

## PREPARING FOR BASIC TRAINING%0A

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Basic training will teach you the core skills and knowledge to succeed in a military environment. Courses emphasize basic military skills, weapons handling, first aid and ethical values. Since physical fitness is an important part of military service, a large part of the course is spent on fitness training.

[How to Prepare Your Mind and Body for Basic Training ...](#)

If you wait until the first day of basic training to start preparing you will fight an uphill battle. While the requirements and training for each branch of the military are different, your biggest hurdles are going to be the same three things.

[How to Prepare for Basic Training | Synonym](#)

The moment you enlist, you must start preparing for the day you leave. On a similar note, don't leave packing for the day you leave. All branches of the military have specific requirements for what you can, can't and must bring to basic training. But remember, anything you bring you'll have to carry, so limit your supplies to the essentials. Once at basic training, you will be able to purchase. [Start preparing early for Basic \(ArmyStudyGuide.com\)](#) [Start preparing early for Basic. A Pre-Emptive Strike.](#) Arm yourself with knowledge before you leave for basic training. Much of what you learn in basic training can be mastered at home before you even see a Drill Sergeant. To give yourself a major advantage before you depart for basic training, it is imperative that you start thinking and acting like a soldier. [What You Need to Do: First PrePARation for basic training: Physical fitness guide](#) this booklet is a guide to preparing you for Basic training, it describes the demands of Basic training, offers tips to help you get ready, and outlines the specific steps that will be taken to ensure you are physically fit.

[Air Force Basic Training Workout Schedule](#)

Here is a workout schedule that will prepare you for the rigors of basic training and help you to get the most out of it. Air Force Basic Military Training Officials recommend that you work out at least 3-5 times per week, and at least six weeks prior to Basic Military Training .

[How To Physically Prepare For Basic Training](#)

The main thing that I want you guys to get out of this video is that it is really important to take your physical fitness into your own hands and not rely of Basic Training to get you in shape.

[Ten Commandments to Prepare for Training | Military.com](#)

Here is a common misconception concerning military as well as law enforcement training programs. Often people show up to day one of the basic training or academy not in any kind of shape to start

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**How to Get Fit for the Army Basic Training | LIVESTRONG.COM**

Basic training is anything but basic. Preparing the body for Army basic training will demand the best from you -- and then some. The elite offices of the military do not allow anything mediocre to pass through their training protocol. **9 things you need to know before basic training** Everyone has their opinion, but the experts are usually right! That is why I asked three basic training experts their thoughts on the top three things you can do to prepare for boot camp.

**Training for Boot Camp | Military.com**

What the Air Force's Changes to Basic Military Training Really Mean The Air Force announced earlier this month it has expanded BMT from seven-and-a-half weeks to eight-and-a-half weeks.

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