



# UNITED STATES ARMY RECRUITING COMMAND



## Physical Fitness Basics





# Introduction to Army Physical Fitness



Watch this introduction to Army Physical Fitness Video

<https://www.youtube.com/watch?v=aNwK-LFtzRg&list=PLWYFnaoxiX9IYG1xiWljXDY8Vb-MTwUt&index=1>







# Occupational Physical Assessment Test



The Occupational Physical Assessment Test (OPAT) is a battery of four physical fitness test events that will be used to assess an individual's physical capabilities to engage physically demanding Army tasks.

The OPAT test events are:  
*The standing long jump*  
*Seated power throw*  
*Strength deadlift*  
*Interval aerobic run.*





# OPAT: Standing Long Jump



**Watch video for demonstration**

[https://www.youtube.com/watch?time\\_continue=100&v=gTORoqaXfgw&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=100&v=gTORoqaXfgw&feature=emb_logo)





# OPAT: Seated Power Throw



**Watch video for demonstration**

<https://www.youtube.com/watch?v=CbsG81FKP5o&list=PLWYFnaoxiX9IYIG1xiWljXDY8Vb-MTwUt&index=5&t=0s>





# OPAT: Strength Deadlift



**Watch video for demonstration**

<https://www.youtube.com/watch?v=UgBpMf7zmk0&list=PLWYFnaoxiX9IYIG1xiWljXDY8Vb-MTwUt&index=2>





# OPAT: Interval Aerobic Run



Watch video for demonstration

<https://www.youtube.com/watch?v=v1SVxXR9DyU&list=PLWYFnaoxiX9IYIG1xiWljXDY8Vb-MTwUt&index=5>





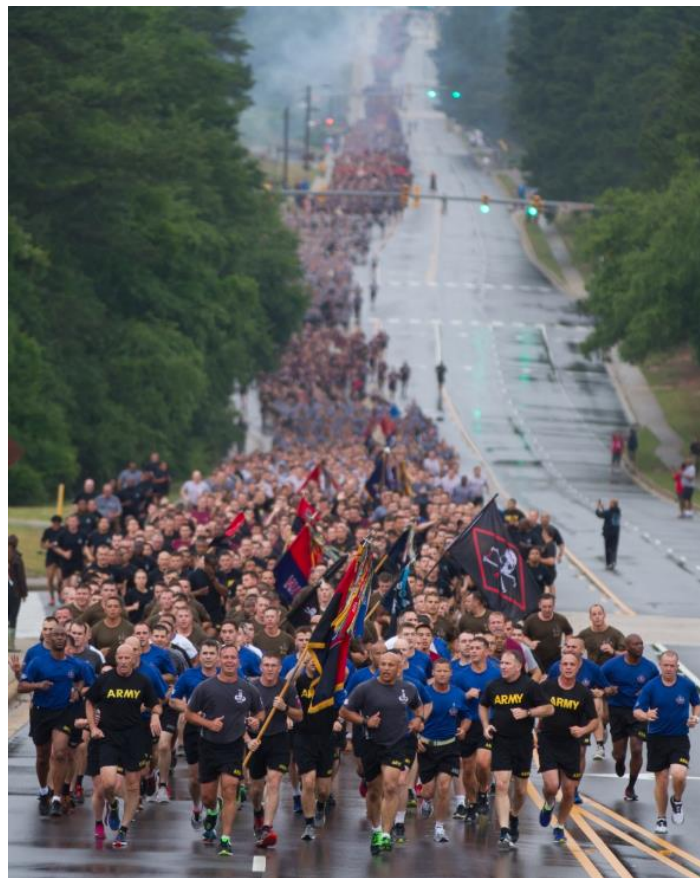


# Intro to Physical Readiness Training (PRT)



Physical activity is essential to your performance, your physical readiness, and your health.

Your PRT program will consist of:  
**running,**  
**calisthenics,**  
**stability training,**  
**and conditioning.**







# Physical Readiness Training (PRT)



The standardized physical training session will always include the following elements:

**Warm up**

**Activity**

**Cool down**

On training days that concentrate primarily on **strength and mobility**, warm-up should consist of:  
**4 for the core**  
**Hip stability drill**  
Followed by:  
**Conditioning drill 1.**



On training days that concentrate primarily on **endurance and mobility**, warm-up should consist of:  
**Conditioning drill 1**  
**The Military movement drill**  
Followed by one of the following:  
**Speed Running, 30:60s, 60:120s, Hill repeats, Uphill repeats, Downhill repeats, or ability group runs.**





# 4 For the Core

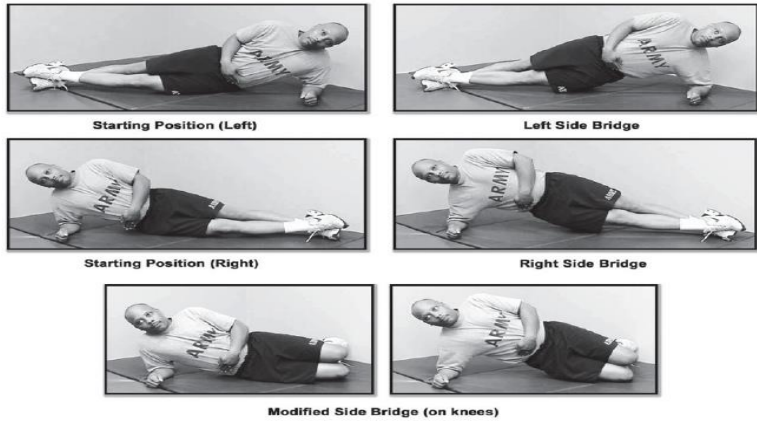
(Strength and Mobility)



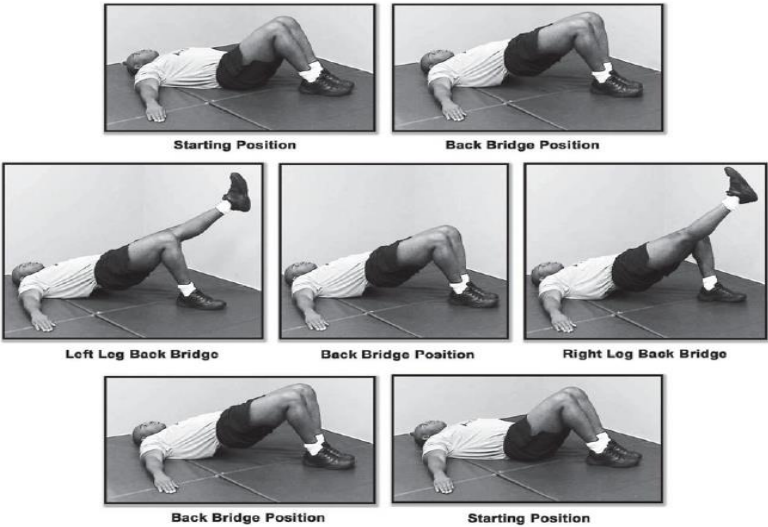
## Bent-leg raise



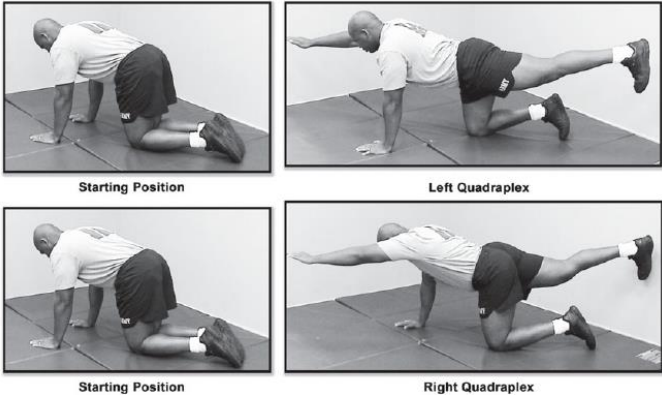
## Side bridge



## Back Bridge



## Quadruplex





# Bent-leg Raise

(Strength and Mobility)



**Watch video for demonstration**

<https://www.youtube.com/watch?v=MReXsU3n1JY>





# Side Bridge

(Strength and Mobility)



Starting Position (Left)



Left Side Bridge



Starting Position (Right)



Right Side Bridge



Modified Side Bridge (on knees)

## Watch video for demonstration

<https://www.youtube.com/watch?v=GC2E7fkPlyI>







# Back Bridge

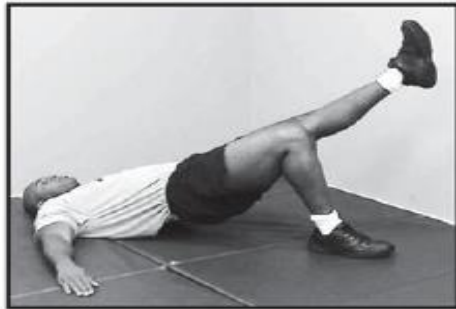
(Strength and Mobility)



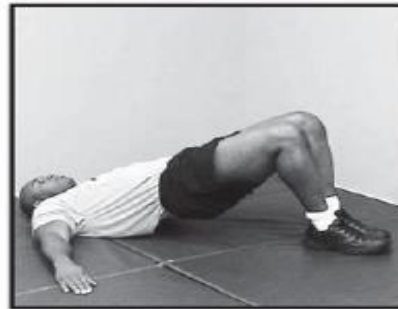
Starting Position



Back Bridge Position



Left Leg Back Bridge



Back Bridge Position



Right Leg Back Bridge



Back Bridge Position



Starting Position

## Watch video for demonstration

<https://www.youtube.com/watch?v=hX3XxEx7w0Y>





# Quadraplex (Strength and Mobility)



Starting Position



Left Quadraplex



Starting Position



Right Quadraplex

## Watch video for demonstration

<https://www.youtube.com/watch?v=v0MHOSHRqXU>



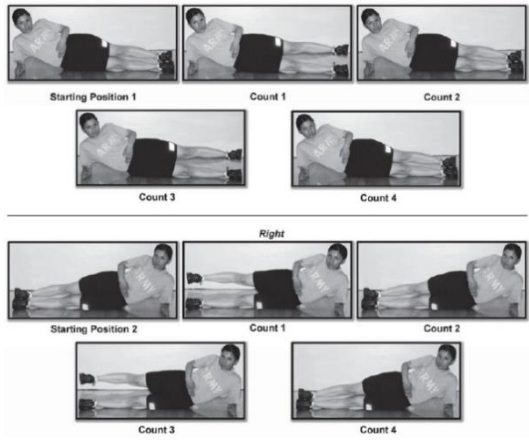


# Hip Stability Drill

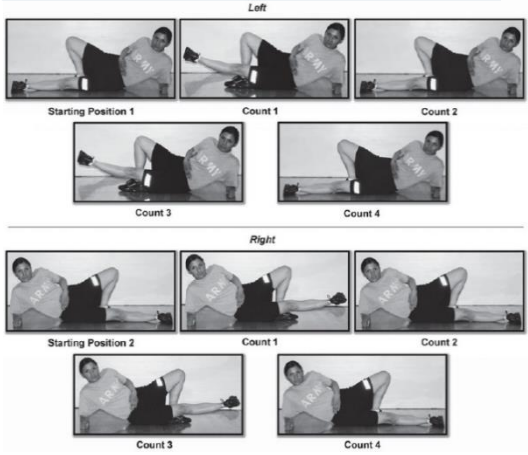
(Strength and Mobility)



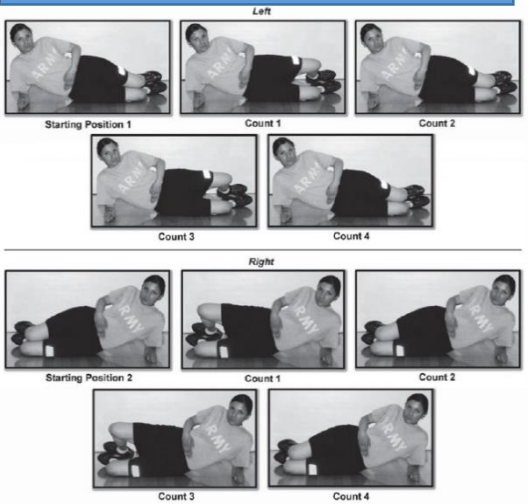
## Lateral leg raise



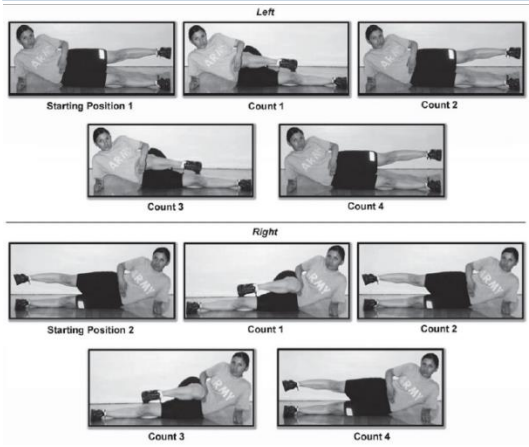
## Medial leg raise



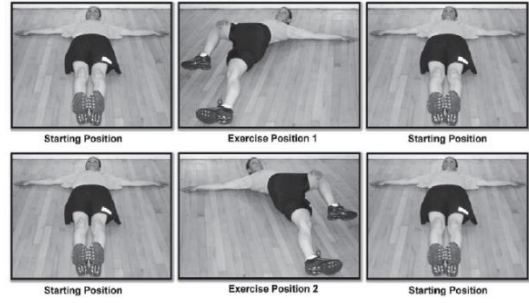
## Bent-leg lateral raise



## Single-leg tuck



## Single-leg over





# Lateral Leg Raise

(Strength and Mobility)



Starting Position 1

Count 1

Count 2



Count 3



Count 4

*Right*



Starting Position 2

Count 1

Count 2



Count 3



Count 4

## Watch video for demonstration

<https://www.youtube.com/watch?v=SojWBrl4ZKU>





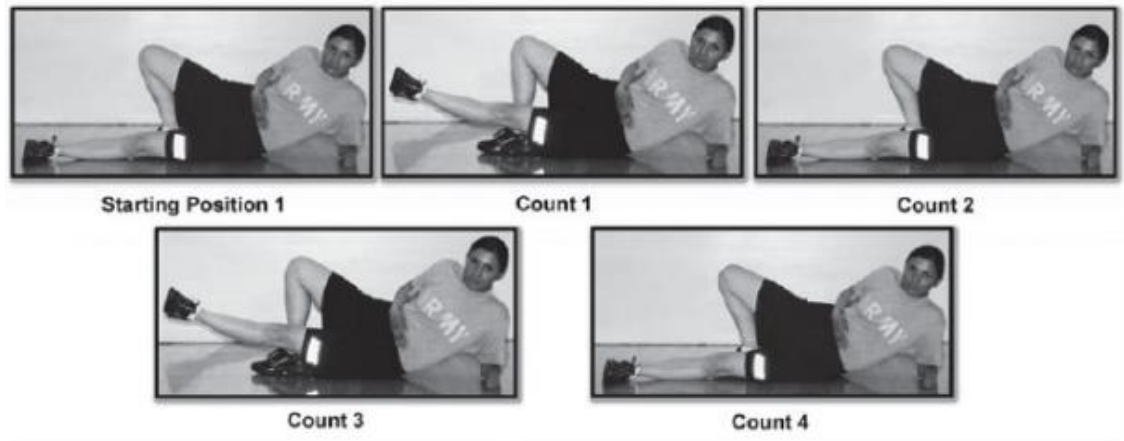


# Medial Leg Raise

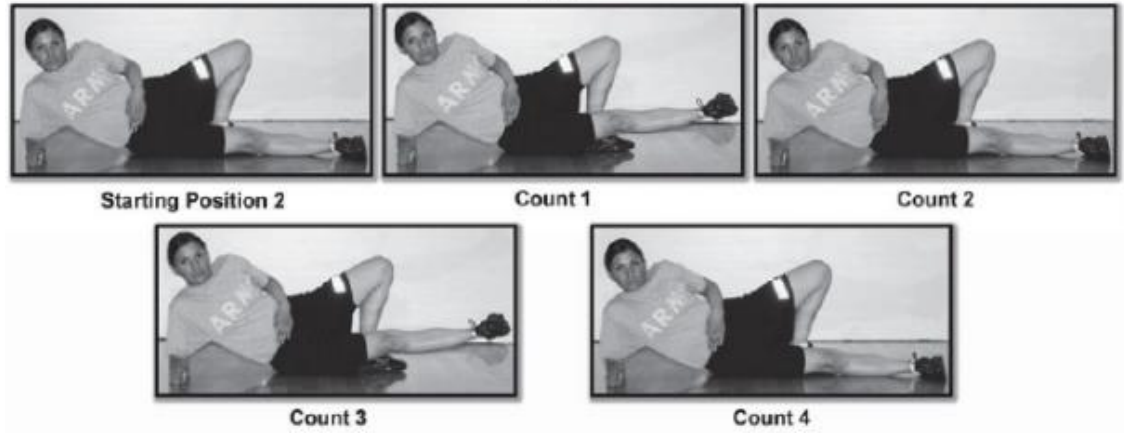
(Strength and Mobility)



Left



Right



**Watch video for demonstration**

[https://www.youtube.com/watch?v=1Lkg4d8iP\\_I](https://www.youtube.com/watch?v=1Lkg4d8iP_I)





# Bent-leg Lateral Raise

(Strength and Mobility)



*Left*



Starting Position 1



Count 1



Count 2



Count 3



Count 4

*Right*



Starting Position 2



Count 1



Count 2



Count 3



Count 4

## Watch video for demonstration

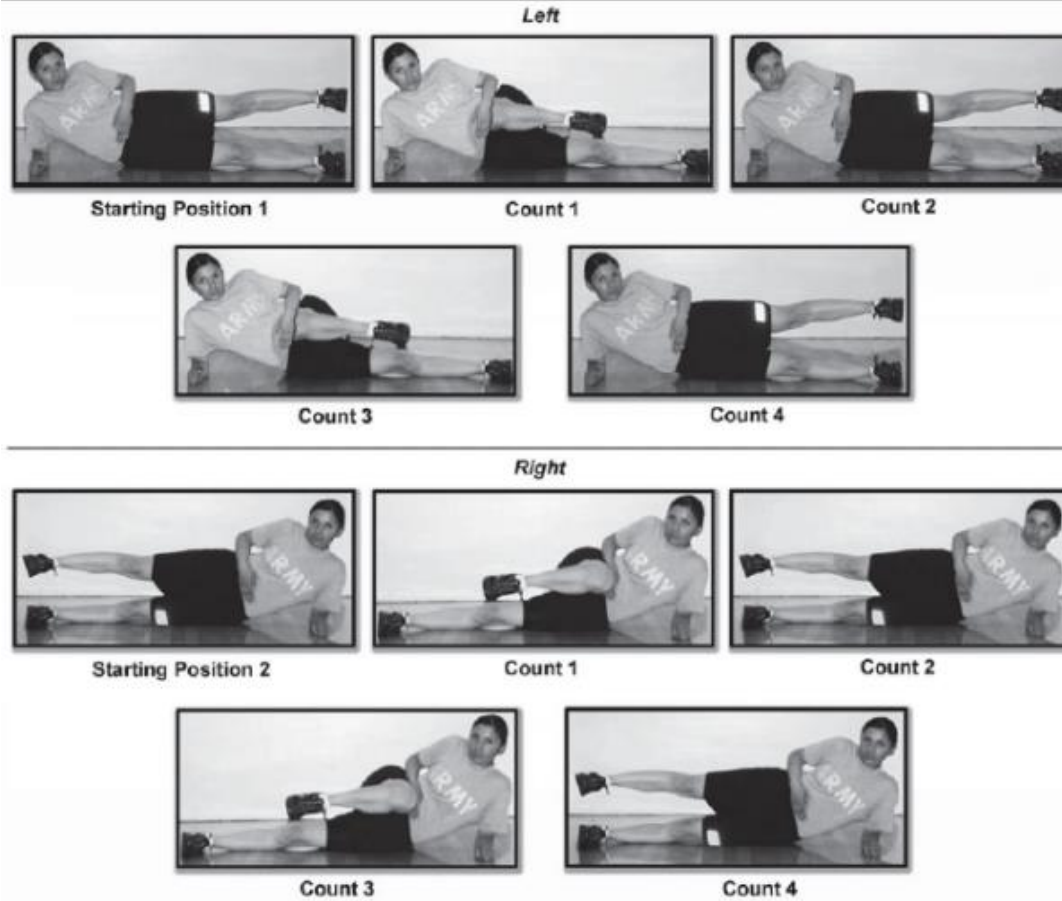
<https://www.youtube.com/watch?v=7Au6dSUp1dk>





# Single-leg Tuck

(Strength and Mobility)



**Watch video for demonstration**

[https://www.youtube.com/watch?v=Czgg\\_PXOxA4](https://www.youtube.com/watch?v=Czgg_PXOxA4)





# Single-leg Over

(Strength and Mobility)



Starting Position



Exercise Position 1



Starting Position



Starting Position



Exercise Position 2



Starting Position

**Watch video for demonstration**

<https://www.youtube.com/watch?v=fzdc8g0qq-4>





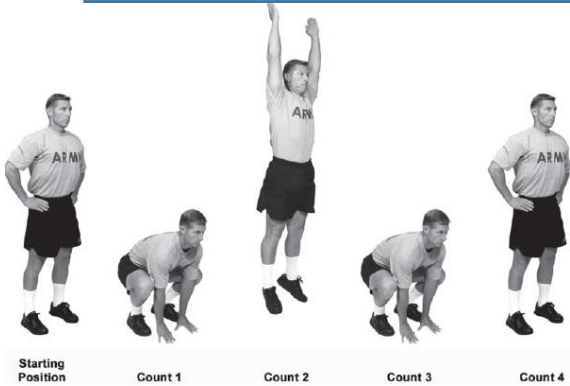


# Conditioning Drill 1

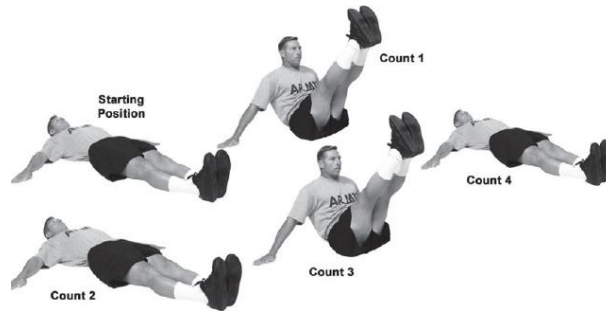
(All Work Out Days)



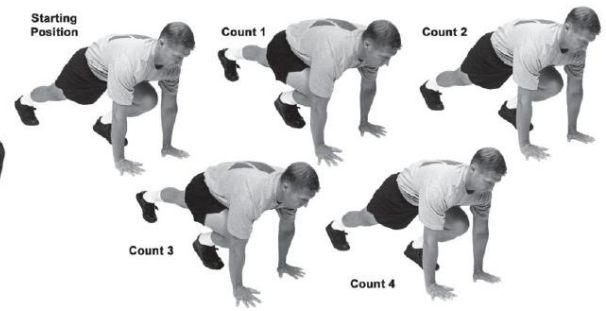
## Power jump



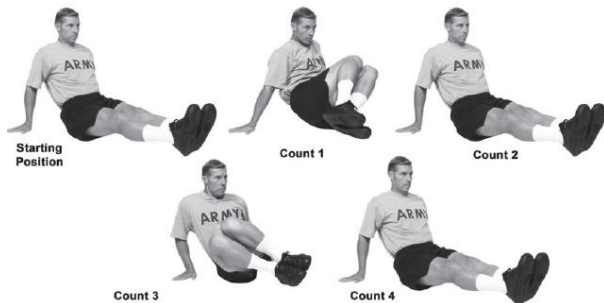
## V-Up



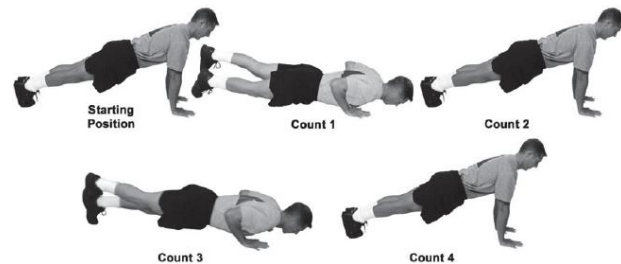
## Mountain climber



## Leg-tuck and twist



## Single-leg push-up





# Power Jump

(All Work Out Days)



Starting  
Position



Count 1



Count 2



Count 3



Count 4

**Watch video for demonstration**

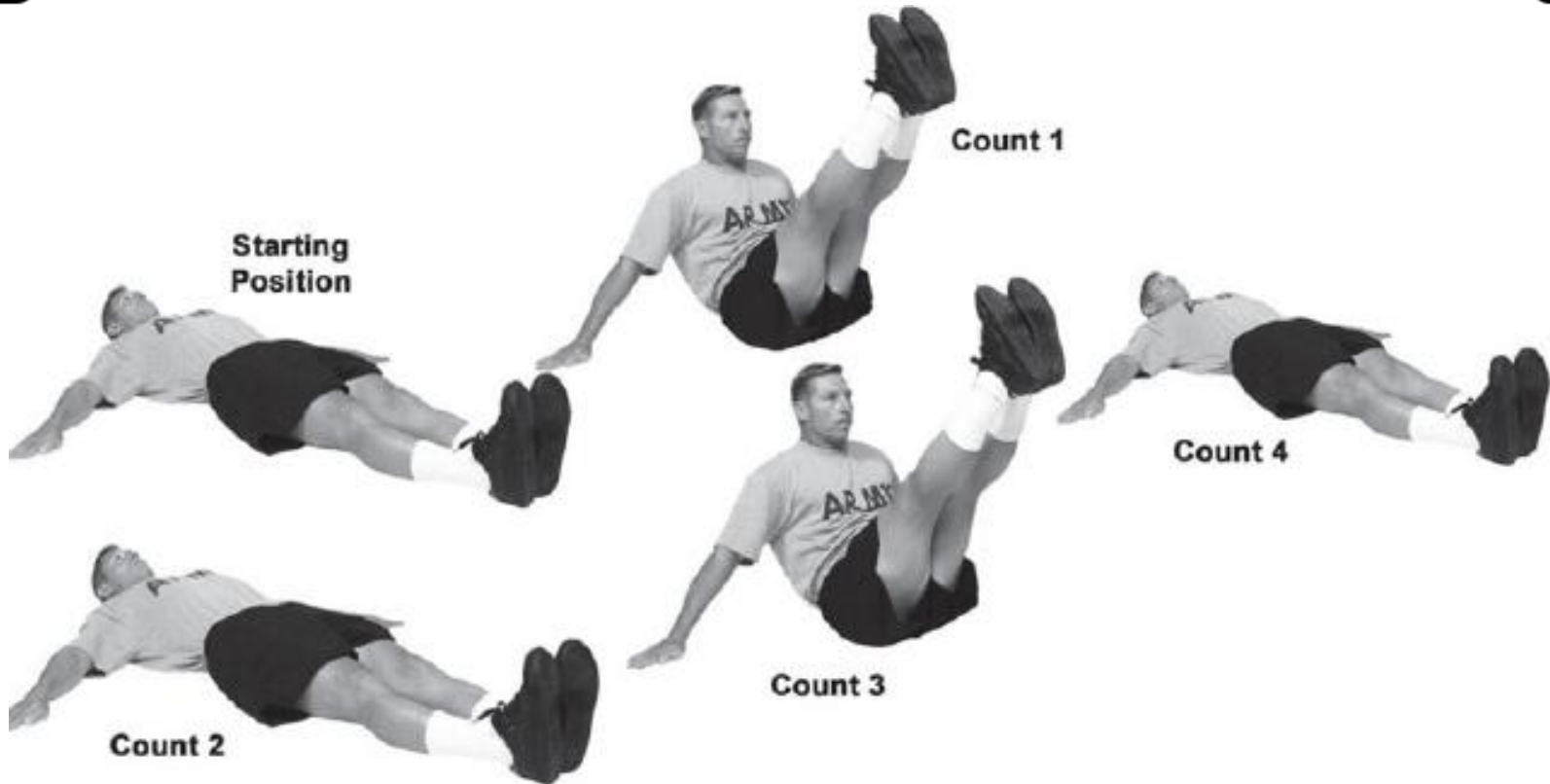
<https://www.youtube.com/watch?v=E9FXbdbXGEM>





# V-Up

(All Work Out Days)



**Watch video for demonstration**

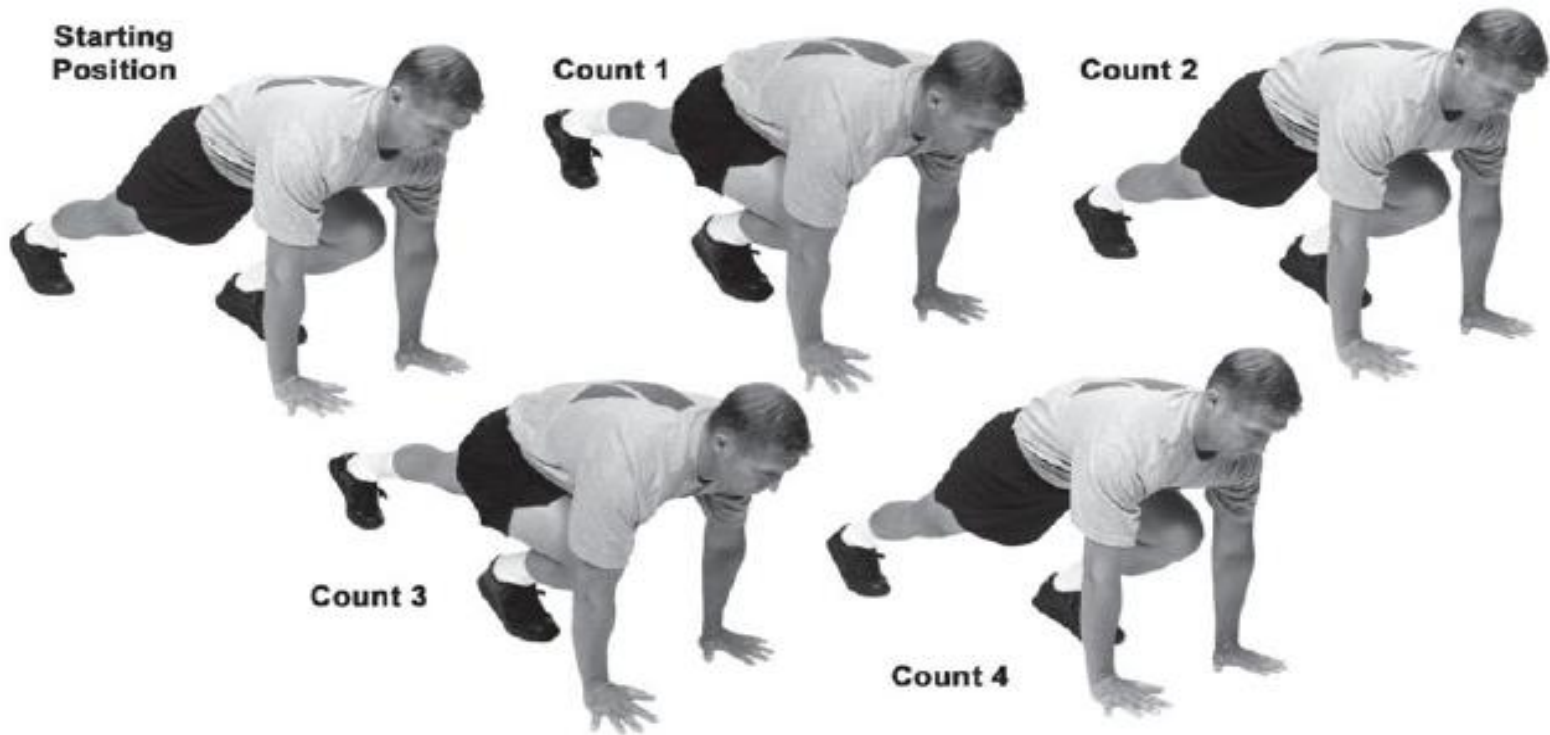
<https://www.youtube.com/watch?v=IRYbZ-AaMSE>





# Mountain Climber

(All Work Out Days)



**Watch video for demonstration**

<https://www.youtube.com/watch?v=-r-nveZJTse>

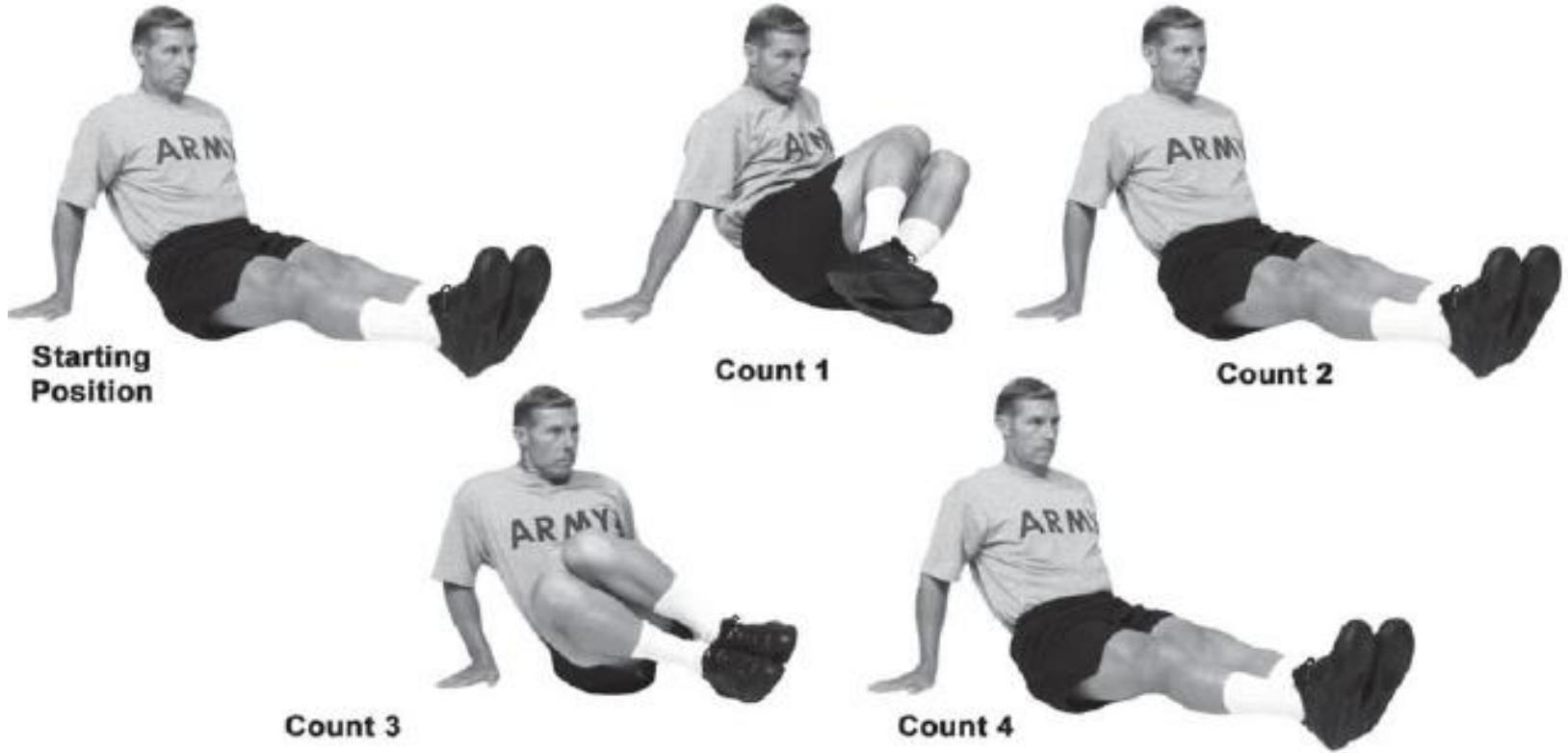






# Leg-tuck and Twist

(All Work Out Days)



**Watch video for demonstration**

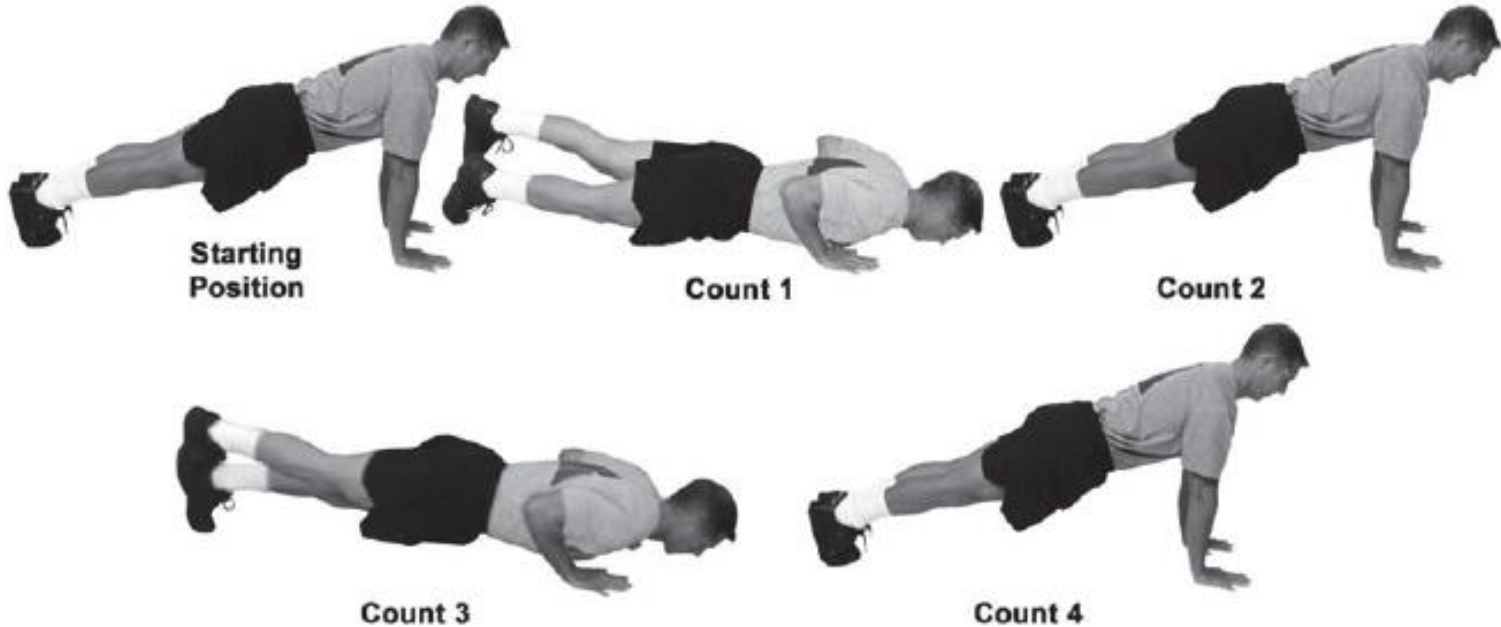
<https://www.youtube.com/watch?v=rVnivEoxzEs>





# Single-leg Push-up

(All Work Out Days)



**Watch video for demonstration**

<https://www.youtube.com/watch?v=AXFfgSY1yNk>



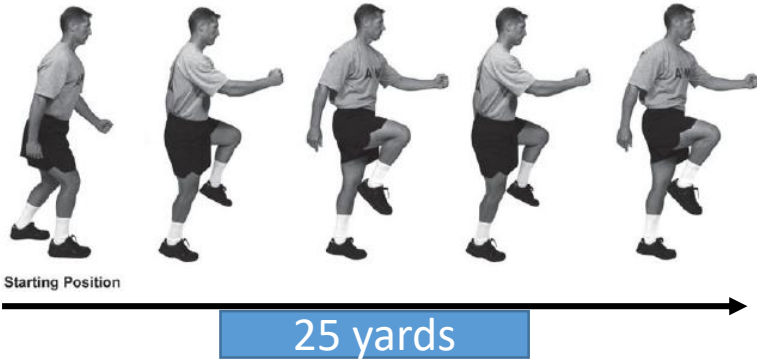


# The Military Movement Drill

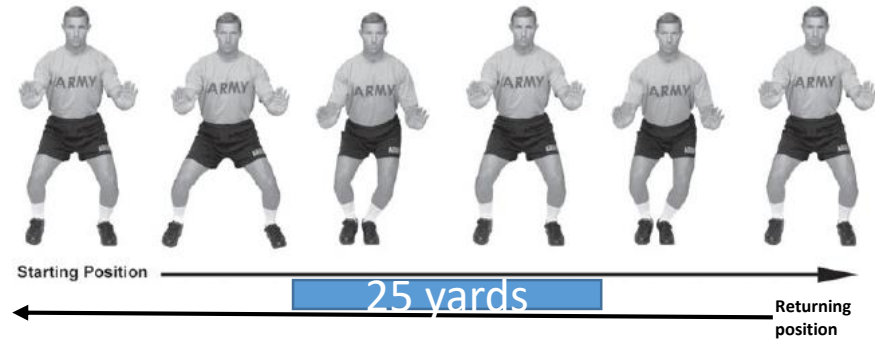
(Endurance and Mobility)



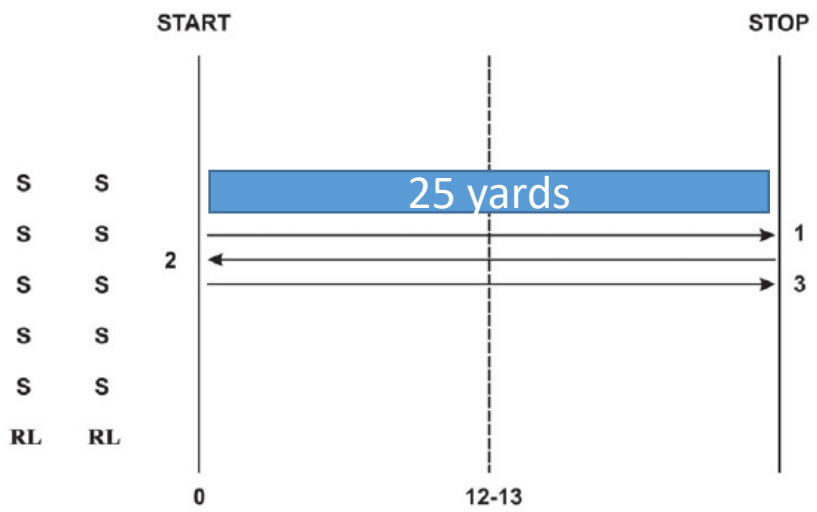
## The vertical



## The lateral



## The shuttle sprint





# The Vertical

(Endurance and Mobility)



Starting Position

**Watch video for demonstration**

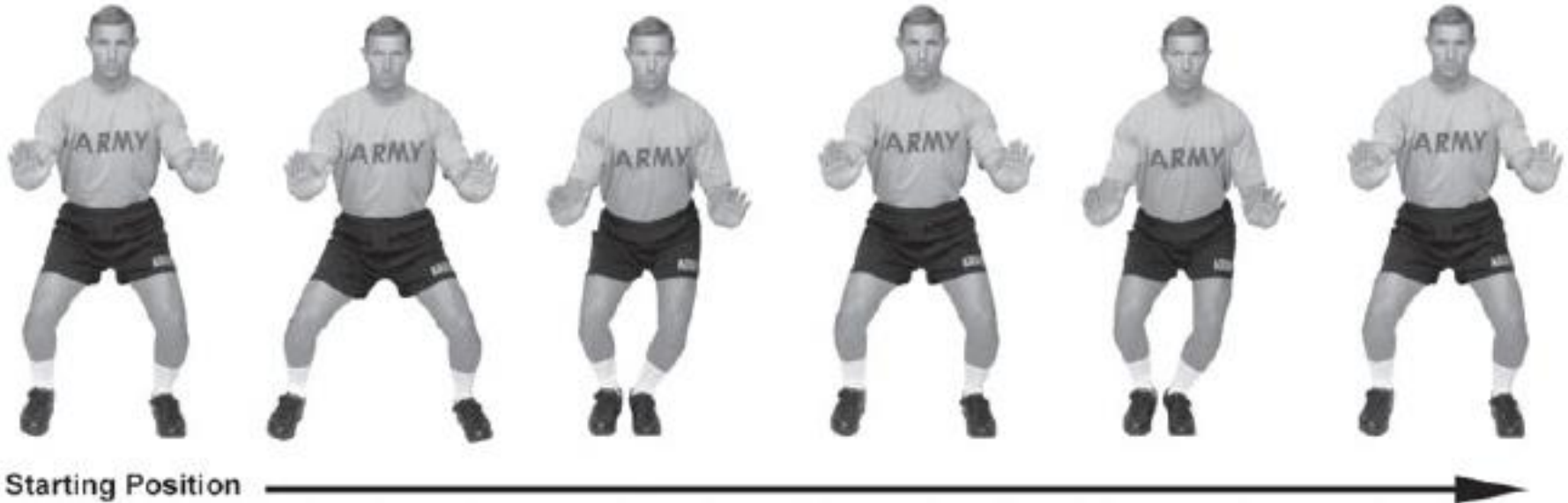
[https://www.youtube.com/watch?v=Uo1n8\\_vIHuU](https://www.youtube.com/watch?v=Uo1n8_vIHuU)





# The Lateral

(Endurance and Mobility)



**Watch video for demonstration**

<https://www.youtube.com/watch?v=RLRx8JPb0Ho>

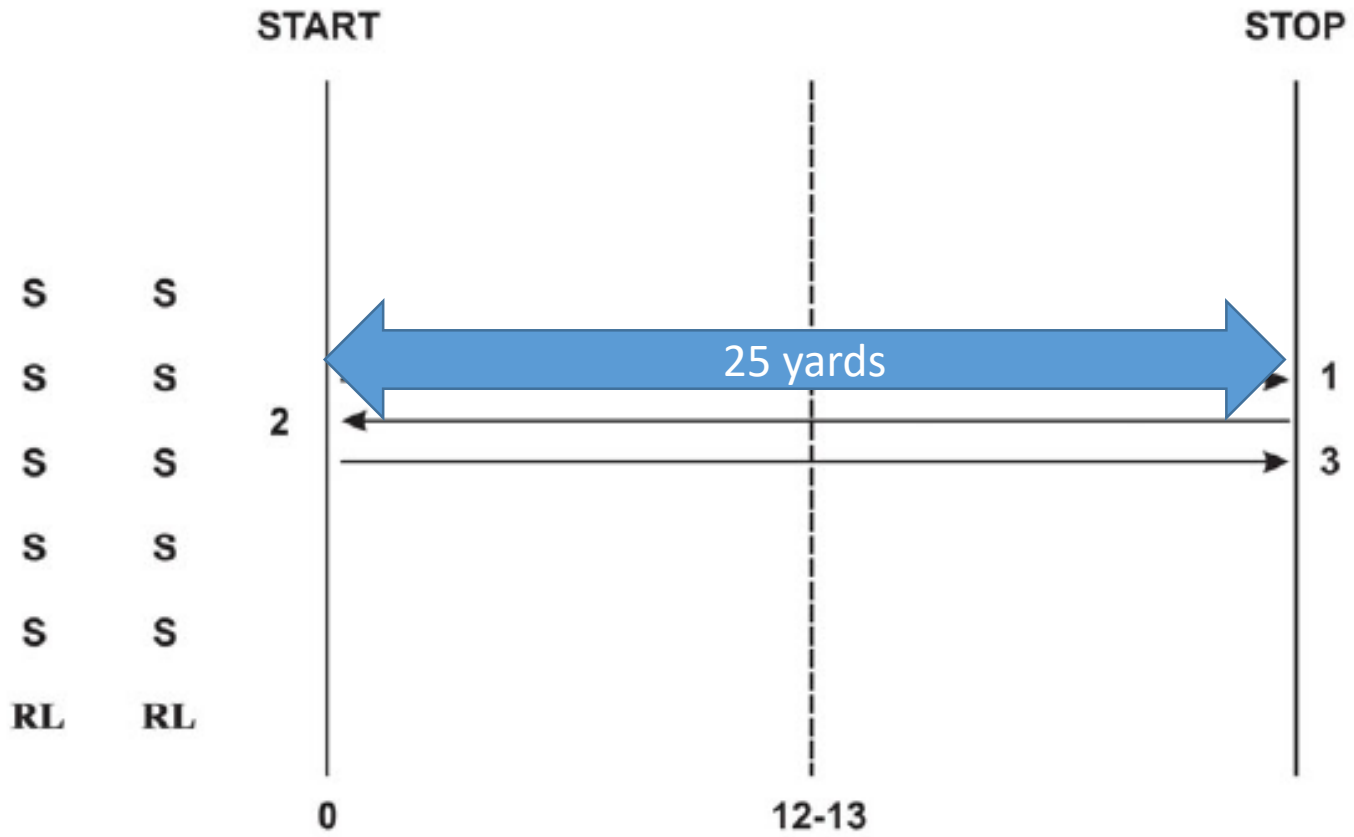






# The Shuttle Sprint

(Endurance and Mobility)



**Watch video for demonstration**

<https://www.youtube.com/watch?v=WZTSxrD4XNo>





# Recovery Drill

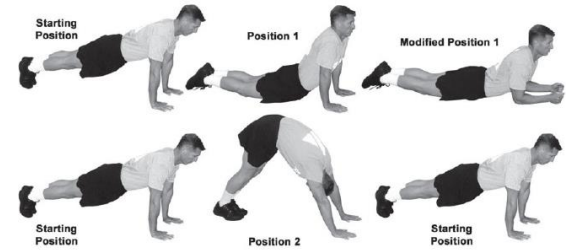
(All Workout Days)



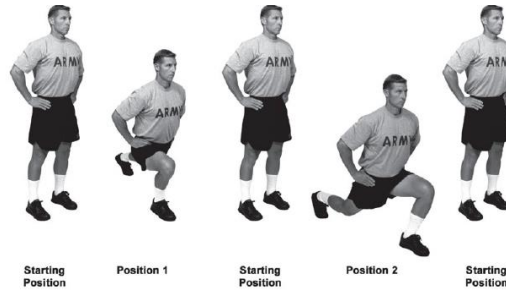
## Overhead arm pull



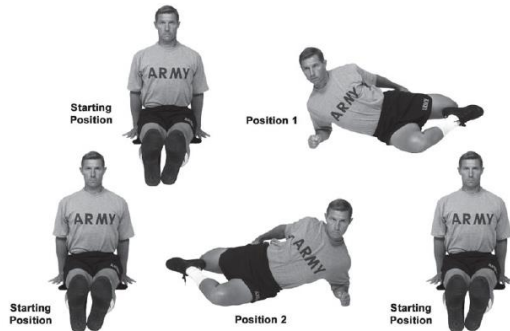
## Extend and flex



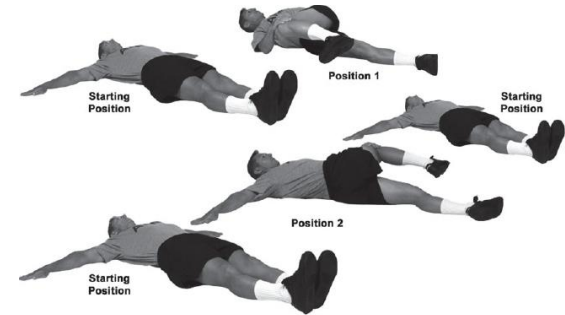
## Rear lunge



## Thigh stretch



## Single-leg over





# Overhead Arm Pull

(All Workout Days)



Starting Position



Position 1



Starting Position



Position 2



Starting Position

**Watch video for demonstration**

<https://www.youtube.com/watch?v=zGKZ6Ch1AKk>





# Rear Lunge

(All Workout Days)



Starting  
Position



Position 1



Starting  
Position



Position 2



Starting  
Position

**Watch video for demonstration**

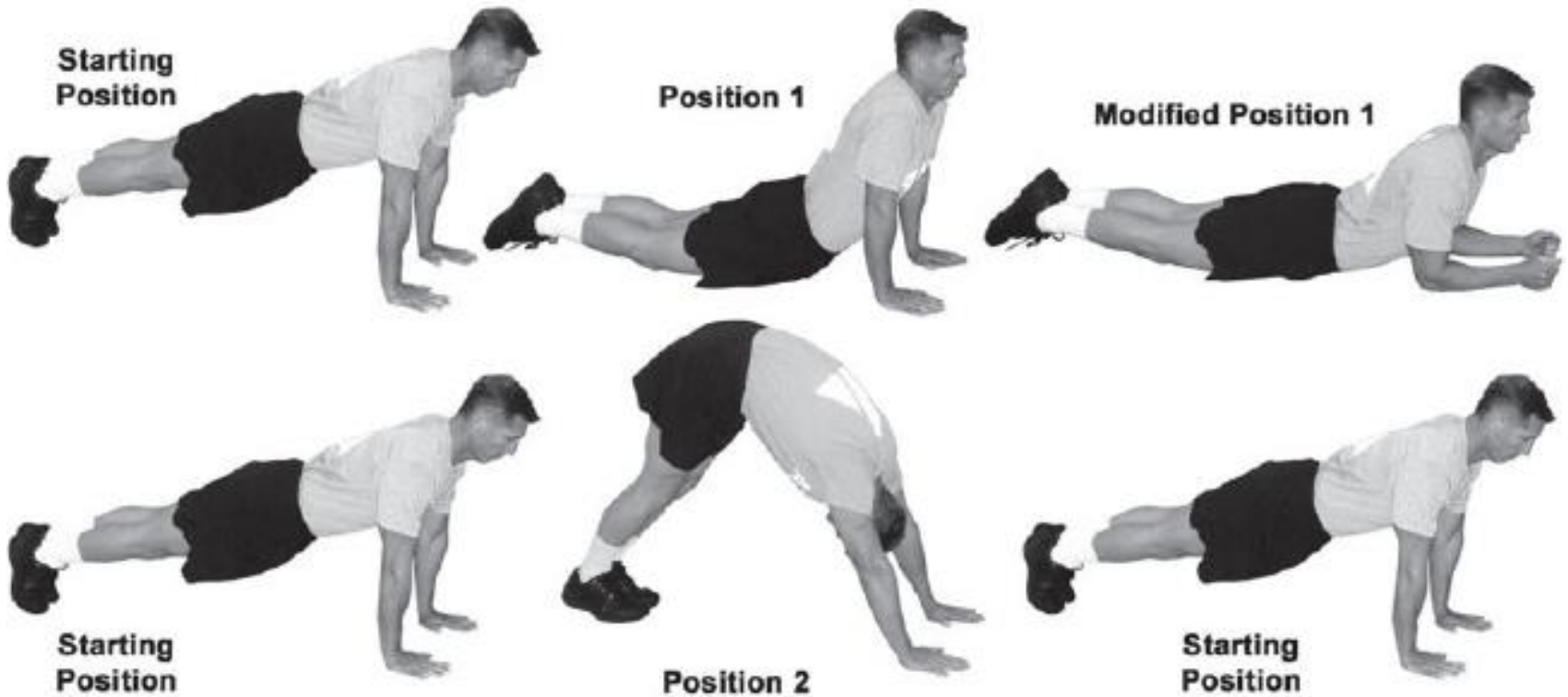
<https://www.youtube.com/watch?v=-iCk-buJPOY>





# Extend And Flex

(All Workout Days)



**Watch video for demonstration**

<https://www.youtube.com/watch?v=H nsHcCAlog&list=PLr 5M5FiwX8jOY18VazLbrv CMU9jbulM4&index=3>

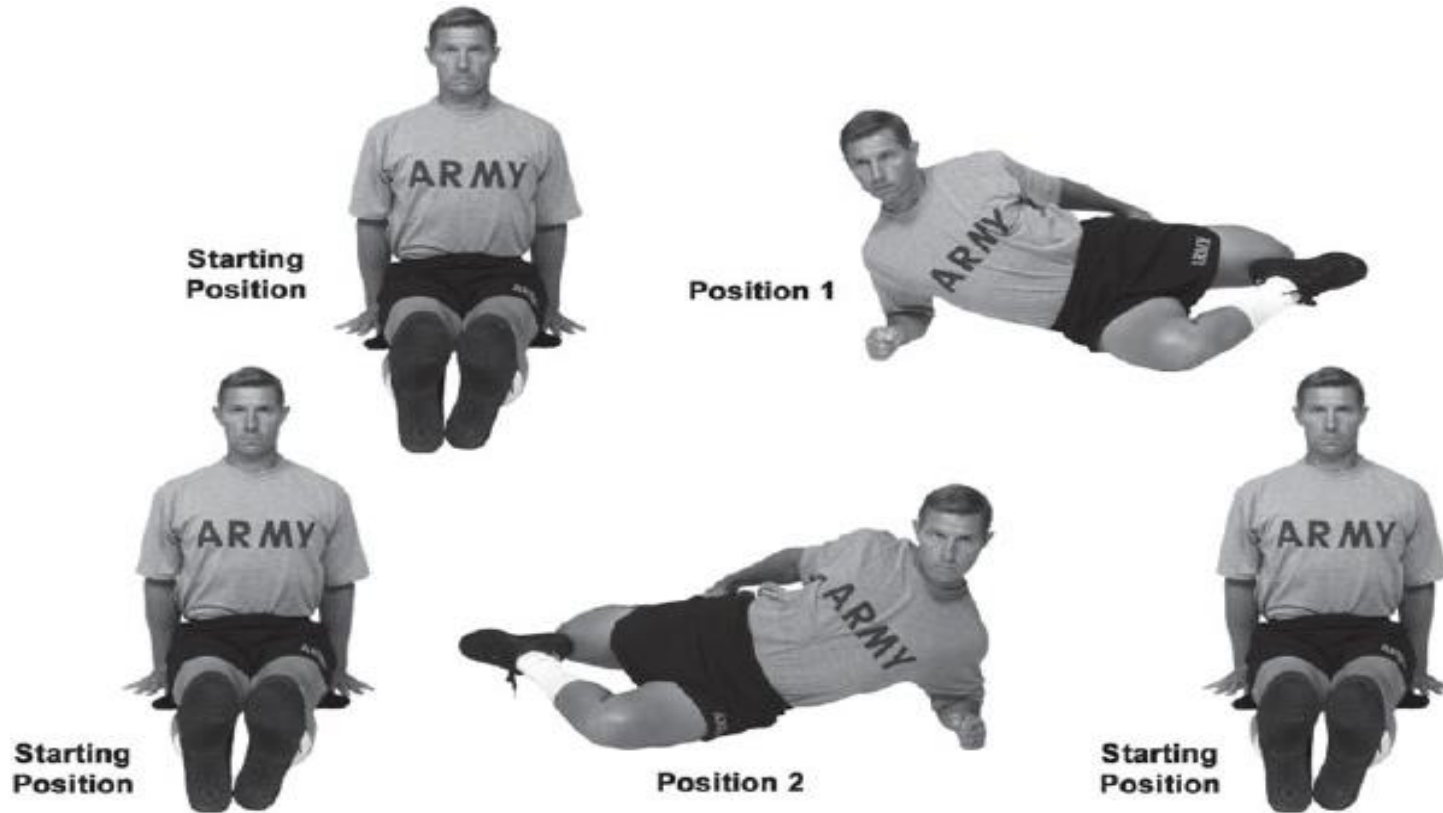






# THIGH STRETCH

(ALL WORKOUT DAYS)



**Watch video for demonstration**

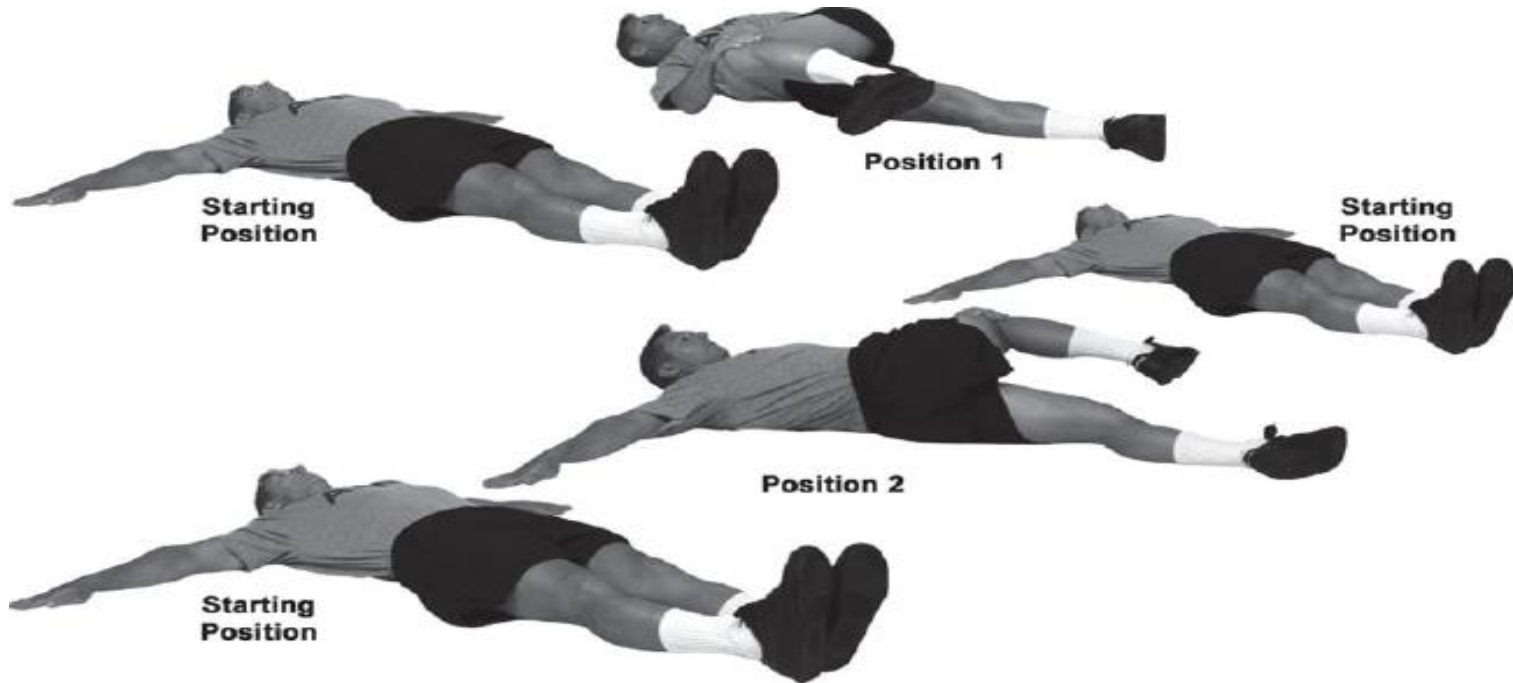
[https://www.youtube.com/watch?v=Rm0qvJo4l\\_U&list=PLr\\_5M5FiwX8jOY18VazLbr\\_vCMU9jbulM4&index=4](https://www.youtube.com/watch?v=Rm0qvJo4l_U&list=PLr_5M5FiwX8jOY18VazLbr_vCMU9jbulM4&index=4)





# Single-leg Over

(All Workout Days)



**Watch video for demonstration**

[https://www.youtube.com/watch?v=WYQnRdcAYrY&list=PLr\\_5M5FiwX8jOY18VazLbr\\_vCMU9jbulM4&index=5](https://www.youtube.com/watch?v=WYQnRdcAYrY&list=PLr_5M5FiwX8jOY18VazLbr_vCMU9jbulM4&index=5)





# Example Schedule



Monday

Tuesday

Wednesday

Thursday

Friday

Conditioning drill 1  
Military Movement Drill  
20 minute run  
Recovery Drill

4 for the Core  
Hip Stability Drill  
Conditioning Drill 1  
Push-up and Sit-up drill  
Recovery Drill

Conditioning drill 1  
Military Movement Drill  
30-60s  
Recovery Drill

4 for the Core  
Hip Stability Drill  
Conditioning Drill 1  
Circuit Drill  
Recovery Drill

Conditioning drill 1  
Military Movement Drill  
20 minute run  
Recovery Drill





# United States Army Recruiting Command

