



PHYSICAL READINESS

Physical readiness is the ability to meet the physical demands of any duty or combat position, accomplish the mission, and come home healthy.

CREATE MOVEMENT LETHALITY

MUSCULAR STRENGTH

The amount of force a muscle or group of muscles can generate when needed such as when dragging a heavy load or extracting a casualty.

MUSCULAR ENDURANCE

The ability of a muscle or muscle group to repetitively perform work for an extended period such as when lifting duffel bags onto a truck or loading artillery rounds.

POWER

Referred to as “explosive strength” used in a variety of activities such as jumping, bounding, throwing, and casualty evacuation.

AEROBIC ENDURANCE

The ability to exercise large muscle groups for sustained durations of time such as when conducting long foot marches, patrols, or distance running.

ANAEROBIC ENDURANCE

The ability to tolerate short bursts of high intensity activities such as when moving rapidly with a heavy ruck, sprinting, heavy lifting, and when engaging in combatives.

IMPROVED PHYSICAL PERFORMANCE

Physical fitness is an important part of military readiness, general health, and well-being. It's one of the key priorities in assessing individual and unit performance and deployability.

IMPROVED MENTAL HEALTH

There is a strong connection between regular exercise and keeping a positive mental attitude, illness prevention, and good cognitive function.

INJURY RISK REDUCTION

Developing and maintaining a high level of strength and endurance can reduce the likelihood of injury.



For more information refer to:
FM 7-22, Holistic Health and Fitness 2020
usacimt.tradoc.army.mil



<http://www.hprc-online.org>

