

ARMY PHYSICAL TRAINING SYSTEM (APTS)

What is it?

The APTS is a scientifically-based and holistic approach to physical training which supports unit operational requirements.

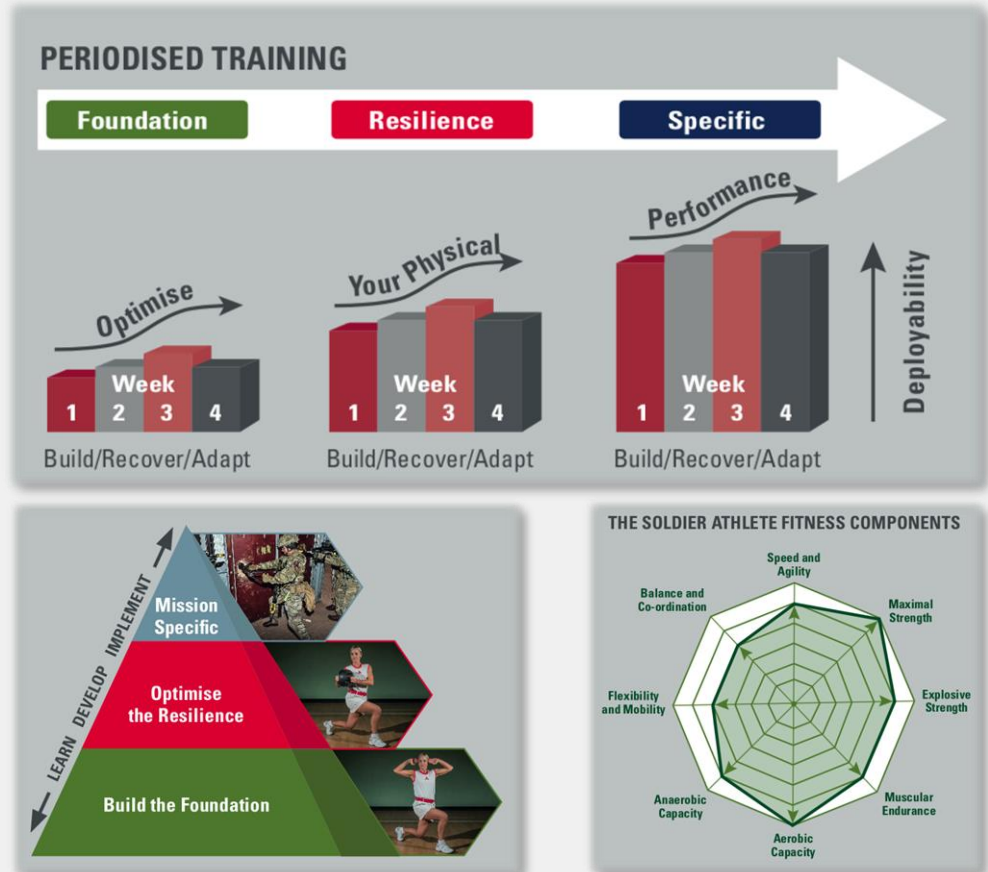
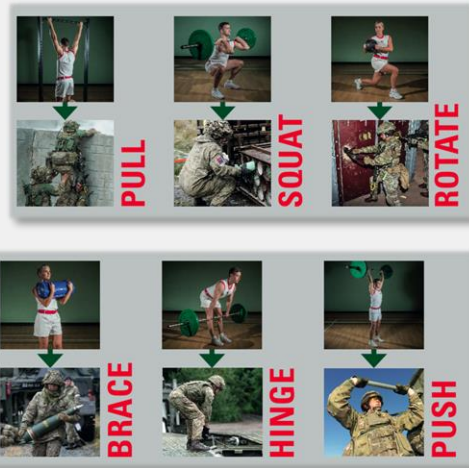
How?

Following the principles of periodisation it provides units with a structured cyclical approach to training, accounting for rest and recovery to optimise physical and psychological (mental robustness) adaption.

Designed to be flexible it enables units to meet their commitments whilst increasing adherence to exercise, providing the soldier with every opportunity to maximise their training potential and optimise their performance.

Movement Literacy

Movement literacy is developed around the seven foundation movement patterns and training. Focuses on developing all the components of fitness required of the Soldier Athlete.



Supporting Documents and References

[PES SharePoint](#)

[MATT 2](#)

[AGAI Vol 1 Ch 7](#)

Unit POC:

Unit RAPTCI

Trg & Dev POC:

RAPTC HQ-SO2-Trg-Dev

94222 7151



LONE SOLDIER PHYSICAL TRAINING PROGRAMME (LSPT PROGRAMME)

What is it?

The LSPT programme is an individual PT programme that supports the delivery of the Army Physical Training System (APTS). It has been designed to be used by an individual that does not have access to a structured PT programme or spends long periods of time away from their Unit on Courses, Leave or Operations etc.

What does it consist of?

The LSPT programme is an evidence-based, periodised 12 weeks programme. It is broken in to 3 x 4 weeks blocks which progress an individual from foundation through resilience to specific training. Each week has 3 sessions that must be completed in sequence.

How to get it

The LSPT programme is located on the Army Knowledge Exchange website. However, where possible the LSPT programme should be issued by an RAPTCI or an in-date AAPTI.



Foundation Week 1 Session 1											
Warm up:			Warm Up Videos CV GYM								
Session:											
Exercise	Coaching Card	Remarks:	Rest between Sets	Set 1		Set 2		Set 3		Set 4	
				Reps	Effort	Reps	Effort	Reps	Effort	Reps	Effort
Back Squat	Link		90secs	15	Light	15	Light	15	Light		
RDL	Link		90secs	15	Light	15	Light	15	Light		
Front Plank	Link		90secs	30secs	BW	30secs	BW	30secs	BW		
Lateral Lunge	Link	10 Each leg	90secs	20	Light	20	Light	20	Light		
Cool down (Link):			Warrior Workout								
Foundation Week 1 Session 2											

Supporting Documents and References

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