



U.S. Marine Corps Physical Readiness Training for Combat Plus FM 7-85 Ranger Unit Operations

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A great value! Two military manuals combine into one book. If you purchase both books separately you would pay more for the books plus the extra shipping cost. U.S. Marine Corps Physical Readiness Training for Combat: manual provides the information and references necessary to establish and conduct physical conditioning programs to prepare Marines for the physical demands of combat, the Physical Effects of Combat Stress, Limits of Physical Readiness, and Fitness for Marines. Chapter 1. Physical Readiness Leadership; 1. Role of Physical Fitness In Combat, 2. Fundamentals of Physical Fitness, 3. Goals of Physical Readiness Training, 4. Leadership Roles. Chapter 2. Physical Readiness Training Programs; 1. Development of a Program, 2. Remedial Physical Training. Chapter 3. Physical Conditioning Activities; 1. Marching Under Load, 2. Conditioning Drills, 3. Rifle and Log Drills, 4. Grass Drills, 5. Guerrilla Exercises, 6. Running, 7. Circuit Training, 8. Basic Physical Skills and Obstacle Courses, 9. Individual Exercise Programs. Chapter 4. Combat Water Survival; 1. Marine Corp Water Survival Program, 2 The Battle Swimming Test. Chapter 5. Competitive Conditioning Activities; 1. Organization of Competitive Activities, 2. Combative, 3. Relays, 4. Team Contests and Athletics. Chapter 6. Evaluation of Performance During Training. Chapter 7. The Human Body. FM 7-85 Ranger Unit Operations: The fundamentals apply to the employment of ranger units on worldwide operations & across the spectrum of conflict from low to high intensity warfare. This publication addresses the mission, organization, equipment, capabilities, limitations, planning, training, operations, and logistical support of ranger units. Subjects: Introduction, Organization and Equipment, Deployment, Insertion, Extraction, Escape, and Evasion, Strike Operations, Special Light Infantry Operations, Combat Support, Combat Service Support, Training. Many pictures to help improve understanding.

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