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The Official US Army Fitness Handbook: Physical Readiness ...

The purpose of this physical training handbook is to assist prospective SFAS candidates to attain and maintain a high state of physical fitness for attendance at the United States Army John F. Kennedy Special Warfare Center and School Special Forces Assessment and Selection. Attendance at SFAS will require you to perform physical tasks such as

Special Forces Assessment and Selection PHYSICAL TRAINING ...

physical demands of Initial Military Training (IMT). The staff of the U.S. Army Physical Fitness School (USAPFS) prepared this Pocket Physical Training Guide. This document is the sole property of United States Army Training and Doctrine Command (TRADOC) and is intended for use by U.S. Army Recruiters to assist future Soldiers.

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us army fitness training handbook

The U.S. Army publishes the new Army Field Manual 7-22 as Holistic Health and Fitness, or H2F, which covers the force's doctrine on physical readiness training.

Army Combat Fitness Test

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