



Provisional Infantry Training Manual 1918: Minimum Specifications for Trained Infantry; Training Methods (Classic Reprint) (Paperback)

By Unknown Author

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Provisional Infantry Training Manual 1918: Minimum Specifications for Trained Infantry; Training Methods Physical training of the soldier to be so directed that he will be enabled with readiness to qualify in the following tests: 1. Muscular development. Strength tests. Chin up 8 times. Dip 6 times. (If installation is practicable from ground without apparatus.) 2. Agility or muscular efficiency. Running tests (service uniform without coat. No equipment): 50 yards in 7 seconds. 100 yards in 14 seconds. 220 yards in 35 seconds. 1/2 mile in 4 minutes. Running tests (complete field equipment, including ammunition). 100 yards in 20 seconds. Jumping tests (service uniform without coat. No equipment): Standing broad jump 7 feet. Running broad jump 12 feet. Running high jump 31/2 feet. Jumping course test: 50 ft. course of three 4 ft. ditches and three 21/2 ft. hurdles. Vault fence 41/2 feet high. Scaling (service uniform without coat. No equipment): Scale with readiness wall 7 feet high. Climbing (service uniform without equipment): Climb 20 foot rope in 30 seconds. If installation is practicable. Climb or...



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