

# Army Physical Readiness Training Manual: Your Guide to Military Fitness

Physical fitness is essential for military personnel because it:

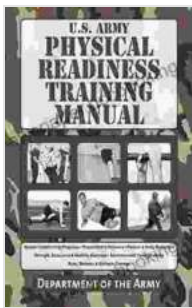
- **Improves combat performance.** Physically fit soldiers are better able to perform their duties in combat, such as carrying heavy loads, marching long distances, and engaging in hand-to-hand combat.
- **Reduces the risk of injuries.** Physically fit soldiers are less likely to suffer from injuries, such as musculoskeletal injuries and stress fractures.
- **Improves morale and esprit de corps.** Physical fitness can help to improve morale and esprit de corps among military personnel, which can lead to better teamwork and performance on the battlefield.
- **Promotes a healthy lifestyle.** Physical fitness can help military personnel to adopt a healthy lifestyle, which can lead to improved overall health and well-being.

The APRP is based on six components of physical fitness:

- **Cardio-respiratory endurance:** The ability of the body to deliver oxygen and nutrients to working muscles during prolonged exercise.
- **Muscular strength:** The ability of the muscles to exert force against resistance.
- **Muscular endurance:** The ability of the muscles to repeatedly exert force against resistance.

- **Flexibility:** The ability of the joints to move through their full range of motion.
- **Body composition:** The ratio of lean body mass to fat mass.
- **Speed/agility/power:** The ability to move quickly, change direction quickly, and exert force quickly.

The APRTM provides guidance on how to develop and implement a physical training program that meets the specific needs of military personnel. The following are some key considerations when developing a physical training program:



## U.S. Army Physical Readiness Training Manual (US Army Survival) by Kate Chenery Tweedy

★★★★☆ 4.6 out of 5

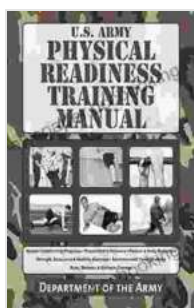
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 Print length : 432 pages



- **The intensity of the program:** The intensity of the program should be based on the individual's fitness level and goals.
- **The duration of the program:** The duration of the program should be based on the individual's fitness level and goals.

- **The frequency of the program:** The frequency of the program should be based on the individual's fitness level and goals.
- **The type of exercises:** The type of exercises should be based on the individual's fitness level and goals.
- **The progression of the program:** The program should be progressively challenging to continue to improve fitness.
- **Recovery:** Adequate recovery time is essential for allowing the body to repair and rebuild.

The Army Physical Readiness Training Manual is an essential resource for all military personnel who want to improve their physical fitness and performance. It is also a valuable resource for fitness professionals who work with military personnel. By following the guidance in the APRTM, you can develop and implement a physical training program that will help you to achieve your fitness goals.



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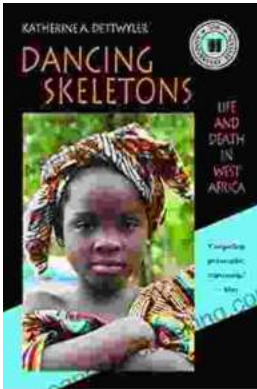
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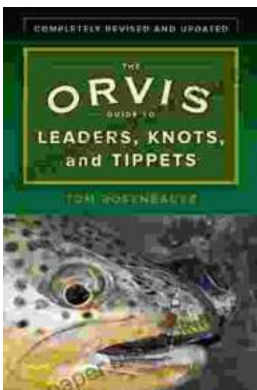
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