

FRONT OF GTA (UNFOLDED)

GTA 07-08-003
April 2010

Physical Readiness Training Quick Reference Card
Ref: TC 3-22.20, Army Physical Readiness Training



ARMY STRONG®
Proponent: US Army Physical Fitness School
<https://www.us.army.mil/suite/page/346316>
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COMPOSITE RISK MANAGEMENT PROCESSES

1. 100-yd Shuttle Run (1 rep = 2.25 yards)	1. 100-yd Shuttle Run (1 rep = 2.25 yards)	1. 100-yd Shuttle Run (1 rep = 2.25 yards)	1. 100-yd Shuttle Run (1 rep = 2.25 yards)
2. 200-yd Shuttle Run (1 rep = 2.25 yards)	2. 200-yd Shuttle Run (1 rep = 2.25 yards)	2. 200-yd Shuttle Run (1 rep = 2.25 yards)	2. 200-yd Shuttle Run (1 rep = 2.25 yards)
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9. 900-yd Shuttle Run (1 rep = 2.25 yards)	9. 900-yd Shuttle Run (1 rep = 2.25 yards)	9. 900-yd Shuttle Run (1 rep = 2.25 yards)	9. 900-yd Shuttle Run (1 rep = 2.25 yards)
10. 1000-yd Shuttle Run (1 rep = 2.25 yards)	10. 1000-yd Shuttle Run (1 rep = 2.25 yards)	10. 1000-yd Shuttle Run (1 rep = 2.25 yards)	10. 1000-yd Shuttle Run (1 rep = 2.25 yards)

ACTIVITIES

RECOVERY DRILL

MILITARY MOVEMENT DRILL 1

MILITARY MOVEMENT DRILL 2

MILITARY MOVEMENT DRILL 3

MILITARY MOVEMENT DRILL 4

MILITARY MOVEMENT DRILL 5

MILITARY MOVEMENT DRILL 6

MILITARY MOVEMENT DRILL 7

MILITARY MOVEMENT DRILL 8

MILITARY MOVEMENT DRILL 9

MILITARY MOVEMENT DRILL 10

MILITARY MOVEMENT DRILL 11

MILITARY MOVEMENT DRILL 12

MILITARY MOVEMENT DRILL 13

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MILITARY MOVEMENT DRILL 43

MILITARY MOVEMENT DRILL 44

MILITARY MOVEMENT DRILL 45

MILITARY MOVEMENT DRILL 46

MILITARY MOVEMENT DRILL 47

MILITARY MOVEMENT DRILL 48

MILITARY MOVEMENT DRILL 49

MILITARY MOVEMENT DRILL 50

BACK OF GTA (UNFOLDED)

PREPARATION DRILL

1. Band and Rest (4-count, SLOW)
2. Rear Lunge (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
4. Squat (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
6. Windmill (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
8. Plank (4-count, SLOW)
9. Burpee (4-count, SLOW)
10. Push-up (4-count, MODERATE)

FOR THE CORE

1. Bear Leg Raise (30 seconds)
2. Side Bridge (30 seconds)
3. Back Bridge (30 seconds)
4. Quadruped (30 seconds)

STRENGTH AND MOBILITY ACTIVITIES

ACTIVITIES

Conditioning Phase (PUSH)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (PULL)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (CARDIO)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (AGILITY)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (BALANCE)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (COORDINATION)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (ENDURANCE)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (SPEED)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (POWER)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (FLEXIBILITY)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (AGILITY)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (BALANCE)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (COORDINATION)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (ENDURANCE)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (SPEED)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (POWER)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

Conditioning Phase (FLEXIBILITY)

1. 5 reps
2. 5 reps
3. 5 reps
4. 5 reps
5. 5 reps
6. 5 reps
7. 5 reps
8. 5 reps
9. 5 reps
10. 5 reps

CONDITIONING DRILL 1

1. Power Jump (2-count, MODERATE)
2. Side Kick (MODERATE)
3. Mountain Climber (4-count, MODERATE)
4. Sit-Tap and Feet (4-count, MODERATE)
5. Single Leg Push-Up (4-count, MODERATE)

CONDITIONING DRILL 2

1. Turn and Lunge (4-count, SLOW)
2. Single Leg Squat (4-count, SLOW)
3. Plank (4-count, MODERATE)
4. Sit-Tap and Feet (4-count, MODERATE)
5. Single Leg Push-Up (4-count, MODERATE)

CONDITIONING DRILL 3

1. 100-yd Shuttle Run (1 rep = 2.25 yards)
2. Single Leg Dead Lift (4-count, SLOW)
3. Single Leg Squat (4-count, MODERATE)
4. Front Kick Alternate to Throw (4-count, MODERATE)
5. Shoulder Run Forward and Backward (8-count, MODERATE)
6. Single Leg Lunge (4-count, MODERATE)
7. Plank (4-count, MODERATE)
8. Frog Jump Forward and Backward (4-count, MODERATE)
9. Alternate 10 Turn (4-count, MODERATE)
10. Alternate Staggered Squat Jump (4-count, SLOW)

CLIMBING DRILL 1

1. Straight Arm Pull (2-count, MODERATE)
2. Hand Walk (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tap (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

CLIMBING DRILL 2

1. Shoulder Arm Tap (2-count, MODERATE)
2. Hand Walk (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tap (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

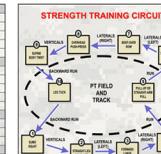
CLIMBING DRILL 3

1. Shoulder Arm Tap (2-count, MODERATE)
2. Hand Walk (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tap (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

GUERRILLA DRILL

1. Shoulder Arm Tap (1 rep = 2.25 yards)
2. Lunge Walk (1 rep = 2.25 yards)
3. Soldier Carry (1 rep = 2.25 yards)
4. Overhead Arm Pull (20-30 seconds)
5. Bear Lunge (20-30 seconds)
6. Extend and Flex (20-30 seconds)
7. Traps (20-30 seconds)
8. Single Leg Over (20-30 seconds)

STRENGTH TRAINING CIRCUIT



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GTA 07-08-003
FOLDING INSTRUCTION
GUIDE

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RECOVERY DRILL

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MILITARY MOVEMENT DRILL 2

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MILITARY MOVEMENT DRILL 46

MILITARY MOVEMENT DRILL 47

MILITARY MOVEMENT DRILL 48

MILITARY MOVEMENT DRILL 49

MILITARY MOVEMENT DRILL 50

step 1

step 2

FRONT COVER

step 3

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