

**Interview with Military Physical Readiness Trainer
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Military physical readiness training (PRT) is an enormous team effort involving many civilian and military personnel. These PRT experts and innovators are working quietly below the public radar to insure that our warriors in uniform can survive and emerge victorious on the battlefield. Jeremy Levine is one of them, and www.ihpra.org appreciates his willingness to answer the following questions.

When did you begin working in the military PRT community?
1995

Who influenced you?

I served in the US Marine Corps from 1985-1990, earned a degree in exercise science from Old Dominion University, and I study the history of American physical culture and military physical training. I have also learned much from many of my military and civilian colleagues in the USA and abroad.

What are some of the current trends in military PRT?

As in the civilian sector, PRT is moving from cosmetic fitness to functional fitness. The value of previous doctrines, especially turn-of-the-century, WWII and the late-1950s is being rediscovered. Youth fitness in America has never been lower, so military PRT is retooling to meet the challenge.

What are some of your recent presentations?

I recently presented at the Perform Better Summit, and I also went to the UK where I worked with the British Royal Marines and the British Special Air Service. Most of the military training and units I serve are not for public discussion.

What kind of organizations do you train?

Conventional and unconventional military forces, law enforcement, and coaches interested in applying military PRT methods, materials and motivators to athletic training.

Do you have any quick training advice for youngsters/adults?

It's never too late to start. Find a mentor that knows more than you. If you can't find a person in your area, there are many great videos/CDs/DVDs available. Pay attention to progression, variety and precision. Basic body weight training, off-the-ground training, and good posture are important. Eat well and train smart.

Thanks Jeremy.
Semper Fi.