



U.S. Marine Corps Physical Readiness Training for Combat Plus Marine Physical Fitness Training and Test

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A great value! Two military manuals combine into one book. If you purchase both books separately you would pay more for the books plus the extra shipping cost. U.S. Marine Corps Physical Readiness Training for Combat: This manual provides the information and references necessary to establish and conduct physical conditioning programs to prepare Marines for the physical demands of combat, the Physical Effects of Combat Stress, Limits of Physical Readiness, and Fitness for Marines. Chapter 1. Physical Readiness Leadership; 1. Role of Physical Fitness In Combat, 2. Fundamentals of Physical Fitness, 3. Goals of Physical Readiness Training, 4. Leadership Roles. Chapter 2. Physical Readiness Training Programs; 1. Development of a Program, 2. Remedial Physical Training. Chapter 3. Physical Conditioning Activities; 1. Marching Under Load, 2. Conditioning Drills, 3. Rifle and Log Drills, 4. Grass Drills, 5. Guerrilla Exercises, 6. Running, 7. Circuit Training, 8. Basic Physical Skills and Obstacle Courses, 9. Individual Exercise Programs. Chapter 4. Combat Water Survival; 1. Marine Corp Water Survival Program, 2 The Battle Swimming Test. Chapter 5. Competitive Conditioning Activities; 1. Organization of Competitive Activities, 2. Combative, 3. Relays, 4. Team Contests and Athletics. Chapter 6. Evaluation of Performance During Training. Chapter 7. The Human Body. Marine Physical Fitness Training and Test: Instructions concerning physical fitness and body composition in the Marine Corp. Every Marine must be physically fit, regardless of age, grade, or duty assignment.

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