

# Army Prt Cheat Sheet

RECOVERY DRILL	
1. Overhead Arm Pull (20-30 seconds)	
2. Floor Lunges (20-30 seconds)	
3. External and Flex (20-30 seconds)	
4. Triple Steals (20-30 seconds)	
5. Single-Leg Over (20-30 seconds)	

1. Power Bap (1 rep = 2 x 25 yards)
2. Crossovers (1 rep = 2 x 25 yards)
3. Climb Run (1 rep = 3 x 25 yards)

1. Verticals (1 nap = 2 x 25 yards)
2. Laterals (1 nap = 2 x 25 yards)
3. Shuttle Drives (1 nap = 3 x 25 yards)

HP STABILITY DRILL
1. Latent Leg Raise (4-count, SLOW)
2. Medial Leg Raise (4-count, SLOW)
3. Broad Leg Latent Raise (4-count, SLOW)
4. Single-Leg Kick (4-count, SLOW)
5. Single-Leg Over (20-30 seconds)

**PREPARATION DATA**

[illegible]

**COMBINE RISK MANAGEMENT PROCESS**

	ENVIRONMENTAL RISK MANAGEMENT	FINANCIAL RISK MANAGEMENT	REPUTATIONAL RISK MANAGEMENT	OPERATIONAL RISK MANAGEMENT
8.00	12.30	2.34	10.15	2.02
7.45	12.15	2.30	10.00	1.55
7.30	12.00	2.27	9.45	1.52
7.15	11.45	2.13	9.30	1.45
7.00	11.30	2.10	9.15	1.40
6.45	11.15	2.09	9.00	1.37
6.30	11.00	2.06	8.45	1.34
6.15	10.45	2.07	8.30	1.31
6.00	10.30	2.03	8.15	1.28
5.45	10.15	2.00	8.00	1.25

ALLIET GROUP RISK TABLE SPLIT TIMES

# Army PRT Cheat Sheet

The Army Physical Readiness Training (PRT) program is designed to prepare soldiers for the physical demands of military service. This cheat sheet serves as an essential guide for soldiers and trainers alike, providing a comprehensive overview of the PRT program, including its components, exercises, principles, and additional resources. Understanding the PRT is vital for every soldier aiming to maintain optimal physical fitness and readiness for duty.

## Understanding Army PRT

The Army PRT program is a structured regimen that focuses on improving soldiers' physical fitness, enhancing their ability to perform their duties, and reducing the risk of injury. The program emphasizes three key areas: strength, endurance, and mobility.

## Key Components of Army PRT

1. Strength Training:
  - Aimed at increasing muscle strength and endurance.
  - Involves exercises targeting major muscle groups.
2. Endurance Training:
  - Focuses on improving cardiovascular fitness.
  - Involves activities that elevate heart rate for sustained periods.

### 3. Mobility Training:

- Enhances flexibility and range of motion.
- Key to preventing injuries and improving overall performance.

## PRT Principles

The Army's PRT program is based on several foundational principles that guide its implementation:

### 1. Progression:

- Training should gradually increase in intensity and complexity.
- Soldiers should aim to enhance their physical capabilities over time.

### 2. Variety:

- Incorporating different exercises to prevent boredom and promote comprehensive fitness.
- Includes a mix of strength, endurance, and mobility activities.

### 3. Repetition:

- Repeating exercises is essential for skill acquisition and strength building.
- Allows soldiers to master techniques and improve performance.

### 4. Recovery:

- Adequate rest is crucial for muscle recovery and injury prevention.
- Soldiers should include recovery days in their training plans.

## Common PRT Exercises

The Army PRT program includes a variety of exercises tailored to meet the physical demands of soldiers. Below are some of the most commonly performed exercises:

### Strength Exercises

- Push-ups: Develops upper body strength, particularly in the chest, shoulders, and triceps.
- Sit-ups: Enhances core strength and endurance.
- Squats: Strengthens lower body muscles, including quadriceps, hamstrings, and glutes.
- Deadlifts: Targets the back, legs, and core, promoting overall strength.

### Endurance Exercises

- Running: The primary endurance activity, can be performed in various formats (distance runs, timed runs).
- Jump Rope: Improves cardiovascular fitness and coordination.
- Cycling: A low-impact alternative to running that still builds endurance.

## Mobility Exercises

- Dynamic Stretching: Prepares the body for physical activity by increasing blood flow and flexibility.
- Static Stretching: Focuses on improving flexibility post-workout.
- Yoga: Aids in overall body flexibility, balance, and mental focus.

## PRT Schedule and Planning

Creating a structured training schedule is vital for effective physical readiness. The following steps can help soldiers plan their PRT regimen:

### 1. Assess Fitness Level:

- Conduct baseline assessments to identify strengths and weaknesses.
- Use performance metrics such as APFT (Army Physical Fitness Test) scores.

### 2. Set Goals:

- Establish short-term and long-term fitness goals.
- Goals should be SMART: Specific, Measurable, Achievable, Relevant, Time-bound.

### 3. Create a Weekly Training Plan:

- Example schedule:
- Monday: Strength training (Upper body focus)
- Tuesday: Endurance training (Running)
- Wednesday: Mobility training (Yoga or dynamic stretching)
- Thursday: Strength training (Lower body focus)
- Friday: Endurance training (Cycling or jump rope)
- Saturday: Functional fitness (Circuit training)
- Sunday: Rest and recovery

## Injury Prevention and Safety Tips

Injuries can hinder a soldier's readiness and performance. To minimize the risk of injury, consider the following tips:

1. Warm-Up: Always begin with a proper warm-up to prepare muscles for exertion.
2. Listen to Your Body: Pay attention to fatigue or discomfort. Pushing through pain can lead to injuries.
3. Cross-Train: Incorporate different types of training to balance muscle development and reduce repetitive stress injuries.
4. Stay Hydrated: Drink plenty of water before, during, and after workouts to maintain hydration levels.
5. Use Proper Technique: Focus on maintaining proper form during exercises to reduce the risk of injury.

# Resources for Army PRT

There are numerous resources available to assist soldiers in their PRT journey. Below are some recommended materials:

1. Army Field Manual (FM) 7-22: The official guide to Army PRT, containing detailed exercise descriptions and training plans.
2. Mobile Apps: Various fitness apps designed for military personnel that offer workouts, tracking features, and instructional videos.
3. Online Videos: Platforms like YouTube host instructional videos on proper exercise techniques and PRT workouts.
4. Fitness Coaches: Engaging with a qualified fitness coach, particularly one with military experience, can provide personalized guidance and feedback.

## Conclusion

The Army PRT program is an essential aspect of military training, focusing on developing the physical capabilities necessary for effective service. By understanding its components, principles, exercises, and best practices for injury prevention, soldiers can enhance their physical readiness and overall performance. This cheat sheet serves as a quick reference to help soldiers stay on track with their training goals, ensuring they are prepared for the challenges of military life. Remember, consistency, proper technique, and a commitment to improvement are key to achieving success in Army PRT.

## Frequently Asked Questions

### What is the Army PRT cheat sheet?

The Army PRT cheat sheet is a quick reference guide that summarizes the key exercises, assessments, and standards used in the Army Physical Readiness Training program.

### How can I use the Army PRT cheat sheet effectively?

You can use the cheat sheet to familiarize yourself with the exercises, to plan your workouts, and to track your progress against Army standards for physical fitness.

### What exercises are included in the Army PRT cheat sheet?

The cheat sheet typically includes exercises such as push-ups, sit-ups, the 2-mile run, and various mobility drills, along with their proper techniques and standards.

### Is the Army PRT cheat sheet useful for civilians?

Yes, while designed for military personnel, civilians can also use the cheat sheet to enhance their fitness routines and understand effective training methods.

## Where can I find the latest Army PRT cheat sheet?

The latest Army PRT cheat sheet can be found on official Army websites, military training resources, or through fitness guides provided by Army fitness instructors.

## What are the benefits of using the Army PRT cheat sheet?

Benefits include improved workout efficiency, better understanding of physical fitness standards, and enhanced overall performance during physical assessments.

## Does the Army PRT cheat sheet include nutrition guidelines?

Typically, the Army PRT cheat sheet focuses on physical training exercises, but you may find links or references to nutrition guidelines for overall fitness.

## Can the Army PRT cheat sheet help in preparing for the APFT?

Absolutely! The cheat sheet is designed to help individuals prepare for the Army Physical Fitness Test (APFT) by detailing exercises and standards necessary for success.

## How often should I refer to the Army PRT cheat sheet?

You should refer to the cheat sheet regularly, especially when planning workouts, during training sessions, and before physical assessments to ensure you meet the required standards.

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