



Army Physical Readiness Training FM 7-22

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With May 2013 update. This is FM 7-22, with Change No. 1, Army Physical Readiness Training. It is formally called TC 3-22.20. Similar material; different name. Being Army Tough is the result of tremendous physical fitness training. Until now, FM 21-20 has been used for decades to train America's Army to go to battle. FM 7-22 has replaced the old FM, giving soldiers new strength and endurance sustaining exercises. Now you can have this same intense level of fitness. Whether you are a soldier, civilian or on the Delayed Entry Program, you can learn to exercise properly. FM 7-22, US Army Physical Readiness Training provides results. 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.

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