



Field Manual

# **FM 7-22**

## **ARMY PHYSICAL READINESS TRAINING**

with Change 1

**3 May 2013**

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**United States Government      US Army**

# Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013

**Department of Defense**



## **Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013:**

**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 Fm 7-22 Department Of the Army Headquarters, 2013-03 With May 2013 update This is FM 7 22 with Change No 1 Army Physical Readiness Training It is formally called TC 3 22 20 Similar material different name Being Army Tough is the result of tremendous physical fitness training Until now FM 21 20 has been used for decades to train America s Army to go to battle FM 7 22 has replaced the old FM giving soldiers new strength and endurance sustaining exercises Now you can have this same intense level of fitness Whether you are a soldier civilian or on the Delayed Entry Program you can learn to exercise properly FM 7 22 US Army Physical Readiness Training provides results 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 This publication comprises the print portion of Army physical readiness training Companion portions are available on the internet 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 Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More , 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test

APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude

**Army Physical Readiness Training** U. S. Army Physical Fitness School, Training Doctrine and Command, 2013-05 **Army Physical Readiness Training: the Official U. S. Army Field Manual FM 7-22, C1 3 May 2013** U. S. Army U.S. Army Physical Fitness School, 2019-11-06 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 Profusely illustrated **AR 600-9 06/28/2013 THE ARMY BODY COMPOSITION PROGRAM , Survival Ebooks** Us Department Of Defense, [www.survivalebooks.com](http://www.survivalebooks.com), Department of Defense, Delene Kvasnicka, United States Government US Army, United States Army, Department of the Army, U. S. Army, Army, DOD, The United States Army, AR 600 9 06 28 2013 THE ARMY BODY COMPOSITION PROGRAM Survival Ebooks Army Physical Readiness Training Department of the Army, 2017-08-20 Includes Change No 1 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 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 This field manual Army Physical Readiness Training Provides Soldiers and leaders with the doctrine of Army physical readiness training Reflects lessons learned in battles past and present time tested theories and principles and emerging trends in physical culture Helps ensure the continuity of our nation s strength and security Prepares Soldiers physically for full spectrum operations Explains training requirements and objectives Provides instructions required resources and reasons why physical fitness is a directed mandatory training requirement as specified in AR 350 1 Army Training and Leader Development Allows leaders to adapt physical readiness training to unit missions and individual capabilities Guides leaders in the progressive conditioning of Soldier strength endurance and mobility Provides a variety of physical readiness training activities that enhance military skills needed for effective combat and duty performance **Field Manual FM 7-22 Holistic Health and Fitness Change 1 October 2020** United States Government Us Army, 2020-10-14 This United States Army publication Field Manual FM 7 22 Holistic Health and Fitness Change 1 October 2020 establishes the Army s doctrine for the readiness training of Soldiers It is a full revision and expansion on physical readiness training doctrine FM 7 22 presents individualized training and testing that builds peak performance in all Soldiers It is the foundation of unit readiness In an era of multi domain operations all Soldiers must be able to fight and win in both defensive and offensive operations that occur without notice The goal of the Holistic Health and Fitness H2F System is to build physical lethality and mental toughness to win quickly and return home healthy See ATP 7 22 01 for H2F testing and ATP 7 22 02 for H2F drills and exercises The principal audience for FM 7 22 is leaders at all organizational levels All leaders are trainers

Leaders include officers warrant officers noncommissioned officers and those Department of the Army DA Civilians in leadership positions Trainers and educators throughout the Army will also use this publication *Army Physical Readiness Training FM 7-22* United States Government Us Army,2015-12-31 Soldier physical readiness is acquired through 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 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 This field manual Provides soldiers and leaders with the doctrine of Army physical readiness training Reflects on lessons learned in battles past and present time tested theories and principles and emerging trends in physical culture Helps ensure the continuity of our nation s strength and security Prepares soldiers physically for the full spectrum of operations Explains training requirements and objectives Provides instructions required resources and reasons why physical fitness is a directed mandatory training requirement Guides leaders in the progressive conditioning of soldier strength endurance and mobility Provides a variety of physical readiness training activities that enhance military skills needed for effective combat and duty performance For soldiers athletes adventurers and gym rats alike this is the definitive guide to military level training for physical fitness For related U S Army manuals see US Army Survival Manual FM 21 76 Ranger Handbook SH 21 76 Revised and Map Reading and Land Navigation Readers interested in related titles from The U S Army will also want to see Army Guerrilla Warfare Handbook ISBN 9781626542730 Army Guide to Boobytraps ISBN 9781626544703 Army Improvised Munitions Handbook ISBN 9781626542679 Army Leadership Field Manual FM 22 100 ISBN 9781626544291 Army M 1 Garand Technical Manual ISBN 9781626543300 Army Special Forces Guide to Unconventional Warfare ISBN 9781626542709 Army Survival Manual FM 21 76 ISBN 9781626544413 Army Marine Corps Counterinsurgency Field Manual ISBN 9781626544246 Map Reading and Land Navigation FM 3 25 26 ISBN 9781626542983 Ranger Handbook SH 21 76 ISBN 9781626545199 Rigging Techniques Procedures and Applications FM 5 125 ISBN 9781626544338 Special Forces Sniper Training and Employment FM 3 05 222 ISBN 9781626544482 The Infantry Rifle Platoon and Squad FM 3 21 8 7 8 ISBN 9781626544277 Understanding Rigging ISBN 9781626544673 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 *Field Manual FM 7-22 Army Physical Readiness Training* October 2012 United States Government US Army,2012-11-07 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 This publication comprises the print portion of Army physical readiness training Companion portions are available on the internet 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 FM 7-22 Department of Defense,2016-07-30 The 2013 Printing 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 This publication comprises the print portion of Army physical readiness training Companion portions are available on the internet **Professional Journal of the United States Army** ,2014 **Army Physical Readiness Training** Army Training Doctrine And Command,U.S. Army Physical Fitness School,U. S. Department Of The Army,2012-10 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 Illustrated throughout **Army Physical Readiness Training FM 7-22** Department of the Army,2015-12-31 Soldier physical readiness is acquired through 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 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 This field manual Provides soldiers and leaders with the doctrine of Army physical readiness training Reflects on lessons learned in battles past and present time tested theories and principles and emerging trends in physical culture Helps ensure the continuity of our nation s strength and security Prepares soldiers physically for the full spectrum of operations Explains training requirements and objectives Provides instructions required resources and reasons why physical fitness is a directed mandatory training requirement Guides leaders in the progressive conditioning of soldier strength endurance and mobility Provides a variety of physical readiness training activities that enhance military skills needed for effective combat and duty performance For soldiers athletes adventurers and gym rats alike this is the definitive guide to military level training for physical fitness Field Manual FM 7-22 Holistic Health and Fitness October 2020 United States Government Us Army,2020-09-29 This United States Army publication Field Manual FM 7 22 Holistic Health and Fitness October 2020 establishes the Army s doctrine for the readiness training of Soldiers It is a

full revision and expansion on physical readiness training doctrine FM 7-22 presents individualized training and testing that builds peak performance in all Soldiers. It is the foundation of unit readiness. In an era of multi-domain operations, all Soldiers must be able to fight and win in both defensive and offensive operations that occur without notice. The goal of the Holistic Health and Fitness H2F System is to build physical lethality and mental toughness to win quickly and return home healthy. See ATP 7-22.01 for H2F testing and ATP 7-22.02 for H2F drills and exercises. The principal audience for FM 7-22 is leaders at all organizational levels. All leaders are trainers. Leaders include officers, warrant officers, noncommissioned officers, and those Department of the Army DA Civilians in leadership positions. Trainers and educators throughout the Army will also use this publication. Commanders and staff will establish training programs consistent with FM 7-22 and in consultation with their H2F teams and master fitness trainers (MFTs). Training that addresses both the physical and nonphysical aspects of Soldier readiness is considered by senior Department of Defense (DOD) leadership to be essential to mission success. This publication comprises the strategic underpinning of the Army's H2F System. This doctrine and the regulations that support it apply to the Active Army, the Army National Guard, Army National Guard of the United States, and the United States Army Reserve unless otherwise stated. **Military Review**, 2014. *U. S. Army Physical Fitness Readiness Training Guide: FM 7-22*. Department of the Army, 2020-07-24. 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. Profusely illustrated. *Army Physical Readiness Training*. Headquarters Department of the Army, 2013-11-12. United States Army manual for Army physical training and readiness training. **FM 7-22 Army Physical Readiness Training**. Headquarters Department of the Army, 2017-09-06. The real thing. State of the art Warrior fitness training for the real world. The United States Army spent millions of dollars developing this epic hardcore fitness system, which was released just over a year ago and has paid immense dividends since. It's so effective that it has spearheaded a whole new culture of warrior fitness within the whole of the US armed forces. The good news is that the techniques and concepts work just as well for the motivated civilian as they do for the motivated soldier. 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.



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## **Table of Contents Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013**

1. Understanding the eBook Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - The Rise of Digital Reading Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Advantages of eBooks Over Traditional Books
2. Identifying Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - User-Friendly Interface
4. Exploring eBook Recommendations from Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Personalized Recommendations
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 User Reviews and Ratings
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 and Bestseller Lists
5. Accessing Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 Free and Paid eBooks
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 Public Domain eBooks
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 eBook Subscription Services
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 Budget-Friendly Options
6. Navigating Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 eBook Formats
  - ePub, PDF, MOBI, and More
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 Compatibility with Devices
  - Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013 Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013

- Highlighting and Note-Taking Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
- Interactive Elements Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
- 8. Staying Engaged with Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
- 9. Balancing eBooks and Physical Books Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Setting Reading Goals Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Fact-Checking eBook Content of Field Manual Fm 7 22 Army Physical Readiness Training With Change 1 3 May 2013
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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