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Preparation Drill Preparation Drill as seen in FM 7-22, chapter 8.

Risk Assessment (PRT) NCOA BLC FY 19 Risk Assessment (**PRT**) NCOA BLC FY19.

Recovery Drill Recovery Drill as seen in FM 7-22, Chapter 8.

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Conditioning Drill 1 Conditioning Drill 1 as seen in FM 7-22, Chapter 9.

ARMY PRT

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Preparation Drill Exercise 1: Bend and Reach Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities ...

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The Hip Stability Drill The Hip Stability Drill IAW FM 7-22 Chapter 6.

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CD1 & CD2 1 of 3 Physical Readiness Training (PRT) Demonstration. NCOA BLC, Camp Buehring FY19. Conducted by SSG Sweeney, Lee.

Preparation Drill Exercise 3: High Jumper Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive ...

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Ashley's YT Channel:
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NCO Academy Drill and Ceremony

Climbing Drill 2 Climbing Drill 2 IAW FM 7-22 Chapter 9.

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