

STRENGTH & MOBILITY DRILLS (SUSTAINING PHASE)

These activities are designed to improve functional strength, postural alignment and body mechanics as they relate to Soldiers' performance of Warrior Tasks and Battle Drills. Exercises should be done in order as prescribed. If additional reps are desired, the entire drill should be repeated.

Conditioning Drill 1

Basic and intermediate calisthenic exercises for foundational fitness.



Power Jump

5–100+ reps
moderate

V-Up

5–100+ reps
moderate

Mountain Climber

5–100+ reps
moderate

Leg Lock & Twist

5–100+ reps
moderate

Single Leg Push-Up

5–100+ reps
moderate

Conditioning Drill 2

Intermediate and advanced calisthenic exercises for total-body strength and endurance.



Tuck & Lunge

5–100+ reps
moderate

Serrape Bicycile

5–100+ reps
moderate

Half Jacks

5–100+ reps
moderate

Swimmer

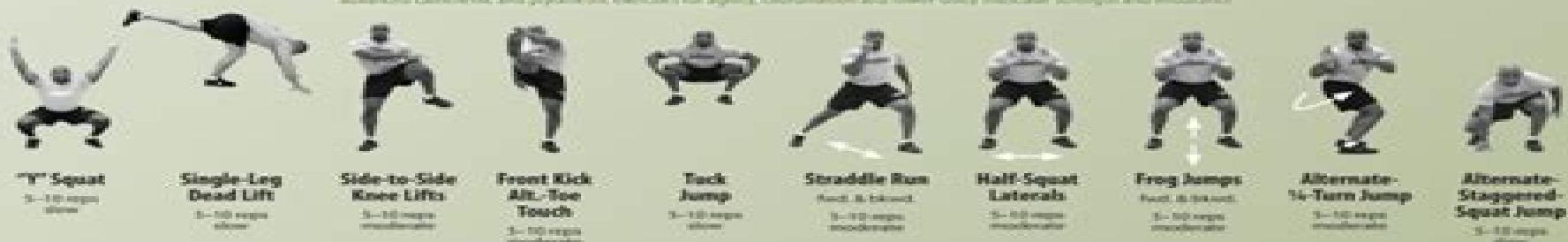
5–100+ reps
moderate

8-Count Push-Up

5–100+ reps
moderate

Conditioning Drill 3

Advanced calisthenic and plyometric exercises for agility, coordination, and lower-body muscular strength and endurance.



Y-Squat

5–100+ reps
moderate

Single-Leg Dead Lift

5–100+ reps
moderate

Side-to-Side Knee Lifts

5–100+ reps
moderate

Front Kick Alt-Toe Touch

5–100+ reps
moderate

Tuck Jump

5–100+ reps
moderate

Straddle Run

Front & Back

5–100+ reps
moderate

Half-Squat Laterals

5–100+ reps
moderate

Frog Jumps

Front & Back

5–100+ reps
moderate

Alternate-14-Turn Jump

5–100+ reps
moderate

Alternate-Staggered-Squat Jump

5–100+ reps
moderate

Climbing Drill 1

Improves upper-body strength using body weight only.



Straight-Arm Pull

5–100+ reps
moderate

Heel Hook

5–100+ reps
moderate

Pull-Up

5–100+ reps
moderate



Leg Tuck

5–100+ reps
moderate

Alt.-Grip Pull-Up

5–100+ reps
moderate

Climbing Drill 2

Prepares Soldiers for critical tasks under fighting load.



Flexed-Arm Hang

1 rep
Push for 3 sec

Heel Hook

5–100+ reps
moderate

Pull-Up

5–100+ reps
moderate

Climbing drills should be performed with spotters. The goal is for a Soldier to perform at least 5 reps without pain.



Leg Tuck

5–100+ reps
moderate

Alt.-Grip Pull-Up

5–100+ reps
moderate

Army Prt Cheat Sheet

U.S. Department of the Army

Army Prt Cheat Sheet:

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 [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 [Field Manual FM 7-22 Army Physical Readiness Training with Change 1 3 May 2013](#) United States Government US Army,Us Army,2013-05-25 This FM provides Soldiers and leaders with the doctrine of Army PRT It is a product of our history forged out of the great battles from the past to the present Its doctrinal concepts also reflect emerging trends in current physical culture This FM will impact the Army in a manner of importance toward the continuation of our national strength and security The purpose of Army PRT is not merely to make our Soldiers look fit but to actually make them physically ready for the conduct of full spectrum operations Soldier physical readiness is acquired through the challenge of a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System Terms that have joint or Army definitions are identified in both the Glossary and the text This publication prescribes DA Form 705 Army Physical Fitness Test Scorecard The proponent for this publication is the United States Army Training and Doctrine Command TRADOC The preparing agency is the United States Army Physical Fitness School **Army Physical Readiness Training** Headquarters Department of the Army,2013-11-12 United States Army manual for Army physical training and readiness training

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