



# Army Recovery Training Manual

**United States. Superintendent of  
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## **Army Recovery Training Manual:**

Army Physical Readiness Training Manual Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training s fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit s training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub      *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 20 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3000 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 *Spin Recovery Training* United States. Congress. House. Committee on Science and Technology. Subcommittee on Investigations and Oversight, 1981

**Preparing for the Army Combat Fitness Test** Nate Palin, Rob Hartman, 2021 Preparing for the Army Combat Fitness Test is the ideal resource to help new recruits and active duty soldiers train for the Army's physical assessment of combat readiness **Field Manuals** United States. War Department, 1980-07-02 **The Army Combat Fitness Test** U. S. Army, 2020-02-29 Our nation's greatest assets our Soldiers face a dynamic competitive and lethal operational environment OE that has evolved in recent years one in which our adversaries will employ a mix of traditional unconventional and hybrid strategies Our Army's physical readiness program must evolve to keep pace with the demands of modern war our physical fitness test must evolve as well Based on results of years of scientific study the Secretary and Chief of Staff of the Army have directed replacement of the Army Physical Fitness Test APFT While the legacy APFT is an acceptable test for measuring general fitness it does not adequately assess the domains of combat physical fitness The six event Army Combat Fitness Test ACFT was developed to better predict a Soldier's readiness for the demands of the modern battlefield Like combat the ACFT is both age and gender neutral The desired end states of ACFT implementation are an increase in physical readiness

**Army Sustainment**, 2015 The Department of the Army's official professional bulletin on sustainment publishing timely authoritative information on Army and Defense sustainment plans programs policies operations procedures and doctrine for the benefit of all sustainment personnel **Monthly Catalog of United States Government Publications**, 1994

**United States Army Aviation Digest**, 1979 Reducing Stress Fracture in Physically Active Military Women Institute of Medicine, Committee on Military Nutrition Research, Subcommittee on Body Composition, Nutrition, and Health of Military Women, 1998-10-22 The incidence of stress fractures of the lower extremities during U.S. military basic training is significantly higher among female military recruits than among male recruits The prevalence of this injury has a marked impact on the health of service personnel and imposes a significant financial burden on the military by delaying completion of the training of new recruits In addition to lengthening training time increasing program costs and delaying military readiness

stress fractures may share their etiology with the longer term risk of osteoporosis As part of the Defense Women s Health Research Program this book evaluates the impact of diet genetic predisposition and physical activity on bone mineral and calcium status in young servicewomen It makes recommendations for reducing stress fractures and improving overall bone health through nutrition education and monitored physical training programs The book also makes recommendations for future research to evaluate more fully the effects of fitness levels physical activities and other factors on stress fracture risk and bone health

**The Monthly Army List** Great Britain. Army,1924 Serjeant Weddeburne of the 95th Rifle Regiment: His life and work. Ben Townsend,2017-01-05 In 1804 Serjeant William Weddeburne wrote his manual on the instruction of light infantry and rifle soldiers He states in the preface that his intention was to instruct those volunteer forces who had assembled as auxiliaries to support the regular army in the event of invasion by the French He used the system of training adopted by the 95th rifles on its formation This book describes Weddeburne s service in the army his subsequent life and a history of Weeley barracks where he wrote his book A full text of this famously elusive manuscript is included with an analysis of its place in the early development of light infantry training and tactics *U.S. Military Pocket Survival Guide* U.S. Army, Marine Corps, Navy, And Air Force,Matt Larsen,2009-07 Chapter 1 Evasion Planning Camouflage Shelters Movement Chapter 2 Navigation Stay or Move Considerations Navigation and Position Determination Travel Considerations River Travel Ice and Snow Travel Mountain Hazards Summer Hazards Dry Climates Tropical Climates Open Seas Chapter 3 Radio Communications and Signaling Chapter 4 Recovery Chapter 5 Medical Chapter 6 Personal Protection Chapter 7

**Multichannel Communications Equipment Operator** United States. Department of the Army,1980 **Catalogue of the Public Documents of the ... Congress and of All Departments of the Government of the United States for the Period from ... to ... ,1929** **Catalogue of the Public Documents of the [the Fifty-third] Congress [to the 76th Congress] and of All Departments of the Government of the United States** United States. Superintendent of Documents,1896 Monthly Catalog, United States Public Documents ,1936 **Monthly Catalogue, United States Public Documents ,1985** **Monthly Catalog of United States Government Publications** United States. Superintendent of Documents,1966 Monthly Catalog of United States Government Publications, Cumulative Index United States. Superintendent of Documents,1970

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