

Tradoc Standardized Physical Training Guide

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TRADOC Standardized Physical Training Guide. Pre-BCT 5 November 2003. This page intentionally left blank. -2-. PREFACE The following information is provided for individuals preparing for the physical demands of initial military training (IMT). The staff of the U.S. Army Physical Fitness School (USAPFS) prepared this Standardized Physical Training Guide.

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Beginners should work for 2-4 weeks at loads of 40-50% of their body weight (ex: body weight = 170lbs; lift

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weight = 70-85lbs) or 25-50% of their 1 repetition maximum (1RM). Beginners should...

Army Combat Fitness Test Training Guide

Appendix A – TRADOC Standardized Physical Training Guide Pre-BCT, 05 November 2003. APPENDIX A. CONDITIONING DRILL ONE. Conditioning Drill 1. Exercise 1: The Bend and Reach. Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving ...

Conditioning Drill 1 (CD 1) (ArmyStudyGuide.com)

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Training and Doctrine Command (TRADOC) and is intended for use by U.S. Army Recruiters to assist future Soldiers. This guide was written in recognition that both the quality and quantity of physical activity recommended to the individuals using this guide is consistent with current physical activity recommendations for the general public.

ARMY POCKET PHYSICAL TRAINING GUIDE - goarmy.com

TRADOC Standardized Physical Training Guide. Nov 5, 2003 ... the Army's physical fitness needs, and providing training support to soldiers and units. This guide was prepared by a special team of individuals with representative expertise in physiology, physical fitness, and Flexibility training is included as part of the warm-up and cool-down.

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