

## STRETCH

Arm + Shoulder

Overhead Arm Pull

Shoulder Rotations

Chest Back

Chest Front

Upper Back

Full Extension

Side Stretch

Hamstring-V

Groin

Hamstring -Line

Lower Back

Thigh

Calf 1 + 2

4 for the Core

Bent Leg Raise

Side Bridge

Back Bridge

Quadruplex

(Plus 1) Plank

Recovery Drill

Overhead Arm Pull

Rear Lunge

Extended Flex

Thigh Stretch

Single Leg Over

## ARMY PHYSICAL READINESS TRAINING REFERENCE SHEET

### Hip Stability Drill

Lateral Leg Raise

Medial Leg Raise

Single Leg Tuck

Single Leg Over

### Shoulder Stability Drill

I – Raise

T – Raise

Y – Raise

L – Raise

W – Raise

### Preparation Drill

Bend and Reach

Rear Lunge

High Jumper

Rower

Squat Bender

Windmill

Forward Lunge

Prone Row

Bent Leg Body Twist

Push Up

### Conditioning Drill #1

Power Jump

V-UP

Mountain Climber

Leg Tuck + Twist

Single Leg Push Up

### Conditioning Drill #2

Turn + Lunge

Supine Bicycle

Side Straddle Hops

Swimmer

8 Count Push Up

### Conditioning Drill #3

Y Squat

Single Leg Dead Lift

Side to Side Knee Lifts

Front Kick Alternate Toe Touch

Tuck Jump

Straddle Run (FWD/Back)

Half Squat Laterals

Frog Jumps (FWD/Back)

Alt Turn Jump

Alt Staggered Squat Jump

FM 7-22

## Running

30-60s

60-120s

Warrior Run

1 Mile Run

2 Mile Run

Stairs

### Military Movement Drill #1

Verticals

Laterals

300 Yard Shuttle Sprint

### Military Movement Drill #2

Power Skip

Cross Overs

Crouch Run

### Other Drills

Push Up Improve

Curl Up Improve

Pull Up Improve

Circuits

PREs: Partner

Resistance

Exercises

# Army Study Guide Prt

**Liying Dong**



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