

STEP I: Platoon, ATTENTION. AT EASE.

1. The next formation, which I will name, explain, and which you will conduct practical work on is the extended rectangular formation.
2. The extended rectangular formation is the traditional formation for most physical fitness activities.
3. At normal cadence this formation is formed as follows.
4. **DEMONSTRATORS, POST. EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. LEFT, FACE. EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. RIGHT, FACE. FROM FRONT TO REAR COUNT OFF. EVEN NUMBERS TO THE LEFT, UNCOVER. ASSEMBLE TO THE RIGHT, MARCH. FALLOUT.**

STEP II: Platoon, ATTENTION.

5. I will use the talk-through method of instruction.
6. **NOTE:** In the extended rectangular formation, the instructor positions a platoon-size unit in a line formation. When formed the platoon is five steps in front of and centered on the instructor's platform.
7. On the command of execution **MARCH**, of **Extend to the left, MARCH**. All right flank soldiers will stand fast and extend their arms at shoulder level, elbows locked, fingers and thumbs extended and joined, palms facing down. All other soldiers turn to the left and double-time forward. After taking a sufficient number of steps, to ensure there is about 12 inches between fingertips. All soldiers face to the front and extend their arms the same as the right flank soldiers. Dress is to the right, cover to the front. The remainder of the body remains as in the position of attention.
8. On the command of execution **MOVE**, of **Arms downward, MOVE**. The soldiers lower their arms sharply to the sides resuming the position of attention.
9. On the command of execution **FACE**, of **Left, FACE**. Soldiers execute a left-face.
10. On the command of execution **MARCH**, of **Extend to the left, MARCH**. Soldiers will execute as previously described.

11. On the command of execution **MOVE**, of **Arms downward, MOVE**. Soldiers will execute as previously described.

12. On the command of execution **FACE**, of **Right, FACE**. Soldiers execute a right face.

13. On the command **From front to rear Count OFF**. Each member of the first squad turns their head and eyes to the right and counts off with "one," then faces back to the front. The other squads execute the same as the first squad counting off with the next higher number until the entire platoon has counted off. The members of the last squad do not turn their head and eyes.

14. On the command of execution **UNCOVER**, of **Even numbers to the left, UNCOVER**. All even- numbered soldiers jump to the left squarely in the center of the interval, bringing their feet together. The unit is now ready for stretching and warm-up exercises.

15. To reform the unit the command is **Assemble to the right, MARCH**.

16. On the command of execution **MARCH**, of **Assemble to the right, MARCH**. All soldiers double- time to their original position in the formation, the soldiers in the first rank raise their left arm laterally to ensure proper interval, once proper interval is obtained, soldiers in the first rank resume the position of attention. Soldiers in the second, third, and fourth ranks do not raise their left arm, but obtain cover behind the soldier to their front and glance out the corner of the right eye for proper alignment.

STEP III: Platoon, ATTENTION.

17. At normal cadence: **EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. LEFT, FACE. EXTEND TO THE LEFT, MARCH. ARMS DOWNWARD, MOVE. RIGHT, FACE. FROM FRONT TO REAR, COUNT OFF. EVEN NUMBERS TO THE LEFT, UNCOVER. ASSEMBLE TO THE RIGHT, MARCH. AT EASE.**

18. What are your questions pertaining to this stretch with or without the talk-through method of instruction?