

805P-COM-1101
Perform the Preparation Drill (PD)
Status: Approved

Security Classification: U - Unclassified

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

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Conditions: The Preparation Drill (PD) is conducted to decrease the likelihood of suffering a musculoskeletal injury during the execution of more rigorous physical training such as the ACFT and is based on the Physical Readiness Training (PRT) Instructor's guidance and supervision. The Soldier is provided a PRT area, an approved PRT plan, a PRT Instructor, and 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.

Standards: Perform the Preparation Drill (PD) completing all the prescribed exercises as planned so each exercise is performed in the proper sequence, using movements precisely as described. Exercises must be performed without causing injury and without errors, while utilizing the GO & NO-GO criteria, approved PRT plan, and ATP 7-22.02, "Holistic Health and Fitness Drills and Exercises."

Special Conditions: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER
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.

WARNING
- 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.

CAUTION
Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes: None

Performance Steps

1. Exercise 1: Perform the Bend and Reach.

Note:

CHECK POINT 1: From the starting position, ensure that Soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.

CHECK POINT 2: The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.

CHECK POINT 3: The heels and feet remain flat on the ground.

CHECK POINT 4: On counts 2 and 4, do not go past the starting position.

PRECAUTION: This exercise is always performed at a slow cadence. To protect the back, move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.

VIDEO: Video of Preparation Drill (PD), Exercise 1: <https://www.youtube.com/watch?v=heqjD2NkBv0>

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Bend and Reach



Exercise 1 Preparation Drill (PD)

- Assume the starting position: Straddle stance with arms overhead, palms facing inward, fingers and thumbs extended and joined.
 - Count 1: Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
 - Count 2: Return to the starting position.
 - Count 3: Repeat count one.
 - Count 4: Return to the starting position.
 - Perform the Bend and Reach using a SLOW cadence.
2. Exercise 2: Perform the Rear Lunge.

Note: CHECK POINT 1: Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.

CHECK POINT 2: After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.

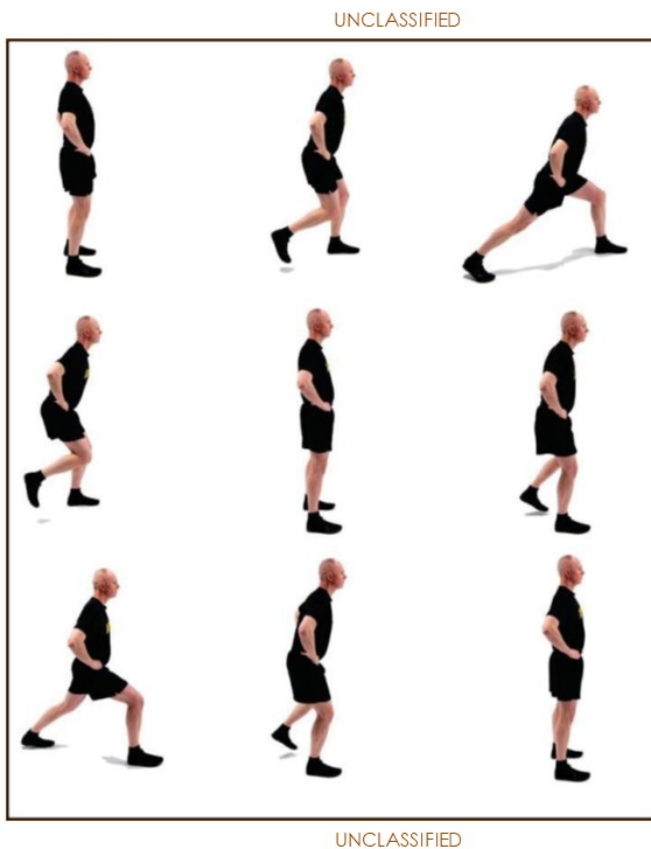
CHECK POINT 3: On counts 1 and 3, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.

CHECK POINT 4: Keep the rear leg as straight as possible but not locked and the rear heel off the ground.

PRECAUTION: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

VIDEO: Preparation Drill (PD), Exercise 2: <https://www.youtube.com/watch?v=0-ve7rHzu4M>

PREPARATION DRILL (PD) <https://www.youtube.com/watch?v=0-ve7rHzu4M>



Rear Lunge

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Exercise 2
Preparation Drill (PD)

- a. Assume the starting position: Straddle stance with hands on hips.
 - b. Count 1: Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
 - c. Count 2: Return to the starting position.
 - d. Count 3: Repeat count one with the right leg.
 - e. Count 4: Return to the starting position.
 - f. Perform the Rear Lunge using a SLOW cadence.
3. Exercise 3: Perform the High Jumper.

Note:

CHECK POINT 1: At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.

CHECK POINT 2: On count 1, the arms are parallel to the ground.

CHECK POINT 3: On count 3, the arms should be extended fully overhead. The trunk and legs should also be aligned.

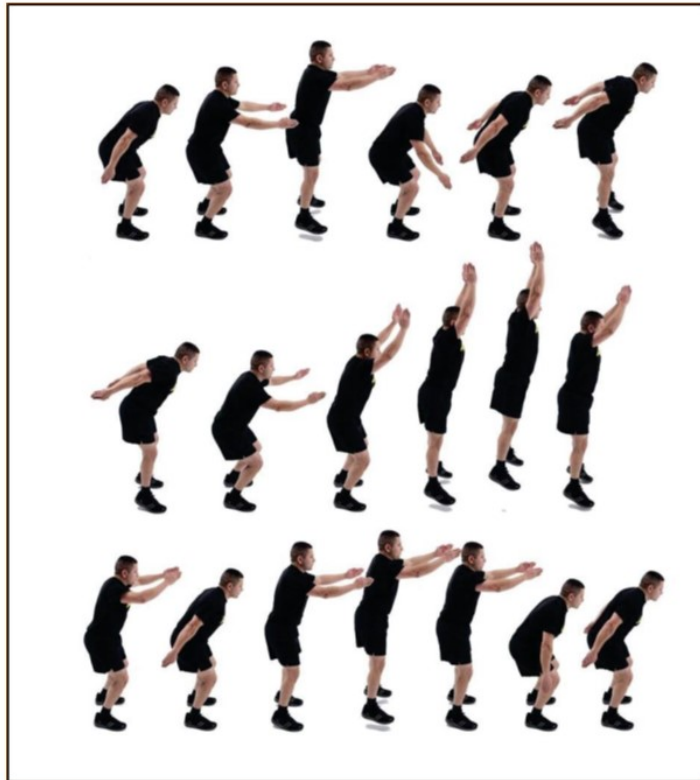
CHECK POINT 4: The Soldier is jumping on each count. On counts 1, 2, and 4, the jumps are only 4-6 inches off the ground. On count 3, the Soldier jumps higher (6-10 inches) while maintaining the posture pictured in fm 7-22, Chapter 8.

CHECK POINT 5: On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be "soft" and proceed from the balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

VIDEO: Preparation Drill (PD), Exercise 3: <https://www.youtube.com/watch?v=fCehU9fAjuA>

PREPARATION DRILL (PD) <https://www.youtube.com/watch?v=fCehU9fAjuA>

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High Jumper

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Exercise 3
Preparation Drill (PD)

- a. Assume the starting position: Forward leaning stance, palms facing inward, fingers and thumbs extended and joined.
 - b. Count 1: Swing arms forward and jump a few inches.
 - c. Count 2: Swing arms backward and jump a few inches.
 - d. Count 3: Swing arms forward and vigorously overhead while jumping forcefully.
 - e. Count 4: Repeat Count 2. On the last repetition, return to the starting position.
 - f. Perform the High Jumper using a MODERATE cadence.
4. Exercise 4: Perform the Rower.

Note:

CHECK POINT 1: At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.

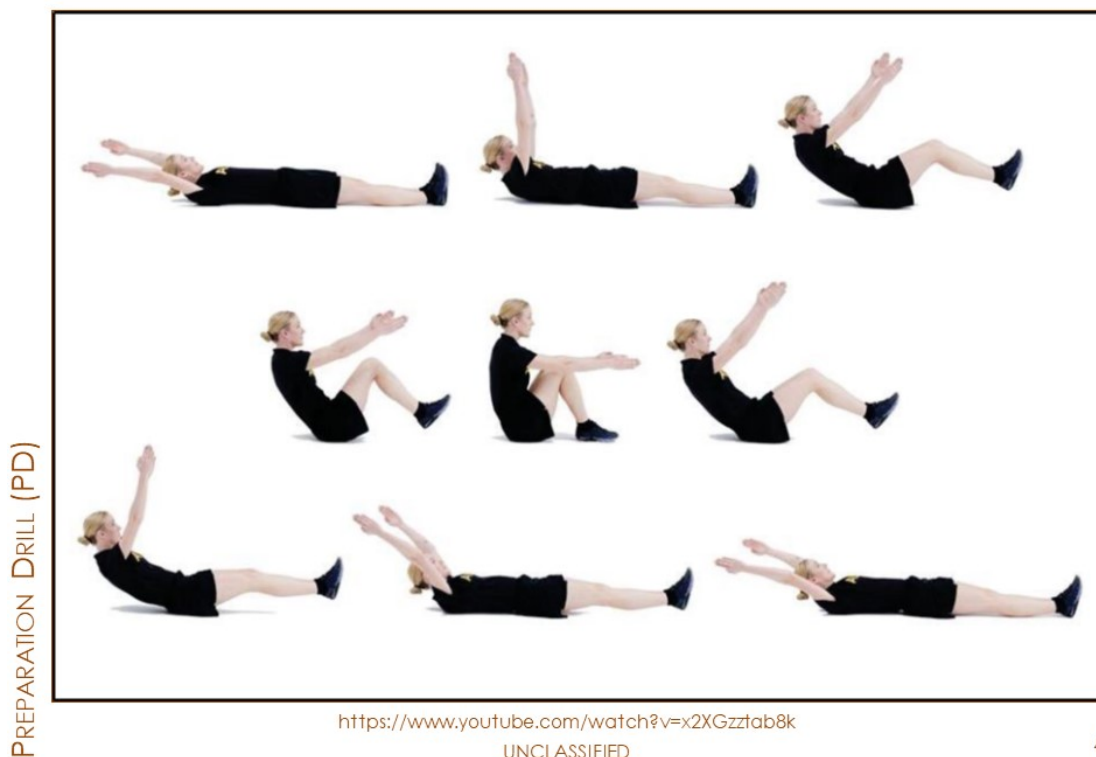
CHECK POINT 2: At the end of counts 1 and 3, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

PRECAUTION: This exercise is always performed at a slow cadence. Do not arch the back to assume counts 1 and 3.

VIDEO: Preparation Drill (PD), Exercise 4: <https://www.youtube.com/watch?v=x2XGztab8k>

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Rower



Exercise 4 Preparation Drill (PD)

a. Assume the starting position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

b. Count 1: Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to the ground with palms facing inward.

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 Rower using a SLOW cadence

5. Exercise 5: Perform the Squat Bender.

Note:
CHECK POINT 1: At the end of count 1, the shoulders, knees, and the balls of the feet should be aligned. The heels remain on the ground and the back is straight.

CHECK POINT 2: On count 3, bend forward, keeping the head aligned with the spine and the knees slightly bent. Attempt to keep the back flat and parallel to the ground.

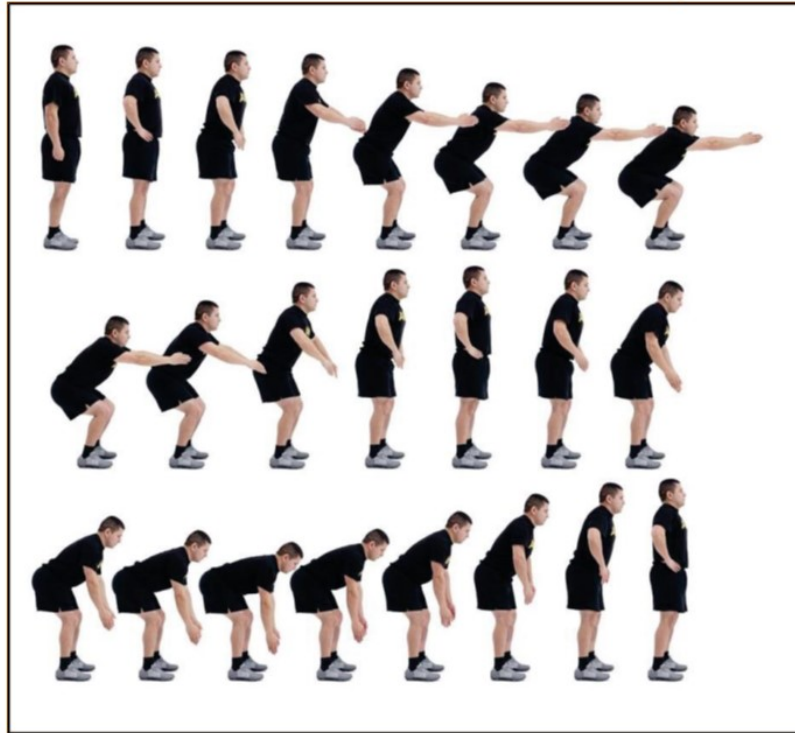
PRECAUTION: This exercise is always performed at a slow cadence. Allowing the knees to go beyond the toes on count 1 increases stress to the knees.

VIDEO: Preparation Drill (PD), Exercise 5: <https://www.youtube.com/watch?v=7OYIKt46hQ4>

PREPARATION DRILL (PD) <https://www.youtube.com/watch?v=7OYIKt46hQ4>

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Squat Bender



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Exercise 5
Preparation Drill (PD)

- a. Assume the starting position: Straddle stance with hands on hips.
 - b. Count 1: Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
 - c. Count 2: Return to the starting position.
 - d. Count 3: Bend forward and reach toward the ground with both arms extended and palms inward.
 - e. Count 4: Return to the starting position.
 - f. Perform the Squat Bender using a SLOW cadence.
6. Exercise 6: Perform the Windmill.

Note:
CHECK POINT 1: From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
CHECK POINT 2: On counts 1 and 3, ensure that both knees bend during the rotation. Head and eyes are directed to the rear on counts 1 and 3.
PRECAUTION: This exercise is always performed at a slow cadence.
VIDEO: Preparation Drill (PD), Exercise 6: <https://www.youtube.com/watch?v=lwPUSowsT2E>

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Windmill



Exercise 6 Preparation Drill (PD)

- a. Assume the starting position: Straddle stance with arms sideward, palms facing down, fingers and thumbs extended and joined.
 - b. Count 1: Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
 - c. Count 2: Return to the starting position.
 - d. Count 3: Repeat count 1 to the right.
 - e. Count 4: Return to the starting position.
 - f. Perform the Windmill using a SLOW Cadence.
7. Exercise 7: Perform the Forward Lunge.

Note:

CHECK POINT 1: Keep the abdominal muscles tight throughout the motion.

CHECK POINT 2: On counts 1 and 3, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts 1 and 3.

CHECK POINT 3: On counts 1 and 3, the rear knee bends, but does not touch the ground. The heel of the rear foot should be off the ground.

PRECAUTION: This exercise is always performed at a slow cadence. On counts 1 and 3, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

VIDEO: Preparation Drill (PD), Exercise 7: <https://www.youtube.com/watch?v=yVi8Wv7Tmv8>

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Forward Lunge

PREPARATION DRILL (PD)



<https://www.youtube.com/watch?v=yVi8Wv7Tmv8>

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Exercise 7

Preparation Drill (PD)

- a. Assume the starting position: Straddle stance with hands on hips.
 - b. Count 1: Take a step forward with the left leg (the left heel should be 3 to 6 inches forward of the right foot). Lunge forward, lowering the body and allow the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
 - c. Count 2: Return to the starting position.
 - d. Count 3: Repeat count one with the right leg.
 - e. Count 4: Return to the starting position.
 - f. Perform the Forward Lunge using a SLOW cadence.
8. Exercise 8: Perform the Prone Row.

Note:

CHECK POINT 1: At the starting position, the abdominal muscles are tight and the head is aligned with the spine.

CHECK POINT 2: On counts 1 and 3, the forearms are parallel to the ground and slightly higher than the trunk.

CHECK POINT 3: On counts 1 and 3, the head is raised to look forward but not skyward.

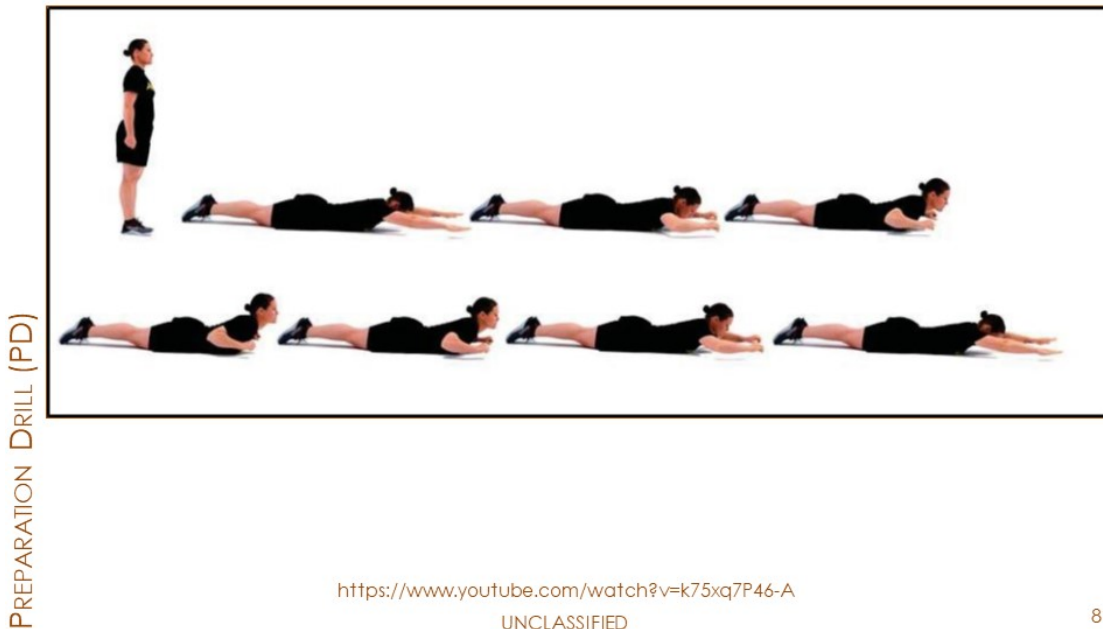
CHECK POINT 4: Throughout the exercise, the legs and toes remain in contact with the ground.

PRECAUTION: This exercise is always performed at a slow cadence. Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.

VIDEO: Preparation Drill (PD), Exercise 8: <https://www.youtube.com/watch?v=k75xq7P46-A>

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Prone Row



Exercise 8 Preparation Drill (PD)

a. Assume the starting position: Prone position with the arms overhead, palms down, fingers and thumbs extended and joined, 1 to 2 inches off the ground and toes pointed to the rear.

b. Count 1: Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. Conduct the Prone Row using a SLOW cadence.

9. Exercise 9: Perform the Bent-Leg Body Twist.

Note:

CHECK POINT 1: Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.

CHECK POINT 2: The head should be off the ground with the chin slightly tucked.

CHECK POINT 3: Ensure that the hips and knees maintain 90-degree angles.

CHECK POINT 4: Keep the feet and knees together throughout the exercise.

CHECK POINT 5: Attempt to rotate the legs to about 8 to 10 inches off the ground. The opposite shoulder must remain in contact with the ground.

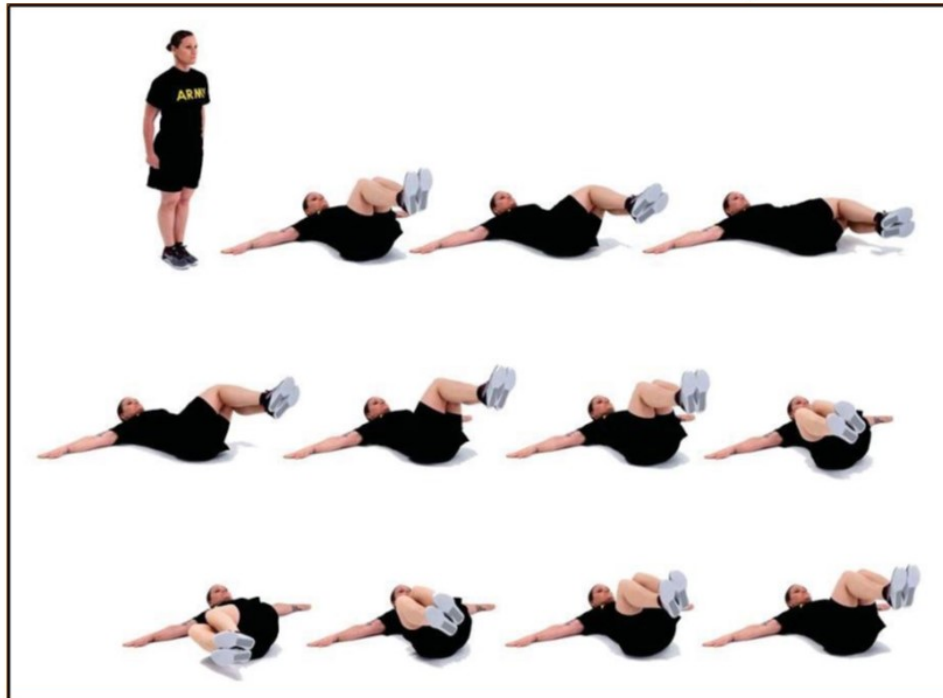
PRECAUTION: This exercise is always performed at a slow cadence. Do not rotate the legs to a point beyond which the opposite arm and shoulder can no longer maintain contact with the ground.

VIDEO: Preparation Drill (PD), Exercise 9: <https://www.youtube.com/watch?v=MKGKzMjcPF4>

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Bent-Leg Body Twist

PREPARATION DRILL (PD)



<https://www.youtube.com/watch?v=MKGKzMjcPF4>

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Exercise 9

Preparation Drill (PD)

a. Assume the starting position: Supine position with the hips and knees bent to 90-degrees, arms sideward and palms down. The knees and feet are together.

b. Count 1: Rotate the legs to the left while keeping the upper back and arms in place.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1 to the right.

e. Count 4: Return to the starting position.

f. Perform the Bent-Leg Body Twist using a SLOW cadence.

10. Exercise 10: Perform the Push-Up.

Note:

CHECK POINT 1: The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).

CHECK POINT 2: On counts 1 and 3, the upper arms stay close to the trunk, elbows pointing rearward.

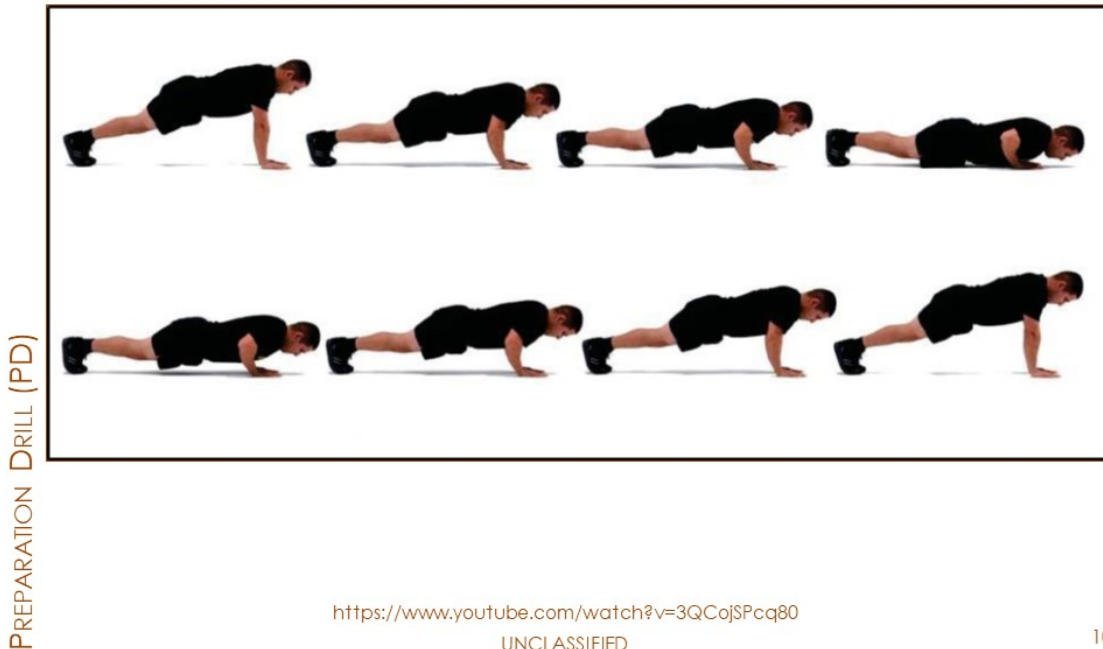
CHECK POINT 3: On counts 2 and 4, the elbows straighten but do not lock.

CHECK POINT 4: To prevent the trunk from sagging, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

VIDEO: Preparation Drill (PD), Exercise 10: <https://www.youtube.com/watch?v=3QCojSPcq80>

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Push-Up



Exercise 10 Preparation Drill (PD)

- Assume the starting position: Front leaning rest position.
- Count 1: Bend the elbows, lowering the body until the upper arms are parallel with the ground.
- Count 2: Return to the starting position.
- Count 3: Repeat count 1.
- Count 4: Return to the starting position.
- Perform the Push-Up using a MODERATE 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 Preparation Drill (PD). The Soldier should wear APFU. The uniform should be appropriate for the activity that will follow the Preparation Drill (PD). 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 Bend and Reach.			
a. Assumed correct starting position: straddle stance with arms overhead, palms facing inward, fingers and thumbs extended and joined.			
b. Count 1: Squatted with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.			
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 Bend and Reach using a SLOW cadence.			
2. Performed the Rear Lunge.			
a. Assumed correct starting position: straddle stance with hands on hips.			
b. Count 1: Took an exaggerated step backward with the left leg, touching down with the ball of the foot.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count one with the right leg.			
e. Count 4: Returned to the starting position.			
f. Performed the Rear Lunge using a SLOW cadence.			
3. Performed the High Jumper.			
a. Assumed the correct starting position: forward leaning stance, palms facing inward, fingers and thumbs extended and joined.			
b. Count 1: Swung arms forward and jumped a few inches.			
c. Count 2: Swung arms backward and jumped a few inches.			
d. Count 3: Swung arms forward and vigorously overhead while jumping forcefully.			
e. Count 4: Repeated count 2. On the last repetition, returned to the starting position.			
f. Performed the High Jumper using a MODERATE cadence.			
4. Performed the Rower.			
a. Assumed correct starting position: supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.			
b. Count 1: Sat up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms were parallel to the ground with palms facing inward.			
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 Rower using a SLOW cadence.			
5. Performed the Squat Bender.			
a. Assumed the correct starting position: straddle stance with hands on hips.			
b. Count 1: Squatted while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.			
c. Count 2: Returned to the starting position.			
d. Count 3: Bent forward and reached toward the ground with both arms extended and palms inward.			
e. Count 4: Returned to the starting position.			
f. Performed the Squat Bender using a SLOW cadence.			
6. Performed the Windmill.			
a. Assumed correct starting position: straddle stance with arms sideward, palms facing down, fingers and thumbs extended and joined.			
b. Count 1: Bent the hips and knees while rotating to the left. Reached down and touched the outside of the left foot with the right hand and look toward the rear. The left arm was pulled rearward to maintain a straight line with the right arm.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1 to the right.			
e. Count 4: Returned to the starting position.			
f. Performed the Windmill using a SLOW cadence.			
7. Performed the Forward Lunge.			
a. Assumed the correct starting position: straddle stance with hands on hips.			
b. Count 1: Took a step forward with the left leg (the left heel should be 3 to 6 inches forward of the right foot). Lunged forward, lowering the body and allow the left knee to bend until the thigh is parallel to the ground. Leaned slightly forward, kept the back straight.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count one with the right leg.			
e. Count 4: Returned to the starting position.			

f. Performed the Forward Lunge using a SLOW cadence.			
8. Performed the Prone Row.			
a. Assumed correct starting position: prone position with the arms overhead, palms down, fingers and thumbs extended and joined, 1 to 2 inches off the ground and toes pointed to the rear.			
b. Count 1: Raised the head and chest slightly, lifted the arms and pulled them rearward. Hands made fists as they moved toward the shoulders.			
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 Prone Row using a SLOW cadence.			
9. Performed the Bent-Leg Body Twist.			
a. Assumed the correct starting position: supine position with the hips and knees bent to 90-degrees, arms sideward and palms down. The knees and feet were together.			
b. Count 1: Rotated the legs to the left and kept the upper back and arms in place.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1 to the right.			
e. Count 4: Returned to the starting position.			
f. Performed the Bent-Leg Body Twist using a SLOW cadence.			
10. Performed the Push-Up.			
a. Assumed correct starting position: front leaning rest position.			
b. Count 1: Bent the elbows and lowered the body until the upper arms are parallel with 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 Push-Up using a MODERATE cadence.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary	Source Information
	ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	Yes	Yes	
	FM 7-22	Holistic Health and Fitness	Yes	No	

TADSS : None

Equipment Items (LIN): None

Material Items (NSN) :

Step ID	NSN	LIN	Title	Qty
No materiel items specified				

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 the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card. Nutritional requirements largely depend on environmental conditions. Hot or dry environments require different levels and types of nutrition than cool or moist environments. High altitudes demand different nutritional requirements than low altitudes, and so on. This section describes how nutritional requirements vary between environments as well as the conditions in those environments that drive specific nutritional needs.

Safety: In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. 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 current CBRN doctrine. 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 : None

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-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1117	Perform 30:60s and 60:120s	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0124	Preparation Drill (PD)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0111	Army Terminology and Acronyms

Skills :

Skill ID	Skill Name
805P-S-0103	Ability to form and ask questions
805P-S-0119	Perform basic drill and ceremonies
805P-S-0120	Perform Preparation Drill (PD)

ICTL Data : None