

ACFT 3.0 Training Plan

1 Week Training Plan

7 Ready-To-Go PT Workout
Plans

By Robert F Gibson

NewPTtestArmy.com

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Enjoy the Content.

If
want

you










MORE Ready-To-Go Workout Plans

click the link below:

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

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All support will go to improving the website and the production of new books & videos for you.	30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						

Your Weekly Training Plan:

Monday - AGR Run Day

SDC & 2MR - WO:001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						



SUMMARY

Condo / Cardio: Ability Group Run

Equipment:



Name: **SDC & 2MR #001**

Type:

Time: **<60 Min**

Instructor 1: _____ Instructor 2: _____ Date: _____

Workout Time-Line

PREP DRILL

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



MMD1 & MMD2



10 Min



2.5 MILE ABILITY GROUP RUN

A B C

20-30 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. MMD 1 & 2
3. RUN 2.5 MILES
4. RECOVERY DRILL

CONDITIONS

CIRCLE BELOW:
Indoors Outdoors

RISK ASSESS

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

STANDARDS

ATP
7-22.02
FM
7-22

PURPOSE

KEY COMPONENTS

- AEROBIC ENDURANCE

FITNESS COMPONENTS

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

FOCUS MUSCLE GROUPS




FOCUS EVENTS



EXECUTION

Name: **SDC & 2MR #001**

Condo / Cardio: Ability Group Run


Type: 

Equipment:

Time: **60 Min**



Instructions

- Each group will have a group leader 
- The group leader is responsible for: keeping a pace that will challenge the group, reaching the correct destination, and getting the group back on time. Wearing a fitness watch is very beneficial, so he or she can monitor speed and distance.
- If the group runs too fast or slow, it is the leader's responsibility to increase or decrease the speed.
- The command "pick up the pace" or "slow it down" will be ordered to the front/right of the running formation. ★
- Everyone else will follow the pace given by the leader and set by the runner in the front/right of the formation.



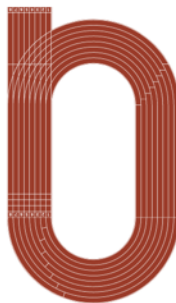
Use any of the following methods:

Road



1.25 up & back

Track



10 laps

Trail




1.25 up & back

Tuesday - Muscle Failure Day

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10 of 31

MDL & SPT WO:001

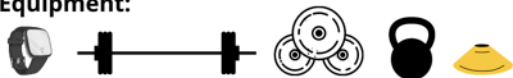
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						



SUMMARY

Muscle Failure: Lower Body, Back & Shoulders

Equipment:



Instructor 1: _____

Instructor 2: _____

Date: _____

Name: **MDL & SPT #001**

Type: 

Time: **< 60 Minutes**

Workout Time-Line

PREP DRILL

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



MUSCLE STRENGTH SUPERSET

Exercise	Interval Time	Repetitions	Resistance	Rounds
Barbell Deadlift	45s	6-10	Heavy	4-5x
Rest	45s	-	-	4-5x
Shoulder Front Raise	45s	12-16	Med to Heavy	4-5x
Rest	45s	-	-	4-5x
Total Time	3 Minutes			12-15min

15 Min



MUSCLE ENDURANCE SUPERSET

Exercise	Interval Time	Repetitions	Resistance	Rounds
KB Dead Up Right Row	60s	16-20	Med to Light	4x
Rest	60s	-	-	4x
Kettlebell Swings	60s	16-20	Light	4x
Rest	60s	-	-	4x
Total Time	4 Minutes			16 Min

16 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. **MUSCULAR STRENGTH**
3. **MUSCULAR ENDURANCE**
4. RECOVERY DRILL

CONDITIONS

CIRCLE BELOW:

Indoors Outdoors

RISK ASSESS

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

LOW
Circle &
Add to list

STANDARDS

ATP
7-22.02
FM
7-22

PURPOSE

KEY COMPONENTS

- Lower Body / Low Back / Shoulders
 - Mus. Strength
 - Mus. Endurance

FITNESS COMPONENTS

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

FOCUS MUSCLE GROUPS



FOCUS EVENTS



PREPARATION & SET UP

Name: **MDL & SPT #001**

Muscle Failure: Lower Body, Back & Shoulders

Type: 

Equipment:



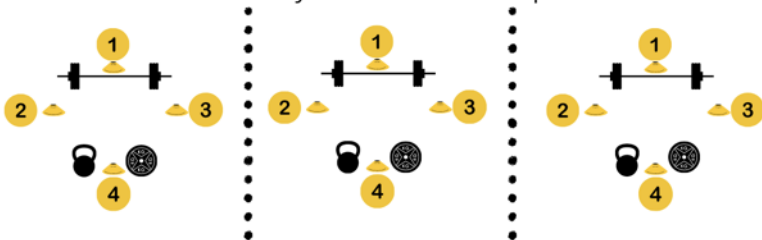
Time: **< 60 Minutes**

SET UP - STRENGTH

Instructions

1. You will need 4 cones or markers per circuit.
2. Each circuit will hold **NO MORE** than 4 personnel. Use as many circuits as needed.
 - Station 1 will be a Work Station
 - Station 2 will be a Rest/Assist Station
 - Station 3 will be the Work Station
 - Station 4 will be a Rest/Assist Station
3. You are ready to go!

Create as many circuits needed for personnel



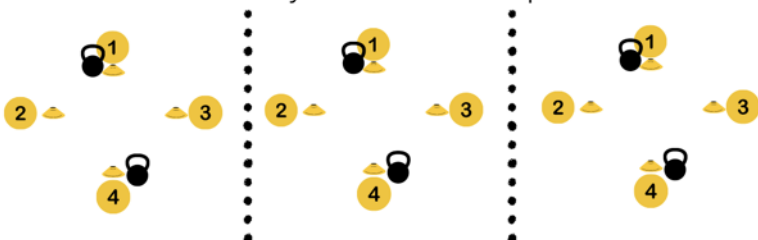
Example: 4 Stations x 3 Circuits = 12 personnel workout group

SET UP - MUSCULAR ENDURANCE

Instructions

1. You will need 4 cones or markers per circuit.
2. Each circuit will hold **NO MORE** than 4 personnel. Use as many circuits as needed.
 - Station 1 Will be a Work Station
 - Station 2 will be a Rest/Assist Station
 - Station 3 will be the Work Station
 - Station 4 will be a Rest/Assist Station
3. You are ready to go!

Create as many circuits needed for personnel



Example: 4 Stations x 3 Circuits = 12 personnel workout group

EXECUTION

Name: **MDL & SPT #001**

Muscle Failure: Lower Body, Back & Shoulders

Type:




Equipment:



Time: **< 60 Minutes**

STRENGTH SUPERSET

Instructions

1. Make sure you group individuals with similar athletic ability/strength 
 - a. This saves time and energy when changing weights.
 - b. This also makes the workout competitive.
2. You will have **45 seconds** to complete each set.
3. You will **ONLY** move to the next station when the **45-second** alarm goes off.
4. You will rotate clockwise after you are finished.

Note:

- Use light weights on the first set to allow muscles and joints to prepare for the workout
 - This will prevent injuries
- Rest periods are not for you. They are to ensure your workout partners **stay safe & motivated!**

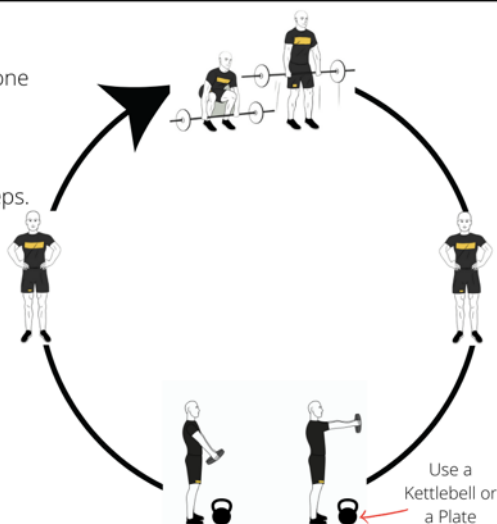
Exercise	Interval Time	Repetitions	Resistance	Rounds
Barbell Deadlift	45s	6-10	Heavy	4-5x
Rest	45s	-	-	4-5x
Shoulder Front Raise	45s	12-16	Med to Heavy	4-5x
Rest	45s	-	-	4-5x
Total Time	3 Minutes			12-15min

Tips

- Make sure you have an interval timer
 - Download the free app on your phone
 - or have a fitness watch
- Set Intervals for **45 seconds**
- Let everyone know they need to move with a purpose. Our goal is to hit our reps.

Commands

1. **"Ready Begin!"** - Start your interval timer
2. **"Switch!"** - 10 seconds prior to bell.
3. **"Hands-on Equipment!"** - 5 Seconds prior to the bell.
4. **"Begin!"** - at the sound of the bell



EXECUTION

Name: **MDL & SPT #001**

Muscle Failure: Lower Body, Back & Shoulders

Type:



Equipment:



Time: **< 60 Minutes**

MUSCULAR ENDURANCE SUPERSET

Instructions

1. Make sure you group individuals with similar athletic ability/strength!
 - a. This saves time and energy when changing weights.
 - b. This also makes the workout competitive.
2. You will have **60 seconds** to complete each set.
3. You will **ONLY** move to the next station when the **60-second** alarm goes off.
4. You will rotate clockwise after you are finished.

Note:

- Use light weights on the first set to allow muscles and joints to prepare for the workout
 - This will prevent injuries
- Rest periods are not for you. They are to ensure your workout partners **stay safe & motivated!**

Exercise	Interval Time	Repetitions	Resistance	Rounds
KB Dead Up Right Row	60s	16-20	Med to Light	4x
Rest	60s	-	-	4x
Kettlebell Swings	60s	16-20	Light	4x
Rest	60s	-	-	4x
Total Time	4 Minutes			16 Min



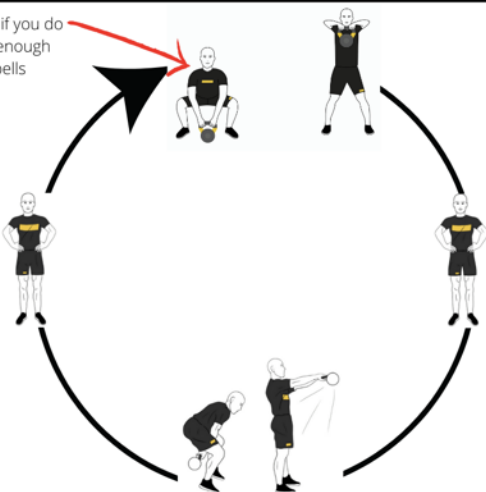
Use a Plate if you do not have enough kettlebells

Tips

- Make sure you have an interval timer
 - Download the free app on your phone
 - or have a fitness watch
- Set Intervals for **60 seconds**
- Let everyone know they need to move with a purpose. Our goal is to hit our reps.






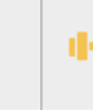
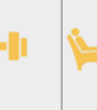
Commands

1. **"Ready Begin!"** - Start your interval timer
2. **"Switch!"** - 10 seconds prior to bell.
3. **"Hands-on Equipment!"** - 5 Seconds prior to the bell.
4. **"Begin!"** - at the sound of the bell



Wednesday - Muscle Failure Day

HRP & PLK WO:001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						




SUMMARY

Muscle Failure: Upper Body & Core

Equipment:



Name: **HRP & PLK #001**

Type: 

Time: **< 60 Minutes**

Instructor 1: _____ Instructor 2: _____ Date: _____

Workout Time-Line

PREP DRILL

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



STRENGTH SUPERSET

Exercise	Interval Time	Repetitions	Resistance	Rounds
Weighted Hand Release Push Ups	45s	6-10	Heavy	4-5x
	Rest	-	-	4-5x
Pull Ups	45s	6-10	Heavy	4-5x
	Rest	-	-	4-5x
Total Time	3 Minutes			12-15min

15 Min



CORE SUPERSET

Exercise	Reps	Sets
Real V- Up	10	2
American Twists	16	2
Bicycle Kicks	20	2
Flutter Kicks	20	2
Plank	90 sec	2
Rest	120 seconds	-

15 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. MUSCULAR STRENGTH
3. CORE
4. RECOVERY DRILL

CONDITIONS

CIRCLE BELOW :

Indoors Outdoors

RISK ASSESS

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

STANDARDS

ATP
7-22.02
FM
7-22

PURPOSE

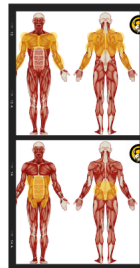
KEY COMPONENTS

- Upper Body
 - Mus. Strength
 - Mus. Endurance

FITNESS COMPONENTS

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

FOCUS MUSCLE GROUPS



FOCUS EVENTS



PREPARATION & SET UP

Muscle Failure: Upper Body & Core

Equipment:



Name: **HRP & PLK #001**

Type: 

Time: **< 60 Minutes**

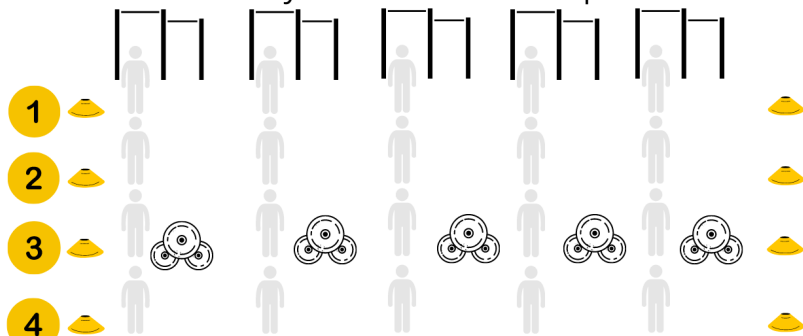
Instructor 1: _____ Instructor 2: _____ Date: _____

SET UP - STRENGTH

Instructions

1. You will need 8 cones or markers
2. Each pull-up will hold **NO MORE** than 4 personnel. Use as many pull-up bars as needed.
3. Place 4 cones on each side of the workout area.
 - a. This will indicate what station each person is at.
4. Place a 10, 25, and 45-pound plates at each station 3
5. You are ready to go!

Create as many circuits needed for personnel



Example: 4 Stations x 5 Circuits = 24 personnel workout group

SET UP - CORE

Instructions


1. Find a location large enough for your entire group to lay in a circle formation
 - a. Try to find a soft surface like grass.
2. The group leader will be in the center.
3. You are ready to go!



EXECUTION

Name: **HRP & PLK #001**

Muscle Failure: **Upper Body & Core**

Type: 

Equipment:




Time: **< 60 Minutes**

Instructor 1: _____ Instructor 2: _____ Date: _____

STRENGTH SUPERSET

Instructions

1. Make sure you group individuals with similar athletic ability/strength 
 - a. This saves time and energy when changing weights.
 - b. This also makes the workout competitive.
2. You will have 45 seconds to complete each set.
3. You will **ONLY** move to the next station when the 45-second alarm goes off.
4. You will rotate clockwise after you are finished.

Note:

- Use light weights on the first set to allow muscles and joints to prepare for the workout
 - This will prevent injuries
- Rest periods are not for you. They are to ensure your workout partners **stay safe & motivated!**

Exercise	Interval Time	Repetitions	Resistance	Rounds
Pull Ups	45s	6-10	Heavy	4-5x
Rest	45s	-	-	4-5x
Weighted Hand Release Push Ups	45s	6-10	Heavy	4-5x
Rest	45s	-	-	4-5x
Total Time	3 Minutes			12-15min

Work Station

1



Rest, Assist, Count Reps & Motivate

2



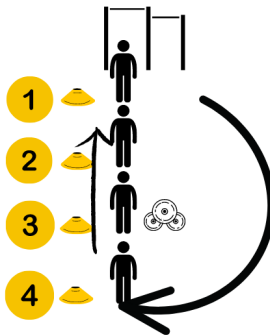
Work Station

3



Rest, Assist, Count Reps & Motivate

4



Tips

- Make sure you have an interval timer
 - Download the free app on your phone
 - or have a fitness watch
- Set Intervals for 45 seconds
- Let everyone know they need to move with a purpose. Our goal is to hit our reps.

Commands

1. **"Ready Begin!"** - Start your interval timer
2. **"Switch!"** - 10 seconds prior to bell.
3. **"Hands-on Equipment!"** - 5 Seconds prior to the bell.
4. **"Begin!"** - at the sound of the bell

EXECUTION

Muscle Failure: Upper Body & Core

Equipment:



Name: **HRP & PLK #001**

Type:

Time: **< 60 Minutes**

Instructor 1: _____ Instructor 2: _____ Date: _____

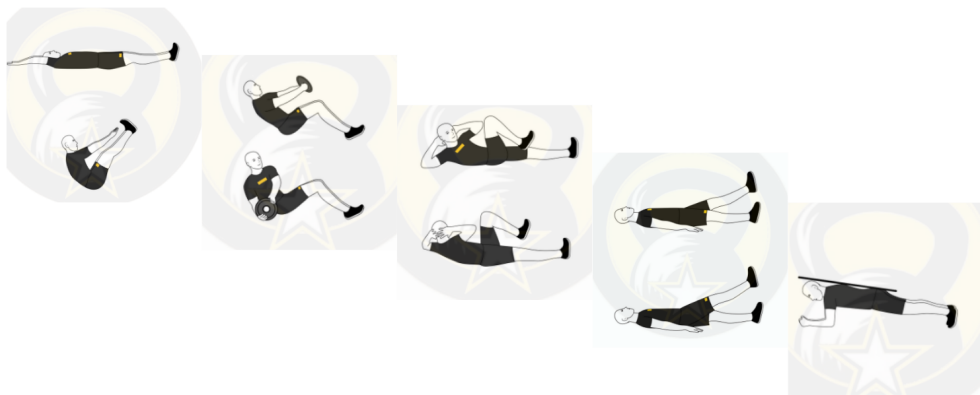
CORE SUPERSET

Instructions

1. Everyone will workout at the same time
2. Everyone will have a lightweight (plate, kettlebell, etc)
3. The leader will call out instructions
 - o Examples
 - Up... Down... One!
 - 1 - 2- 3- ONE!
 - 20 seconds left!
 - Take a 2-minute break.



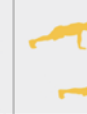






Exercise	Reps	Sets
Real V- Up	10	2
American Twists	16	2
Bicycle Kicks	20	2
Flutter Kicks	20	2
Plank	90 sec	2
Rest	120 seconds	-



Thursday - Combat Conditioning Day

SDC & CC WO:001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						



SUMMARY

Condo / Cardio: Combat Challenge

Equipment:



Name: **SDC & CC #001**

Type:

Time: **<60 Min**

Instructor 1: _____ Instructor 2: _____ Date: _____

Workout Time-Line

PREP DRILL

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



MMD1 & MMD2



10 Min



COMBAT CHALLENGE

A	B	C	D	E	F
Sprint	Lunge	Side Shuffle	Squat	Sprint	Rest & Rec Time
50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	3 Minutes



15 Min

RELEASE RUN - 1 MILE - TIMED



8-12 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. MMD 1 & 2
3. COMBAT CHALLENGE
4. RUN 2.5 MILES
5. RECOVERY DRILL

RISK ASSESS

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

Circle & Add to list

CONDITIONS

CIRCLE BELOW:
Indoors Outdoors

STANDARDS

ATP
7-22.02
FM
7-22

PURPOSE

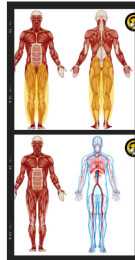
KEY COMPONENTS

- AEROBIC ENDURANCE
- ANAEROBIC
 - ENDURANCE & POWER

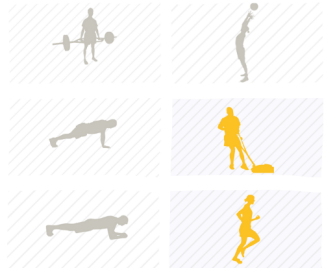
FITNESS COMPONENTS

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

FOCUS MUSCLE GROUPS



FOCUS EVENTS



PREP/SET UP

Condo / Cardio: Combat Challenge

Equipment:



Name: **SDC & CC #001**

Type:

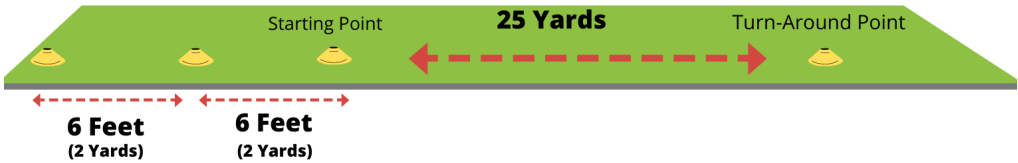
Time: **<60 Min**

Instructor 1: _____ Instructor 2: _____ Date: _____

SET UP - COMBAT CHALLENGE

Instructions

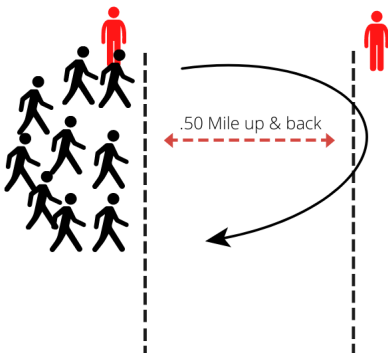
1. Set up cones or mark off 25 yards
2. Mark 2 cones (6 feet apart) behind starting point.
3. Don't have cones? Use a T-shirt, towel, hat, etc...
4. Don't have a measuring tape? Just take 25 LARGE stride steps
 - o (this will equal about 3 feet per step)
5. Create a starting point and a turnaround point (see image below)



SET UP - RELEASE RUN

Instructions

1. Mark off a .50 (1/2) Mile
2. Make sure everyone knows where your turnaround point is.
 - a. Specific street
 - b. Have someone standing there
3. Have someone time everyone at the start/endpoint



Use any of the following methods:

Road



.50 Mile up & back

Track



4 Laps

Trail



.50 Mile up & back

EXECUTE

Condo / Cardio: Combat Challenge

Equipment:



Name: **SDC & CC #001**

Type:

Time: **<60 Min**

Instructor 1: _____ Instructor 2: _____ Date: _____

COMBAT CHALLENGE

Sprint	Lunge	Side Shuffle	Squat	Sprint	Rest & Rec Time
50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	10 (5 ea Leg)	50 Yards (25-25)	About 3min

You must perform 3 rounds to finish the workout.



- 2 3 1 Example: 3 Stations x 5 Circuits = 15 personnel workout group
1. You will have no more that 3 People per circuit
 2. Make As many circuits as needed for personal

- 1 Station 1 is a **WORK** station
 - A - Sprint to the turn-around point and sprint back
 - B - At the starting point perform 10 Lunges (5 on each leg)
 - c - **SIDE SHUFFLE** to the turn-around point and sprint back
 - D - At the starting point perform 10 Squats
 - E - Sprint to the turn-around point and sprint back
 - F - Rest for 3 Minutes (it will take each group about 1min 30sec to complete station 1)
- 2 Station 2 is a **rest** station
 - as soon as you complete station 1 you will get into the back of the line
- 3 Station 3 is a **rest** station
 - You will be motivating your group member & preparing for station 1

You must perform 3 rounds to finish the workout.

A 50 Yards
(25-25)



CombatFitNow.com

B 10x
(5 ea Leg)



CombatFitNow.com

C 50 Yards
(25-25)



CombatFitNow.com

D 10x



CombatFitNow.com

E 50 Yards
(25-25)



CombatFitNow.com

F 3
Minutes



CombatFitNow.com

EXECUTE

Condo / Cardio: Combat Challenge

Equipment:



Timer /
Turnaround Point

Name: **SDC & CC #001**

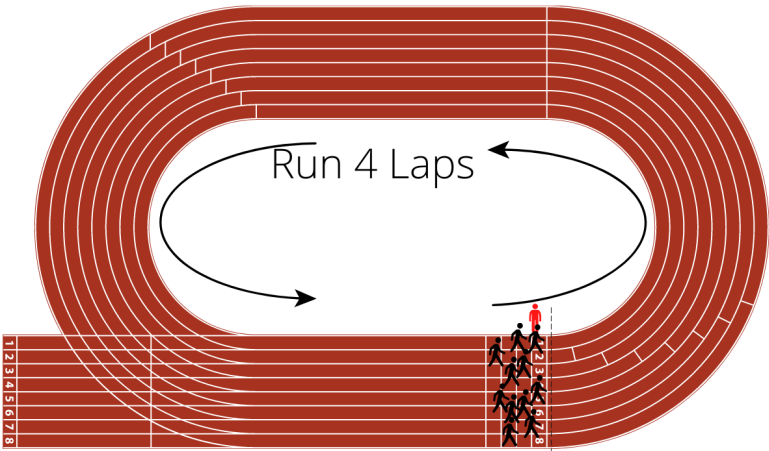
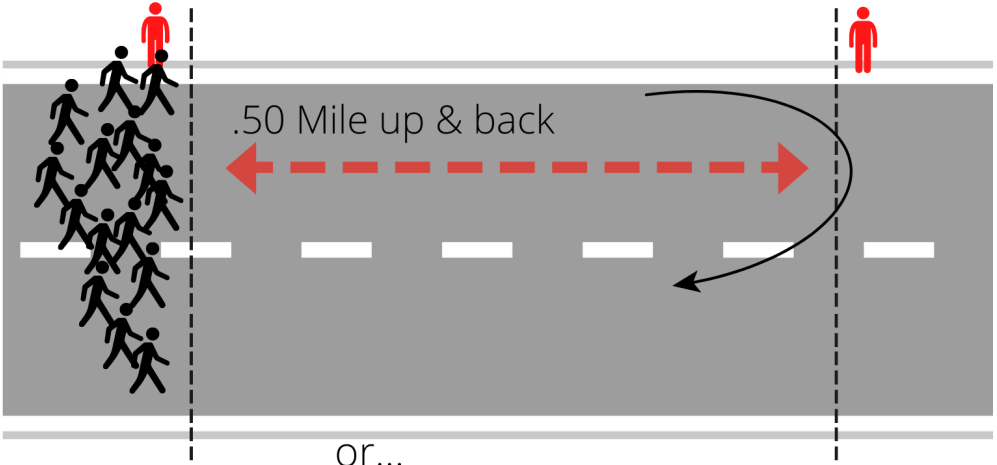
Type: 

Time: **<60 Min**

Instructor 1: _____ Instructor 2: _____ Date: _____








RELEASE RUN - 1 MILE

Have someone time everyone at the start/endpoint



Friday - Run Day

2MR WO:001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						



SUMMARY

Active Rest & Repair
Equipment:



Name: 2MR 001

Type:

Time: <60 Min

Instructor 1: _____ Instructor 2: _____ Date: _____

Workout Time-Line

PREP DRILL

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



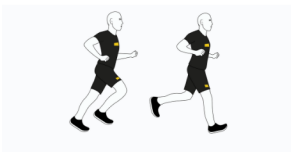
MMD1 & MMD2



10 Min



JOG - 2 MILE - RELAXED



16-25Min



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. MMD 1 & 2
3. COMBAT CHALLENGE
4. RUN 2.5 MILES
5. RECOVERY DRILL

RISK ASSESS

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

Circle & Add to list

CONDITIONS

CIRCLE BELOW:
Indoors Outdoors

STANDARDS

ATP
7-22.02
FM
7-22

PURPOSE

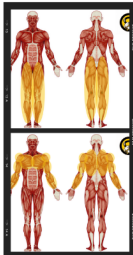
KEY COMPONENTS

- Blood flow to muscles
- Stretch Muscles
- Repair Muscles

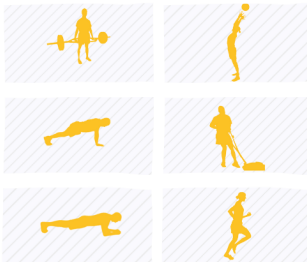
FITNESS COMPONENTS

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



FOCUS MUSCLE GROUPS



FOCUS EVENTS



Saturday & Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HBP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						



Saturday is a great day to go to the gym and work on whatever you desire. I recommend you work on an event that you are struggling in.

Sunday is a great day to relax and repair. Spend time with family or friends. Eat the right foods and allow your body to recover.

Your PT Calendar



ON THE NEXT PAGE

Useful Links Page

Say Goodbye to your PT Problems

ACFT Quick Workouts (15-20 Min)

<https://newpttestarmy.com/army-workout/acft-workout-plans/#ACFT-Workout-Plan>

PT Workouts (60 min)

<https://newpttestarmy.com/army-workout/acft-workout-plans/#Army-PT-Plans>


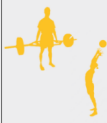
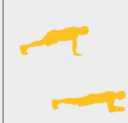




ACFT / PT Templates

<https://newpttestarmy.com/army-workout/acft-workout-plans/#Army-PT-Plan-Template>

Month:

Company: _____

PLT: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AGR - RUN DAY	MDL & SPT - MF DAY	HRP & PLK - MF DAY	SDC & COMBAT CONDO DAY	LIGHT LONG - RUN DAY	YOUR GYM DAY	REST, REPAIR & STRETCH
						

WEEK 1	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
WEEK 2	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
WEEK 3	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
WEEK 4	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
WEEK 5	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own
	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ WO: Instructors: 1. 2. Location:	Day _____ On Your Own	Day _____ On Your Own

Want More PT Plans?

Get a full month now



Click Here

<https://combatfitnow.com/army-pt-plan-1-month/>