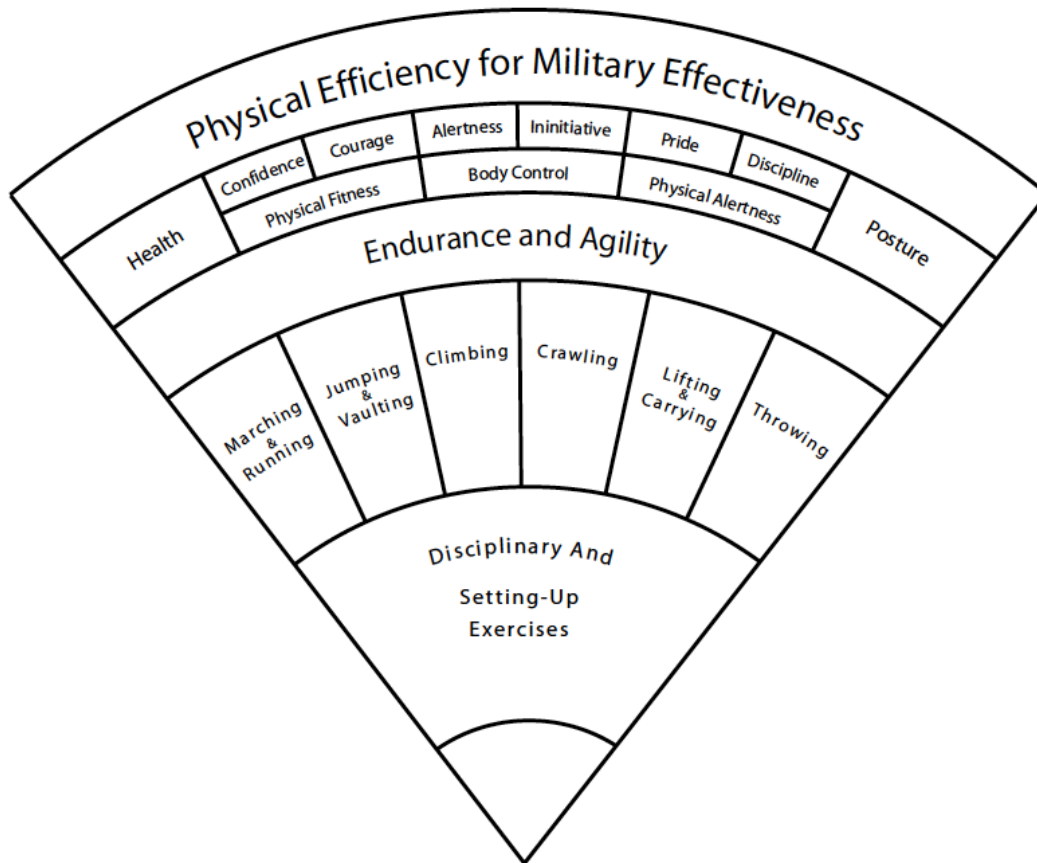




THE LEAN BERETS

AVENGERS OF HEALTH!

“Physical Efficiency for Military Effectiveness”



NECESSITY FOR PHYSICAL TRAINING: To perform his duties satisfactorily, the soldier must possess great organic vigor, muscular and nervous strength, endurance, and agility. The average recruit does not possess the degree of physical fitness required of a trained soldier. The required degree of physical fitness can be acquired only through physical training. The performance of purely military exercises, that is, drill, marching, etc., is not alone sufficient to correct the deficiencies and incorrect postures too often acquired before becoming a soldier. Further, the complexities of modern warfare require so much technical training for the soldier that all too frequently no time is allotted for physical training; yet the soldier who possesses great technical skill but is unable to withstand the rigorous life demanded is of questionable value. Hence, physical training must be an integral part of every training program. There is no more justification for failure to allow time in the training program for physical training on the grounds that the soldier will attain satisfactory physical development through performing his daily duties, than there is for failure to allow time for training in marksmanship on the grounds that the soldier will learn to shoot by being taken to the range, issued a weapon and ammunition, and left to his own devices.

Source: FM 21-20 Basic Field Manual Physical Training (US War Department, 1941)

**Special thanks to Shane Hylton & University of North Dakota for historical research collaborations.*