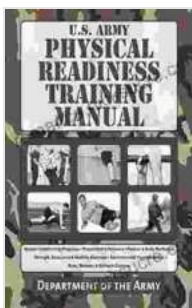


# Army Physical Readiness Training Manual: Essential Guide for US Army Survival

The Army Physical Readiness Training (PRT) Manual is a comprehensive guide to physical training for Soldiers of the United States Army. It provides detailed instructions on exercises, training plans, and nutrition for Soldiers of all fitness levels. The PRT Manual is essential for Soldiers who want to improve their physical fitness and prepare for the challenges of military service.

## Components of the PRT Manual

The PRT Manual is divided into four main components:



### U.S. Army Physical Readiness Training Manual (US Army Survival) by Kate Chenery Tweedy

★★★★☆ 4.6 out of 5

Language : English  
File size : 85395 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 432 pages



- **The Physical Fitness Test (PFT):** The PFT is a series of exercises that are used to assess Soldiers' physical fitness. The PFT includes the push-up, sit-up, and run events.

- **The Army Combat Fitness Test (ACFT):** The ACFT is a new physical fitness test that is being implemented in the Army. The ACFT is more comprehensive than the PFT and includes a wider range of exercises.
- **Training Plans:** The PRT Manual provides training plans for Soldiers of all fitness levels. The training plans are designed to help Soldiers improve their physical fitness and prepare for the PFT and ACFT.
- **Nutrition:** The PRT Manual also provides information on nutrition for Soldiers. The nutrition information is designed to help Soldiers make healthy eating choices and fuel their bodies for training and combat.

## Benefits of Using the PRT Manual

There are many benefits to using the PRT Manual, including:

- **Improved Physical Fitness:** The PRT Manual can help Soldiers improve their physical fitness by providing them with detailed instructions on exercises, training plans, and nutrition.
- **Preparation for the PFT and ACFT:** The PRT Manual can help Soldiers prepare for the PFT and ACFT by providing them with training plans and practice tests.
- **Reduced Risk of Injury:** The PRT Manual can help Soldiers reduce their risk of injury by providing them with proper exercise techniques and training plans.
- **Increased Confidence:** The PRT Manual can help Soldiers increase their confidence by providing them with the knowledge and skills they need to succeed in physical fitness.

## How to Use the PRT Manual

The PRT Manual is available online and in print. Soldiers can access the PRT Manual by visiting the Army Publishing Directorate website. Soldiers should use the PRT Manual to:

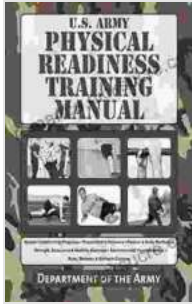
- **Assess their physical fitness:** Soldiers should use the PFT or ACFT to assess their physical fitness. This will help them determine their starting point and develop a training plan.
- **Develop a training plan:** Soldiers should use the training plans in the PRT Manual to develop a training plan that meets their needs. The training plan should be challenging but achievable.
- **Follow the nutrition guidelines:** Soldiers should follow the nutrition guidelines in the PRT Manual to make healthy eating choices and fuel their bodies for training and combat.
- **Monitor their progress:** Soldiers should monitor their progress by taking the PFT or ACFT regularly. This will help them track their improvement and make adjustments to their training plan as needed.

The PRT Manual is an essential guide to physical training for Soldiers of the United States Army. It provides detailed instructions on exercises, training plans, and nutrition for Soldiers of all fitness levels. The PRT Manual is essential for Soldiers who want to improve their physical fitness and prepare for the challenges of military service.

**Image 1:** Soldiers performing the push-up event of the PFT

**Image 2:** Soldiers performing the sit-up event of the PFT

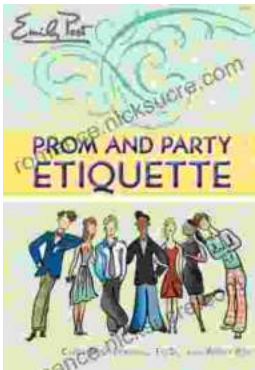
**Image 3:** Soldiers performing the run event of the PFT



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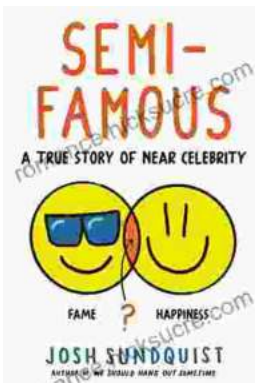
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