



# U.S. Army Physical Fitness Training Manual

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**U.S. Army Physical Fitness Training Manual** Department of the Army

FM21 -20 is directed at leaders who plan and conduct physical fitness training. It provides guidelines for developing programs which will improve and maintain physical fitness levels for all Army personnel. These programs will help leaders prepare their soldiers to meet the physical demands of war. This manual can

also be used as a source book by all soldiers. FM 21-20 was written to conform to the principles outlined in FM 25-100, Training the Force,

The benefits to be derived from a good physical fitness program are many. It can reduce the number of soldiers on profile and sick call, invigorate training, and enhance productivity and mental alertness. A good physical fitness program also promotes team cohesion and combat survivability. It will improve soldiers' combat readiness.

The proponent of this publication is HQ TRADOC. Send comments and recommendations on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to Headquarters US Army Infantry Center, US Army Physical Fitness School (ATZB-PF), Fort Benning, GA 31905-5000.

Unless this publication states otherwise, masculine nouns and pronouns do not refer exclusively to men.

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