**Physical Readiness Training Quick Reference Card**

**Ref: TC 3-22.20, Army Physical Readiness Training**

**UNCLASSIFIED // FOUO**

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**1. Preparation Drill**

1. Head and Roll (4-count: Slow)
2. Knee Loop (4-count: Slow)
3. High Jump (4-count: Moderate)
4. Power Skip (4-count: Slow)
5. Single-Door (4-count: Slow)
6. Push-ups (4-count: Slow)
7. Front Lever (4-count: Slow)
8. Prowler Row (4-count: Slow)
9. Bent-Back Body Twist (4-count: Slow)
10. Push-up (4-count: Slow)

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**2. Military Movement Drill 1**

1. 1/4 Mile Run (1 lap = 2 x 25 yards)
2. 2 Lateral Jumps (1 lap = 2 x 25 yards)
3. Single Skip (1 lap = 3 x 25 yards)

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**3. Military Movement Drill 2**

1. Overhead Arm Pull (70-30 seconds)
2. Rear Lunge (70-30 seconds)
3. Frontal Twist (70-30 seconds)
4. Single Leg Raise (70-30 seconds)
5. Lateral Leg Raise (70-30 seconds)
6. Standing Forward (70-30 seconds)

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**4. Intermountain Run (1 lap = 10.30 km)**

<table>
<thead>
<tr>
<th>Treadmill Speed</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0 km/h</td>
<td>10.30 min</td>
</tr>
<tr>
<td>2.0 km/h</td>
<td>20.30 min</td>
</tr>
<tr>
<td>3.0 km/h</td>
<td>30.30 min</td>
</tr>
<tr>
<td>4.0 km/h</td>
<td>40.30 min</td>
</tr>
<tr>
<td>5.0 km/h</td>
<td>50.30 min</td>
</tr>
</tbody>
</table>

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**5. Single Leg Over (60-30 seconds)**

1. 4 Single Leg (60-30 seconds)
2. 3 Single Leg (60-30 seconds)
3. 2 Single Leg (60-30 seconds)
4. 1 Single Leg (60-30 seconds)

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**6. Single Leg To (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

---

**7. Single Leg With (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**8. Single Leg Flex (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**9. Single Leg Ext (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**10. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**11. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

---

**12. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**13. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**14. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**15. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**16. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**17. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**18. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**19. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**20. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**21. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

---

**22. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**23. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**24. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**25. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

---

**26. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**27. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**28. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**29. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)

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**30. Single Leg Squat (50-30 seconds)**

1. 4 Single Leg (50-30 seconds)
2. 3 Single Leg (50-30 seconds)
3. 2 Single Leg (50-30 seconds)
4. 1 Single Leg (50-30 seconds)
### Preparation Drill
1. Bend and Reach (4-count, SLOW)
2. Rear Lunge (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
4. Rower (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
6. Windmill (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
8. Prone Row (4-count, SLOW)
9. Bent-Leg Body Twist (4-count, SLOW)
10. Push-Up (4-count, MODERATE)

### 4 For The Core
1. Bent-Leg Raise (60 seconds)
2. Side Bridge (60 seconds)
3. Back Bridge (60 seconds)
4. Quadruped (60 seconds)

### Conditioning Drill 1
1. Power Jump (4-count, MODERATE)
2. V-Up (4-count, MODERATE)
3. Mountain Climber (4-count, MODERATE)
4. Leg-Tuck and Twist (4-count, MODERATE)
5. Single-Leg Push-Up (4-count, MODERATE)

### Conditioning Drill 2
1. Turn and Lunge (4-count, SLOW)
2. Supine Bicycle (4-count, SLOW)
3. Half Jack (4-count, MODERATE)
4. Swimmer (4-count, SLOW)
5. 8-Count Push-Up (8-count, MODERATE)

### Conditioning Drill 3
1. "Y" Squat (4-count, SLOW)
2. Single-Leg Dead Lift (4-count, SLOW)
3. Side-To-Side Knee Lifts (4-count, MODERATE)
4. Front Kick Alternate Toe Touch (4-count, MODERATE)
5. Tuck Jump (4-count, SLOW)
6. Straddle-Run Forward and Backward (8-count, MODERATE)
7. Half-Squat Lateral (4-count, MODERATE)
8. Frog Jumps Forward and Backward (4-count, MODERATE)
9. Alternate 1/4 Turn Jump (4-count, MODERATE)
10. Alternate-Staggered Squat Jump (4-count, SLOW)

### Strength and Mobility Activities

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>Toughening Phase (BCT/OSUT)</th>
<th>Sustaining Phase (AIT/OSUT)</th>
<th>Sustaining Phase ARFORGEN (Reset)</th>
<th>Sustaining Phase ARFORGEN (Train/Ready)</th>
<th>Sustaining Phase ARFORGEN (Available)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conditioning Drill 1</td>
<td>5 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
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<tr>
<td>Conditioning Drill 2</td>
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<td>5-10 reps</td>
<td>5-10 reps</td>
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<td>Conditioning Drill 3</td>
<td>N/A</td>
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<td>5-10 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
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<tr>
<td>Push-Up &amp; Sit-Up Drill</td>
<td>2 sets @ 30-60 seconds</td>
<td>2-4 sets @ 30-60 seconds</td>
<td>2-4 sets @ 30-60 seconds</td>
<td>2-4 sets @ 30-60 seconds</td>
<td>2-4 sets @ 30-60 seconds</td>
</tr>
<tr>
<td>Climbing Drill 1</td>
<td>5 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
<td>5-10 reps</td>
</tr>
<tr>
<td>Climbing Drill 2</td>
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<td>5-10 reps w load</td>
<td>5-10 reps w load</td>
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<tr>
<td>Strength Tng Circuit</td>
<td>2-3 rotations</td>
<td>2-3 rotations</td>
<td>2-3 rotations</td>
<td>2-3 rotations</td>
<td>2-3 rotations</td>
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<tr>
<td>Guerilla Drill</td>
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<td>1-3 reps</td>
<td>1-3 reps</td>
<td>1-3 reps</td>
<td>1-3 reps</td>
</tr>
</tbody>
</table>

### Climbing Drill 1
1. Straight-Arm Pull (2-count, MODERATE)
2. Heel Hook (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

### Climbing Drill 2
1. Flexed-Arm Hang (5 seconds)
2. Heel Hook (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

### Guerrilla Drill
1. Shoulder Roll (1 rep = 2 x 25 yards)
2. Lunge Walk (1 rep = 2 x 25 yards)
3. Soldier Carry (1 rep = 2 x 25 yards)

### Recovery Drill
1. Overhead Arm Pull (20-30 seconds)
2. Rear Lunge (20-30 seconds)
3. Extend and Flex (20-30 seconds)
4. Thigh Stretch (20-30 seconds)
5. Single-Leg Over (20-30 seconds)

### Strength Training Circuit

![Strength Training Circuit Diagram](attachment:image.png)

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