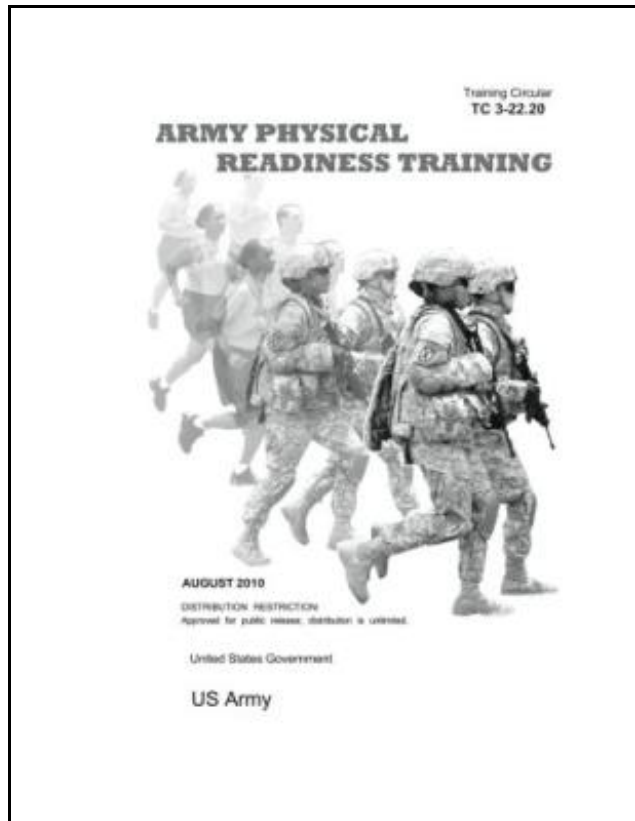


## Training Circular Tc 3-22.20 FM 21-20 Army Physical Readiness Training August 2010



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