



UNITED STATES ARMY

or for involvement of a muscle that is rarely used in normal mechanical acts. If this course does not touch every muscle the calisthenic period will be sure to pick them out during a subsequent period of the day. at any rate by the time you have traversed this course you ^{will} not be require to ask yourself as to its purpose as each muscle will speak for itself. Each man carries a full field pack which add at least 25 lbs to his normal weight and I know of no more impressive way of realizing the presence of your pack than during this period. At the signal go you break away and flash down the first stretch arriving at a 2 foot hurdle.  Considered a minor obstacle and normally would be until you are well over its divide and then to find out that, because of a ram lost note, a muddy pool of water lies poised to receive your impact. Nothing to worry about because the puddle could not be over 2" deep. Other than a little confusion the first barrier is soon back of you. Twenty feet ahead of you is a 12 foot wall assuming the proportions of the Empire state building, lacking of course, the accommodating elevators. However the army has obliged by suspending ropes from the top to assist the fellows in their "fack the bean stock" act. It really is very simple to climb up these ropes and after gaining the top you give a sigh of relief. Look down the other side and you soon loose any confidence you have gained so far. No ropes for your ascent this