

Workout:

Workout Time-Line

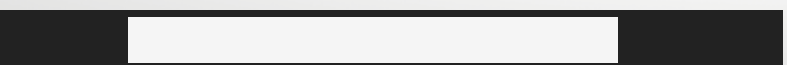
PREP DRILLS

1. BEND AND REACH
2. REAR LUNGE
3. HIGH JUMPER
4. ROWER
5. SQUAT BENDER
6. WINDMILL
7. FORWARD LUNGE
8. PRONE ROW
9. BENT-LEG BODY TWIST
10. PUSHUP

10Min



____ Min



____ Min



RECOVERY DRILL

1. OVER-HEAD ARM PULL
2. REAR LUNGE
3. EXTEND & FLEX
4. THIGH STRETCH
5. SINGLE-LEG OVER
6. GROIN STRETCH
7. CALF STRETCH
8. HAMSTRING STRETCH

10Min



TASKS

1. PREPARATION DRILL,
2. STRENGTH TRAINING,
3. CONDITIONING,
4. RECOVERY DRILL

RISK ASSES

1. TRIPPING HAZ
2. DRINK WATER
3. WILD LIFE
4. WEATHER
5. FIRE EXITS
6. MEET UP SPOT
7. _____
8. _____
9. _____

LOW

Circle & Add to list

CONDITIONS

CIRCLE BELOW
 INDOORS
 OUTDOORS

STANDARDS

ATP
 7-22.01

PURPOSE

- MAIN Purpose:
- _____
- _____

FITNESS COMPONENTS

(Circle All that Apply)

- Muscular strength
- Muscular endurance
- Explosive power
- Anaerobic power
- Anaerobic endurance
- Aerobic endurance
- Balance
- Flexibility
- Coordination
- Mental strength & endurance

FOCUS - EVENTS

(Circle All that Apply)



PREPARATION

Equipment Needed



EXECUTE



EXECUTE





FOR MORE ACFT TEMPLATES

CLICK THE LINK BELOW

<https://newpttestarmy.com/army-workout/acft-workout-plans/>

Say Goodbye to your PT Problems