

HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

ATP 7-22.02

Modified Exercises and Stretches





Health and Holistic Fitness

This publication is available at the Army Publishing Directorate site (<https://armypubs.army.mil/>) and the Central Army Registry site (<https://atiam.train.army.mil/catalog/dashboard>).

EQUIPMENT SAFETY INSPECTIONS

Prior to executing any physical training program involving exercise equipment, users should be visibly inspect equipment and any components for serviceability. Equipment safety inspections should include, but are not limited to: stress cracks at welded seams on weightlifting bars; torn fabric or stitching on nylon sleds and pull straps; loose connections on pull-up bars; and cables, pedals, or other moveable accessories on strength training machines, rowing machines, and stationary bicycles. Defects may compromise the load bearing capability of equipment and present a potential safety hazard to the user.

For formal training and instruction on conducting PT, please refer to ATP 7-22.02, pages 1-1 through 1-9.



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Due to the nature of physical inactivity amongst Guard Soldiers, begin with stability exercises and drills. Use these as reference for a program in order to increase mobility before engaging in rigorous training programs to prevent injury. The nature of this program is to start slow and work towards more intense exercises later on.

Modified Preparation Drills are available starting on 3-10 in the ATP 7-22.02 for soldiers with a variety of physical limitations.

PREPERATION (MODIFIED)

Each physical training exercise may be modified to accommodate a variety of physical limitations. By following their individual DA Form 3349 (*Physical Profile*) and the principle of progression, Soldiers can gradually re-condition themselves to the standard range of motion and repetitions required for a full return to duty. Soldiers who know the standard for each exercise can modify it in more ways than this publication can illustrate. When an exercise cannot be performed at all (it is restricted on the DA Form 3349), the Soldier selects an alternative exercise with the same cadence that requires similar movements or muscle groups. In formation, he or she can perform the alternative exercise, modifying as necessary, but using the same Cadence as the rest of the formation.



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Demonstration videos of drills are located on the Central Army Registry website at

https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT

(Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.) Additional support for H2F test events and exercises are located on Army Combat Fitness Test website at

<https://www.army.mil/acft/>



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Important

This ATP 7-22.02 does contain exercises that require fitness equipment. Any workout developed for use for this program can be supplemented for any other.

Drag and drop fitness routine creation. (How to) should be for MFT or H2F representative.

Pregnancy and postpartum workouts are available.

Modified preparation drills are available.



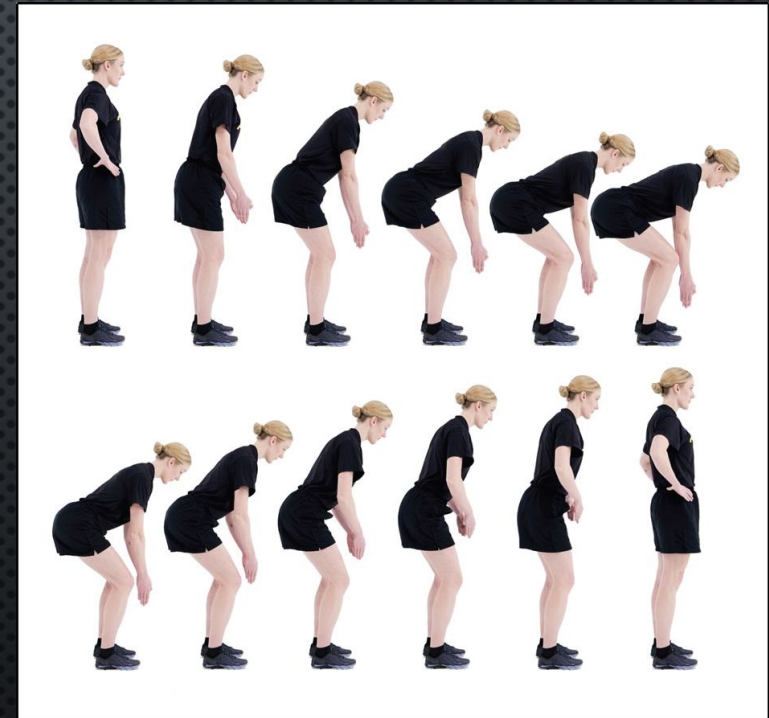
Preparation Drill (Modified)



Health and Holistic Fitness: BEND AND REACH (MODIFIED)

The Bend and Reach may be modified by decreasing the range of motion of the spine and the squat, and by limiting the use of one or both arms. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Bend and Reach is the Straddle Stance position with hands on hips.
- On count 1, move from the starting position into a partial squat with the heels remaining on the ground. Lean forward at the waist, keeping the spine straight and reaching to the ground with straight arms.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.





Health and Holistic Fitness: REAR LUNGE (MODIFIED)

The Rear Lunge may be modified by decreasing the range of motion of the lunge and knee bend, by stepping back with only one leg, or by widening or narrowing the stance. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- On count 1, keeping hands on hips, take a step backwards with the left or right leg. Touch down with the ball of the foot placed directly back from the starting position or wider to improve balance. The heel may be on the ground. Lower the body into the lunge position while controlling the knee bend.
- On count 2, return to the starting position maintaining the same distance between the feet as used in the Straddle Stance.
- On count 3, repeat count 1 with the right or left leg.
- On count 4, return to the starting position. Over several repetitions, or physical training sessions, progress to a deeper rear lunge.

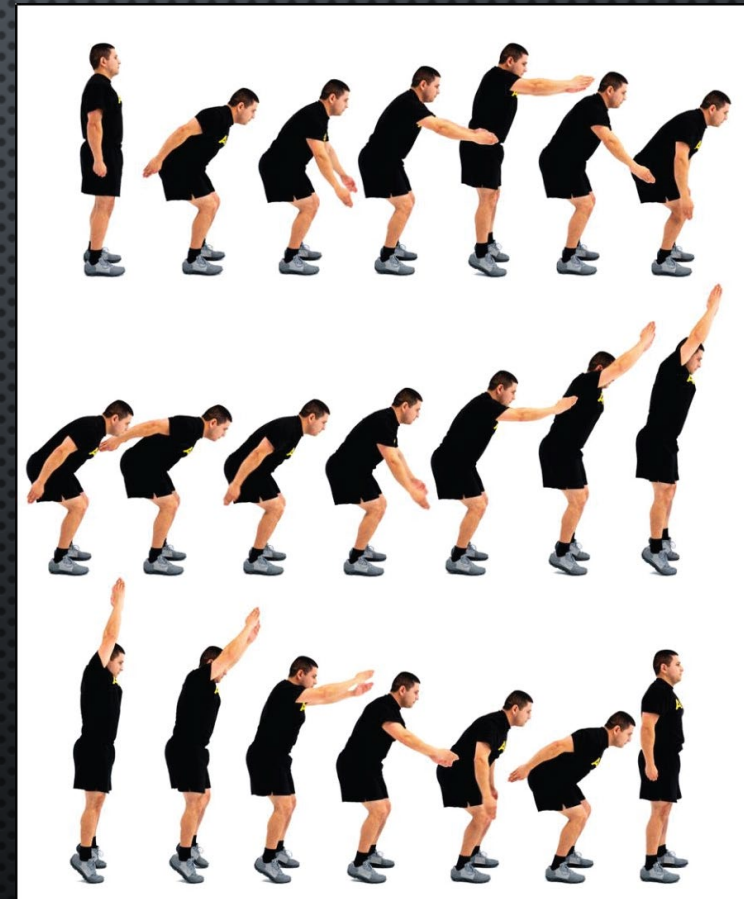




Health and Holistic Fitness: HIGH JUMPER (MODIFIED)

The High Jumper may be modified by decreasing the range of motion of one or both arms, the height of the jumps, and the cadence. Figure shown gives one example of the modified movement Soldiers conduct by changing the standard moderate cadence to slow:

- The starting position for the modified High Jumper is the Forward Leaning Stance with a reduced squat, palms facing inwards, and fingers and thumbs extended and joined.
- On count 1, swing the arms forward until they are parallel to the ground. At the same time lift the heels off the ground a few inches without jumping.
- On count 3, swing the arms as far overhead as possible. At the same time lift the heels off the ground a few inches without jumping.
- On count 4, return to the starting position by lowering the heels back to the floor.





Health and Holistic Fitness: ROWER (MODIFIED)

The Rower may be modified by decreasing the use of one or both arms, decreasing the use of one or both legs, or by decreasing the range of trunk flexion, and by keeping the head on the ground. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Rower is the Supine position with arms crossed over the chest, knees flexed, and head resting on the ground.
- On count 1, sit up or and reach to the knees.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.

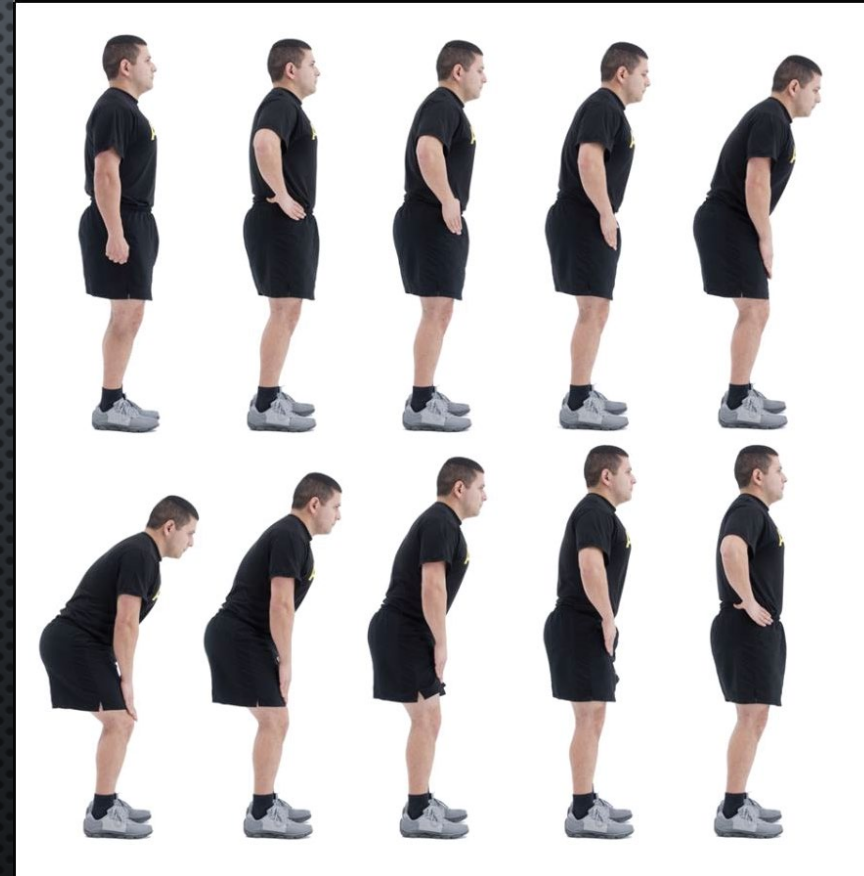




Health and Holistic Fitness: SQUAT BENDER (MODIFIED)

The Squat Bender can be modified by reducing the motion of the knee and trunk flexion and by reducing movement of the arms. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Squat Bender is the Straddle Stance position with hands on hips.
- On count 1, squat slightly while leaning forward from the waist, keeping the head up and moving one or both arms toward the knees. Palms face inwards.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, attempting to progress the range of motion of the trunk, arms, and legs.
- On count 4, return to the starting position.

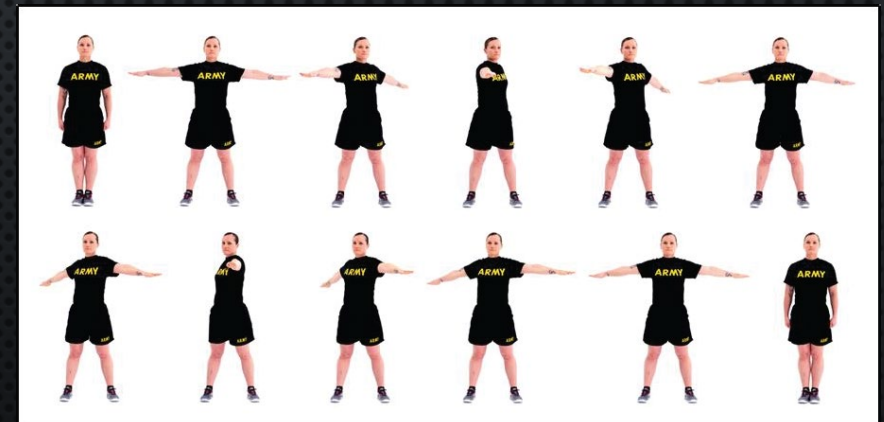




Health and Holistic Fitness: WINDMILL (MODIFIED)

The modified Windmill has two alternatives. The starting position for the modified Windmill is the Straddle Stance. Figure on top illustrates the first alternative with hands on hips. Figure below that shows the second alternative with arms straight out to the sides at 90 degrees to the trunk. Soldiers conduct the exercise at a slow cadence:

- On count 1, bend the hips and knees while rotating the trunk to the left. Reach down to touch the outside of the left foot with the right hand and look to the rear. The left arm stays in its starting position, with hand on hip. Alternatively, with arms out to the side, rotate the trunk to the left, avoiding any hip or knee flexion.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time to the right.
- On count 4, return to the starting position.

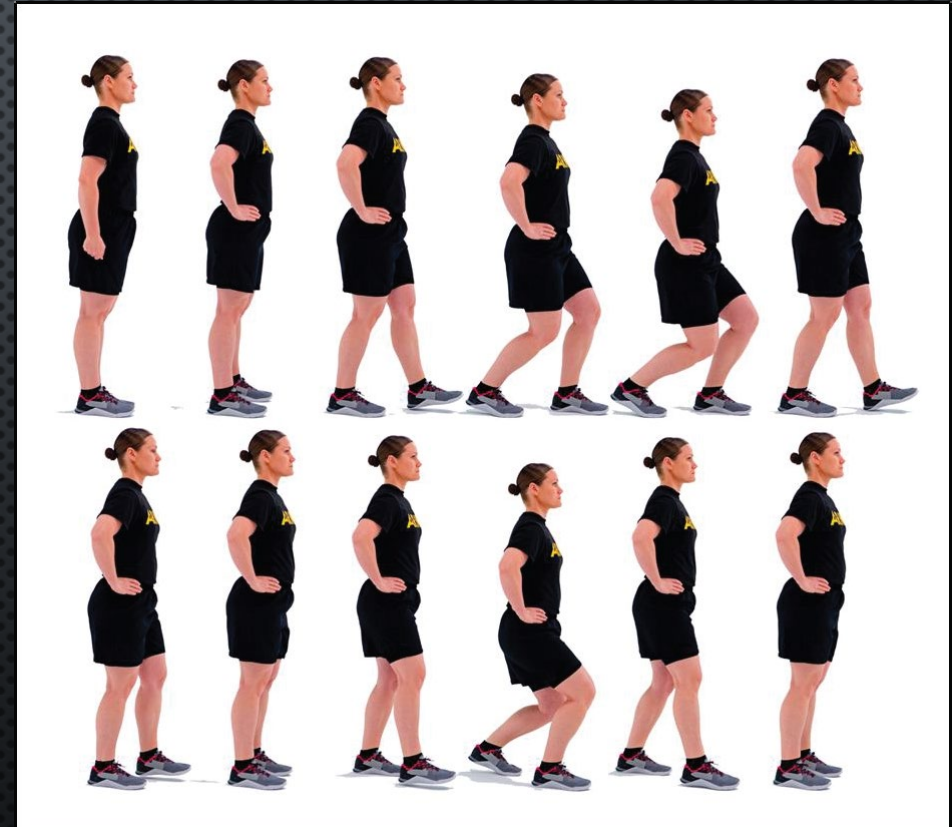




Health and Holistic Fitness: FORWARD LUNGE (MODIFIED)

The Forward Lunge can be modified by decreasing the range of motion, keeping the feet closer together, or moving just one foot. Figure below shows one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Forward Lunge is the Straddle Stance position with hands on hips.
- On count 1, take a step forward with the left or right leg until the forward heel is 3–6 inches ahead of the rear foot. At the same time, bend at the hips and knees to lunge forward, keeping the back straight. Bring the feet closer together if necessary.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, switching foot movement.
- On count 4, return to the starting position.

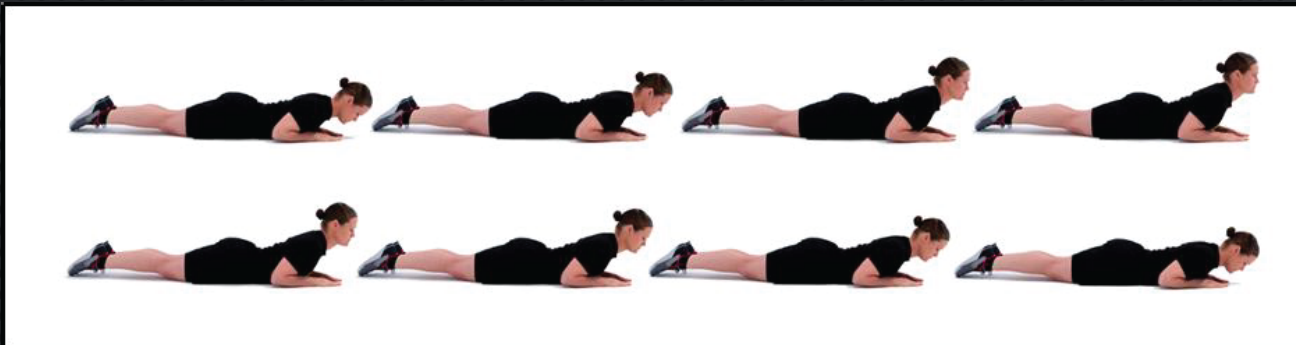




Health and Holistic Fitness: PRONE ROW (MODIFIED)

The Prone Row may be modified by decreasing the range of motion of the arms, moving only one arm to standard, or by performing the arm movements while remaining standing using the starting position for the Bend and Reach. Soldiers conduct the standing version of the modification at a slow cadence:

- The starting position is the same as the Bend and Reach, arms overhead, palms forward, fingers and thumbs extended and joined.
- On count 1, raise the chin, head and chest slightly while moving the arms down to the sides of the trunk while flexing the elbows. Make the hands into fists as they move toward the shoulders.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position



Prone Row (modified)



Prone Row (modified) alternative movement



Health and Holistic Fitness: BENT-LEG BODY TWIST (MODIFIED)

The Bent-Leg Body Twist can be modified by changing the arm position, resting the head on the ground, keeping the feet on the ground, reducing the range of rotation, and by moving only one leg from the starting position. Figure below gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Bent-Leg Body Twist is the Supine position with head on the ground, arms at 45 degrees from the trunk, hips and knees bent with feet on the ground. The knees and feet are together.
- On count 1, rotate the legs to the left while keeping the upper back and arms in place on the ground. The legs drop together toward the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.





Health and Holistic Fitness: PUSH-UP (MODIFIED)

The Push-Up can be modified by moving to the Six-Point Stance position. This modified exercise limits the range of motion and weight on the ankles, shoulders, arms, and wrists. Soldiers conduct the movement at a moderate cadence:

- The starting position for the modified Push-Up is the Six-Point Stance position. Hands are directly beneath the shoulders with fingers spread. The body forms a straight line from the head to the knees. Feet point to the rear.
- On count 2, return to the starting position. If necessary, reduce the range of motion of the elbow to accommodate for the injury.
- On count 3, repeat count 1, reducing the range of motion if necessary.
- On count 4, return to the starting position.





Conditioning Drill 1 (Modified) (CD1 MOD)

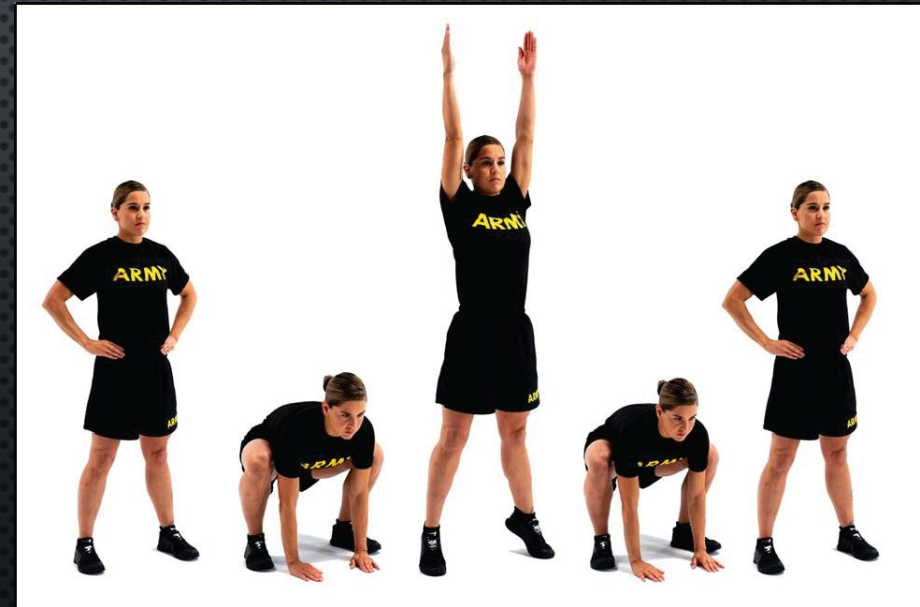


Health and Holistic Fitness: POWER JUMP (MODIFIED)

The modified Power Jump replaces the first exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arms and legs, and eliminates impact on the legs.

Figure 5-6 on page 5-6 breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified Power Jump is the Straddle Stance position with hands on hips.
- On count 1, squat with the heels flat, keeping the spine straight while reaching to the ground. Face the palms toward the ground. Gaze remains forward.
- On count 2, reach quickly up and overhead, raising off both heels without the feet leaving the ground. Palms face inward.
- On count 3, return to the count 1 position.
- On count 4, return to the starting position





Health and Holistic Fitness: V-UP (MODIFIED)

The modified V-Up replaces the second exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arm, leg, and core muscles. Figure below breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified V-Up is the Supine position with arms on the ground at 45 degrees from the body, knees bent to 90 degrees, feet flat on the ground. The head may be on the ground or 1–2 inches off the ground.
- On count 1, bend the knees, raising the legs and trunk at the same time, using the arms to balance. Keep the head aligned with the trunk—neither bent forward nor extended backwards. Bring the knees toward the chest.
- On count 2, return under control to the starting position, placing the feet flat on the ground with knees bent. Avoid dropping the legs.
- On count 4, return to the count 2 position.





Health and Holistic Fitness: V-UP (MODIFIED)

Other potential modifications include the following:

- Starting position in Supine position with knees bent:
- On count 1, the trunk moves up.
- On count 2, the left leg lifts from the ground.
- On count 3, the left leg returns to the ground.
- On count 4, the trunk returns to the ground.
- Starting position is with the trunk in the Sitting position, supported by the arms:
- On count 1, left knee moves to the chest.
- On count 2, left knee returns to starting position.
- On count 3, right knee moves to the chest.
- On count 4, right knee returns to the starting position.
- Starting position is Supine position with knees bent:
- On count 1, left knee moves to the chest.
- On count 2, left knee returns to starting position.
- On count 3, right knee moves to the chest.
- On count 4, right knee returns to the starting position.

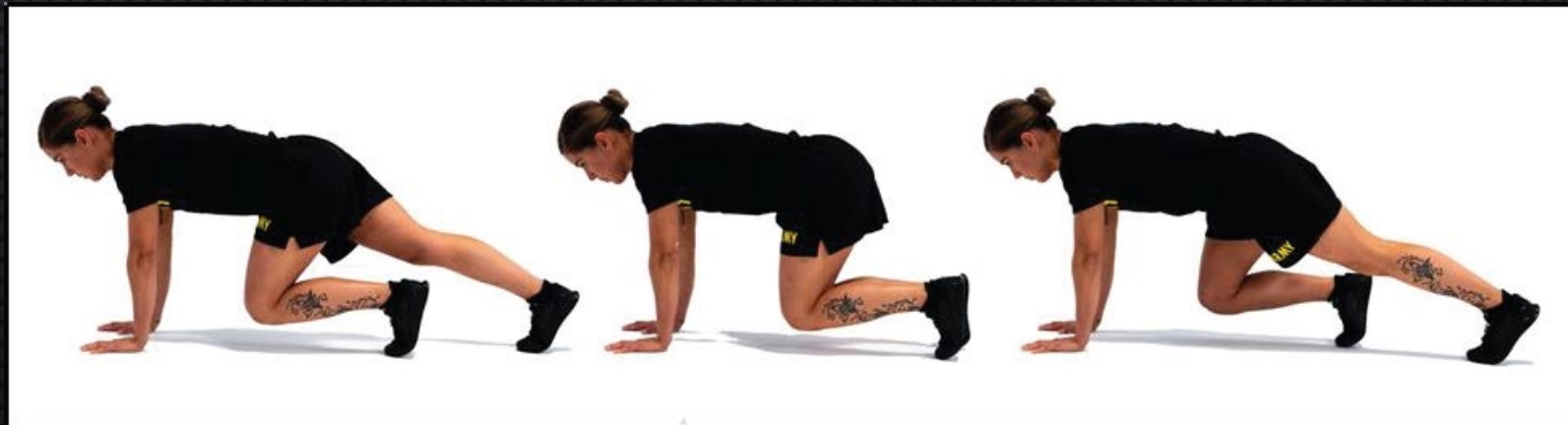




Health and Holistic Fitness: MOUNTAIN CLIMBER (MODIFIED)

The Mountain Climber (modified) replaces the third exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arm, leg, and core muscles. Figure below breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified Mountain Climber is the Front Leaning Rest with the left foot next to the right knee and the left knee under the Soldier's hips.
- On count 1, shift body weight to the hands while changing the position of the feet. Keep the back straight and keep the hips from moving up and down throughout the exercise.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.

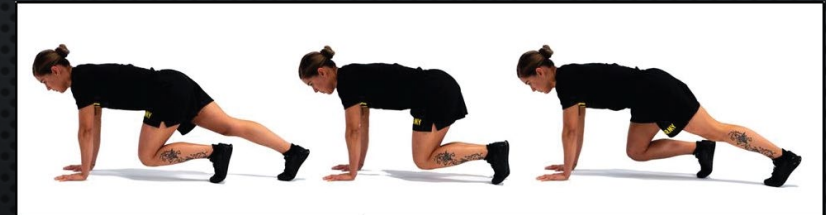




Health and Holistic Fitness: MOUNTAIN CLIMBER (MODIFIED)

Other potential modifications for Mountain Climber include the following:

- Starting position as in paragraph 5-12:
 - On count 1, one leg moves toward the chest.
 - On count 2, the same leg returns to the starting position.
 - On count 3, repeat count 1.
 - On count 4, repeat count 2.
- Starting position is the Straddle Stance position:
 - On count 1, left knee moves to the chest as the Soldier balances on the right leg.
 - On count 2, left leg returns to starting position.
 - On count 3, right knee moves to the chest as the Soldier balances on the left leg.
 - On count 4, right leg returns to the starting position.
 - Starting position is the Supine position with knees bent:
 - On count 1, left knee moves to the chest.
 - On count 2, left knee returns to starting position.
 - On count 3, right knee moves to the chest.
 - On count 4, right knee returns to the starting position.

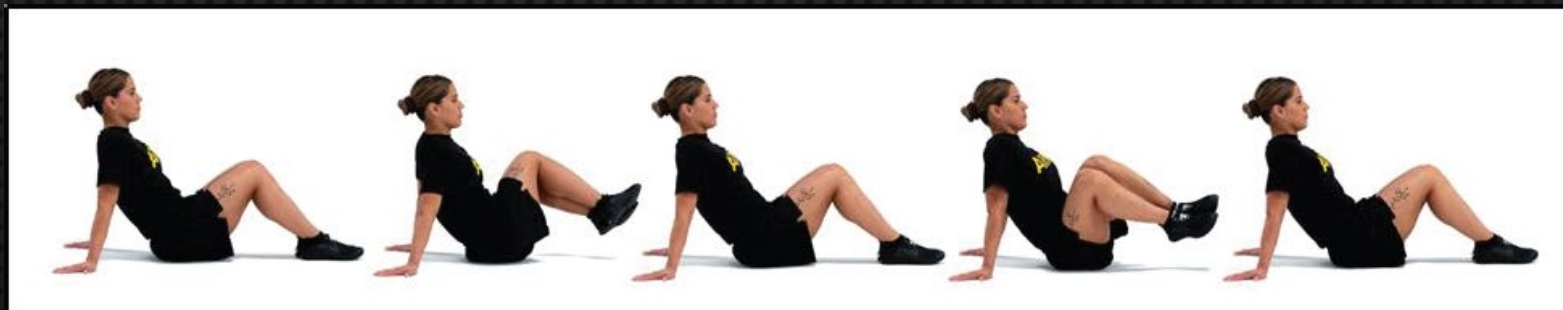




Health and Holistic Fitness: LEG-TUCK AND TWIST (MODIFIED)

The Leg-Tuck and Twist (modified) replaces the fourth exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arm, leg, and core muscles. Figure below breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified Leg-Tuck and Twist is the supported reclining Sitting position. Hands are on the ground to the rear of the shoulders, palms down. Legs are bent with feet flat on the ground.
- On count 1, raise the legs while rotating onto the left buttock and drawing the knees toward the left shoulder. Maintain control of the bent knee and trunk position.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time rotating the legs to the right.
- On count 4, return to the starting position.





Health and Holistic Fitness: LEG-TUCK AND TWIST (MODIFIED)

Other modifications include the following:

- Starting position as above, alternate single leg movement.
- Starting position is the Supine position with the knees bent, and trunk, arms, and head on the ground:
 - On count 1, left knee moves to the chest.
 - On count 2, left knee returns to starting position.
 - On count 3, right knee moves to the chest.
 - On count 4, right knee returns to the starting position.
- Starting position is the Supine position with knees bent to 45 degrees:
 - On count 1, both knees lift up and to the left.
 - On count 2, return to the starting position.
 - On count 3, both knees lift up to the right.
 - On count 4, return to the starting position.





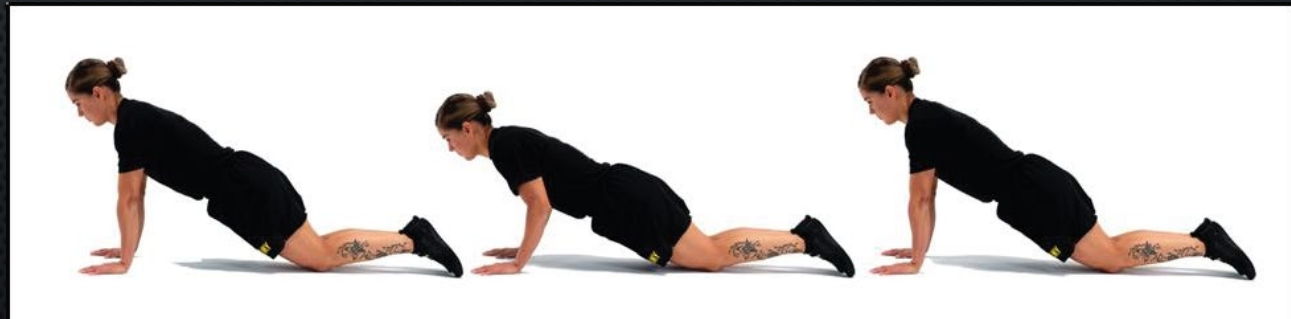
Health and Holistic Fitness: SINGLE-LEG PUSH-UP (MODIFIED)

The Single-Leg Push-Up (Modified) replaces the final exercise in Conditioning Drill 1. This modified exercise limits the range of motion and weight on the ankles, shoulders, arms, and wrists. Figure shown breaks down the movement Soldiers conduct at a moderate cadence:

- Modify the movement into the starting position—avoid Squat and rear thrust of the legs.
- The starting position for the modified Single Leg Push-Up is the Six-Point Stance position. Hands are directly beneath the shoulders with fingers spread. The body forms a straight line from the head to the knees. Feet point to the rear.
- On count 1, bend the elbows, lowering the body until the upper arms are parallel to the ground.
- On count 2, return to the starting position. If necessary, reduce the range of motion of the elbow to accommodate for the injury.
- On count 3, repeat count 1, reducing the range of motion if necessary.
- On count 4, return to the starting position.

Other modifications include—

- Sustained Front Leaning Rest for time.
- Sustained Front Leaning Rest on elbows for time.





Recovery Drill (Modified)



Health and Holistic Fitness: OVERHEAD ARM PULL (MODIFIED)

The Overhead Arm Pull can be modified by stretching the arms across the upper body instead of overhead. If possible, perform the standard stretch on the uninjured arm. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the modified Overhead Arm Pull is the Straddle Stance position with hands on hips.
- When commanded, “READY, *STRETCH*,” raise the left arm across the front of the chest. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. A stretch sensation should be felt in the left triceps muscle and flank. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*” return to the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” repeat the movement on the right side.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.





Health and Holistic Fitness: REAR LUNGE (MODIFIED)

The Rear Lunge can be modified by reducing the range of motion for the lunge or by stepping forward into the lunge. If possible, perform the standard stretch on the uninjured leg. Figure shown breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the modified Rear Lunge is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a step backward with the left leg, touching down with the ball of the foot directly behind the starting position. Keep the trunk erect and move the pelvis forward. This creates a stretch sensation in the front of the left thigh and hip area. The back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the first movement on the right side.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.





Health and Holistic Fitness: EXTEND AND FLEX (MODIFIED)

The Extend and Flex can be modified by reducing weight placed on the arms, by limiting the range of motion, or by remaining standing and arching the spine forward and backward. Figure 16-11 shows the modification from a starting position of a Six-Point Stance position Soldiers conduct it in a formation:

- The starting position for the modified Extend and Flex is the Front Leaning Rest position.
- On the command, “READY, *STRETCH*,” lower the body toward the ground, sagging in the middle and bending the elbows so that the forearms rest on the ground. Keep the gaze straight ahead—do not look up. Keep legs and low back relaxed with toes on the ground and pointing to the rear. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” keep the hands in place on the ground and slide the trunk and pelvis rearward. Let the knees bend until the buttocks rest on the back of the legs. Keep the head near to the ground to flex the spine and upper back while the arms remain overhead on the ground. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.





Health and Holistic Fitness: EXTEND AND FLEX (MODIFIED) PT2

The standing position for the modified Extend and Flex avoids weight bearing on the arms, but should not be used in cases of injury to the low back. Figure below breaks down the movement from a starting Position of Attention as Soldiers conduct it in a formation:

- Place hands on the low back prior to bending backward, and on the front of the thighs prior to bending forward.
- Move in and out of this position for 20–30 seconds or hold for 10–15 seconds and repeat one time.

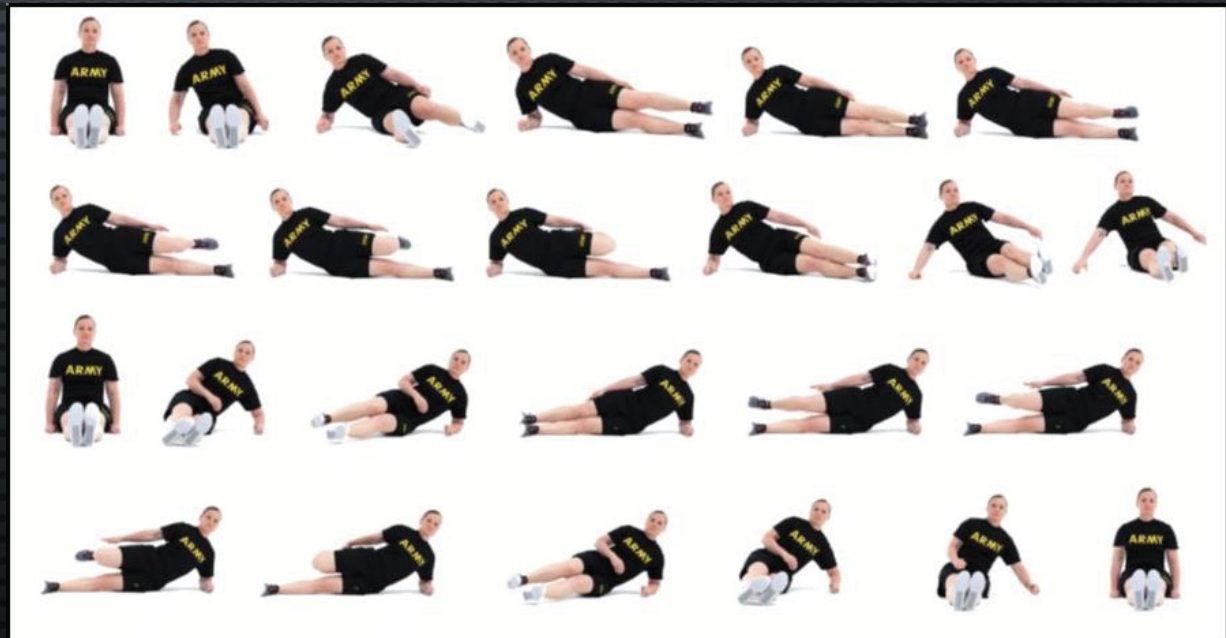




Health and Holistic Fitness: THIGH STRETCH (MODIFIED)

The Thigh Stretch can be modified by reducing the knee range of motion. Figure 16-13 breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the modified Thigh Stretch is the Sitting position with the arms at the sides and palms on the floor.
- On the command, “READY, *STRETCH*,” roll on the right side and place the right elbow and forearm on the ground directly below the shoulder. Fist the right hand with the thumb up. Grasp the left ankle and pull toward the left buttock. Ensure the right leg remains straight. Hold this position for 20–30 seconds.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” move back through the starting position before changing sides to stretch the right leg. Hold for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.

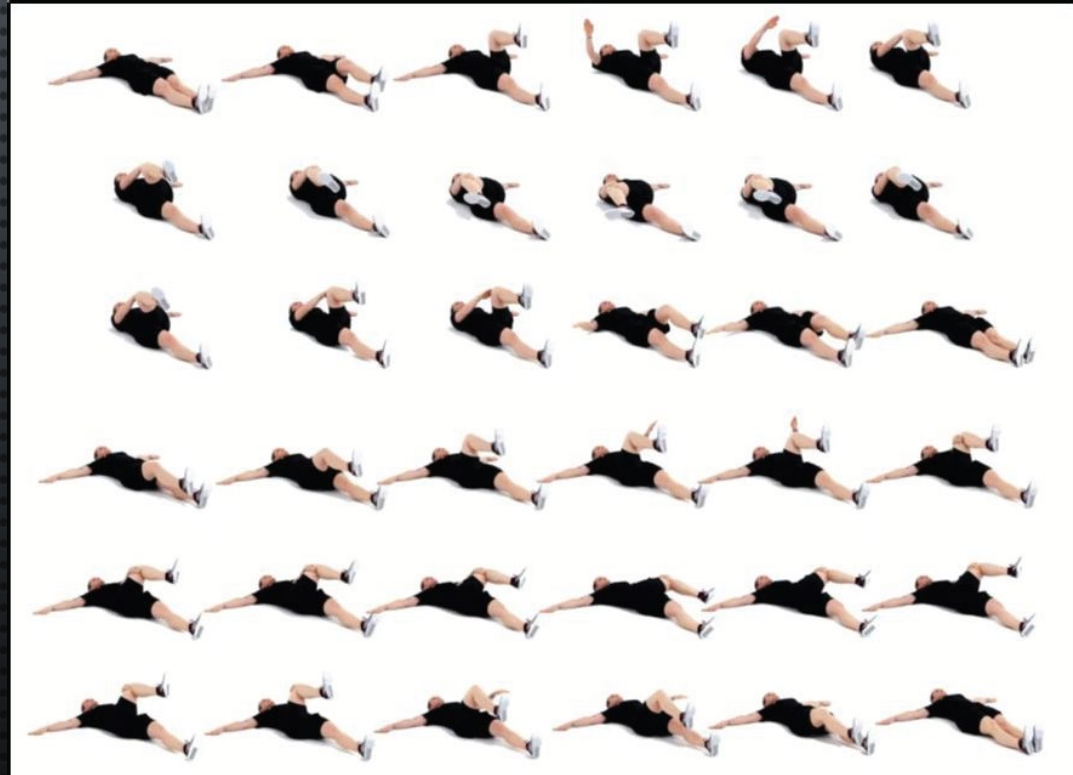




Health and Holistic Fitness: SINGLE-LEG OVER (MODIFIED)

The Single-Leg Over can be modified by decreasing the range of motion, by stretching only one leg, or by modifying the position of the stretch. Figure below illustrates the modified movement as Soldiers conduct it in a formation for 30–60 seconds:

- The starting position for the modified Single-Leg Over is the Supine position with the head on the ground, arms at a 45-degree angle, hips and knees bent with feet on the ground. The knees are bent at 90 degrees and the feet are together.
- On the command, “READY, *STRETCH*,” rotate the hips to the right and lower the knees toward the ground. Keep the left shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” rotate the hips to the left and lower the knees toward the ground. Keep the right shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position and then to the Position of Attention.





Health and Holistic Fitness: GROIN STRETCH (MODIFIED)

The Groin Stretch can be modified by using smaller movements to help increase flexibility in the hip joint. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the modified Groin Stretch is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a small step with the left leg to the left side bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the right thigh for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” take a small step to the right with the right leg bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position and then to the Position of Attention.





Health and Holistic Fitness: CALF STRETCH (MODIFIED)

The modified Calf Stretch is the seventh exercise in the Recovery Drill (Modified). This stretch increases flexibility of the ankle. Figure below shows the movement as Soldiers conduct it in a formation:

- The starting position for the modified Calf Stretch is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a step backward with the left leg, placing the foot flat on the ground 1–2 feet behind its starting position. Keeping the left heel on the ground, bend both knees until a stretch is felt in the left Achilles tendon.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the stretch with the right leg. Keep the right foot pointing forward throughout the stretch. Hold either stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.





Health and Holistic Fitness: HAMSTRING STRETCH (MODIFIED)

The modified Hamstring Stretch is the final exercise in Recovery Drill (Modified). This stretch increases flexibility of the knee and hip. Figure below shows one modified movement as Soldiers conduct it in a formation:

- The starting position for the modified Hamstring Stretch is the Sitting position, arms at the sides and palms on the floor.
- On the command, “READY, *STRETCH*,” reach forward with both hands until a stretch is felt in the back of the thigh. Keep the knees straight without locking them. Hold this stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the first stretch position, reaching slightly further.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.



Figure below shows the single-leg Hamstring Stretch. The Soldier bends one knee while keeping the other straight and reaches toward the foot until a stretch is felt in the back of the thigh. Hold this stretch position on each side for 20–30 seconds.





Health and Holistic Fitness: References

All URLs accessed on 31 August 2020.

REQUIRED PUBLICATIONS

These documents must be available to intended users of this publication.

DOD Dictionary of Military and Associated Terms. June 2020. <https://www.jcs.mil/Doctrine>.

ATP 7-22.01. *Holistic Health and Fitness Testing*. 01 October 2020.

FM 1-02.1 *Operational Terms*. 21 November 2019.

FM 7-22. *Holistic Health and Fitness*. 01 October 2020.

RELATED PUBLICATIONS

These documents are referenced in this publication and contain relevant supplemental information.

Most Army doctrinal publications and Army regulations are available online:

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