


FRONT OF GTA (UNFOLDED)

**GTA 07-08-003**  
April 2010

**Physical Readiness Training Quick Reference Card**  
Ref: TC 3-22.20, Army Physical Readiness Training



**ARMY STRONG®**  
Proponent: US Army Physical Fitness School  
<https://www.us.army.mil/suite/page/346316>  
UNCLASSIFIED // FOUO

**COMPOSITE RISK MANAGEMENT PROCESSES**

|   |   |   |   |
|---|---|---|---|
| 1. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 1. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 1. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 1. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 2. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 2. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 2. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 2. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 3. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 3. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 3. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 3. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 4. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 4. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 4. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 4. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 5. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 5. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 5. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 5. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 6. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 6. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 6. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 6. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 7. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 7. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 7. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 7. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 8. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 8. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 8. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 8. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 9. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 9. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 9. 100-yd Shuttle Run (1 rep = 2.25 yards)  | 9. 100-yd Shuttle Run (1 rep = 2.25 yards)  |
| 10. 100-yd Shuttle Run (1 rep = 2.25 yards) | 10. 100-yd Shuttle Run (1 rep = 2.25 yards) | 10. 100-yd Shuttle Run (1 rep = 2.25 yards) | 10. 100-yd Shuttle Run (1 rep = 2.25 yards) |

**ACTIVITIES**

**RECOVERY DRILL**

**MILITARY MOVEMENT DRILL 1**

**MILITARY MOVEMENT DRILL 2**

**ARMY STABILITY DRILL**

**PREPARATION DRILL**

**STRENGTH AND MOBILITY ACTIVITIES**

BACK OF GTA (UNFOLDED)

**PREPARATION DRILL**

1. Band and Rest (4-count, SLOW)
2. Rear Leg Lunges (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
4. Squat (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
6. Windmill (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
8. Plank (4-count, SLOW)
9. Burpee (4-count, SLOW)
10. Push-up (4-count, MODERATE)

**FOR THE CORE**

1. Bear Leg Raise (30 seconds)
2. Side Bridge (30 seconds)
3. Back Bridge (30 seconds)
4. Quadruped (30 seconds)

**CONDITIONING DRILL 1**

1. Power Jump (2-count, MODERATE)
2. Side Kick (MODERATE)
3. Mountain Climber (4-count, MODERATE)
4. Sit-Tap and Feet (4-count, MODERATE)
5. Single Leg Push-Up (4-count, MODERATE)
6. Turn and Lunge (4-count, SLOW)

**CONDITIONING DRILL 2**

1. "T" Squat (4-count, SLOW)
2. Single-Leg Dead Lift (4-count, SLOW)
3. Single-Leg Over (4-count, MODERATE)
4. Front Kick Alternate to Twist (4-count, MODERATE)
5. Shoulder Run Forward and Backward (3-count, MODERATE)
6. Push-Jump (4-count, MODERATE)
7. Alternating Leg Lunges (4-count, MODERATE)
8. Frog Jump Forward and Backward (4-count, MODERATE)
9. Alternating Leg Lunges (4-count, MODERATE)
10. Alternate-Stepped Squat Jump (4-count, SLOW)

**CONDITIONING DRILL 3**

1. "T" Squat (4-count, SLOW)
2. Single-Leg Dead Lift (4-count, SLOW)
3. Single-Leg Over (4-count, MODERATE)
4. Front Kick Alternate to Twist (4-count, MODERATE)
5. Shoulder Run Forward and Backward (3-count, MODERATE)
6. Push-Jump (4-count, MODERATE)
7. Alternating Leg Lunges (4-count, MODERATE)
8. Frog Jump Forward and Backward (4-count, MODERATE)
9. Alternating Leg Lunges (4-count, MODERATE)
10. Alternate-Stepped Squat Jump (4-count, SLOW)

**CLIMBING DRILL 1**

1. Straight Arm Pull (2-count, MODERATE)
2. Hand Walk (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tap (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

**CLIMBING DRILL 2**

1. Shoulder Arm Tap (2-count, MODERATE)
2. Hand Walk (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tap (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

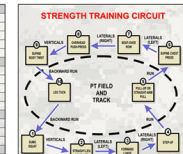
**CLIMBING DRILL 3**

1. Shoulder Arm Tap (2-count, MODERATE)
2. Hand Walk (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tap (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)

**GUERRILLA DRILL**

1. Shoulder Arm Tap (1 rep = 2.25 yards)
2. Lunge Walk (1 rep = 2.25 yards)
3. Soldier Carry (1 rep = 2.25 yards)
4. Overhead Arm Pull (20-30 seconds)
5. Bear Lunge (20-30 seconds)
6. Extend and Flex (20-30 seconds)
7. Trunk March (20-30 seconds)
8. Single Leg Over (20-30 seconds)

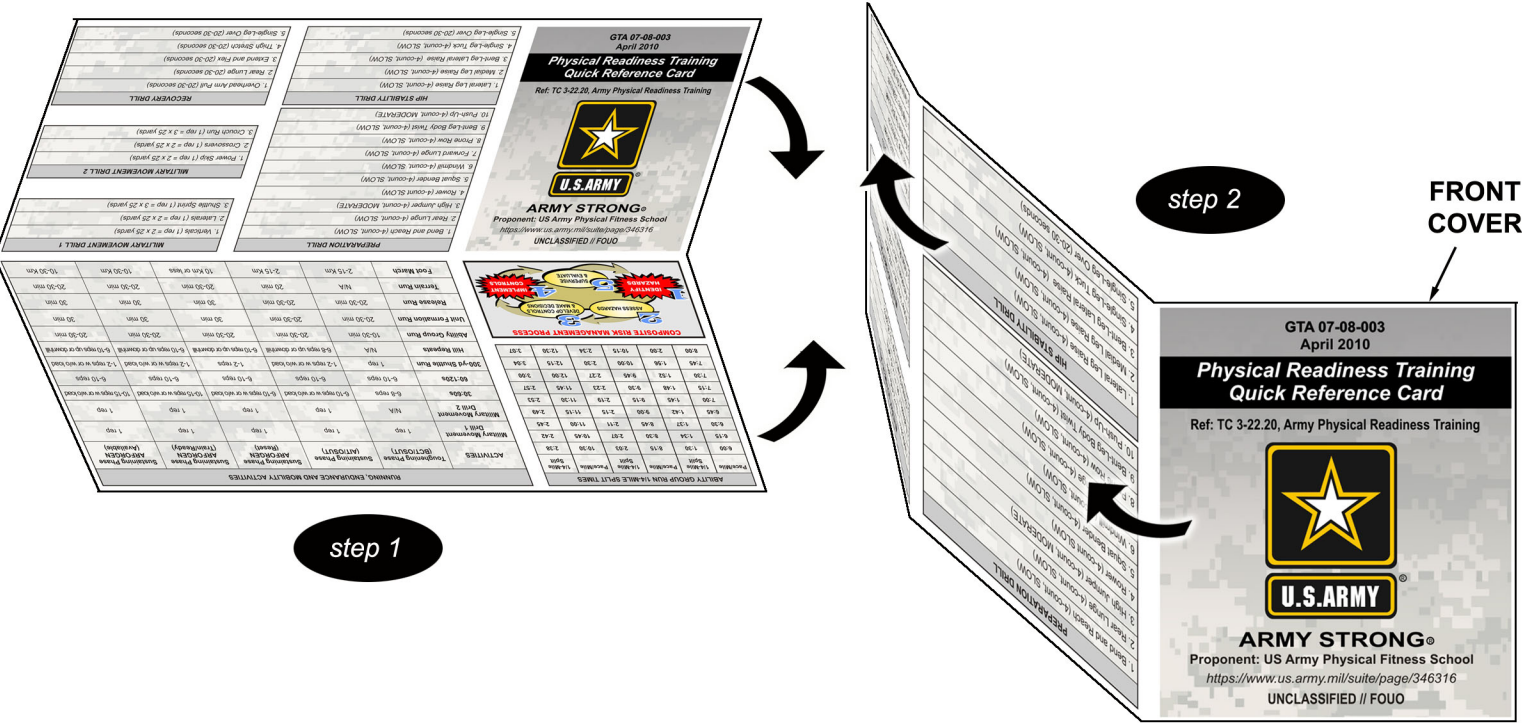
**STRENGTH TRAINING CIRCUIT**



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**GTA 07-08-003**  
**FOLDING INSTRUCTION**  
**GUIDE**



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