

Training Aid – Refer to FM 7-22 for expanded training programs and additional exercises

Army Combat Fitness Test Training Guide



INTRODUCTION

The purpose of the Army Combat Fitness Test (ACFT) Training Guide is to provide exercises that will help Soldiers successfully prepare to take the ACFT. These specific exercises will help develop strength, endurance, and mobility using common strength training methods and Army doctrine.

The Army's current Physical Readiness Training doctrine, Field Manual 7-22 (October 2012), and the Army Physical Readiness Training application for smart devices (iOS and Android) can assist with more extensive workout information. Refer to Preparation Drill (PD), Hip Stability Drill (HSD), Shoulder Stability Drill (SSD), Four for the Core (4C), and Military Movement Drills (MMDs) for warm-up exercises and Recovery Drill (RD) in FM 7-22 for cool-down exercises. A copy of FM 7-22 can be found at: https://armypubs.army.mil/epsubs/DR_pubs/DR_a/pdf/web/ARN7938_FM%207-22%20INC%20C1%20Final.pdf

The exercises and drills in this guide can be conducted anywhere and are not resource intensive. When time or environmental constraints limit PRT sessions, this guide will provide potential modifications to individual and collective training.

Combat Athlete Blueprint Training Manual

Lauren Gardner



Combat Athlete Blueprint Training Manual:

Reviewing **Combat Athlete Blueprint Training Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Combat Athlete Blueprint Training Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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