



# JROTC Virtual Learning

## STANDARDIZED PHYSICAL TRAINING SESSION

**JROTC TRAILS WEST BRIGADE: Truman, Van Horn, William Chrisman High Schools**

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**May 6, 2020**



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## LET 1-4 Lesson: Physical Training

### **Lesson Objectives:**

#### **Proper Execution of the following:**

- Extended Rectangular Formation**
- Variety of Joint Rotations**
- Warm-up Exercises and Stretches**
  - Exercises**
  - Cool-down Stretches**

**May 6, 2020**



**A standardized physical training session consists of three essential elements: warm-up, activity, and cool-down. These elements are integrated to produce the desired training effect. More importantly, every standardized physical training session must have a specific purpose. This purpose, to prepare you for the physical demands of IMT, follows a recommended rate of progression, specific to each individual's tolerance to the current level of training. There are three stages of standardized progression: initial, improvement, and maintenance.**

**The initial conditioning stage includes light muscular endurance activities and moderate-level Cardiorespiratory endurance activities that produce minimal muscle soreness and control injuries. This stage usually lasts up to four weeks and is dependent upon the individual's adaptation to exercise. The duration of the main activity during the initial stage will begin with approximately 15 to 20 minutes and may progress to 30 minutes. Individual goals are established by your Recruiter early in your exercise program and are reflected in where you start in the training schedule. These goals are realistic and provide personal rewards. The initial stage is the Walk-to-Run Program and the muscular strength and endurance sessions conducted in weeks one through four.**

**The goal of the improvement stage is to provide a gradual increase in the overall exercise stimulus to allow for more significant improvements in your fitness level. As an example, you will exercise at a moderate to vigorous intensity for 20 to 30 minutes continuously. This is shown through the increased running times in the running progression and the increased number of sets and repetitions in Conditioning Drill 2 and Conditioning Drill 3.**



Platoon Instructor:

Places the platoon in an extended rectangular formation in accordance with (IAW) Training Circular (TC) 3-21.5.

**Fall IN; Extend to your Left: March Arms downward Move**

**Left Face: Extend to your Left: March Arms downward Move**

**Right Face: From front to rear Count: Off**

**Even numbers take one step to your left: March**

Platoon instructor begins with a warm-up exercise:

**Side Straddle Hop (10 repetitions in cadence)**

## Platoon Instructor begins the stretching exercise: The Stretch Drill

**Exercise 1: The Overhead Arm Pull Purpose:** This exercise develops flexibility of the arms, shoulders, and trunk muscles.

**Starting Position:** Straddle stance with hands on hips.

- On the command, “Ready, STRETCH,” raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20 seconds.
  - On the command, “Starting Position, MOVE,” assume the Starting Position.
- On the command, “Change Position, Ready, STRETCH,” raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20 seconds.
  - On the command, “Starting Position, MOVE,” return to the Starting Position.



**Exercise 2: The Rear Lunge Purpose:** This exercise develops flexibility of the hip flexors and trunk muscles.

**Starting Position:** Straddle stance with hands on hips. On the command, “Ready, STRETCH,” take an exaggerated step backward with the left leg, touching down with the ball of the foot.

This is the same position as Count 1 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds.

On the command, “Starting Position, MOVE,” assume the Starting Position.

On the command, “Change Position, Ready, STRETCH,” take an exaggerated step backward with the right leg, touching down with the ball of the foot. This is the same position as Count 3 of The Rear Lunge in Conditioning Drill 1. Hold this position for 20 seconds. On the command, “Starting Position, MOVE,” return to the Starting Position.



### The Stretch Drill Exercise 3: The Extend and Flex

**Purpose:** This exercise develops flexibility of the hip flexors, abdominals, hip (Position 1 – extend) and the low back, hamstrings, and calves (Position 2 – flex).

**Starting Position:** Front leaning rest position. On the command, “Ready, STRETCH,” lower the body, sagging in the middle, keeping the arms straight and look upward. Hold this position for 20 seconds.

On the command, “Starting Position, MOVE,” assume the Starting Position. On the command, “Change Position, Ready, STRETCH,” slightly bend the knees and walk the hands back toward the legs. Straighten the legs and try to touch the ground with the heels. Keep the feet together and hold this position for 20 seconds. On the command, “Starting Position, MOVE,” return to the Starting Position.

SP



Position 1



SP



Position 2



SP



**The Stretch Drill Exercise 4: The Thigh Stretch Purpose:** This exercise develops flexibility of the front of the thigh and the hip flexor muscles. **Starting Position:** Seated position, arms at sides and palms on the floor.

On the command, “Ready, STRETCH,” roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot. Hold this position for 20 seconds.

On the command, “Starting Position, MOVE,” assume the Starting Position. On the command, “Change Position, Ready, STRETCH,” lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot. Hold this position for 20 seconds. On the command, “Starting Position, MOVE,” return to the starting position.

Starting position



Position 1



SP



Position 2



SP





### The Stretch Drill Exercise 5: The Single-leg Over

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

**Starting Position:** Supine position with arms sideward, palms down. On the command, “Ready, STRETCH,” turn the body to the right, bend the left knee to 90–degrees over the right leg, and grasp the outside of the left knee with the right hand and pull toward the right.

Hold this position for 20 seconds. On the command, “Starting Position, MOVE,” assume the Starting Position. On the command, “Change Position, Ready, STRETCH,” turn the body to the left, bend the right knee to 90–degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20 seconds. On the command, “Starting Position, MOVE,” return to the Starting Position.

**Starting Position**



**Position 1**



**SP**



**Position 2**



**SP**





**Platoon instructor begins conditioning drill 1 in the number order IAW Pocket Physical Training Guide (20 repetitions per exercise in cadence)**

### **Conditioning Drill 1**

- 1. The Bend and Reach**
- 2. The Rear Lunge**
- 3. The High Jumper**
- 4. The Rower**
- 5. The Squat Bender**
- 6. The Windmill**
- 7. The Forward Lunge**
- 8. The Prone Row**
- 9. The Bent-leg Body  
Twist**
- 10. The Push-up**

## Conditioning Drill 1 Exercise 1: The Bend and Reach

**Purpose:** This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

**Starting Position:** Straddle stance with arms overhead. **Cadence:** SLOW.

**Count:** 1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.

2. Return to the Starting Position. 3. Repeat Count 1.

4. Return to the Starting Position. Starting Count 1 Count 2 Count 3 Count 4 Position

Starting Position

4



Count 1



2



3



**Exercise 2: The Rear Lunge** Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

**Starting Position: Straddle stance with hands on hips. Cadence: SLOW.**

**Count: 1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.**

**2. Return to the Starting Position. 3. Repeat Count 1 with the right leg.**

**4. Return to the Starting Position. Starting Count 1 Count 2 Count 3 Count 4**

**Starting Position**

**3**



**4**



**Count 1**



**2**



**Exercise 3: The High Jumper** Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

**Starting Position: Forward-leaning stance. Cadence: MODERATE.**

**Count: 1. Swing arms forward and jump a few inches. Swing arms backward and jump a few inches.**

**Swing arms forward and vigorously over head while jumping forcefully. Repeat Count 2. On the last repetition, return to the Starting Position.**

**Starting Position**



**Count 1**



**2**



**3**



**Exercise 4: The Rower** Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

**Starting Position:** Supine position, arms overhead, feet together and pointing upward. The chin is tucked, and the head is one to two inches above the ground. Arms are shoulder width, palms facing inward with fingers and thumbs extended and joined. Cadence: SLOW.

**Count: 1.** Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward. Return to the Starting Position.

**Repeat Count 1. Return to the Starting Position.**

**Starting Position**

1



**Count 1**



2



3



**Exercise 5: The Squat Bender** Purpose: This exercise develops strength, endurance and flexibility of the lower back and lower extremities.

**Starting Position: Straddle stance with hands on hips. Cadence: SLOW.**

**Count: 1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward. 2. Return to the Starting Position. 3. Bend forward and reach toward the ground with both arms extended and palms inward. 4. Return to the Starting Position.**

**Starting Position**

**4**



**Count 1**



**2**



**3**



## Conditioning Drill 1 Exercise 6: The Windmill

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

**Starting Position:** Straddle stance with arms sideward, palms facing down. **Cadence:** SLOW.

**Count: 1.** Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.

**2.** Return to the Starting Position. **3.** Repeat Count 1 to the right. **4.** Return to the Starting Position.

**Starting Position**

**4**



**Count 1**



**2**



**3**





## Conditioning Drill 1 Exercise 7: The Forward Lunge

**Purpose:** This exercise promotes balance and develops leg strength.

**Starting Position:** Straddle stance with hands on hips. **Cadence:** SLOW.

**Count: 1.** Take a step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.

**2.** Return to the Starting Position. **3.** Repeat Count 1 with the right leg. **4.** Return to the Starting Position.

**Starting Position**



**Count 1**



**2**



**3**



## Conditioning Drill 1 Exercise 8: The Prone Row

**Purpose:** This exercise develops strength of the back and shoulders.

**Starting Position:** Prone position with the arms overhead, palms down one to two inches off the ground and toes pointed to the rear.

**Cadence: SLOW. Count: 1.** Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.

**2.** Return to the Starting Position. **3.** Repeat Count 1. **4.** Return to the Starting Position.

**Starting Position**



**Count 1**



**2**



**3**



**4**



## Conditioning Drill 1 Exercise 9: The Bent-leg Body Twist

**Purpose:** This exercise strengthens trunk muscles and promotes control of trunk rotation.

**Starting Position:** Supine position with the hips and knees bent to 90–degrees, arms sideward, palms down with fingers spread. Legs and feet are together. **Cadence:** SLOW.

**Count:** 1. Rotate the legs to the left while keeping the upper back and arms in place.

2. Return to the Starting Position. 3. Repeat Count 1 to the right. 4. Return to the Starting Position.

Starting Position



Count 1



2



3



4



## Conditioning Drill 1 Exercise 10: The 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 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

2

3

4





## **Platoon Instructor**

**Breaks down the platoon into ability groups for the 2 mile run. Once everyone has completed the individual run. The Platoon Instructor has the platoon form and places them into the Extended Rectangular Formation to conduct cool down exercises. The Platoon instructor will use the same five stretching exercises from the warm for the cool down stretches.**

## **Platoon Instructor**

**Dismisses the platoon.**

