&2 (1 rep ea) 30:60s (10 reps) Recovery: RD (30 sec)	Preparation: PD (10 reps) Activities: (ACUs, Boots, IOTV) GD (1 rep) CD 3 (10 reps) PSD (4 x 30 sec) CL 2 (5-10 reps) or other strength training modalities Recovery: RD (30 sec)

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TD Snyder



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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 *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 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 **Technical Report** ,1979

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 *Civil-Military Cooperation in Post-Conflict Operations* Christopher Ankersen,2007-09-28 Civil Military Cooperation CIMIC is the relationship between militaries and humanitarians This book demonstrates the wide variety of national approaches to CIMIC activities introducing some theoretical and ethical considerations into a field that has largely been bereft of this type of debate **How to Achieve Defence Cooperation in Europe?** Bence Nemeth,2022-05-23 This timely analysis of security in Europe identifies the factors that enable and hinder the creation of networks of defence cooperation across the continent Going beyond regional arrangements established by NATO and the European Union this book considers the subregional level by focusing on bilateral and minilateral defence collaborations It provides a new conceptual framework to assess the rationales leadership and the complex dynamics within these alliances and highlights how they shape and interact with NATO and EU initiatives *Department of Defense Appropriations, S. Hrg. 111-688, Fiscal Year 2011, 111-2, ** ,2010 **Department of Defense Appropriations for Fiscal Year ...** United States. Congress. Senate. Committee on Appropriations. Subcommittee on Department of Defense,2010 *Armor* ,2010

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