

FREE PRINTABLE PLAN

Army PRT Drills

Preparation Drill · Hip Stability Drill
MMD1 · MMD2 · Recovery Drill

Reference card · Compiled from FM 7-22 (Holistic Health and Fitness)

Preparation Drill (PD)

The PD is a 10-exercise warm-up performed before every PT session. Run sequentially with no rest between movements. Total time: 10–12 minutes.

#	Exercise	Reps / Time	Cues
1	Bend and Reach	5 reps x 4ct	Slow, controlled, stretch fingertips overhead
2	Rear Lunge	5 reps x 4ct	Step back, knee 1" off ground, torso vertical
3	High Jumper	5 reps x 4ct	Explosive arm swing, fully extend hips at top
4	Rower	5 reps x 4ct	Lie supine, sit up while pulling knees to chest
5	Squat Bender	5 reps x 4ct	Squat then bend forward; full ROM
6	Windmill	5 reps x 4ct	Reach for opposite foot, controlled twist
7	Forward Lunge	5 reps x 4ct	Step forward, rear knee just off ground
8	Prone Row	5 reps x 4ct	Lie prone, retract scapulae, lift arms
9	Bent-Leg Body Twist	5 reps x 4ct	Knees together, twist side to side
10	Push-Up	5 reps x 4ct	Strict form, full ROM, hollow body

Recovery Drill (RD)

The RD restores muscles to pre-exercise length. Run after every PT session. Total time: 5–8 minutes.

#	Exercise	Hold	Cues
1	Overhead Arm Pull	20 sec	Right then left
2	Rear Lunge (static)	20 sec	Hold low position, both sides
3	Extend & Flex (hamstring)	20 sec	Straight leg, reach for toes
4	Thigh Stretch	20 sec	Quad stretch, both sides
5	Single-Leg Over (low back)	20 sec	Lying twist, both sides

Hip Stability Drill (HSD)

The HSD targets gluteal and hip stabilizers. Run twice weekly on strength-day warm-ups. Form quality > rep count.

#	Exercise	Reps	Cues
1	Lateral Leg Raise	5 reps x 4ct	Side-lying, leg straight, top of foot up
2	Medial Leg Raise	5 reps x 4ct	Top leg crossed over, lift bottom leg
3	Bent-Leg Lateral Raise	5 reps x 4ct	Side plank knee, top knee circles
4	Single-Leg Tuck	5 reps x 4ct	Supine, alternate knee to chest
5	Single-Leg Over	5 reps x 4ct	Supine twist, opposite hip to floor

Military Movement Drill 1 (MMD1)

Conducted at the start of run-day workouts. Each movement: 25 meters at marching pace.

#	Movement	Distance	Purpose
1	Verticals	25 m	Hip flexor activation, vertical jump rhythm
2	Laterals	25 m	Lateral hip mobility, change of direction
3	Shuttle Sprint (3x25 m)	75 m	Acceleration, deceleration, change of direction

