



## Training Circular Tc 3-22.20 FM 21-20 Army Physical Readiness Training August 2010

By United States Government US Army

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 432 pages. Dimensions: 10.9in. x 8.4in. x 1.2in. The Army assesses, plans, prepares, and executes training and leader development through training based on tasks, conditions, and standards. Knowing the task, assessing the level of proficiency against the standard and developing a sustained or improved training plan is the essence of all Army training. Army training overall prepares Soldiers, leaders, and units to fight in the full spectrum of operations. Combat readiness is the Army's primary focus as it transitions to a more agile, versatile, lethal, and survivable force. Physical readiness training prepares Soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats, in complex operational environments, and with emerging technologies. - Part I, Philosophy, covers approach, system, and leadership. - Part II, Strategy, covers types of programs, planning considerations, and special conditioning programs. - Part III, Activities, covers execution of training, preparation and recovery, strength and mobility, and endurance and mobility. - Appendix A is the Army Physical Fitness Test. - Appendix B discusses climbing bars. - Appendix C discusses posture and body mechanics. - Appendix D discusses environmental...

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