

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

Army Study Guide Prt

Bob Huxford, Sharon Huxford



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Military Review ,2014 Monthly Catalog of United States Government Publications ,1989 Professional Journal of the United States Army ,2014 **Government-wide Index to Federal Research & Development Reports** ,1965

Scientific and Technical Aerospace Reports ,1985 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database *Reverse Acronyms, Initialisms & Abbreviations Dictionary* Mary Rose Bonk,Pamela Dear,1999 *The Human in Command* Carol McCann,Ross Pigeau,2012-12-06 MAJOR GENERAL M K JEFFERY Command and mdeed the human in command has always been key to military operations The complexlty and tempo of modern operations make this statement even more true today than in the past However both the military and the research 2 communities have tended to treat command and control C from a limited per spective For too long command and control have been considered as if they were a single concept with control often dominatmg our study Indeed in many 2 cases we have divorced operational C from the military institution itself resulting in disconnects and inefficiencies Then in an attempt to overcome these self inflicted deficiencies we have pursued the Holy Grail of technology hoping that it 2 would solve our C problems Only now as we start to realize technology s costs 2 and limitations are we looking critically at C This book attempts to take such a look The contributions that make up this book are the product of a June 1998 NATO North Atlantic Treaty Organization workshop called The Human m Command Far from being purely an academIc exercise this gathenng brought together mill 2 tary leaders and civilian scientists to discuss C s central pragmatic and conceptual issues its assumptions its practices and its organization Indeed in recent years there has been mounting evidence that both our society and Its military institutions are facing organizational crises Monthly Catalog of United States Government Publications, Cumulative Index United States. Superintendent of Documents,1970 **Huxford's Old Book Value Guide** Bob

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