



**Army Field Manual  
FM 21-20  
(Physical Fitness Training)**

# Army Training Field Manual

**United States Army,Maneuver Center  
of Excellence,Department of the Army  
Headquarters**

## **Army Training Field Manual:**

### **Field Manual FM 7-21. 13 the Soldier's Guide Including Change 1 Issued September United States**

Army,2012-02-05 This Field Manual is dedicated to the men and women of the United States Army in the active component the Army National Guard and the US Army Reserve altogether America s finest fighting machine You are the soldiers that fight and win the Nation s wars Be proud FM 7 21 13 The Soldier s Guide is a pocket reference for subjects in which all soldiers must maintain proficiency regardless of rank component or military occupational specialty MOS It condenses information from other field manuals training circulars soldier training publications Army regulations and other sources It addresses both general subjects and selected combat tasks While not all inclusive or intended as a stand alone document the guide offers soldiers a ready reference in many subjects FM 7 21 13 is divided into seven chapters Chapter 1 describes the importance of Army Values and the obligations of every soldier Chapter 2 provides a short history of the Army and examines the environment in which it operates Chapter 3 addresses the duties responsibilities and authority of the soldier how to present a military appearance and an introduction to the Uniform Code of Military Justice The importance of customs courtesies and traditions is in Chapter 4 The soldier s role in training and a brief description of training management are in Chapter 5 Chapter 6 discusses the importance of counseling and professional development The benefits of serving in the Army are described in Chapter 7 The appendices contain specific combat tasks that are important to every soldier and information on programs the Army offers to assist soldiers and their family members The Soldier s Guide provides information critical to the success of soldiers in the operational environment Reading this manual will help prepare soldiers for full spectrum operations and is a tool in building the Future Force soldier This book will be useful to every soldier who reads it

*Training for Full Spectrum Operations* Barry Leonard,2009-05 Will help develop an Army experienced enough to be comfortable with operating anywhere in any type of operation under any conditions Its principles and concepts are intended to produce agile leaders who can rapidly and easily adapt to changing ambiguous situations The manual s 4 chapters address the breadth and depth of Army training concepts FM 7 0 sets out to change the Army mindset The Army cannot return to its pre 9 11 focus of training for offensive and defensive operations in major combat operations Army leaders must think differently about training and leader development in an Army that must be capable of conducting simultaneous offense defense and stability or civil support operations in any of the 5 operational themes Illus

**Army**

**Physical Readiness Training** Army Training Doctrine And Command,U.S. Army Physical Fitness School,U. S. Department Of The Army,2012-10 Soldier physical readiness is acquired through the challenge of a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System Illustrated throughout

**The Warrior Ethos and Soldier Combat Skills** United States Army,Maneuver Center of

Excellence, Department of the Army Headquarters, 2014-01 This training circular provides all Soldiers the doctrinal basis for the Warrior Ethos Warrior Tasks and other combat critical tasks It also updates weapon equipment and munitions information This FM is not intended to serve as a stand alone publication It should be used with other Army publications that contain more in depth information Fully illustrated throughout **Battle Focused Training** Department of the Army, 2003-09-15 FM 7 1 is the Army's doctrinal foundation for how to train and it is applicable to all units and organizations of the Army It explains how the Army assesses, plans, prepares and executes training and leader development It is critical to all the Army does The goal of this manual is to create leaders who know how to think and apply enduring training principles to their units and organizations FM 7 0 introduces the training cycle, the linkage of Army training and leader development and the three domains where training occurs the operational, institutional and self development domains FM 7 1 defines The Army Training System outlines who is responsible for training and training support and describes how to conduct training This top to bottom understanding of training ranging from policy and resources allocation at Headquarters Department of the Army to unit and organization methods is critical to executing training successfully and to linking the three domains where training occurs The training doctrine in this manual will shape Army training regulations and support unit and organization training plans The emphasis is on teaching leaders to think through the training process as opposed to simply following a prescribed method There is no training model or strategy that can achieve warfighting readiness in a unit without intensive leadership to build both competence and confidence FM 7 1 builds on task condition and standards based training Knowing the task, assessing the level of proficiency against the standard and developing a sustaining or improving training plan is the essence of all Army training and development But warfighting readiness is about more than just technical competence It is about developing confidence through trust soldier to soldier, leader to led and unit to unit and the will to succeed It is about leadership Understanding how to conduct tough, realistic training at every echelon of the Army sets the foundation for successful multiechelon joint interagency and coalition operations Leaders train the unit and organizational capabilities required to fight and win across the full spectrum of operations This manual provides leaders with the doctrinal guidelines for how to train and is the basis for successful training and operations Soldiers have never let the nation fail It is essential to train soldiers and units to uphold the Army's nonnegotiable contract with the American people to fight and win the nation's wars decisively *The Official U.S. Army Tactics Field Manual* Department of the Army, 2020-05-01 Tactics is the art and science of employing all available means to win battles and engagements Specifically it comprises the actions taken by a commander to arrange units and activities in relation to each other and the enemy Filled with diagrams of attack plans, defensive strategies and troop movements U S Army Tactics Field Manual is the playbook the U S Army uses to employ available means to win in combat This book provides combat tested concepts and ideas modified to exploit emerging Army and joint capabilities This book focuses on the organization of forces, minimum essential control measures and general

planning preparation and execution considerations for each type and form of combat operation It is the common reference for all students of the tactical art both in the field and the Army school system The Art of Tactics Common Tactical Concepts and Graphic Control Measures The Basics of Offense Movement to Contact Attack Exploitation Pursuit Basics of Defensive Operations The Area of Defense The Mobile Defense The Retrograde Security Operations Reconnaissance Operations Troop Movement Relief in Place Passage of Lines

**US Army Field Manual 23-35 Combat Training with Pistols and Revolvers** U. S. US Army,2016-08-26 This volume is the second in a series of books that Battles Book Reviews Publishing is releasing that encompass reprints of public domain US Military manuals that are useful to the prepping community This book contains the full text and images contained within the October 1988 version of Field manual 23 35 Combat training with Pistols and Revolvers This was the final version of the manual that included the M1911A1 caliber 45 while also including the newly fielded M9 9mm as well the caliber 38 Smith Wesson and Ruger revolvers issued to military aviators and law enforcement personnel The contents of this volume are a faithful cleaned up edition of this manual that has been formatted to fit the paper size Further volumes in this series are forthcoming

**The Operations Process** Army Training Doctrine And Command,Combined Arms Doctrine Directorate,U. S. Department Of The Army,2011-11 FM 5 0 C1 The Operations Process constitutes the Army s view on planning preparing executing and assessing operations It describes how commanders supported by their staffs subordinate commanders and other military and civilian partners exercise mission command during the conduct of full spectrum operations It describes how design assists commanders with understanding complex problems and developing an operational approach to solve or manage those problems throughout the conduct of operations This manual applies to all Army forces The principal audience for this manual is Army commanders and unit staffs officers noncommissioned officers and Soldiers Commanders and staffs of Army headquarters serving as a joint task force or a multinational headquarters should also refer to applicable joint or multinational doctrine for the exercise of command and control Trainers and educators throughout the Army also use this manual

**Army Field Manual FM 21-20 (Physical Fitness Training)** The United States Army,2007 FM 21 20 is directed at leaders who plan and conduct physical fitness training It provides guidelines for developing programs which will improve and maintain physical fitness levels for all Army personnel These programs will help leaders prepare their soldiers to meet the physical demands of war This manual can also be a source book for soldiers The benefits to be derived from a good physical fitness program are many From the Preface

**Army Physical Readiness Training FM 7-22** United States Government Us Army,2015-12-31 Soldier physical readiness is acquired through a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System Physical readiness training prepares soldiers and units for the physical challenges of fulfilling the mission in the face of a wide range of threats in complex operational

environments and with emerging technologies This field manual Provides soldiers and leaders with the doctrine of Army physical readiness training Reflects on lessons learned in battles past and present time tested theories and principles and emerging trends in physical culture Helps ensure the continuity of our nation s strength and security Prepares soldiers physically for the full spectrum of operations Explains training requirements and objectives Provides instructions required resources and reasons why physical fitness is a directed mandatory training requirement Guides leaders in the progressive conditioning of soldier strength endurance and mobility Provides a variety of physical readiness training activities that enhance military skills needed for effective combat and duty performance For soldiers athletes adventurers and gym rats alike this is the definitive guide to military level training for physical fitness For related U S Army manuals see US Army Survival Manual FM 21 76 Ranger Handbook SH 21 76 Revised and Map Reading and Land Navigation Readers interested in related titles from The U S Army will also want to see Army Guerrilla Warfare Handbook ISBN 9781626542730 Army Guide to Boobytraps ISBN 9781626544703 Army Improvised Munitions Handbook ISBN 9781626542679 Army Leadership Field Manual FM 22 100 ISBN 9781626544291 Army M 1 Garand Technical Manual ISBN 9781626543300 Army Special Forces Guide to Unconventional Warfare ISBN 9781626542709 Army Survival Manual FM 21 76 ISBN 9781626544413 Army Marine Corps Counterinsurgency Field Manual ISBN 9781626544246 Map Reading and Land Navigation FM 3 25 26 ISBN 9781626542983 Ranger Handbook SH 21 76 ISBN 9781626545199 Rigging Techniques Procedures and Applications FM 5 125 ISBN 9781626544338 Special Forces Sniper Training and Employment FM 3 05 222 ISBN 9781626544482 The Infantry Rifle Platoon and Squad FM 3 21 8 7 8 ISBN 9781626544277 Understanding Rigging ISBN 9781626544673

### **Field**

### **Manual FM 7-22 Army Physical Readiness Training October 2012** United States Government US Army,2012-11-07

Soldier physical readiness is acquired through the challenge of a precise progressive and integrated physical training program A well conceived plan of military physical readiness training must be an integral part of every unit training program This field manual prescribes doctrine for the execution of the Army Physical Readiness Training System This publication comprises the print portion of Army physical readiness training Companion portions are available on the internet Terms that have joint or Army definitions are identified in both the Glossary and the text This publication prescribes DA Form 705 Army Physical Fitness Test Scorecard The proponent for this publication is the United States Army Training and Doctrine Command TRADOC The preparing agency is the United States Army Physical Fitness School

### **Training for Full**

### **Spectrum Operations** Department of the Army,2008-12-12 FM 7 0 Training for Full Spectrum Operations establishes the Army s keystone doctrine for training Since FM 7 0 was last published enough has changed in the nature of operational environments worldwide to merit a full review of its content and form FM 7 0 is the guide for Army training and training management It addresses the fundamental principles and tenets of training FM 7 0 addresses the fundamentals of training modular expeditionary Army forces to conduct full spectrum operations simultaneous offensive defensive and stability or civil

support operations in an era of persistent conflict Conducting effective training for full spectrum operations must be a top priority of senior leaders during both force generation and operational deployments FM 7-0 incorporates new tenets for training modular organizations to conduct full spectrum operations However the manual has further developed the concepts in the 2002 version as well The Army must not lose the many sound training practices used before 11 September 2001 In addition the manual emphasizes that commanders should leverage the combat experience of seasoned individuals and their leaders in developing training plans FM 7-0 cannot answer every training challenge of today's complex operational environments It should however generate reflection and introspection on how Soldiers and units train for full spectrum operations as an expeditionary Army FM 7-0 is organized as follows Chapter 1 discusses the environment in which training and operations occur It stresses the need for the Army to prepare for full spectrum operations The chapter concludes by discussing the aim point concept used to focus training on the most likely operational environments Chapter 2 focuses on the Army's seven principles of training and the supporting tenets that apply at all organizational levels and across all components Chapter 3 describes the Army Training System defines training and education describes the three training domains and provides a brief discussion of leader development Chapter 4 describes Army training management It begins by describing the effects of Army force generation and modular organizations on training management Then it addresses how to develop the mission essential task list The bulk of the chapter discusses how to use the Army's training management model to plan prepare execute and assess training *Army Field Manual FM 7-0 (Training the Force)* United States Army, 2007 The U.S. Army exists for one reason to serve the Nation From the earliest days of its creation the Army has embodied and defended the American way of life and its constitutional system of government It will continue to answer the call to fight and win our Nation's wars whenever and wherever they may occur That is the Army's non-negotiable contract with the American people FM 7-0 is the Army's capstone training doctrine and is applicable to all units at all levels and in all components While the examples in this manual are principally focused at division and below FM 7-0 provides essential fundamentals for all individual leader and unit training From the Preface *Sniper Training FM 23-10: OFFICIAL U.S. Army Field Manual 23-10 (Sniper Training)* Department of the Army, 2018-09-14 The United States Army sniper is a specially selected volunteer highly trained in advanced marksmanship and fieldcraft skills He can support special operations missions and is able to engage selected targets from concealed positions at ranges and under conditions that are not possible for the normal rifleman The sniper's skill acts as a force multiplier where the mission is two fold 1 to eliminate high value tactical targets on the battlefield and 2 act as observer gathering intelligence Field Manual 23-10 provides doctrinal guidance on the mission personnel organization equipment training skills and employment of the Sniper This manual is intended for use by commanders staffs instructors and soldiers at training posts United States Army Army Physical Readiness Training U. S. Army Physical Fitness School, Training Doctrine and Command, 2013-05 **Army Field Manual FM 3-25. 26 (U. S. Army**

**Map Reading and Land Navigation Handbook)** Department of the Army,2015-12-31 The field manual provides a standardized source document for Army wide reference on map reading and land navigation It applies to every soldier in the army regardless of service branch MOS or rank This manual also contains both doctrine and training guidance on map reading and land navigation Part One addresses map reading and Part Two land navigation The appendices include an introduction to orienteering and a discussion of several devices that can assist the soldier in land navigation For soldiers hunters climbers and hikers alike this is the definitive guide to map reading and navigation *Field Manual FM 7-0 Training Units and Developing Leaders for Full Spectrum Operations February 2011 US Army United States Government Us Army,2012-04-17* Field Manual FM 7 0 Training Units and Developing Leaders for Full Spectrum Operations establishes the Army s keystone doctrine for training units and developing leaders for full spectrum operations on a rotational cycle using Army force generation ARFORGEN FM 7 0 addresses the fundamentals of training modular expeditionary Army forces and developing leaders to conduct full spectrum operations in an era of persistent conflict To emphasize that the unit mission essential task list METL must reflect full spectrum operations this manual uses the phrase full spectrum operations METL Conducting effective training for full spectrum operations must be a top priority of senior leaders during ARFORGEN and during operational deployments FM 7 0 does not answer every training challenge of today s complex operational environments It should however generate introspection on how Soldiers and units train for full spectrum operations as part of an expeditionary Army FM 7 0 provides just enough guidance to facilitate flexibility and innovative approaches to unit training and leader development Chapter 1 discusses operational environments in which training operations and leader development occur It stresses the need for the Army to prepare for full spectrum operations through unit training and leader development Chapter 2 focuses on the Army s principles of training units and developing leaders that apply at all organizational levels and across all components Chapter 3 describes Army training management It focuses on using the Army training management model to plan prepare execute and assess training for units in ARFORGEN force pools FM 7 0 applies to all leaders at all organizational levels All leaders are trainers Leaders include officers warrant officers noncommissioned officers and Army civilians in leadership positions FM 7 0 applies to the Active Army the Army National Guard ARNG Army National Guard of the United States ARNGUS and the United States Army Reserve USAR unless otherwise stated *The Warrior Ethos and Soldier Combat Skills U. S. Department of the Army,U. S. Army Infantry School,Army Training and Doctrine Command,2008-01* This field manual provides all Soldiers the doctrinal basis for the Warrior Ethos Warrior Tasks and other combat critical tasks It also updates weapon equipment and munitions information This FM is not intended to serve as a stand alone publication It should be used with other Army publications that contain more in depth information The target audience for this publication includes individual Soldiers and noncommissioned officers throughout the Army

**TRAIN TO WIN - Military Field Manual** U.S. Department of Defense,2017-07-31 This book describes in detail how the

Army trains to win in diverse situations and on different terrains to overcome strenuous environments and avert all types of attacks. With that focus the Army develops training readiness and the capabilities that support Army and joint force of the commanders. The authors expended the fundamental concepts of the Army's training doctrine. This reading focuses on training leaders, Soldiers and Army Civilians as effectively and efficiently as possible given limitations in time and resources. It also aims to ensure that leaders incorporate ethical aspects such as moral ethical decision points and personal actions into training scenarios or routinely discuss ethics during post training after action reviews. Contents: Training Overview, Train to Win, Principles of Training, Training Proficiency, The Role of Leaders, Battle Focus Training, Environment Training for Battle, Rhythm, Commanders, Dialogues, Reserve Component Training, Considerations, Developing the Unit Training Plan, Training Readiness, The Army Operations Process, Command Training Guidance, The Unit Training Plan, Training Briefing, Conducting Training Events, Overview Plan, Prepare, Execute, Assess, Realistic Training, Training and Evaluation, Outlines, Company Training Meetings, After Action Reviews, Lane Training, Unit Training Plan, All Training Briefings, T week Concept. **Ranger Training and Ranger Operations - FM 21-50 US Army Field Manual (1962 Civilian Reference Edition)** U.S.

Department of the Army, 2021-04-19. A Comprehensive Historic Handbook on Ranger Training Programs and Exercises. Build your library with this unabridged high quality Civilian Reference Edition facsimile reissue of the official Ranger Training and Ranger Operations FM 21-50 US Army Field Manual 1962 release. This historic unclassified civilian reference edition manual features the principles and procedures of survival wilderness operations and historic training programs that were used to prepare soldiers for mountain long distance and field missions. Contents include historic comprehensive discussions on concepts and principles of ranger training programs including multiple course programs and syllabi used by the Ranger Training Program in the 1960s. Chapters include introduction to ranger principles, synopsis of the ranger training program and its courses, how to conduct training, air operations, roadblock operations, cliff operations, extended operations, waterborne operations and small unit operations. Historic course programs and syllabi are included such as aerial resupply, roadblocks, bayonet, clandestine operations, cliffs, combat formations, confidence tests, demolitions, escape and evasion, hand to hand combat, intelligence, map reading and land navigation, mountaineering, patrol techniques, physical training and exercise, river crossing and survival. Although this material is from a past time and no longer current military doctrine, learn how things were historically done in the military for personal enrichment by learning from the classic knowledge of the American soldier. Great for learning the history behind the ins and outs of principles for training army rangers, wilderness survival and field operations. Not just for military personnel, this book is a great gift for outdoors enthusiasts, backpackers, campers, hikers, hunters, scouts, military history enthusiasts and veterans. A part of the Military Outdoors Skills Series. This Doublebit Historic Edition reprint of Ranger Training and Ranger Operations FM 21-50 1962 is professionally restored and presented from the original facsimile source with the highest degree of fidelity possible. Available in both paperback and hardcover, readers can

enjoy this historic Civilian Reference Edition reissue for generations to come and learn from its timeless knowledge

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