

Health & Fitness

Part 1: Physical Readiness Training

A rmy Physical Readiness Training is designed to give Soldiers the ability to meet the physical demands of any combat situation or duty position. Training Circular 3-22.20 outlines the new program, its myriad exercises and drills, and the complete instructions for conducting the Army Physical Fitness Test. However, leaders are cautioned to implement the entire program and not base PRT sessions on just the components of the test.

The Warrior Leader Course lesson in how to lead PRT, part of a larger unit on health and fitness, is based on the seven principles of training found in the Training Management lesson:

COMMANDERS AND OTHER LEADERS ARE RESPONSIBLE FOR TRAINING: Since commanders delegate authority to NCOs as the unit's primary trainers for PRT, it is up to NCO leaders to conduct PRT sessions to the specific tasks, conditions and standards found in the entire TC 3-22.20, not the APFT.

NCOS TRAIN INDIVIDUALS, CREWS & SMALL TEAMS: When an NCO conducts regular standards-based, performance-oriented, mission-focused PRT with his or her Soldiers, they learn the standards, improve their ability to perform mission essential tasks within the unit and develop respect for the NCO as their leader. To execute to standard, proper preparation and rehearsal is key.

TRAIN AS YOU WILL FIGHT: PRT sessions must incorporate training activities that directly support warfighting tasks, such as climbing, crawling, jumping, landing and sprinting. The full PRT

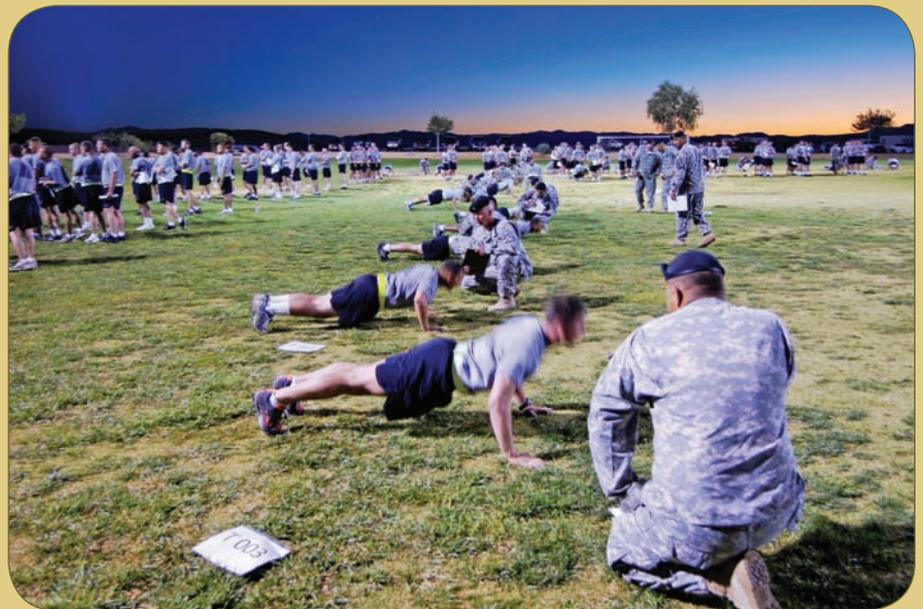


Photo by Sgt. Giancarlo Casem

Soldiers from the 11th Armored Cavalry Regiment conduct an Army Physical Fitness Test as part of the Expert Infantryman Badge test at the National Training Center on Fort Irwin, Calif., in September.

program employs an integrated approach to physical conditioning by developing the critical components of strength, endurance and mobility.

TRAIN TO STANDARD: As PRT applies Armywide, its standards and doctrine must be universally known, understood and accepted. It is up to NCO leaders to make PRT an integral part of every Soldier's life.

TRAIN TO SUSTAIN: Because units must be capable of conducting operations for sustained periods of time, Soldiers must become experts in conducting and performing PRT. NCOs ensure their Soldiers understand this link between training and sustainment.

CONDUCT MULTIECHELON & CONCURRENT TRAINING: Good planning and coordination allows concurrent PRT training when, for example, a part

of a unit performs climbing drills while others perform conditioning drills.

TRAIN AND DEVELOP AGILE LEADERS AND ORGANIZATIONS: Senior NCOs train junior NCOs to master all the PRT drills and activities, and the assessments that are part of the APFT. Thus, NCOs are given the opportunity to lead every day during PRT.

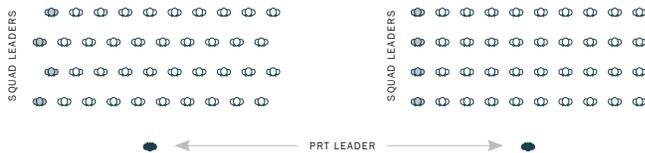
When conducted properly, a unit's PRT program instills confidence and the will to win, develops teamwork and unit cohesion, and integrates aggressiveness and resourcefulness within the unit.

For more information on the new Army Physical Readiness Training program, see the August issue of the NCO Journal online at <https://usasma.bliss.army.mil/NCOJournal/Archives/2010/August/PDFs/PRT.pdf>.



Leading PRT: Guiding your Soldiers

FORMATIONS

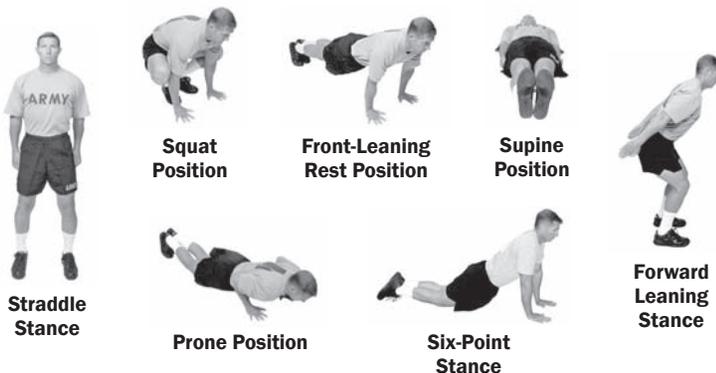


Most PRT activities are performed in the **Extended Rectangular Formation**

The Military Movement and Guerilla Drills are performed in the **Extended Rectangular Formation Covered**.

STARTING POSITIONS

Before beginning an exercise, the PRT leader commands, “**Starting position, MOVE,**” to get Soldiers into the proper starting positions. Soldiers must learn all the starting positions to avoid interrupting the PRT session.



CADENCE

Proper cadence ensures that exercises are performed at the correct speed. The two cadences used for PRT exercises are **slow cadence**, 50 counts per minute, and **moderate cadence**, 80 counts per minute.

COMMANDS

Once Soldiers know the exercises by the numbers, the PRT leader merely announces **the name of the exercise**, commands the Soldiers to **assume the starting position** and then **begins exercising to cadence**. The cadence count indicates termination of movement to each position of the exercise. To terminate a set, the PRT leader raises the inflection of his voice while **counting out the cadence of the last repetition**. The Soldiers and PRT leader respond with “**HALT**” upon returning to the starting position.

THE APFT

As junior NCOs are most commonly used as scorers, here are some things to keep in mind when scoring the Army Physical Fitness Test:

All events:

- ✓ **Scorer’s responsibility:** Count the correct number of repetitions out loud, repeating the last number when an incorrect rep occurs. Scorers should also enforce test standards, verbally correcting any improper form. Scores are entered on the Soldier’s DA Form 705.

Push-up event:

- ✓ **Scorer’s position:** Sit or kneel 3 feet from the Soldier’s left shoulder at a 45-degree angle. The scorer’s head should be even with the level of the Soldier’s left shoulder when in the front-leaning rest position.
- ✓ **Chest:** May touch the ground as long as it does not provide an advantage. Soldiers cannot bounce off the ground.
- ✓ **Feet & Hands:** Feet may not be bare, braced or crossed during the event. The push-up may be performed on one’s fists.

Sit-up event:

- ✓ **Scorer’s position:** Sit or kneel 3 feet from the Soldier’s left hip. The scorer’s head should be even with the level of the Soldier’s shoulder when in the up position.
- ✓ **Arms & Hands:** Cannot be swung or be used to pull one’s body up or push off the ground. If this is done, the event is terminated. Fingers must remain interlocked for the repetition to count.
- ✓ **Form:** Soldiers may wiggle to obtain the up position, but cannot use any part of their arms to lock on, brace or hold themselves up. If done, the event is terminated.
- ✓ **Feet:** Both heels must stay in contact with the ground for the repetition to count. Feet can be held by another Soldier.

2-mile run:

- ✓ **Scorer’s position:** At the finish line.