



U.S. Army Fitness Training Handbook: The Official U.S. Army Physical Readiness Training Manual (August 2010 revision, Training Circular TC 3-22.20)

U.S. Army Physical Fitness School, U.S. Department of the Army

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This publication supersedes and comprehensively updates U.S. Army Field Manual FM 21-20, dated 30 September 1992. Physical readiness training prepares Soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats, in complex operational environments, and with emerging technologies. Part I, Philosophy, covers approach, system, and leadership. Part II, Strategy, covers types of programs, planning considerations, and special conditioning programs. Part III, Activities, covers execution of training, preparation and recovery, strength and mobility, and endurance and mobility. Appendix A is the Army Physical Fitness Test. Appendix B discusses climbing bars. Appendix C discusses posture and body mechanics. Appendix D discusses environmental considerations. Appendix E discusses obstacle negotiation. August 2010. 432p. ill.

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