

Summary Report for Individual Task  
805P-COM-1106  
Perform the Strength Training Circuit (STC)  
Status: Approved

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**Distribution Restriction:** Approved for public release; distribution is unlimited.

**Destruction Notice:** None

**Foreign Disclosure: FD7** - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is NOT releasable to students from foreign countries.

**Condition:** Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

**Standard:** Perform the Strength Training Circuit, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) using the correct cadence.
- (4) without causing injury to personnel.
- (5) in accordance with FM 7-22, Chapter 9.

**Special Condition:** None

**Safety Risk:** Low

**MOPP 4:** N/A

<b>Task Statements</b>
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**Cue:** None

<b>DANGER</b>
Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

<b>WARNING</b>
- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

<b>CAUTION</b>
Conduct visual reconnaissance of training area before execution of this drill.

**Remarks:** None

**Notes:** None



## Performance Steps

1. Station 1: Perform the Sumo Squat IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the end of count 1, the shoulders, knees, and balls of the feet should be aligned.

CHECK POINT 2: Keep heels on the ground and back straight throughout the exercise.

PRECAUTION: Always perform this exercise at a slow cadence. Do not allow the legs to lower beyond parallel to the ground on count 1. Doing so would increase the stress on the knees.

### EQUIPMENT:

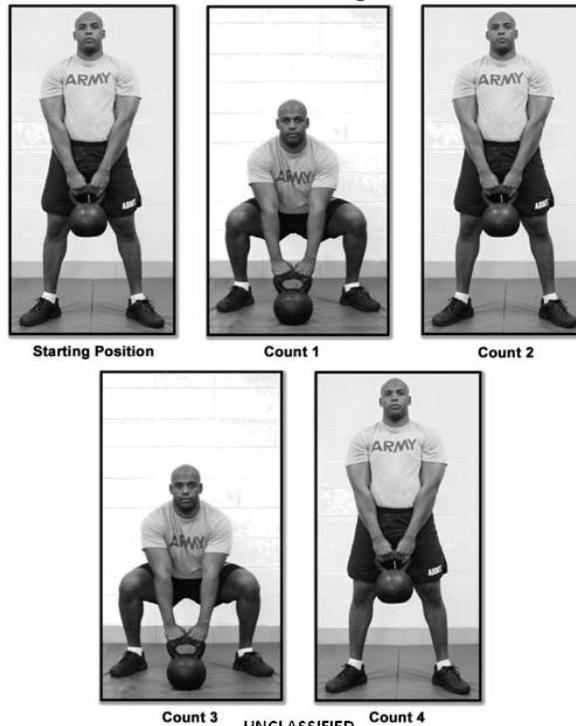
1. 1 ea Whistle
2. 6 ea 50 lb Kettlebells
3. 6 ea 25 lb Kettlebells

MOVEMENT FROM STATION 1 TO STATION 2: Verticals



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# Sumo Squat



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1

## Sumo Squat Exercise 1

a. Assume the correct starting position: straddle stance with the feet slightly wider than the shoulders and the toes pointing outward. Hold a single kettlebell with both hands, in front of the body, using a pronated grip (palms facing the body).

b. Count 1: Squat while leaning slightly forward from the waist with the head up. Move downward until the upper legs are parallel the ground.

c. Count 2: Return to the starting position.

- d. Count 3: Repeat count 1.
- e. Count 4: Return to the starting position.
- f. Perform the Sumo Squat using a SLOW cadence.

2. Station 2: Perform the Straight-Leg Dead Lift IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the end of count 1, the hips, knees, and the balls of the feet should be aligned.

CHECK POINT 2: Keep heels on the ground and back straight and parallel to the ground.

PRECAUTION: Always perform this exercise at a slow cadence.

EQUIPMENT:

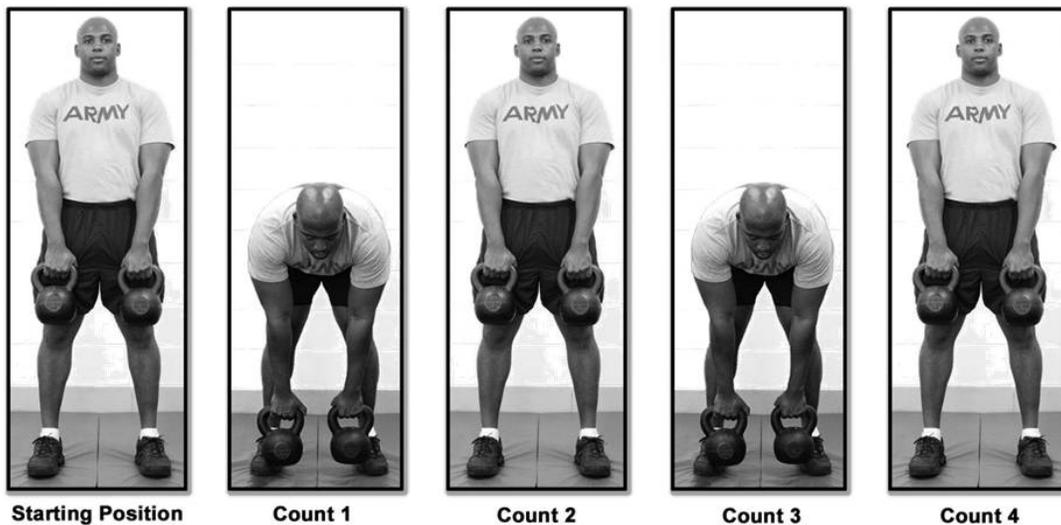
- 1. 1 ea Whistle
- 2. 12 ea 40 lb Kettlebells
- 3. 12 ea 25 lb Kettlebells

MOVEMENT FROM STATION 2 TO STATION 3: Laterals (left)



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# Straight-Leg Dead Lift



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Straight-Leg Dead Lift  
Exercise 2

a. Assume the correct starting position: straddle stance holding the kettlebells in the front of the legs using a pronated grip (hands facing the thighs). Keep the legs straight, with the knees slightly bent throughout the exercise.

b. Count 1: Lean forward from the waist with the head up. Move downward until the back is flat and parallel to the ground.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. Perform the Straight-Leg Dead Lift using a SLOW cadence.

3. Station 3: Perform the Forward Lunge IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: At the starting position, set the hips and keep the abdominals tight.

CHECK POINT 2: On counts 1 and 3, keep the forward heel flat on the ground and the rear heel up.

CHECK POINT 3: On counts 1 and 3, keep the forward knee directly over the ball of the foot.

CHECK POINT 4: On counts 1 and 3, lean the trunk slightly forward.

CHECK POINT 5: On counts 2 and 4, push off vigorously with the forward leg without jerking the trunk backward.

PRECAUTION: Do not allow the forward knee to go beyond the forward toes or waiver from side to side. Do not jerk the trunk rearward to return to the starting position.

EQUIPMENT:

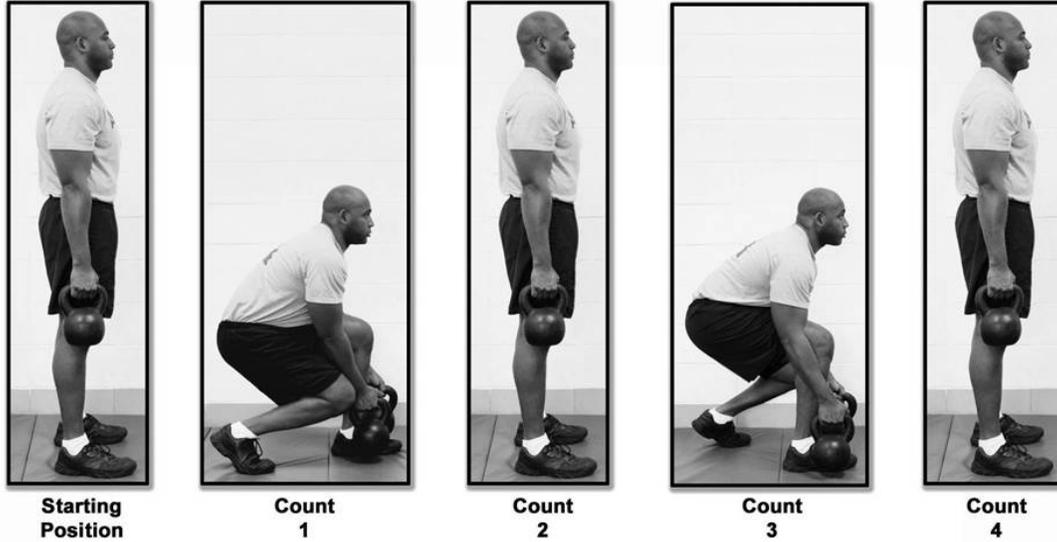
1. 1 ea Whistle
2. 12 ea 20 lb Kettlebells
3. 12 ea 10 lb Kettlebells

MOVEMENT FROM STATION 3 TO STATION 4: Laterals (right)



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# Forward Lunge



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3

## Forward Lunge Exercise 3

- a. Assume the correct starting position: straddle stance holding the kettlebells at the sides using a neutral grip.
  - b. Count 1: Step forward with the left leg as in the forward lunge as in the PD, allow the left knee to bend until the left thigh was parallel to the ground. Lean slightly forward from the waist and bring the kettlebells to the left and right sides of the forward leg.
  - c. Count 2: Return to the starting position.
  - d. Count 3: Repeat count 1 with the right leg.
  - e. Count 4: Return to the starting position.
  - f. Perform the Forward Lunge using a SLOW cadence.
4. Station 4: Perform the 8-Count Step-Up IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: On counts 1, 3, 5 and 7, keep the forward knee directly over the ball of the forward foot.

CHECK POINT 2: On counts 1, 3, 5 and 7, lean the trunk slightly forward.

CHECK POINT 3: On counts 1, 3, 5 and 7, push off vigorously with the forward leg without jerking the trunk backward.

PRECAUTION: Do not allow the forward knee to go beyond the toes of the forward foot or waiver from side to side. Do not jerk the trunk rearward to return to the starting position.

EQUIPMENT:

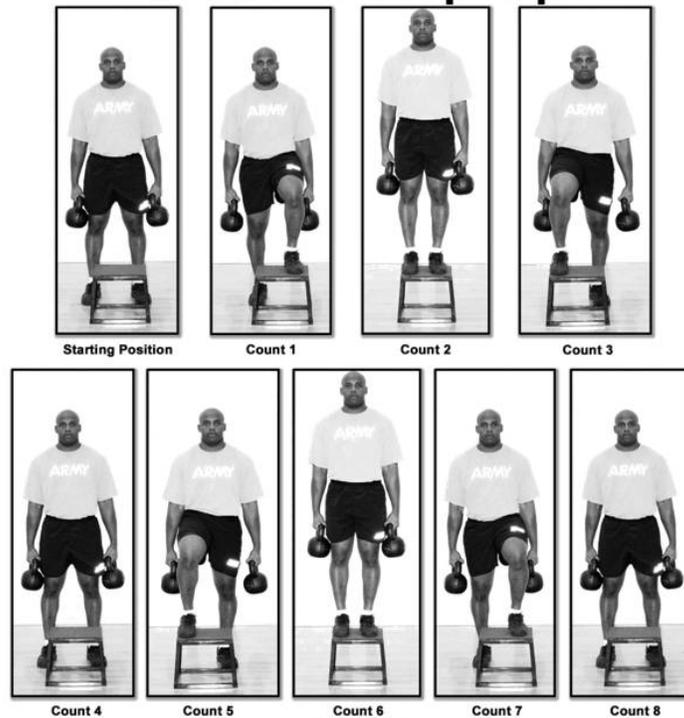
- 1. 1 ea Whistle
- 2. 12 ea 30 lb Kettlebells
- 3. 12 ea 15 lb Kettlebells
- 4. 6 ea 12-18 inch step-up box (plyometric box)

MOVEMENT FROM STATION 4 TO STATION 5: Run



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# 8-Count Step-Up



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4

## 8-Count Step-Up Exercise 4

- a. Assume the correct starting position: straddle stance holding the kettlebells at the sides using a neutral grip.
- b. Count 1: Step up on a 12 to 18 inch step with the left foot, keeping the kettlebells at the sides of the body.
- c. Count 2: Step up with the right foot.
- d. Count 3: Step down with the left foot.

- e. Count 4: Step down with the right foot.
- f. Count 5: Step up on a 12 to 18 inch step with the right foot, keeping the kettlebells at the sides of the body.
- g. Count 6: Step up with the left foot.
- h. Count 7: Step down with the right foot.
- i. Count 8: Step down with the left foot and return to the starting position.
- j. Perform the 8-Count Step-Up using a SLOW cadence.

5. Station 5: Perform the Pull-Up or Straight Arm Pull IAW FM 7-22, Chapter 9.

Note:

PULL-UP:

CHECK POINT 1: Throughout the exercise, keep the feet together.

CHECK POINT 2: Throughout the exercise, keep the arms shoulder-width apart, palms facing away from the body, with the thumbs around the bar.

STRAIGHT-ARM PULL:

CHECK POINT 1: Throughout the exercise, keep the arms shoulder width, palms facing away from the body, with the thumbs around the bar.

CHECK POINT 2: Throughout the exercise, keep the elbows straight, but not locked.

CHECK POINT 3: On count 1, pull the body up by engaging the shoulder muscles (squeeze the shoulder blades together).

EQUIPMENT:

- 1. 1 ea Whistle
- 2. 6 ea Climbing Bars (see FM 7-22, Appendix B)

MOVEMENT FROM STATION 5 TO STATION 6: Run



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**Pull-Up**



**Starting Position**



**Count 1**



**Count 2**

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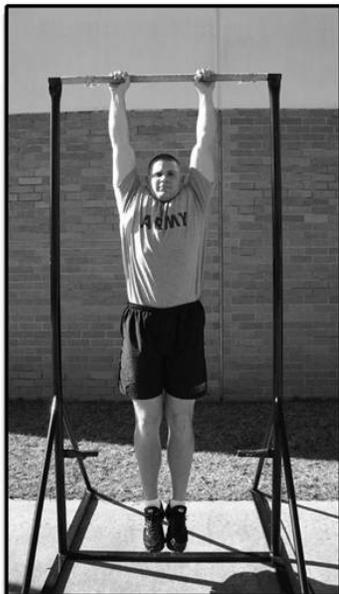
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5

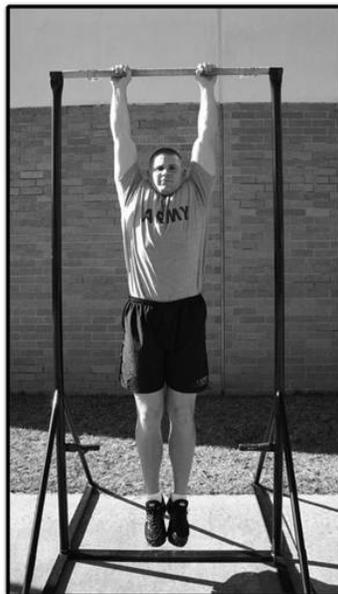
Pull-Up  
Exercise 5



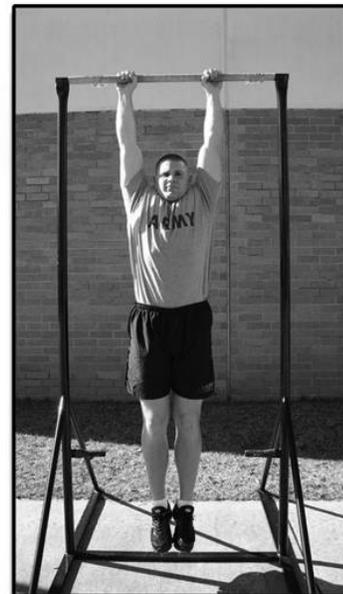
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**Straight-Arm Pull**



**Starting Position**



**Count 1**



**Count 2**

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Straight-Arm Pull  
Exercise 5

a. Pull-Up

- (1) Assume the correct starting position: extended hang using the overhand grip.
- (2) Count 1: Keeping the body straight, pull upward with the arms until the chin was above the bar.
- (3) Count 2: Return to the starting position.
- (4) Perform the Pull-Up using a MODERATE cadence.

b. Straight-Arm Pull

- (1) Assume the correct starting position): extended hang using the overhand grip.
- (2) Count 1: Keeping the body straight, pull the body upward using the shoulders and back muscles only.
- (3) Count 2: Return to the starting position.
- (4) Perform the Straight-Arm Pull using a MODERATE cadence.

6. Station 6: Perform the Supine Chest Press IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Keep the head on the ground throughout the exercise.

CHECK POINT 2: On counts 1 and 3, straighten, but do not lock the elbows.

EQUIPMENT:

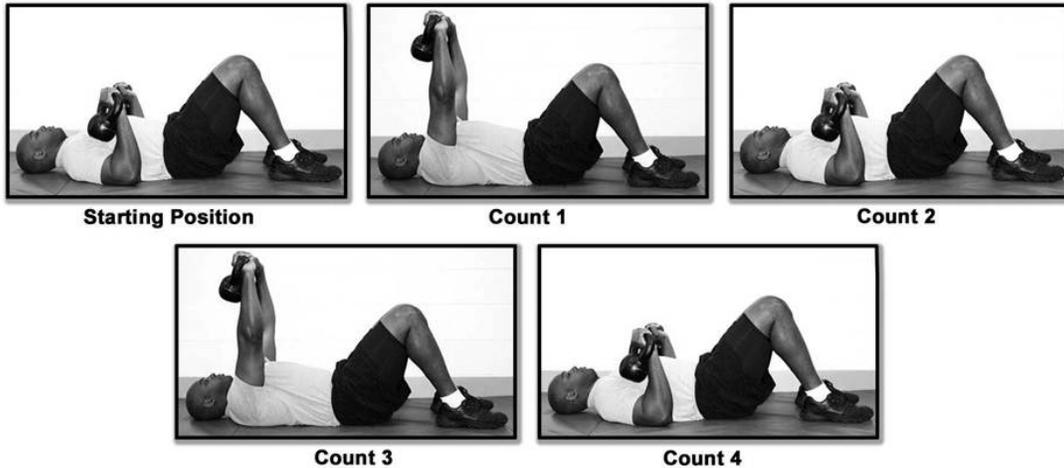
1. 1 ea Whistle
2. 12 ea 40 lb Kettlebells
3. 12 ea 15 lb Kettlebells

MOVEMENT FROM STATION 6 TO STATION 7: Laterals (left)



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# Supine Chest Press



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## Supine Chest Press Exercise 6

a. Assume the correct starting position: supine position with the knees bent at 90 degrees and the feet 8 to 12 inches apart and flat on the ground. Hold the kettlebells in front of the shoulders using a pronated grip (palms facing up). The back of the upper arms rest on the ground and the forearms are perpendicular to the ground. The head is on the ground.

b. Count 1: Extend the elbows, raising the kettlebells until the upper arms are straight (not locked) and perpendicular to the ground.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. Perform the Supine Chest Press using a SLOW cadence.

7. Station 7: Perform the Bent-Over Row IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: On counts 2 and 4 the elbows straighten but do not lock.

CHECK POINT 2: To prevent the trunk from sagging, tighten the abdominal muscles while in the starting position and hold this contraction throughout the exercise.

EQUIPMENT:

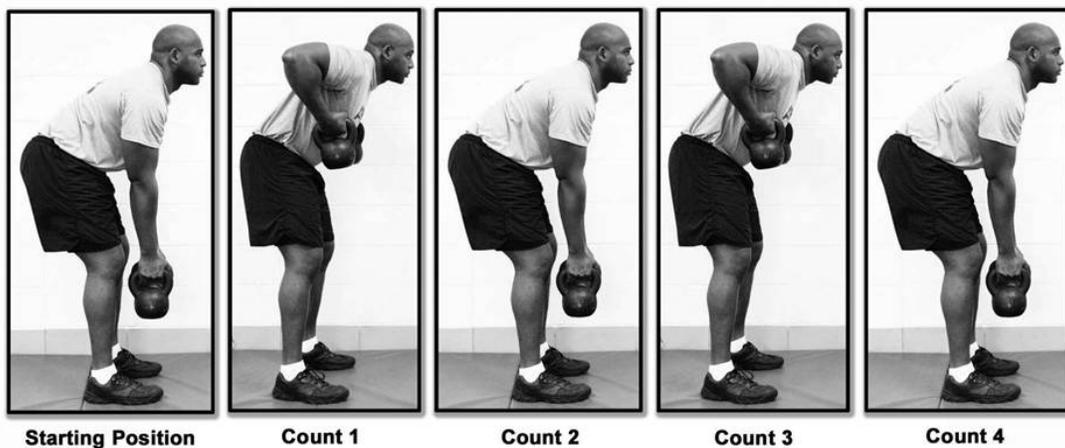
1. 1 ea Whistle
2. 12 ea 20 lb Kettlebells
3. 12 ea 10 lb Kettlebells

MOVEMENT FROM STATION 7 TO STATION 8: Laterals (right)



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# Bent-Over Row



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## Bent-Over Row Exercise 7

a. Assume correct starting position: forward leaning stance with the arms hanging straight in front of the legs and the hands holding the kettlebells using a neutral grip (palms facing inward).

b. Count 1: Bend the elbows, raising the kettlebells to the chest.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. Perform the Bent-Over Row using a SLOW cadence.

8. Station 8: Perform the Overhead Push-Press IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Hold the head and neck in a neutral position, looking straight ahead or slightly upward.

CHECK POINT 2: Perform counts 1 and 3 in a fast, continuous motion.

CHECK POINT 3: Always control the descent of the kettlebells during counts 2 and 4 to avoid injury to the trunk and back.

CHECK POINT 4: On counts 1 and 3, straighten the elbows but do not lock them.

CHECK POINT 5: Tighten the abdominal muscles while in the starting position and hold this contraction throughout the exercise to ensure trunk stability.

#### EQUIPMENT:

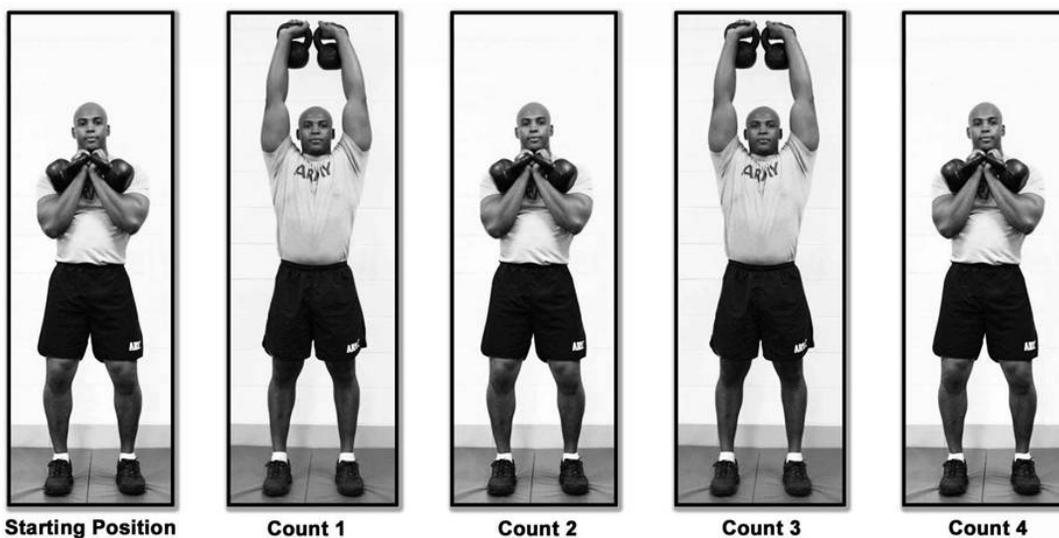
1. 1 ea Whistle
2. 12 ea 30 lb Kettlebells
3. 12 ea 15 lb Kettlebells

MOVEMENT FROM STATION 8 TO STATION 9: Verticals



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## Overhead Push Press



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### Overhead Push-Press Exercise 8

a. Assume the correct starting position: straddle stance holding the kettlebells at the collar bones using a neutral grip (palms inward).

b. Count 1: From the starting position slightly flex the hips and knees (slight squat) with feet flat on the floor, keeping the upper body and upper arms parallel to the ground. Forcefully extend the hips, knees, and ankles while simultaneously extending the elbows to raise the kettlebells overhead.

c. Count 2: Return to the starting position by flexing the elbows, controlling the descent to the collar bones and shoulders while simultaneously flexing the hips and knees to reduce the impact of the kettlebells on the shoulders.

d. Count 3: Repeat count 1.

e. Count 4: Repeat count 2, returning to the starting position.

f. Perform the Overhead Push-Press using a SLOW cadence.

9. Station 9: Perform the Supine Body Twist IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: On counts 1 and 3, the back is straight and the knees are slightly bent.

CHECK POINT 2: The head is off the ground and in line with the trunk and the chin is tucked throughout the exercise.

CHECK POINT 3: On counts 1 and 3, the upper arms remain off the ground.

PRECAUTION: Do not swing the arms or arch the back to raise the kettlebell on counts 1 and 3.

**EQUIPMENT:**

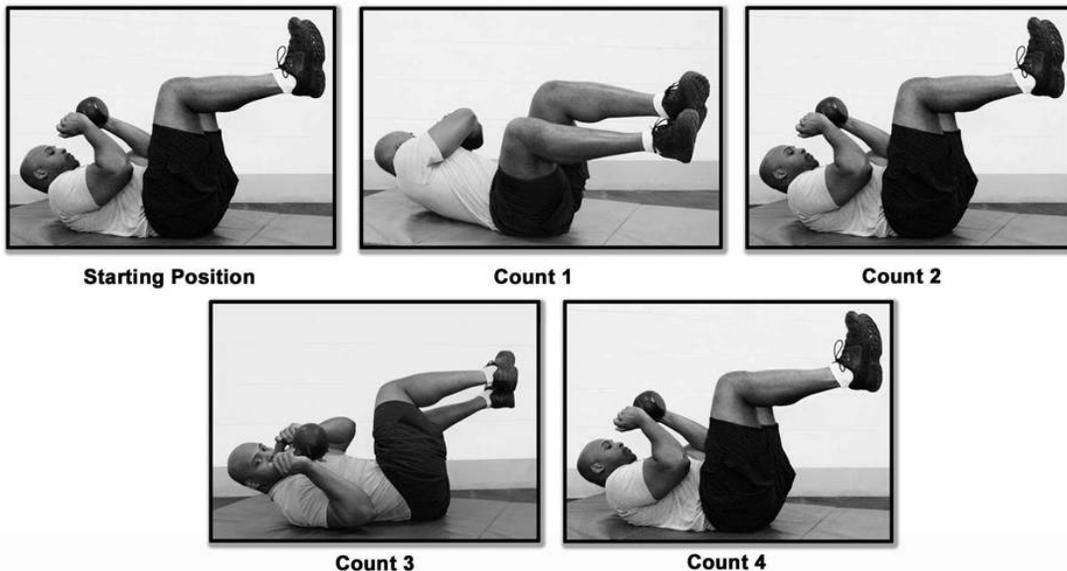
- 1. 1 ea Whistle
- 2. 6 ea 25 lb Kettlebells
- 3. 6 ea 10 lb Kettlebells

MOVEMENT FROM STATION 9 TO STATION 10: Backward Run



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# Supine Body Twist



## Exercise 9

a. Assume the correct starting position: supine position with hips and knees bent at 90 degrees. Hold one kettlebell over the trunk using a neutral grip with the upper arms off the ground and elbows bent 90 degrees. To assume the starting position from the position of attention with the kettlebell on the ground, (1) assume the seated position and grasp a single kettlebell at each side of the handle with palms facing inward, (2) assume the supine position, (3) raise the kettlebell to the starting position over the trunk and raise the feet off the ground.

b. Count 1: Rotate the kettlebell to the left and the legs to the right.

c. Count 2: Return to the starting position.

d. Count 3: Rotate the kettlebell to the right and the legs to the left.

e. Count 4: Return to the starting position.

f. Perform the Supine Body Twist using a SLOW cadence.

10. Station 10: Perform the Leg Tuck IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Throughout the exercise, keep the feet together.

CHECK POINT 2: On count 1, the thighs and elbows touch just above the knees.

EQUIPMENT:

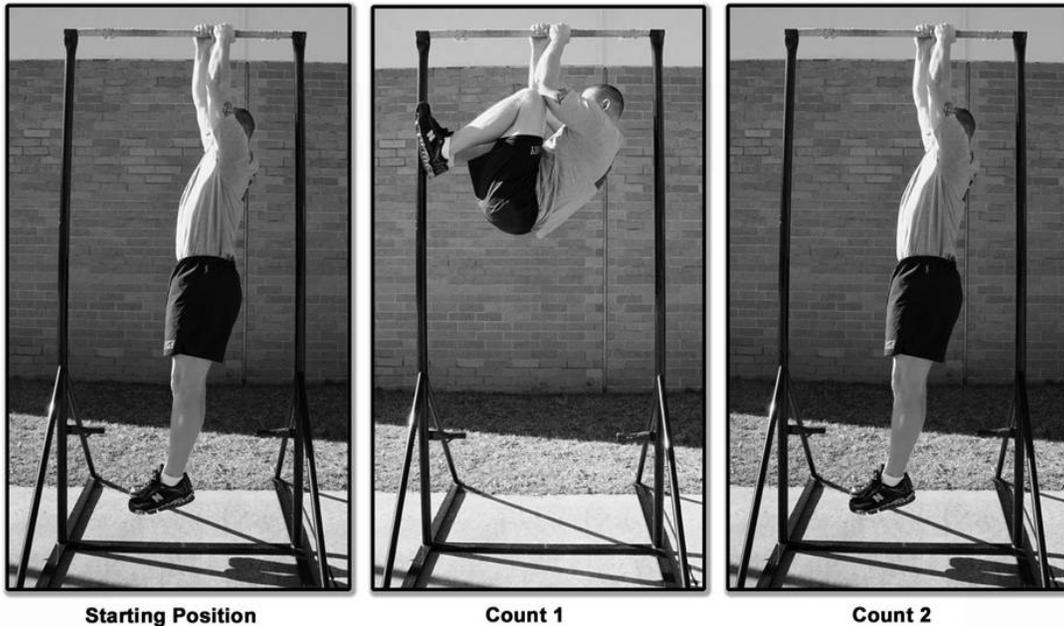
- 1 ea Whistle
- 6 ea Climbing Bars (See FM 7-22, Appendix B.)

MOVEMENT FROM STATION 10 TO STATION 1: Backward Run



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# Leg Tuck



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## Leg Tuck

### Strength Training Circuit, Exercise 10

- Assume the correct starting position: extended hang using the alternating grip, left or right.
- Count 1: Pull up with the arms and raise the knees toward the chest until the elbows touch the thighs just above the knees.
- Count 2: Return to the starting position.
- Perform the Leg Tuck using a SLOW cadence.

(Asterisks indicates a leader performance step.)

**Evaluation Guidance:** Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

**Evaluation Preparation:** Any dry, level area of adequate size is satisfactory for the performance and evaluation of the STC. Soldiers should wear ACUs with boots or the IPFU. The uniform should be appropriate for the activity that will follow and/or precede the STC. For example, when the activity is Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Sumo Squat.			
a. Assumed the correct starting position: straddle stance with the feet slightly wider than the shoulders and the toes pointing outward. Held a single kettlebell with both hands, in front of the body, using a pronated grip (palms facing the body).			
b. Count 1: Squated while leaning slightly forward from the waist with the head up. Moved downward until the upper legs were parallel the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Sumo Squat using a SLOW cadence.			
2. Performed the Straight-Leg Dead Lift.			
a. Assumed the correct starting position: straddle stance holding the kettlebells in the front of the legs using a pronated grip (hands facing the thighs). Kept the legs straight, with the knees slightly bent throughout the exercise.			
b. Count 1: Leaned forward from the waist with the head up. Moved downward until the back is flat and parallel to the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Straight-Leg Dead Lift using a SLOW cadence.			
3. Performed the Forward Lunge.			
a. Assumed the correct starting position: straddle stance holding the kettlebells at the sides using a neutral grip.			
b. Count 1: Stepped forward with the left leg as in the forward lunge as in the PD, allowed the left knee to bend until the left thigh was parallel to the ground. Leaned slightly forward from the waist and brought the kettlebells to the left and right sides of the forward leg.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1 with the right leg.			
e. Count 4: Returned to the starting position.			
f. Performed the Forward Lunge using a SLOW cadence.			
4. Performed the 8-Count Step-Up.			
a. Assumed the correct starting position: straddle stance holding the kettlebells at the sides using a neutral grip.			
b. Count 1: Stepped up on a 12 to 18 inch step with the left foot, keeping the kettlebells at the sides of the body.			
c. Count 2: Stepped up with the right foot.			
d. Count 3: Stepped down with the left foot.			
e. Count 4: Stepped down with the right foot.			
f. Count 5: Stepped up on a 12 to 18 inch step with the right foot, keeping the kettlebells at the sides of the body.			
g. Count 6: Stepped up with the left foot.			
h. Count 7: Stepped down with the right foot.			
i. Count 8: Stepped down with the left foot and returned to the starting position.			
j. Performed the 8-Count Step-Up using a SLOW cadence.			
5. Performed the Pull-Up or Straight Arm Pull.			
a. Pull-Up			
(1) Assumed the correct starting position: extended hang using the overhand grip.			
(2) Count 1: Keeping the body straight, pulled upward with the arms until the chin was above the bar.			
(3) Count 2: Returned to the starting position.			
(4) Performed the Pull-Up using a MODERATE cadence.			
b. Straight-Arm Pull			

(1) Assumed the correct starting position: extended hang using the overhand grip.			
(2) Count 1: Keeping the body straight, pulled the body upward using the shoulders and back muscles only.			
(3) Count 2: Returned to the starting position.			
(4) Performed the Straight-Arm Pull using a MODERATE cadence.			
6. Performed the Supine Chest Press.			
a. Assumed the correct starting position: supine position with the knees bent at 90 degrees and the feet 8 to 12 inches apart and flat on the ground. Held the kettlebells in front of the shoulders using a pronated grip (palms facing up). The back of the upper arms rested on the ground and the forearms were perpendicular to the ground. The head was on the ground.			
b. Count 1: Extended the elbows, raising the kettlebells until the upper arms are straight (not locked) and perpendicular to the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Supine Chest Press using a SLOW cadence.			
7. Performed the Bent-Over Row.			
a. Assumed correct starting position: forward leaning stance with the arms hanging straight in front of the legs and the hands holding the kettlebells using a neutral grip (palms facing inward).			
b. Count 1: Bent the elbows, raising the kettlebells to the chest.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Bent-Over Row using a SLOW cadence.			
8. Performed the Overhead Push-Press.			
a. Assumed the correct starting position: straddle stance holding the kettlebells at the collar bones using a neutral grip (palms inward).			
b. Count 1: From the starting position slightly flexed the hips and knees (slight squat) with feet flat on the floor, keeping the upper body and upper arms parallel to the ground. Forcefully extended the hips, knees, and ankles while simultaneously extending the elbows to raise the kettlebells overhead.			
c. Count 2: Returned to the starting position by flexing the elbows, controlling the descent to the collar bones and shoulders while simultaneously flexing the hips and knees to reduce the impact of the kettlebells on the shoulders.			
d. Count 3: Repeated count 1.			
e. Count 4: Repeated count 2, returning to the starting position.			
f. Performed the Overhead Push-Press using a SLOW cadence.			
9. Performed the Supine Body Twist.			
a. Assumed the correct starting position: supine position with hips and knees bent at 90 degrees. Held one kettlebell over the trunk using a neutral gripped with the upper arms off the ground and elbows bent 90 degrees. Assumed the starting position from the position of attention with the kettlebell on the ground, (1) assumed the seated position and grasped a single kettlebell at each side of the handle with palms facing inward, (2) assumed the supine position, (3) raised the kettlebell to the starting position over the trunk and raised the feet off the ground.			
b. Count 1: Rotated the kettlebell to the left and the legs to the right.			
c. Count 2: Returned to the starting position.			
d. Count 3: Rotated the kettlebell to the right and the legs to the left.			
e. Count 4: Returned to the starting position.			
f. Performed the Supine Body Twist using a SLOW cadence.			
10. Performed the Leg Tuck.			
a. Assumed the correct starting position: extended hang using the alternating grip, left or right.			

b. Count 1: Pulled up with the arms and raised the knees toward the chest until the elbows touched the thighs just above the knees.			
c. Count 2: Returned to the starting position.			
d. Performed the Leg Tuck using a SLOW cadence.			

**Supporting Reference(s):**

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages)	Yes	Yes

**Environment:** Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

**Safety:** In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment Conditions (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

**Prerequisite Individual Tasks :**

Task Number	Title	Proponent	Status
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1114	Perform Climbing Drill 1 (CL1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1115	Perform Climbing Drill 2 (CL2)	805P - Physical Readiness (Individual)	Approved

**Supporting Individual Tasks :**

Task Number	Title	Proponent	Status
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved

805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1114	Perform Climbing Drill 1 (CL1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1115	Perform Climbing Drill 2 (CL2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved

**Supported Individual Tasks :**

<b>Task Number</b>	<b>Title</b>	<b>Proponent</b>	<b>Status</b>
805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1115	Perform Climbing Drill 2 (CL2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved

**Supported Collective Tasks :** None