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EXTENDED RECTANGULAR FORMATION

STEP I: Platoon, ATTENTION. AT EASE.

1. The formation in 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.

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.

NOTE: All members will remain silent while obtaining the extended rectangular formation.

6. On the command of execution **MARCH**, of **Extend to the left, MARCH**. All right flank Cadets will stand fast and extend their left arms at shoulder level, elbows locked, fingers and thumbs extended and joined, palms facing down. The Cadets in the left flank raise their right arms only. All other Cadets raise both arms and simultaneously face to the left and double-time, taking a sufficient number of steps to ensure there is about 12 inches between the fingertips of each Cadet. The Cadets then stop and face to the front, dressing is to the right and cover is to the front. The remainder of the body is in the position of attention.
7. On the command of execution **MOVE**, of **Arms downward, MOVE**. The Cadets lower their arms sharply to the sides as in the position of attention.
8. On the command of execution **FACE**, of **Left, FACE**. All Cadets execute a left-face.
9. On the command of execution **MARCH**, of **Extend to the left, MARCH**. All Cadets will execute as previously described.
10. On the command of execution **MOVE**, of **Arms downward, MOVE**. All Cadets will execute as previously described.
11. On the command of execution **FACE**, of **Right, FACE**. All Cadets execute a right face.
12. On the command **From front to rear Count OFF**. The first rank, turns their head and eyes to the right and counts off with "one," then faces back to the front. After the first rank has counted their number, the members of the second rank count off in the same manner as the first rank with the next higher number. Each

rank continues in the same manner until the entire platoon has counted off. The members of the last (rear) rank do not turn their head and eyes.

13. On the command of execution **UNCOVER**, of **Even numbers to the left, UNCOVER**. All even- numbered Cadets jump squarely in the center of the interval, resuming the position of attention. The formation is now prepared for instruction.

14. To return the formation to the original configuration the command is **Assemble to the right, MARCH**.

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

STEP III: Platoon, ATTENTION.

16. 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.**

PT Script

“Demonstrator, POST,” The first exercise is the “_____” (All Cadet/Knobs repeat, “_____”.)

“This is a four-count exercise that is always performed at a _____ cadence”.

“The Starting Position is, _(talk demonstrator into Start Position)_____.”

- If the starting position is Position of Attention, just say they are in the Start Position.

“What are your questions about the Start Position?”

“I will now use the by-the-numbers method of instruction”.

On count one, my demonstrator will _(insert the description from count one of each exercise description) .

“Ready, ONE.” (Demonstrator performs count one.)

On count two, _(insert instructions from count two of each exercise description)_____

“Ready, TWO.” (Demonstrator performs count two.)

“On count three, _(insert the description from count three of each exercise description)_____

“Ready, THREE.” (Demonstrator performs count three.)

On count four, return to the starting position and **sound off with the number of repetitions completed.**

Ready, FOUR.” (Demonstrator performs count four and states number of reps completed).

The PT leader will raise the inflection of his voice while counting out the movements of the last repetition and the demonstrator states, **BULLDOGS** upon returning to the starting position.

When the proper number of repetitions is completed, return to position of attention.

“Position of attention, MOVE.” (Demonstrator assumes the position of attention.)

“AT EASE.” (Demonstrator stands at ease.)

Now the Demonstrator will perform (name the exercise), in cadence.

“Demonstrator, ATTENTION.

The (name of exercise)—(Demonstrator repeats name of exercise)

Start Position, MOVE. In cadence—(Demonstrator repeats “in cadence”), EXERCISE.

One, Two, Three, ONE. One, Two, Three, TWO. One, Two, Three, (BULLDOGS).

Position of Attention, MOVE. At ease. “

“What are your questions pertaining to this exercise?” (Clarify all questions)

PREPARATION DRILLS

Table 1 lists the 10 callisthenic exercises that comprise the PD. These 10 exercises are always performed in the order and at the cadence shown.

Table 1. Preparation drills

1. Butt Kicks	5-10 repetition, Moderate
2. High Knees	5-10 repetition, Moderate
3. Side Straddle Hop	5-10 repetition, Moderate
4. Tin Soldier	5-10 repetitions, Slow
5. Lateral Lunge	5-10 repetitions, Moderate
6. Squat & Twist	5-10 repetitions, Moderate
7. Forward Lunge	5-10 repetitions, Slow
8. Windmill	5-10 repetitions, Slow
9. Plank to Pike	5-10 repetitions, Slow
10. Push-up	5-10 repetitions, Moderate

PREPARATION DRILL

EXERCISE 1: BUTT KICKS

Purpose: This exercise develops range of motion in the knee and ankle while warming up the quad, hamstring and calf muscles.

Starting Position: Straddle stance with hands down by side.

Cadence: MODERATE

Count:

1. Bring left knee to full flexion with heel reaching gluteal muscles with right foot on the ground and weight on the toes—flexing the right elbow.
2. Alternate leg and arm positions with body upright and arm flexed at the elbow.
3. Repeat Count 1.
4. Repeat Count 2.



Starting Position



Count 1

Count 2

Count 3

Count 4

Check Points:

- ✓ Trunk is slightly forward and knees are fully flexed with heel towards the glutes on each count.
- ✓ Hands move in opposition.

PREPARATION DRILL

EXERCISE 2: HIGH KNEES

Purpose: This exercise improves the mobility of the hips and knees into a greater range of motion while activating the nervous system to begin firing quickly and engage the core.

Starting Position: Straddle stance with hands down by side.

Cadence: MODERATE

Count:

1. Bring left knee up to hip level with right foot planted on ground, opposite arm flexed at elbow.
2. Alternate leg and arm positions with the body upright and head forward.
3. Repeat Count 1.
4. Repeat Count 2.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Knees should stay above the hip throughout the exercise.
- ✓ Arms should alternate with opposite leg.

PREPARATION DRILL

EXERCISE 3: SIDE STRADDLE HOP

Purpose: This exercise promotes low level plyometric movement and upper body range of motion.

Starting Position: Position of attention.

Cadence: MODERATE

Count:

1. Jump slightly into the air while moving the legs more than shoulder-width apart, swinging the arms sideward and upward to an overhead position
2. Jump slightly into the air while swinging the arms sideward and downward to a stacked position.
3. Repeat action of count 1.
4. Repeat action of count 2.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check points:

- ✓ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ✓ Hands should not overlap at the top of the movement. Arms should move up as legs move out.

PREPARATION DRILL

EXERCISE 4: TIN SOLDIER

Purpose: This exercise develops flexibility and mobility of the hamstrings.

Starting Position: Straddle stance with arms extended forward and palms down.

Cadence: SLOW

Count:

1. Raise left leg straight out, toes up to touch the left hand. Keep back straight.
2. Return to starting position.
3. Alternate leg positions while keeping hands up and in front of body.
4. Return to the starting position



Start Position



Start Position-side



Count 1-side



Count 1



Count 2



Count 3



Count 4



Count 3-side

Check Points:

- ✓ At the starting position, the abdominal muscles are tight and the head is aligned with the spine.
- ✓ Leg is raised toward the palm of the hand on the same side with toes pointed upward.

PREPARATION DRILL

EXERCISE 5: LATERAL LUNGE

Purpose: This exercise develops strength & flexibility of the hip, inner thigh, and hamstrings.

Starting Position: Straddle stance with hands down by side.

Cadence: MODERATE

Count:

1. Step out laterally with the left leg and lower into a squat position while keeping the right leg straight and foot in place.
2. Return to the starting position.
3. Repeat count 1 with the **same leg**.
4. Return to the starting position.

Repeat with opposite leg



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- ✓ Keep chest upright at all times, bring hands together in front of chest during lunge.
- ✓ Maintain weight in the heel of the lunging foot—keeping knee over the mid-foot.

PREPARATION DRILL

EXERCISE 6: SQUAT & TWIST

Purpose: This exercise enhances strength & flexibility of the lower body while introducing upper body and trunk rotation.

Starting Position: Straddle stance with hands behind the head.

Cadence: MODERATE

Count:

1. Lower into the squat position with hands behind the head.
2. Return to upright position while raising the left knee-- simultaneously rotating the right elbow to meet the left knee.
3. Repeat count 1.
4. Return to upright position while raising the right knee—simultaneously rotating the left elbow to meet the right knee.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- ✓ Trunk remains upright throughout the movement.
- ✓ Lift knee and rotate shoulders simultaneously.

PREPARATION DRILL

EXERCISE 7: FORWARD LUNGE

Purpose: This exercise develops balance and enhances lower body strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:

1. Step forward with the left leg, bending both knees to 90 degrees.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Keep abdominal muscles tight to stabilize the trunk throughout the movement.
- ✓ On count 1 and 3, step straight forward, keeping the knee over the mid-foot during lunge.
- ✓ On count 1 and 3, stabilize weight in middle of front foot and on the toe of the back foot.

PREPARATION DRILL

EXERCISE 8: WINDMILL

Purpose: This exercise develops flexibility to safely bend and rotate the trunk. It also conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms extended to the side, palms down, fingers and thumbs extended and joined.

Cadence: SLOW

Count:

1. Bend forward at the hips while rotating shoulders to the left-- reaching down to touch the left foot with the right hand, head facing the rear.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ From the starting position, feet are straight ahead, arms fully extended and abdominals tight.
- ✓ On count 1 and 3, back arm is pulled rearward maintaining a straight line with the front arm.
- ✓ Knees can bend slightly during rotation if needed.

PREPARATION DRILL

EXERCISE 9: PLANK TO PIKE

Purpose: This exercise promotes flexibility and strength of the shoulders, trunk & hamstrings, while targeting the stabilizer muscles of the upper back and trunk.

Starting Position: Front leaning rest position.

Cadence: SLOW

Count:

1. Push the hips upward and rearward until shoulders are fully extended- palms flat on the ground.
2. Return to front leaning rest position.
3. Repeat count 1.
4. Repeat count 2.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Hands should be positioned directly below the shoulders at starting position.
- ✓ Head should look towards the ground throughout the movement, moving down between the arms on counts 1 and 3.
- ✓ Legs should remain generally straight, but may bend slightly if needed to get full extension of the shoulders.

PREPARATION DRILL

EXERCISE 10: PUSH-UP

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:

1. Bend the elbows, lowering the body as a single unit until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

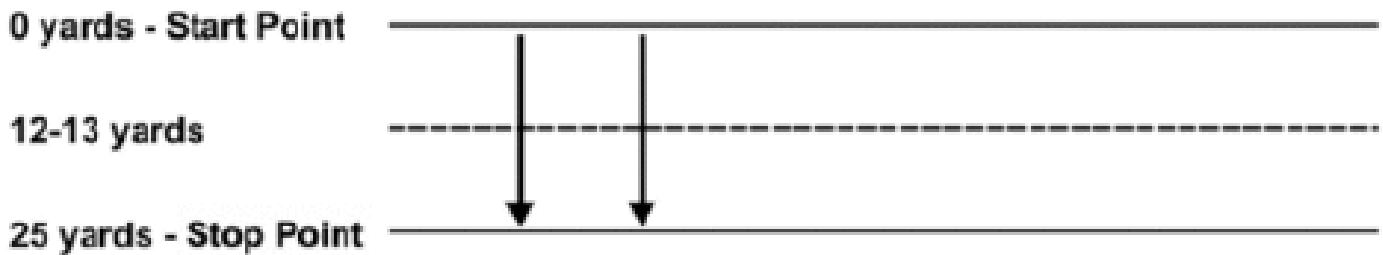
- ✓ The hands are directly below the shoulders (middle fingers point straight ahead).
- ✓ On counts 1 and 3, the upper arms stay close to the trunk and elbows break 90°.
- ✓ On counts 2 and 4, the elbows straighten to full extension- back remains straight throughout movement.
- ✓ To prevent the trunk from sagging, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

MILITARY MOVEMENT DRILL 1

The purpose of military movement drill 1 is to enhance running form, dynamically prepare the body for more vigorous running activities, and develop motor efficiency. MMD1 is conducted following preparation and prior to running activities during the PT session. Any level area of adequate size is appropriate for conducting MMD1. Beware of hazards such as holes, uneven terrain and rocks. Use caution when conducting MMD1 on wet terrain. This drill is conducted using the extended rectangular formation (covered) [shown below] and performed by rank. Military movement drill 1 consists of exercises performed at 25-yard intervals: verticals, laterals, and the shuttle sprint.

Extended Rectangular Formation (covered)

RL	S	S	S	S	S	S	S	S	S	S	S
RL	S	S	S	S	S	S	S	S	S	S	S
RL	S	S	S	S	S	S	S	S	S	S	S
RL	S	S	S	S	S	S	S	S	S	S	S



Reform at the 25-yard stop point in the same ranks and perform the same exercise to the start point. This is one repetition.

NOTE: RL - Rank Leader S-Soldier

Military Movement Drill 1

MILITARY MOVEMENT DRILL 1

EXERCISE 1: VERTICALS

Purpose: This exercise helps develop proper running mechanics and form.

Starting Position: Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is slightly to the rear and the left arm is forward. The head is up, looking straight ahead, and the knees are slightly bent.

Movement: Drive the left knee forward quickly to 90-degrees of bend, while pushing off with the toes of the right foot resulting in a slight skip forward. Alternate arms/legs repetitively for 25 yds. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.



Check Points:

- ✓ Arm swing is strong and smooth with the forward arm slightly bent and 90-degrees to the ground and the rearward arm relatively straight. Arm swing moves from front to rear, not side to side.
- ✓ Ground contact should be primarily with the balls of the feet.
- ✓ Push-off leg should reach full extension at the top of every “skip”, with flexed knee at hip level.
- ✓ Keep a tall stance with a stable, upright trunk.

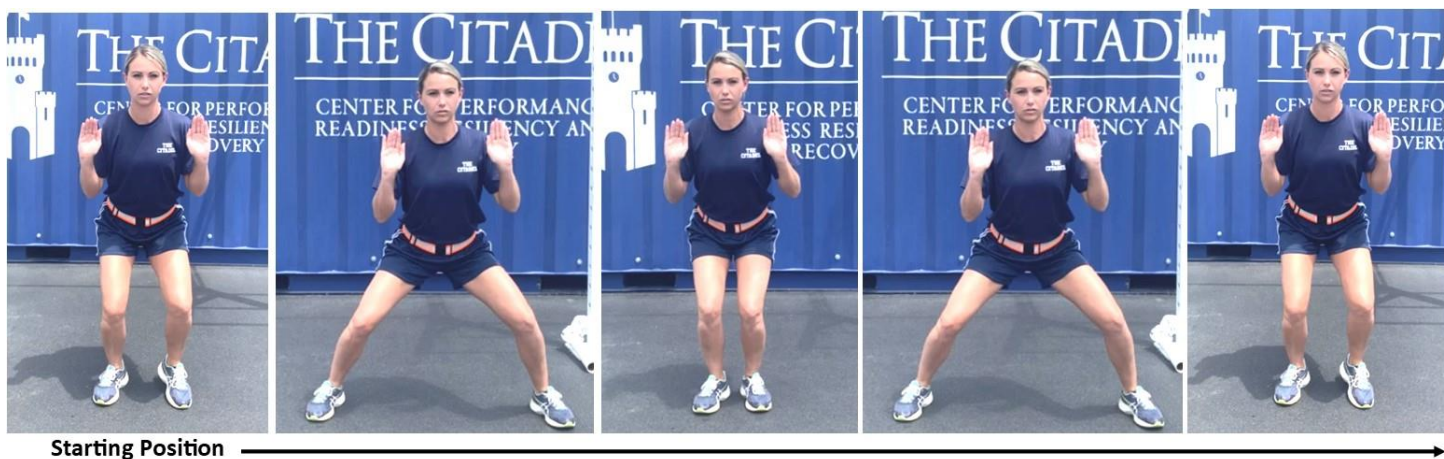
MILITARY MOVEMENT DRILL 1

EXERCISE 2: LATERALS

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle stance, slightly crouched with the back straight, arms at the side with elbows flexed to 90-degrees, palms facing forward. Face perpendicular to the direction of movement.

Movement: Step out laterally with the left leg, immediately followed by the right leg in the same direction. The cadet always faces the same direction so that the first 25-yds movement is to the left and the second 25-yards movement is to the right (leading with right leg).



Check Points:

- ✓ Pick up the foot with each step. Avoid dragging the feet along the ground.
- ✓ Remain in the crouch position while keeping the chest upright.
- ✓ Avoid hitting the feet and ankles together on each step.
- ✓ Rank leaders will face their rank throughout the exercise.

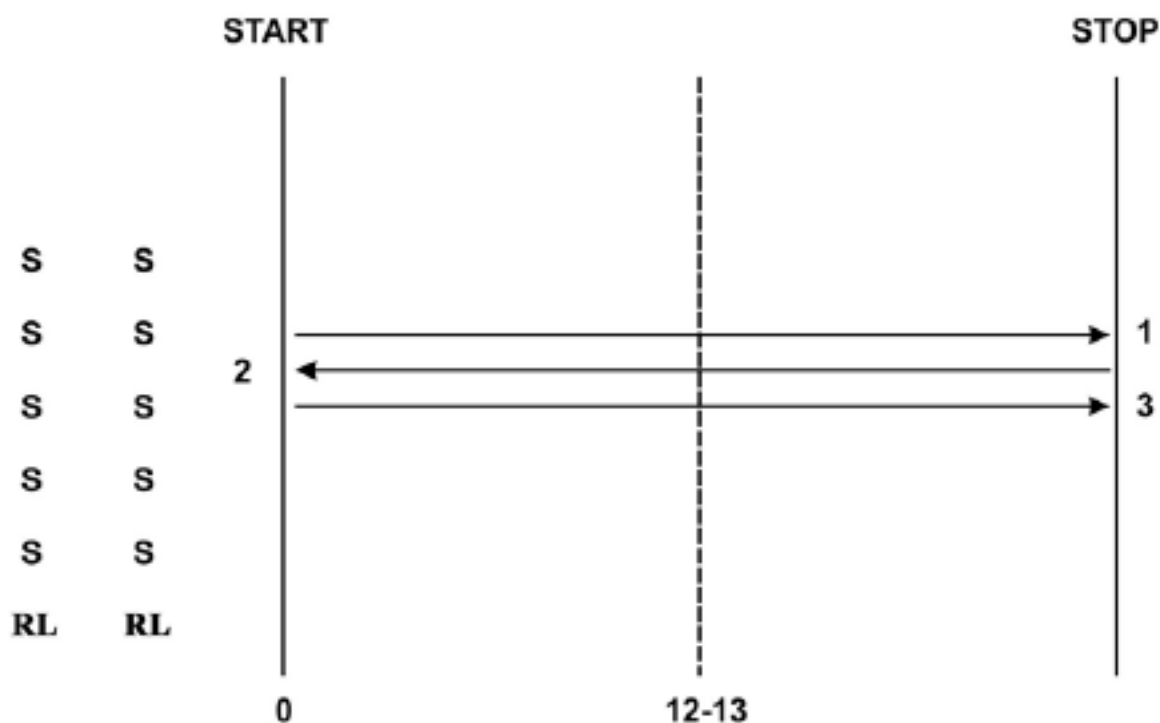
MILITARY MOVEMENT DRILL 1

EXERCISE 3: SHUTTLE SPRINT

Purpose: This exercise develops anaerobic endurance, speed and agility.

Starting Position: Staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent.

Movement: Run quickly to the 25-yard mark (as arrow 1 in the below exercise illustration). Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line (arrow 2) and plant the right foot, then turn counterclockwise and touch the ground with the right hand. Run back to the 25-yard mark (arrow 3) accelerating to near maximum speed.



Check Points:

- ✓ Cadets touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- ✓ Cadets should slow their movement before planting feet and changing direction.
- ✓ Cadets should squat while bending the trunk when reaching to touch the ground as they change direction.
- ✓ Increase acceleration with each interval, reaching near maximum speed during the last 25-yard interval.

RECOVERY

Recovery serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet. The purpose of Recovery Drills is to develop range of motion and stability to enhance performance, control injuries, and gradually bring the body back to its pre-exercise state. To adequately recover from one PT session to another on consecutive days, Cadets must restore hydration and energy through proper fluid intake and nutrition. This recovery period also includes receiving adequate rest and sleep to allow the body to physiologically adapt to the stresses of physical training.

Table 2. Recovery Drills

1. Rear Lunge	Hold 20-30 Seconds
2. Lateral Lunge	Hold 20-30 Seconds
3. Squat and Hold	Hold 20-30 Seconds
4. Bend and Reach	Hold 20-30 Seconds
5. Quad Stretch	Hold 20-30 Seconds

Table 2 lists the 5 stretches that comprise the RD. These 5 stretches are always performed in the order listed and held for 20 to 30 seconds. The recovery exercises are not given in cadence. Cadets move in and out of the starting position and stretch positions on the PT leader's command. The seconds are not counted out loud.

RECOVERY DRILL

EXERCISE 1: REAR LUNGE

Purpose: This exercise develops flexibility of the hip flexors and trunk muscles.

Starting Position: Straddle stance, hands on hips.

“Start Position, MOVE”.

Position 1: On the command **“Ready, STRETCH,”** take an exaggerated step backward with the left leg, touching down with the ball of the foot. Bend front knee to desired depth. Hold this position for 20-30 seconds.

Starting Position: On the command **“Start Position, MOVE,”** assume the starting position.

Position 2: On the command **“Change Position, Ready, STRETCH,”** take an exaggerated step backward with the right leg, touching down with the ball of the foot. Bend front knee to desired depth. Hold this position for 20-30 seconds.

Starting Position: On the command **“Start Position, MOVE,”** return to the starting position.



Start Position

Position 1

Start Position

Position 2

Check Points:

- ✓ Trunk maintains upright position by keeping the abdominal muscles tight and shoulders back.
- ✓ After the foot touches down on positions 1 and 2, continue to bend the knee for desired stretch.
- ✓ Keep weight in the front foot, and ensure the heel of the rear foot does not touch the ground.

RECOVERY DRILL

EXERCISE 2: LATERAL LUNGE

Purpose: This exercise develops flexibility of the inner thigh, glutes, and hamstrings.

Starting Position: Straddle stance with hands on hips.

“Start Position, MOVE”.

Position 1: On the command, **“Ready, STRETCH,”** step out laterally with the left leg and lower into a squat position by bending the left knee. Right leg should stay in place with toes pointed forward. Hold this position for 20-30 seconds.

Starting Position: On the command **“Start Position, MOVE,”** assume the starting position.

Position 2: On the command **“Change Position, Ready, STRETCH,”** move right leg laterally to side of body, going into a squat position. Left leg should stay in place with toes pointed forward. Heel of right foot should try to stay on the ground. Hold this position for 20-30 seconds.

Starting Position: On the command **“Start Position, MOVE,”** return to the starting position.



Start Position



Position 1



Start Position



Position 2

Check Points:

- ✓ Throughout the exercise, keep the abdominals tight to stabilize the trunk.
- ✓ Keep both heels on the ground during lunge movement.

RECOVERY DRILL

EXERCISE 3: SQUAT AND HOLD

Purpose: This exercise develops flexibility of the hip flexors, inner thigh, and glutes.

Starting Position: Straddle stance with hands by side.

“Start Position, MOVE”.

Position 1: On the command **“Ready, STRETCH,”** bring body into a deep squat position, placing elbows inside the knees and pushing outward. Keep back straight and head facing forward. Hold this position for 20-30 seconds.

Starting Position: On the command **“Start Position, MOVE,”** assume the starting position.



Start Position



Position 1

Check Points:

- ✓ Squat should be as deep as possible, with thighs at least parallel to the ground.
- ✓ Heels remain in contact with the ground.
- ✓ Both elbows should be pushing outward against the inside of each knee.

RECOVERY DRILL

EXERCISE 4: BEND AND REACH

Purpose: This exercise develops flexibility of the hamstring muscles and lower back.

Starting Position: Straddle stance with hands down by side.

“Start Position, MOVE”.

Position 1: On the command **“Ready, STRETCH,”** with feet flat and legs straight, bend at the waist and drop head and arms towards the ground. Relax the upper body, taking deep breaths to go further into the stretch. Hold this position for 20-30 seconds.

Starting Position: On the command, **“Start Position, MOVE,”** assume the starting position.



Start Position



Position 1

Check Points:

- ✓ Cadets should strive to touch the toes with the fingers, while keeping the legs straight.
- ✓ When returning to start position, bring the head up slowly to prevent dizziness and/or lightheadedness.

RECOVERY DRILL

EXERCISE 5: QUAD STRETCH

Purpose: This exercise develops flexibility of the quadriceps and knees, as well as stability of the ankle.

Starting Position: Straddle position with arms by side.

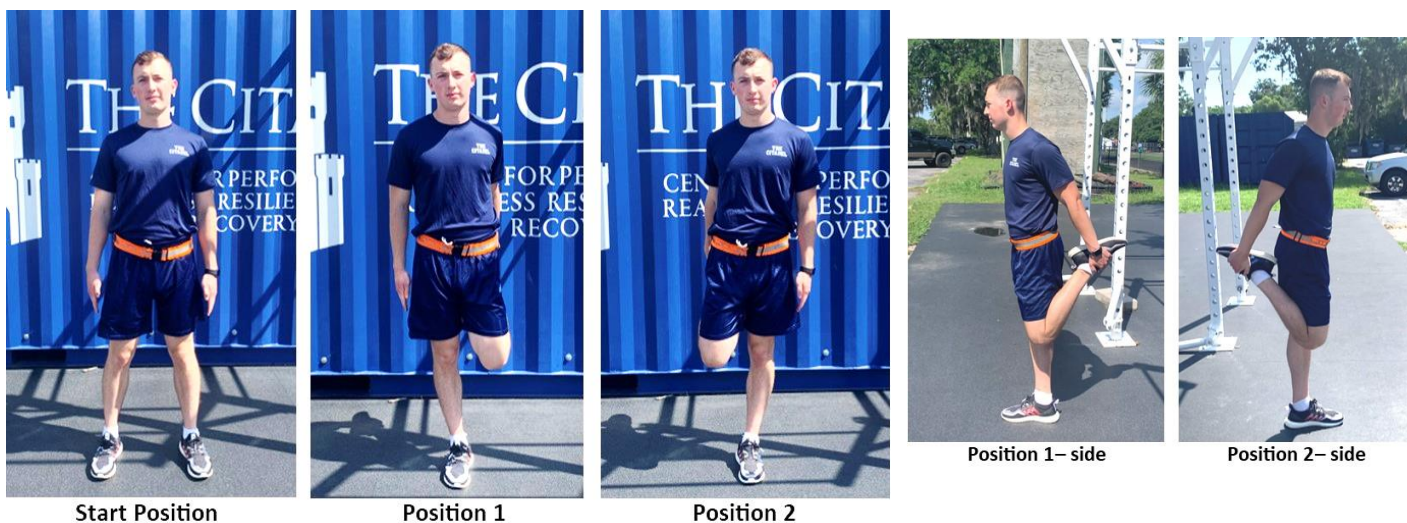
“Start Position, MOVE”.

Position 1: On the command, **“Ready, STRETCH,”** lift and bend left knee rearward, grabbing the ankle or foot with left hand while maintaining balance on right leg. Hold this position for 20-30 seconds.

Starting Position: On the command, **“Start Position, MOVE,”** assume the starting position.

Position 2: On the command, **“Change Position, Ready, STRETCH,”** replicate Position 1 on the right side. Hold this position for 20-30 seconds.

Starting Position: On the command, **“Start Position, MOVE,”** return to the starting position.



Check Points:

- ✓ Body should remain upright and balanced with weight centered over the mid-foot. If cadet is unable to balance on one foot, they may use a stationary object for support.
- ✓ Keep knee pointed straight down while stretching—upper thighs should be parallel.
- ✓ Grab ankle of bent leg with the same side hand.

SUMMARY

Preparation and Recovery are essential elements of every PT session. Conducting PT activities without preparation may adversely affect performance and increase the risk of injury. Recovery enhances mobility and circulation and gradually brings the body back to its pre-exercise state. Recovery should also carry over until the next PT session is performed. Restoring adequate hydration and energy through proper nutrition and getting adequate sleep allow the body to refuel, rest, and adapt to the stresses of physical training.

ADVANCED
TRAINER'S GUIDE
TO
CADRE
PHYSICAL FITNESS
TRAINING

CITADEL PHYSICAL READINESS PROGRAM

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CONDITIONING DRILLS 1

EXERCISE 1: PLYO SQUATS

Purpose: This exercise develops coordination, balance, and explosive strength in the legs.

Starting Position: Straddle stance with arms down at the sides.

Cadence: MODERATE

Count:

1. Perform a slight hop moving both feet outward and lowering hips into a squat position. Hand should come together in front of chest.
2. Perform another slight hop moving feet inward to return to starting position.
3. Repeat count 1.
4. Repeat count 2.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ At the starting position, tighten the abdominals to stabilize the trunk.
- ✓ On all counts, do not allow the back to round; keep the head up and the eyes forward.

On each landing, the feet should be directed forward. The landing should be “soft” and proceed from the balls of the feet to the heels.

CONDITIONING DRILLS 1

EXERCISE 2: V-UP

Purpose: This exercise develops the abdominal and hip flexor muscles while enhancing balance.

Starting Position: Lying on back with arms extended to the side with palms down. The chin is tucked and the head is 1-2 inches off the ground.

Cadence: MODERATE

Count:

1. Raise straight legs and trunk to form a V-position, using arms for support as needed.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.



Start Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ At the starting position, tighten the abdominal muscles to tilt the pelvis and flatten lower back to the ground.
- ✓ On counts 1 and 3, the knees and trunk are straight with the head aligned with shoulders.
- ✓ On counts 2 and 4, lower legs to the ground in a controlled manner to avoid hitting heels on the ground.

CONDITIONING DRILLS 1

EXERCISE 3: MOUNTAIN CLIMBER

Purpose: This exercise develops core strength as well as the ability to quickly drive the knees forward to enhance running/acceleration mechanics.

Starting Position: Front leaning rest.

Cadence: MODERATE

Count:

1. Drive the left knee forward towards the left elbow with the right foot remaining in place.
2. Quickly change positions of the legs—driving the right knee forward and left foot back.
3. Repeat the movements in count 1.
4. Repeat the movements in count 2.



Start Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Place the hands directly below the shoulders with the elbows straight, but not locked.
- ✓ Back should remain generally straight throughout the exercise. Do not raise the hips when moving the legs.
- ✓ To prevent the trunk from sagging, tighten the abdominal muscles and maintain this contraction throughout the exercise.
- ✓ Throughout the exercise, the balls of the feet should **ONLY** touch the ground in the rear position.

CONDITIONING DRILLS 1

EXERCISE 4: LEG-TUCK AND TWIST

Purpose: This exercise develops core strength and trunk mobility.

Starting Position: Seated with trunk straight, leaning backward 45°; arms extended to the rear with palms down. Legs are straight, extended to the front and 8-12 inches off the ground.

Cadence: MODERATE

Count:

1. Draw both knees in toward the left shoulder while rotating the head and shoulders to the right.
2. Return to the starting position.
3. Repeat count 1 in the opposite direction.
4. Return to the starting position.



Start Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ At the starting position, tighten the abdominals to stabilize the trunk while lifting the legs.
- ✓ Keep the feet and knees together throughout the entire movement.
- ✓ On counts 1 and 3, shift your weight to the same side of the buttocks as the knees are moving in.

CONDITIONING DRILLS 1

EXERCISE 5: SUPINE BICYCLE

Purpose: This exercise strengthens the muscles of the abdomen and controls the rotation of the trunk.

Starting Position: Supine position with the fingers interlaced behind the head. Hips, knees, and ankles flexed to 90° and lower legs are parallel to the ground. The head is lifted slightly off the ground.

Cadence: MODERATE

Count:

1. Bring the left knee toward the chest while flexing and rotating the trunk to the left, reaching the right elbow to the left knee. As the left knee rises, the right leg extends.
2. Repeat movement to the opposite side.
3. Repeat count 1.
4. Repeat count 2.



Start Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Ensure the hands are not pulling forward on the head during the exercise—fingers do not have to be interlaced.
- ✓ Maintain tightness of the abdominals throughout the exercise.
- ✓ On counts 1 and 3, attempt to fully extend one leg while bringing the other knee to meet the opposite elbow.

CONDITIONING DRILLS 1

EXERCISE 6: 8 COUNT PUSH-UP

Purpose: This exercise strengthens the chest and arm muscles while conditioning the upper body for the hand release push up.

Starting Position: The front leaning rest w/ hands directly beneath the shoulders.

Cadence: SLOW

Count:

1. Bend both elbows to lower the entire body until the chest and trunk are resting on the ground. Hands remain in place with index finger aligned with shoulder.
2. Keeping chest on the ground, extend both arms laterally to assume a "T-position".
3. Return both hands to initial position with index fingers inside the shoulder (same as count 1).
4. Extend both elbows, simultaneously raising the body as a single unit to return to front leaning rest position. Chest, trunk and thighs must move together in a straight line and arms must reach full extension.

****Repeat Counts 1-4 to complete the 8 count push-up.***



Start Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Keep abdominal muscles tight throughout exercise to keep the entire body in a straight line.
- ✓ Feet should maintain about a foot's width apart throughout exercise with toes flexed.
- ✓ Head should remain aligned with spine throughout movement.

CONDITIONING DRILLS 1

EXERCISE 7: PLANK

Purpose: This exercise develops strength and endurance of the core and low back muscles.

Starting Position: Kneeling position with both knees and elbows in contact with the ground. Feet are hip width apart with toes flexed and elbows are directly beneath the shoulders with forearms flat on the ground.

Cadence: Isometric Hold

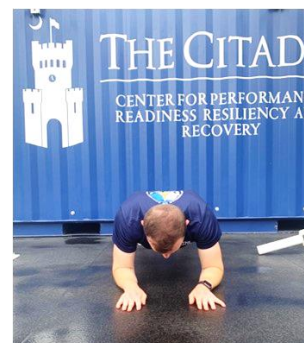
Position 1: On the command “**Ready, Begin,**” raise both knees off the ground to align the shoulders, trunk and hips in a straight line parallel to the ground. Head remains aligned with the spine, facing down. Body weight is supported only by the elbows and toes.

Cadets must maintain this position for the duration of the exercise.

Position 2: Once desired time is completed, the command of “**Rest**” signals cadets to return to starting position to rest/recover.



Start Position



Position 1- front



Position 1- opt 1



Position 1- opt 2

Check Points:

- ✓ Two options for hand position: open palm face down (opt 1) or clenched fist w/ pinky down (opt 2).
- ✓ Once exercise begins, the body must remain in position with body weight centered in the trunk region. No movement of the feet, hips or elbows once in the “up” position.

CONDITIONING DRILLS 2

EXERCISE 1: “Y” SQUAT

Purpose: This exercise develops mobility, strength and endurance of the lower back and lower extremities.

Starting Position: Straddle stance with arms overhead in “Y position”, shoulder blades pulled rearward and palms inward.

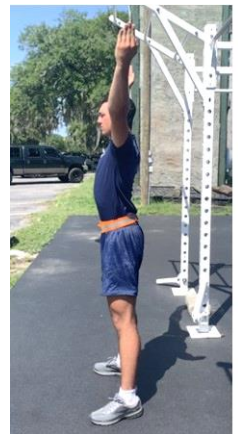
Cadence: SLOW

Count:

1. Squat with arms remaining overhead (forming a “Y”) without allowing the back to round.
2. Return to the starting position by tightening the buttocks and driving the body upward.
3. Repeat count 1.
4. Repeat count 2.



Start Position



Start Position-side



Count 1



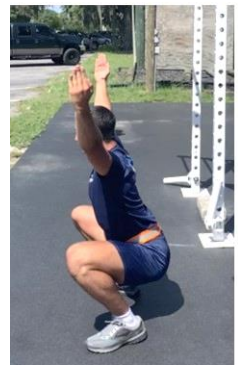
Count 2



Count 3



Count 4



Count 1-side

Check Points:

- ✓ During count 1, lower the body as far as possible without rounding the back, squeezing shoulder blades together, arms forming a “Y” overhead.
- ✓ Tighten the buttocks as you drive the hips upwards to straighten the legs and return to the starting position.
- ✓ Heels remain on the ground throughout the exercise.

CONDITIONING DRILLS 2

EXERCISE 2: POWER JUMP

Purpose: This exercise reinforces correct jumping and landing mechanics, stimulates balance and coordination, and develops explosive strength in the lower body.

Starting Position: Straddle stance with hands on hips.

Cadence: MODERATE

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, touching with the fingertips.
2. Jump vigorously into the air, raising arms overhead.
3. Control the landing and repeat count 1.
4. Return to the starting position.



Start Position



Count 1

Count 2

Count 3

Count 4

Check Points:

- ✓ On counts 1 and 3, keep the back generally straight with the head up and the eyes forward.
- ✓ On count 2 the arms should be fully extended overhead with body in a generally straight line.
- ✓ On each landing, the feet should be directed forward and maintain at least shoulder width apart. The landing should be “soft” and controlled.

CONDITIONING DRILLS 2

EXERCISE 3: KETTLE BELL SWING

Purpose: This exercise develops explosive strength and power in the lower body.

Starting Position: Straddle stance with knees slightly bent. Arms lowered in front of the body holding kettle bell just below hip level.

Cadence: MODERATE

Count:

1. Hinge forward at the hips with slight bend in the knees, lowering the KB between the legs. Back remains straight with head facing forward.
2. Push the hips forward, squeezing the glutes—allowing the KB to swing up to eye level as the knees extend to an upright position.
3. Repeat count 1.
4. Repeat count 2 and return to the starting position on the final repetition.



Starting Position

Side view



Count 1-front

Count 1-side

Count 2-front

Count 2-side

Check Points:

- ✓ Count 1 and 3 should consist more of a forward hip hinge and not a squat—very little bend in knees.
- ✓ On count 2 and 4, use hip thrust to swing the KB—not your arms. KB should not rise higher than eye level.
- ✓ On all counts, do not allow the back to round. Keep the head up and the eyes forward. Arms should remain generally straight throughout the exercise.

CONDITIONING DRILLS 2

EXERCISE 4: TUCK JUMP

Purpose: This exercise develops coordination, balance and explosive strength in the lower body.

Starting Position: Crouched stance with arms down by sides.

Cadence: SLOW

Count:

1. Perform a half squat to load your weight then quickly jump upward, bringing both arms forward, wrapping the hands around the knees as knees are drawn toward the chest.
2. Land in the half-squat position.
3. Repeat count 1.
4. Return to the starting position.



Start Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Cadence is slow to allow for precision and adequate time to properly jump and land; however, each jump on counts 1 and 3 should be quick and explosive.
- ✓ Each landing should be “soft” and proceed from the balls of the feet to the heels. The feet should be directed forward and maintained at shoulder distance apart.

CONDITIONING DRILLS 2

EXERCISE 5: SPLIT JUMPS

Purpose: This exercise develops unilateral balance and explosive strength of the legs.

Starting Position: Staggered stance with the left leg back and hands on hips.

Cadence: SLOW

Count:

1. Bend both knees to 90° to assume the lunge position.
2. Jump forcefully into the air, switching legs in mid-air to land with the right leg back and left leg forward. Hands remain on the hips.
3. Repeat count 1 with left leg forward and right leg back.
4. Repeat count 2 and return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ✓ Cadence is slow to allow precision and adequate time to properly jump and land; however, each jump should be quick and explosive. The landing should be “soft” and proceed from the balls of the feet.
- ✓ Do not allow the back to round; keep the head & chest upright with the eyes forward.

CONDITIONING DRILLS 2

EXERCISE 6: MED BALL SLAMS

Purpose: This exercise develops strength and power of the upper body and trunk.

Starting Position: Straddle stance with arms extended overhead holding Medicine Ball.

Cadence: MODERATE

Count:

1. a) Using both arms, forcefully slam the MB on the ground directly in front the midline of the body, while lowering into a half squat position.
b) While in the half squat, catch the MB on the bounce with both hands.
2. Extend the arms and MB back overhead- returning to the starting position.
3. Repeat count 1-a and b.
4. Repeat count 1.



Start Position-side



Count 1-side



Starting Position



Count 1-a



Count 1-b



Count 2



Count 3



Count 4

Check Points:

- ✓ Counts 1 and 3 should be performed quickly and explosively- using upper body & trunk to generate power.
- ✓ Ball should forcefully hit the deck and bounce up to be caught in front of the body.

CONDITIONING DRILLS 2

EXERCISE 7: PULL-UP

Purpose: This exercise develops upper body strength and core stability.

Starting Position: Overhand grip on bar with arms fully extended- at least shoulder width apart. Body should form a straight line between the head, trunk and legs.

Cadence: SLOW

Count:

1. Bend both elbows to raise the body until head & chin reaches over top of the bar.
2. Slowly lower the body back down to starting position, keeping body in a straight line.
3. Repeat count 1.
4. Repeat count 2.



Starting Position



Side view



Count 1



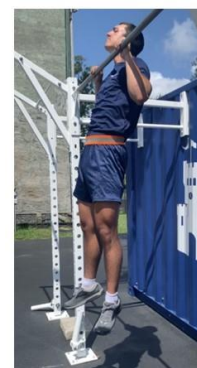
Count 2



Count 3



Count 4



Side view

Check Points:

- ✓ Keep abdominals tight to keep upper and lower body aligned.
- ✓ Feet should dangle straight down and never touch the ground until all reps are completed.