

CONDITIONING DRILL 2

EXERCISE 1: TURN AND LUNGE

Purpose: This exercise develops the agility needed to rotate, lower, and raise the body for effective changes of direction during military movement drill exercises, the 300-yd SR, and individual movement techniques (Figure 9-7).

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:

1. Turn 90-degrees to the left, stepping with the left foot, and pivoting on the ball of the right foot. Perform a forward lunge (facing the left) while reaching toward the ground with the right hand. The left arm swings rearward while the left hand reaches rearward at the left side of the body.
2. Stand up, rotate to the right, and return to the starting position, stepping with the right foot and pivoting on the ball of the left foot.
3. Turn 90-degrees to the right, stepping with the right foot and pivoting on the ball of the left foot. Perform a forward lunge (facing the right) while reaching toward the ground with the left hand. The right arm swings rearward while the right arm reaches rearward at the right side of the body.
4. Stand up, rotate to the left, and return to the starting position, stepping with the left foot and pivoting on the ball of the right foot.

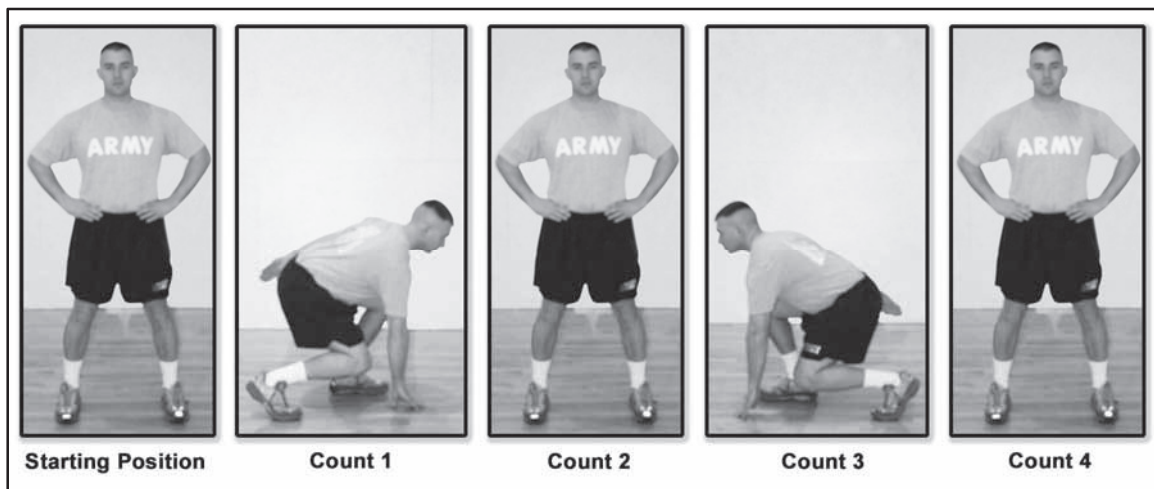


Figure 9-7. Turn and lunge

Check Points:

- When changing directions on all counts, the lead footsteps and the rear foot pivots.
- Keep the head in line with the spine throughout the exercise.
- Down positions on counts 1 and 3 are similar to the forward lunge, but with the hand down.

Precaution: N/A

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EXERCISE 2: SUPINE BICYCLE

Purpose: This exercise strengthens the muscles of the abdomen and controls the rotation of the trunk (Figure 9-8).

Starting Position: Supine position with the fingers interlaced, hands on top of the head. Hips, knees, and ankles are flexed at 90 degrees and lower legs are parallel to the ground. The head is off the ground.

Cadence: SLOW

Count:

1. Bring the left knee toward the chest while flexing and rotating the trunk to the left, attempting to touch the right elbow with the left thigh. As the left knee rises, the right leg extends.
2. Return to the starting position.
3. Bring the right knee toward the chest while flexing and rotating the trunk to the right, attempting to touch the left elbow with the right thigh. As the right knee rises, the left leg extends.
4. Return to the starting position.

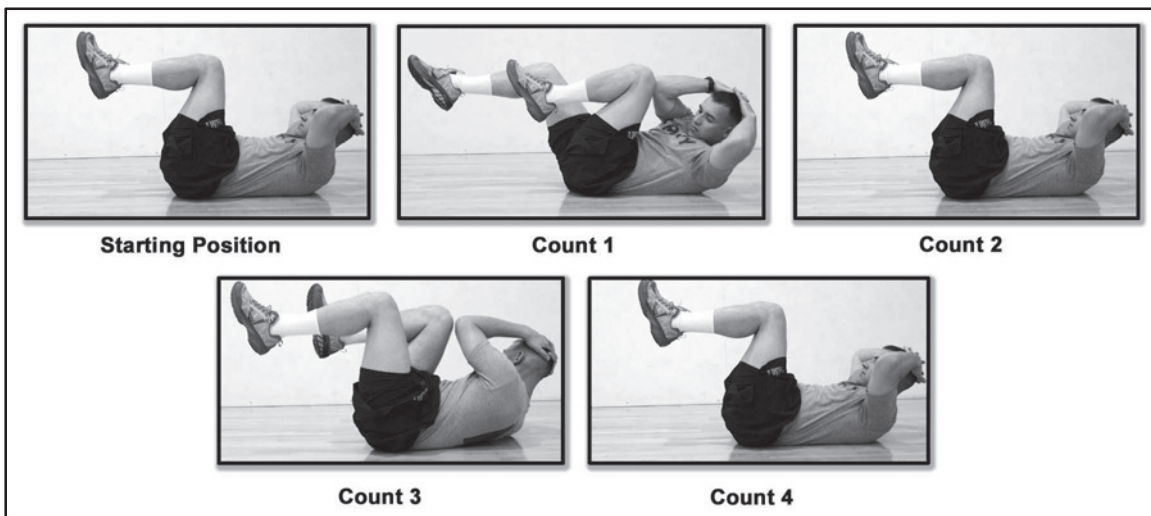


Figure 9-8. Supine bicycle

Check Points:

- At the starting position ensure that the hands are on top of the head, not behind the neck.
- Maintain tightness of the abdominals throughout the exercise.

Precaution: On counts 1 and 3, do not jerk the neck or arch the back to assume the up position.

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EXERCISE 3: HALF JACKS

Purpose: The purpose of this exercise is to jump and land with the legs apart, controlling the landing by laterally braking with the feet, ankles, and legs (Figure 9-9).

Starting Position: Position of attention.

Cadence: MODERATE

Count:

1. Jump and land with the feet shoulder-width apart and pointed straight ahead. The arms are sideward with palms facing down, thumbs and fingers extended and joined.
2. Jump and return to the starting position.
3. Repeat count 1.
4. Repeat count 2, returning to the starting position.

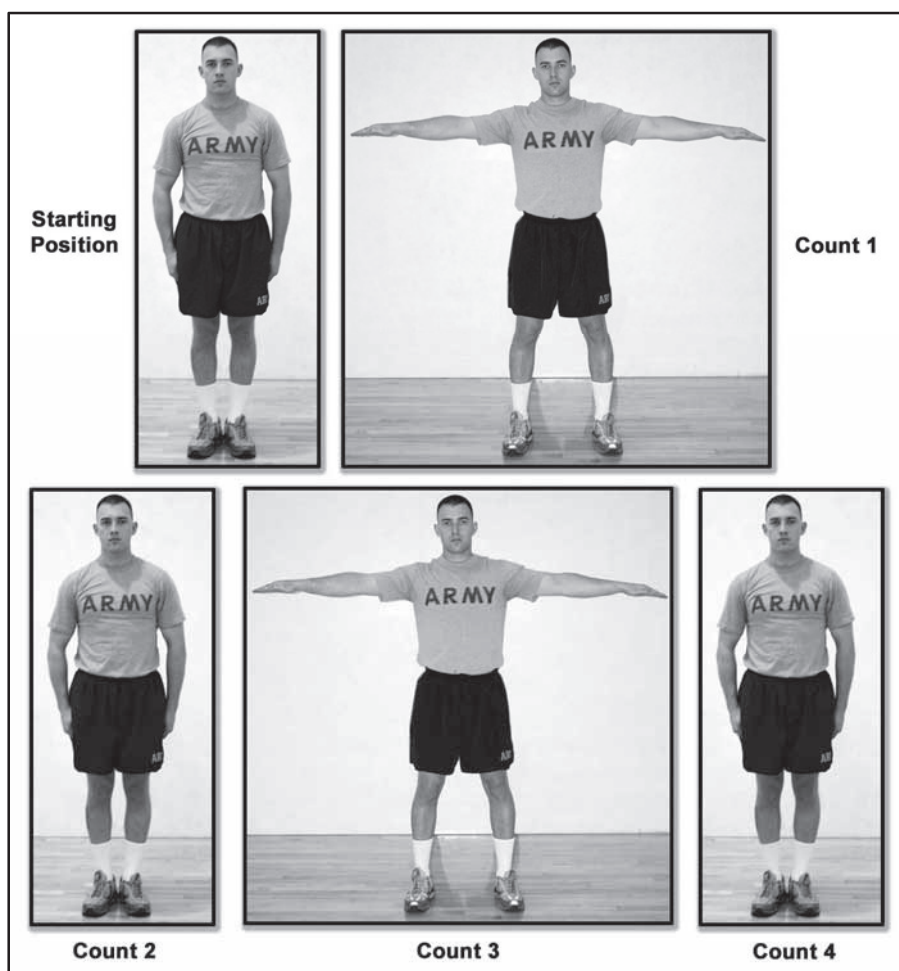


Figure 9-9. Half jacks

Check Points:

- On each landing, the balls of the feet should touch first.
- On counts 1 and 3, do not raise the arms above parallel to the ground.

Precaution: N/A

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EXERCISE 4: SWIMMER

Purpose: This exercise strengthens the muscles of the low back and the shoulders while promoting quadrilateral coordination of the arms and legs (Figure 9-10).

Starting Position: The prone position with the arms extended, palms facing down, and toes pointed to the rear.

Cadence: SLOW

Count:

1. Raise the left arm and right leg 4 to 6 inches off the ground while arching the back slightly and looking upward.
2. Return to the starting position.
3. Raise the right arm and left leg 4 to 6 inches off the ground, while arching the back slightly and looking upward.
4. Return to the starting position.

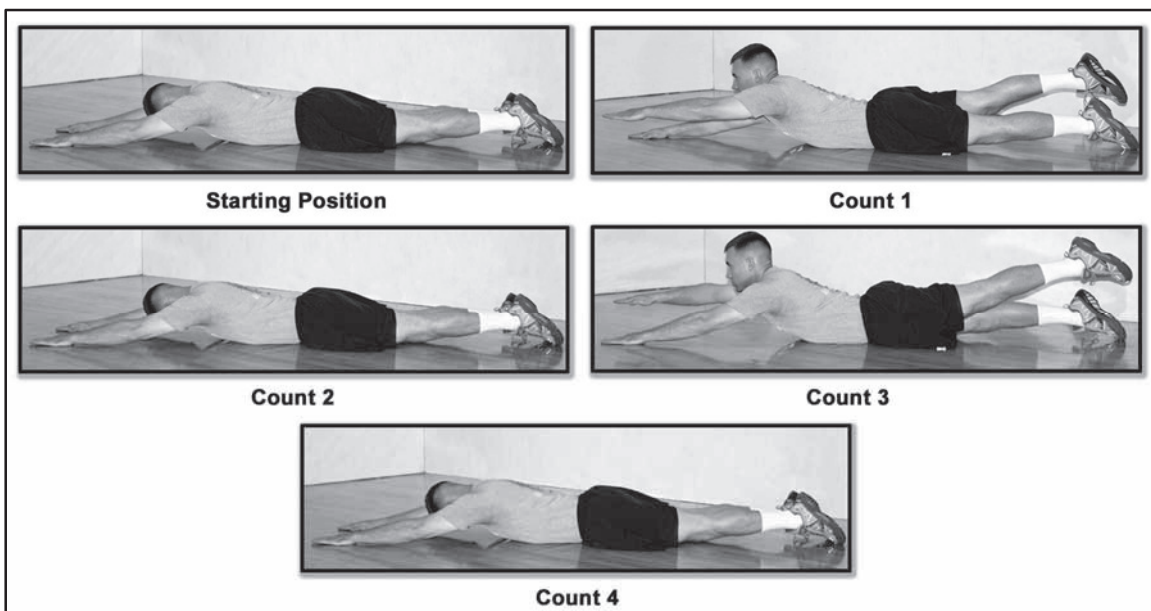


Figure 9-10. Swimmer

Check Points:

- At the starting position and throughout the exercise, maintain tightness in the abdominal and hip muscles.
- On counts 1 and 3, raise the head slightly and look upward.
- Keep the toes pointed throughout the exercise.

Precaution: Do not move into counts 1 and 3 with a jerking motion.

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EXERCISE 5: 8-COUNT PUSH-UP

Purpose: This exercise combines the functional movements of the squat thrust and push-up to develop total body strength, endurance, and mobility (Figure 9-11).

Starting Position: Position of attention.

Cadence: MODERATE

Count:

1. Assume the squat position.
2. Thrust the legs backward to the front leaning rest position.
3. Bend the elbows, lowering the body until the upper arms are parallel with the ground. Elbows should point to the rear.
4. Return to the front leaning rest position.
5. Repeat count 3.
6. Repeat count 4.
7. Return to the squat position as in count 1.
8. Return to the starting position.

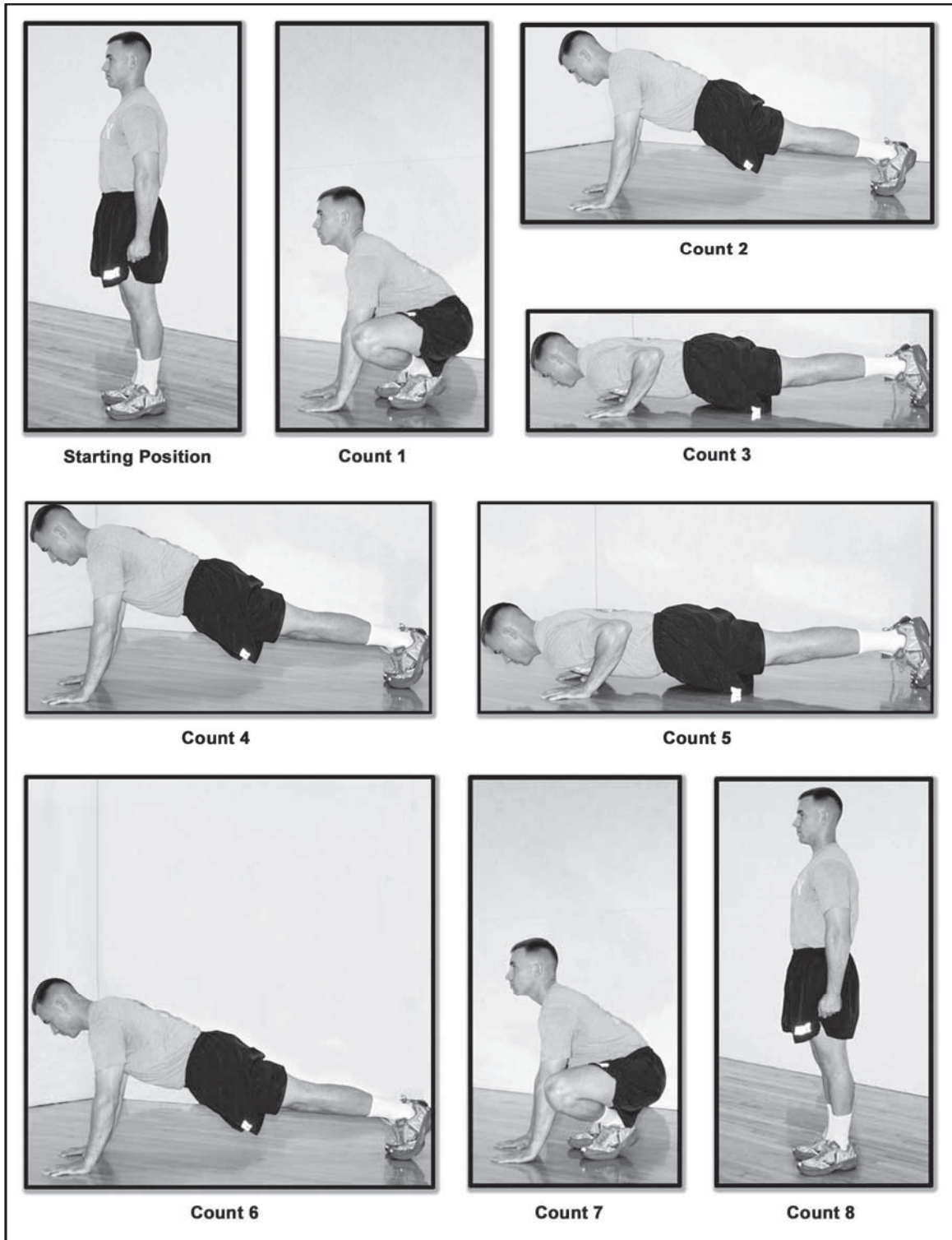


Figure 9-11. 8-count push-up

Check Points:

- To keep the trunk from sagging, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.
- On counts 1 through 7, the hands are directly below the shoulders with fingers spread and the middle fingers directed straight forward.
- On counts 1 and 7, keep the heels together and raised.
- On counts 4 and 6, straighten but do not lock the elbows.

Precautions: Allowing the trunk to sag, especially on count 2, strains the back. Avoid this by maintaining a strong abdominal contraction throughout the exercise. If the pushup cannot be performed on counts 2-6 correctly to cadence, quickly assume the 6-point stance before count 3 and return to the front leaning rest position just before performing count 7.