



The Official US Army Fitness Handbook: Physical Readiness Training - Current, Full-Size Edition: Get Army Fit - 400+ Pages, Giant 8.5 X 11 Format: Large, Clear Print Pictures - FM 7-22 (Tc 3-22.20,

By U S Army

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Carlile Media (illustrator). Large Print. Language: English . Brand New Book ***** Print on Demand *****.BUILD WARRIOR FITNESS Military leaders have always recognized that the effectiveness of Soldiers depends largely on their physical condition. Victory - and even the Soldier s life - often depend upon strength, stamina, agility, resiliency, and coordination. To march long distances in fighting load through rugged country and to fight effectively upon arriving at the area of combat; to drive fast-moving tanks and motor vehicles over rough terrain; to assault; to run and crawl for long distances; to jump in and out of craters and trenches; to jump over obstacles; to lift and carry heavy objects; to keep going for many hours without sleep or rest - all these activities of warfare and many others require superb physical conditioning. This comprehensive handbook contains not only the information required to get yourself fighting fit, but the leadership philosophy and framework necessary to create your own physical training programs as a fitness instructor or trainer. Its level of detail and quality of instruction are second-to-none, based on the U.S. Army s decades of unique experience creating warriors. Covering every...



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