Army PRT Strength and Mobility Activities

The regular and precise execution of strategically organized and sequenced exercise drills will develop the body management competencies needed to successfully accomplish WTBDs (Figure 9-1). Table 9-1 describes all strength and mobility drills and activities presented in this chapter. Table 9-2 describes strength and mobility drills and activities and the prescription of intensity, duration, and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement strength and mobility activities into their PRT programs.

### Preparation Drill
- Exercise 1: Bend and Reach
- Exercise 2: Rear Lunge
- Exercise 3: High Jumper
- Exercise 4: Rower
- Exercise 5: Squat Bender
- Exercise 6: Windmill
- Exercise 7: Forward Lunge
- Exercise 8: Prone Row
- Exercise 9: Bent-Leg Body Twist
- Exercise 10: Push-Up

### Recovery Drill
- Exercise 1: Overhead Arm Pull
- Exercise 2: Rear Lunge
- Exercise 3: Extend and Flex
- Exercise 4: Thigh Stretch
- Exercise 5: Single-Leg Over