



U.S. Marine Corps Physical Readiness Training for Combat Plus Soldier's Handbook For Individual Operations Survival In Cold Weather Areas

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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: This 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. Soldier's Handbook For Individual Operations Survival In Cold Weather Areas: This handbook is an aid for soldiers in cold climates. Topics covered in detail: INTRODUCTION TO COLD-WEATHER OPERATIONS PERSONAL CLOTHING AND EQUIPMENT TENTS AND HEATING EQUIPMENT SMALL ARMS AND AMMUNITION RATIONS AND DIET HYGIENE AND FIRST AID BIVOUAC ROUTINE INDIVIDUAL MOVEMENT LAND NAVIGATION SURVIVAL Easy to understand with many pictures.

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