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Master Fitness

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TRADOC NOW! The
Army Combat
Fitness Test
Preparation Drill

The New Army
Combat Fitness
Test (ACFT) in
detail *The Navy
SEALs Workout*
How to Do a
Fitness Assessment
| Personal Training
Assessment |
Forms Included!

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~~U.S. Army (1967)~~

**US Marine Takes
on the US Navy**

Physical

Readiness Test

I took the US

Marine Physical

Fitness Test I took

~~the US Army~~

~~Fitness Test~~

~~Without Practice~~

How To Get In

Shape For Army

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BCT | For Fitness

Beginners

Bodybuilders try

the US Marine

Fitness Test

without practice

How Physical

Fitness

Empowers the

Mind - Jocko

Willink and Echo

Charles Physical

Therapy Exercise

s/Massage for

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Spondylosis and
stiff neck with
Dr. Jun Reyes PT
DPT**

5BX \"Five Basic
Exercises\"- Royal
Canadian Air Force
Training Film

(1959)*Soca Silver
Sneakers Class!* |

*Metro Physical
Therapy ACFT*

~~Overview Navy~~

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~~SEAL Fitness with
Stew Smith - FULL
VIDEO 1600 meter
running ka last 2
month ka fast
workout. P.E - 1~~

Advanced

Gymnastics and

Physical Fitness |

UNIT 3 - Aerobics

Exercise **How to**

Prepare for

National Guard

Basic Training -

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Recruit

Sustainment

Program Physical

Regime Which You

Should Follow

Before Getting Into

NDA, IMA, INA,

AFA, OTA | For

Beginners

Everyday Men Take

The FBI Fitness

Test What is

passing on the

ACFT Basic

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~~Training - Physical
Training U.S Marine
Tries The Army
Fitness Test
Without Practice~~

Commando

Workout ||

Commando Fitness

Club How To Pass

The Army's Combat

Fitness Test (HBO)

**I FAILED THE
ARMY FITNESS
TEST - ARMY PFT**

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*Army Talent
Management
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STANDARDIZED

PHYSICAL

TRAINING SESSION

A standardized
physical training
session consists of

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three essential elements: warm-up, activity, and cool-down. These elements are integrated to produce the desired training effect. More importantly, every standardized physical training session must have a specific purpose.

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preparing for the
physical demands
of initial military
training (IMT). The
staff of the U.S.
Army Physical
Fitness School
(USAPFS) prepared
this Standardized
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A standardized

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380-10: 10 Jul

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Safety: 385-1: 15

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Safety Program

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Pamphlets -

United States

Army Training

and ...

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

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

**Army Combat
Fitness Test
Training Guide**

Appendix A -
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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

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the spine and
extremities for
more vigorous
movements,
moving ...

**Conditioning Drill
1 (CD 1) (ArmySt
udyGuide.com)**

JOINT BASE
LANGLEY-EUSTIS,
Va. - U.S. Army
Training and
Doctrine Command

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is the Army's
generator for
critical and
fundamental
transformation.

This year TRADOC
has seized the
opportunity to
drive important
changes for the
future of how the
United States Army
acquires, trains
and develops the

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U.S. Army

Training and

Doctrine

Command

IET Standardized

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Physical Training

Guide The staff of

the U.S. Army

Physical Fitness

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School (USAPFS)

prepared this
Standardized
Physical Training Guide

Physical 30 or a
female and your
1-mile time was
slower than 10:30
on the 1-1-1

Physical Fitness
Assessment, begin
with this section.

When new runners
or runners of lower
fitness

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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

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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

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- goarmy.com**

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Guide. Nov 5, 2003

... the Army's
physical fitness
needs, and
providing training
support to soldiers
and units. This
guide was

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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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prt - Free**

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