



Army Field Manual FM 21-20 (Physical Fitness Training)

The United States Army

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"FM 21-20 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 a source book for soldiers. The benefits to be derived from a good physical fitness program are many."-
From the Preface.

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