RUNNING, ENDURANCE AND MOBILITY ACTIVITIES					
Sustaining Phase ARFORGEN (Available)	Sustaining Phase ARFORGEN (Train/Ready)	Sustaining Phase ARFORGEN (Reset)	Sustaining Phase (TUSO\TIA)	Toughening Phase (BCT/OSUT)	ACTIVITIES
l rep	də, l	dəı l	dəı l	j rep	Military Movement Drill 1
j rep	l rep	dəı l	J rep	A/N	Military Movement Drill 2
10-15 reps w or w/o load	10-15 reps w or w/o load	6-10 reps w or w/o load	6-10 reps w or w/o load	6-8 reps	s09:0£
6-10 reps	6-10 reps	6-10 reps	6-10 reps	6-10 reps	s021:09
1-2 reps w or w/o load	1-2 reps w or w/o load	1-2 reps	1-2 reps w or w/o load	l rep	300-yd Shuttle Run
6-10 reps up or downhill	llidnwob no qu eqen 01-8	llidnwob no qu aqan 01-8	llidnwob no qu eqer 8-8	A\N	Steepeats
nim 0£-0\$	nim 0£-0S	nim 0£-0S	nim 0£-0S	nim 0£-01	Ability Group Run
nim 0£	nim 0£	nim 0£	nim 0£-02	nim 0£-02	nuf Formation Run
nim 0£	nim 0£	nim 0£	nim 0£-0S	nim 08-0S	Release Run
nim 0£-0 <u>\$</u>	nim 0£-0S	nim 0£-0S	nim 0S	∀/N	Terrain Run
10-30 km	10-30 km	10 km or less	Z-15 km	Z-15 km	Foot March

3. Shuttle Sprint (1 rep = 3 x 25 yards)		
2. Laterals († rep = 2 x 25 yards)		
1. Verticals (1 rep = 2 x 25 yards)		
MILITARY MOVEMENT DRILL 1		

ד ספורר 2	MILITARY MOVEMEN
	1. Power Skip (1 rep = 2×25 yards)
	2. Crossovers (1 rep = 2 x 25 yards)
	3. Crouch Run (1 rep = 3 x 25 yards)

	ВЕСОЛЕВЬ ВВІГГ
	1. Overhead Arm Pull (20-30 seconds)
	2. Rear Lunge (20-30 seconds)
	3. Extend and Flex (20-30 seconds)
	4. Thigh Stretch (20-30 seconds)
1000	5. Single-Leg Over (20-30 seconds)

HIP STABILITY DRILL
10. Push-Up (4-count, MODERATE)
9. Bent-Leg Body Twist (4-count, SLOW)
8. Prone Row (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
6. Windmill (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
4. Rower (4-count SLOW)
3. High Jumper (4-count, MODERATE)
2. Rear Lunge (4-count, SLOW)
1. Bend and Reach (4-count, SLOW)
DRILL DRILL

HIP STABILITY DRILL
1. Lateral Leg Raise (4-count, SLOW)
2. Medial Leg Raise (4-count, SLOW)
3. Bent-Leg Lateral Raise (4-count, SLOW)
4. Single-Leg Tuck (4-count, SLOW)
5. Single-Leg Over (20-30 seconds)

			(MOTS	e (4-count,	sisЯ "Y" .8
			SLOW)	.tnuoɔ-₽) e	sisA "T" .2
			2FOM)	(4-count,	l. "I" Raise
	צורר	IQ YTIJI8A	те язали	онѕ	
3:07	12:30	2:34	31:01	2:00	00:8
3:04	12:12	2:30	00:01	1:56	S⊅:∠
3:00	12:00	72:27	9:42	1:52	7:30
73:57	11:42	2:23	08:6	1:48	۶۱:۲
S:53	11:30	2:19	S1:6	1:42	00:2
5:49	11:12	2:15	00:6	1:45	6:45
2:45	11:00	11:2	8:45	1:37	08:30
2:42	34:01	70:2	08:8	1:34	6:15
2:38	10:30	2:03	8:15	1:30	00:9
1/4-Mile Split	Pace/Mile	1/4-Mile Jilq2	Pace/Mile	1/4-Mile Split	eliM\eos
9	PLIT TIMES	 \d-MICE	NUR 9UO	яэ үтілів	A

Supersedes GTA 07-08-003, April 2010.	
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Proponent: U.S. Army Physical Readiness Division

5. "W" Raise (4-count, SLOW) 4. "L" Raise (4-count, SLOW)



Physical Readiness Training Quick Reference Card

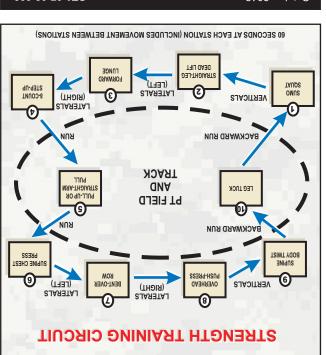
Ref: FM 7-22, Army Physical Readiness Training

GTA 07-08-003 October 2012

1-3 reps	1-3 reps	1-3 reps	1-3 reps	∀/N	Guerrilla Drill
enoitator E-S	enoitaton E-S	enoitaton E-S	anoitator E-S	2-S rotations	Strength Tng Circuit
5-10 reps w load	5-10 reps w load	5-10 reps w load	5-10 reps w load	∀/N	Climbing Drill 2
5-10 reps	5-10 reps	5-10 reps	5-10 reps	5 reps	Climbing Drill 1
2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60	2-4 sets @ 30-60 seconds	08-08 @ stes S sbnoses	Push-Up & Sit-Up Drill
5-10 reps	5-10 reps	5-10 reps	5-10 reps	∀/N	Conditioning Drill 3
5-10 reps	sqən 01-3	sqər 01-3	5-10 reps	5 reps	Conditioning Drill 2
5-10 reps	5-10 reps	5-10 reps	5-10 reps	5 reps	Conditioning Drill 1
Sustaining Phase ARFORGEN (Available)	Sustaining Phase ARFORGEN (Train/Ready)	Sustaining Phase ARFORGEN (Reset)	essdq gninisteuS (TUSO\TIA)	Toughening Phase (BCT/OSUT)	SEITIVITES
		SEILIY ACTIVITIES	OM GNA HTÐNBATS		

10. Push-Up (4-count, MODERATE)
9. Bent-Leg Body Twist (4-count, SLOW)
8. Prone Row (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
6. Windmill (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
4. Rower (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
2. Rear Lunge (4-count, SLOW)
1. Bend and Reach (4-count, SLOW)
PREPARATION DRILL

1000,	4. Quadraplex (60 seconds)
	3. Back Bridge (60 seconds)
	2. Side Bridge (60 seconds)
	1. Bent-Leg Raise (60 seconds)
DRE	4 FOR THE CC



5. Single-Leg Over (20-30 seconds)
4. Thigh Stretch (20-30 seconds)
3. Extend and Flex (20-30 seconds)
2. Rear Lunge (20-30 seconds)
1. Overhead Arm Pull (20-30 seconds)
ВЕСОЛЕВА ВВІГГ
3. Soldier Carry (1 rep = 2 x 25 yards)
2. Lunge Walk (1 rep = 2 x 25 yards)
1. Shoulder Roll (1 rep = 2 x 25 yards)
елевиггү ригг
5. Alternating Grip Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
2. Heel Hook (2-count, SLOW)
1. Flexed-Arm Hang (5 seconds)
СГІМВІИС
5. Alternating Grip Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
2. Heel Hook (2-count, SLOW)

CLIMBING DRILL 1

10. Alternate-Staggered Squat Jump (4-count, SLOW)
9. Alternate 1/4-Turn Jump (4-count, MODERATE)
8. Frog Jumps Forward and Backward (4-count, MODERATE)
7. Half-Squat Laterals (4-count, MODERATE)
6. Straddle-Run Forward and Backward (8-count, MODERATE)
5. Tuck Jump (4-count, SLOW)
4. Front Kick Alternate Toe Touch (4-count, MODERATE)
3. Side-To-Side Knee Lifts (4-count, MODERATE)
2. Single-Leg Dead Lift (4-count, SLOW)
1. "Y" Squat (4-count, SLOW)
СОИПІТІОИІИ В ПЯІТ З
5. 8-Count Push-Up (8-count, MODERATE)
4. Swimmer (4-count, SLOW)
3. Half Jack (4-count, MODERATE)
2. Supine Bicycle (4-count, SLOW)
1. Tum and Lunge (4-count, SLOW)
СОИРІТІОИІИЄ РЯІГГ 2
5. Single-Leg Push-Up (4-count, MODERATE)
4. Leg-Tuck and Twist (4-count, MODERATE)
3. Mountain Climber (4-count, MODERATE)
2. V-Up (4-count, (MODERATE)
1. Power Jump (4-count, MODERATE)
CONDITIONING DRILL 1