

# HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

ATP 7-22.02

AT PT Program







## Health and Holistic Fitness

**This publication is available at the Army Publishing Directorate site (<https://armypubs.army.mil/>) and the Central Army Registry site (<https://atiam.train.army.mil/catalog/dashboard>).**

### **EQUIPMENT SAFETY INSPECTIONS**

**Prior to executing any physical training program involving exercise equipment, users should be visibly inspect equipment and any components for serviceability. Equipment safety inspections should include, but are not limited to: stress cracks at welded seams on weightlifting bars; torn fabric or stitching on nylon sleds and pull straps; loose connections on pull-up bars; and cables, pedals, or other moveable accessories on strength training machines, rowing machines, and stationary bicycles. Defects may compromise the load bearing capability of equipment and present a potential safety hazard to the user.**

**For formal training and instruction on conducting PT, please refer to ATP 7-22.02, pages 1-1 through 1-9.**





## Health and Holistic Fitness

**Due to the nature of physical inactivity amongst Guard Soldiers, begin with stability exercises and drills. Use these as reference for a program in order to increase mobility before engaging in rigorous training programs to prevent injury.**  
**The nature of this program is to start slow and work towards more intense exercises later on.**

Modified Preparation Drills are available starting on 3-10 in the ATP 7-22.02 for soldiers with a variety of physical limitations.

### PREPERATION (MODIFIED)

Each physical training exercise may be modified to accommodate a variety of physical limitations. By following their individual DA Form 3349 (*Physical Profile*) and the principle of progression, Soldiers can gradually re-condition themselves to the standard range of motion and repetitions required for a full return to duty. Soldiers who know the standard for each exercise can modify it in more ways than this publication can illustrate. When an exercise cannot be performed at all (it is restricted on the DA Form 3349), the Soldier selects an alternative exercise with the same cadence that requires similar movements or muscle groups. In formation, he or she can perform the alternative exercise, modifying as necessary, but using the same Cadence as the rest of the formation.





## Health and Holistic Fitness

Demonstration videos of drills are located on the Central Army Registry website at

[https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT)

(Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.) Additional support for H2F test events and exercises are located on Army Combat Fitness Test website at

<https://www.army.mil/acft/>





# Health and Holistic Fitness

## Important

**This ATP 7-22.02 does contain exercises that require fitness equipment. Any workout developed for use for this program can be supplemented for any other.**

**Drag and drop for fitness routine creation. (How to) should be for MFT or H2F representative.**

**Pregnancy and postpartum workouts are available.**

**Modified preparation drills and exercises are available.**





## Health and Holistic Fitness

Typical features of activities during a training calendar could include the following:

- Alternating days of strength and endurance activities.
- Avoidance of endurance activities on the same day as foot marches to control total foot time. (Pace and cadence.)
- Speed running at least once per week.
- Strength training that involves upper-body pushing and pulling, lower-body pushing and pulling, loaded carrying, and resisted-trunk rotation multiple times per week using more than body weight.
- Free-weight training on core lifts such as the Deadlift, Bench Press and Squat.
- Accessory lifts using Strength Training Machines and other resistive equipment such as medicine balls, suspension trainers, landmine apparatus and free weights.
- Daily sessions of 90–120 minutes.
- Foot marching under load.
- Practice or record Army Combat Fitness Test (ACFT) on Monday or after another extended period of recovery or taper.





## Health and Holistic Fitness

Preparation Drill exercises may be further modified by performing fewer repetitions, selecting fewer exercises, or replacing some exercises with others. Table below includes three examples. This is appropriate when—

- There is condensed time to train.
- Soldiers require special conditioning.
- Activities are limited to only one of the physical readiness components—power, for instance.

<u><b>Preparation Drill (Standard)</b></u>	<u><b>Preparation Drill (Power-focused)</b></u>	<u><b>Preparation Drill (Condensed time)</b></u>	<u><b>Preparation Drill (Special conditioning)</b></u>
Bend and reach 10 reps	Bend and reach 10 reps	Push-up 5 reps	Bend and reach (mod)
Rear lunge 10 reps	Squat bender, 10 reps	High jumper 10 reps	Rear lunge (mod)
High jumper 10 reps	Windmill 10 reps	Rower 10 reps	High jumper (mod)
Rower 10 reps	Forward lunge 10 reps	Prone row 5 reps	Rower (mod)
Squat bender 10 reps	Medial leg raise 5 reps	Rear lunge 5 reps	Squat bender (mod)
Bent-leg body twist 10 reps	Prone row 10 reps	Bent-leg body twist 5 reps	Bent-leg body twist (mod)
Forward lunge 10 reps	Single-leg tuck 5 reps		Forward lunge (mod)
Prone row 10 reps	Swimmer, 10 reps		Prone row (mod)
Windmill 10 reps			Windmill (mod)
Push-up 10 reps			Push-up (mod)

← This section for modified workouts will be contained in the Modified Exercises and Drills.





## Health and Holistic Fitness

Activities take up the majority of time in the physical training session. Table below summarizes physical training activities. These references and their accompanying group of exercises in ATP 7-22.02.

These Drills are Examples. Mix and Match program as you see fit.

<i><b>Drill</b></i>	<i><b>Description</b></i>
Conditioning Drills 1/2/3	Moderate to advanced calisthenics that challenge core endurance, leg power, balance, and multi-planar coordination.
Climbing Drills 1 and 2	1 and 2 Off-ground, upper-body pulling exercises that incorporate core endurance and coordination.
Guerrilla Drill	Advanced movement skill exercises that require high levels of skill, confidence, and lower body strength.
Running Drills 1/2/3/4/5/6/7	Standardized exercises that improve perception of running as a skilled movement activity.
300-Meter Shuttle Run	Sprint drill that requires balance and coordination and advanced levels of anaerobic endurance.
30:60s and 60:120s	Timed sprint intervals at moderate to maximum speed that improve anaerobic endurance.
Release Run	A combination of formation- and own-pace running for time that aims for all Soldiers reaching the objective at the same time.
Terrain Run	Running on unimproved terrain for time that improves balance, coordination, and aerobic endurance.
Hill Run (Up and Down)	Interval running that provides advanced challenge to anaerobic endurance and leg speed.
Foot March	Sustained aerobic training that builds tolerance for dismounted operations.
Medicine Ball Drills 1 and 2	Total body resistance exercises that require hand-eye coordination, balance and muscular endurance.
Suspension Training Drills 1 and 2	On and off-ground pulling and core exercises that range from light to advanced challenge.
Landmine Drills 1 and 2	Moderate to heavy multi-planar resistance exercises that use a straight bar anchored to the ground.
Strength Training Circuit	A kettlebell circuit with movement drills separating 10 muscular endurance exercises each conducted for 1 minute.
Free Weight Core and Assistive	5 core and 13 assistive lifts of moderate to heavy resistance that maximizes muscular endurance, hypertrophy, power, and strength.
Pregnancy and Postpartum	Postpartum Specific exercises for pregnant and postpartum Soldiers used in home programs, individual training, and collective training.
Army Water Survival Training	Training and test events that build proficiency in and around water while wearing the uniform and carrying equipment. (See ATP 7-22.01 for Army Water Survival Training Exercises.)





# Health and Holistic Fitness: INDEX

## PREPARATION DRILLS

### PREPARATION DRILL:

Bend And Reach

Rear Lunge

High Jumper

Rower

Squat Bender

Windmill

Forward Lunge

Prone Row

Bent-Leg Body Twist

Push Up

## STABILITY DRILLS:

### HIP STABILITY DRILL (HSD)

Lateral Leg Raise

Medial Leg Raise

Bent-Leg Lateral Raise

Single Leg Tuck

Single Leg Over

## SHOULDER STABILITY DRILL (SSD)

I Raise

T Raise

L Raise

W Raise

## CONDITIONING DRILLS:

### CONDITIONING DRILL 1: (CD1)

Power Jump

V-Up

Mountain Climber

Leg-Tuck And Twist

Single-Leg Push-Up

### (CD1 Modified)

Power Jump (MOD)

V-Up(Mod)

Mountain Climber(Mod)

Leg-Tuck And Twist (Mod)

Single-Leg Push-Up(MOD)

## CONDITIONING DRILL 2 (CD2)

Turn And Lunge

Supine Bike

Half Jack

Swimmer

8-Count Push Up

## CONDITIONING DRILL 3 (CD3)

Y Squat

Single-Leg Deadlift

Side To Side Knee Lifts

Front Kick Alternat Toe Touch

Tuck Jump

Straddle Run Forward And

Backward

Half Squat Laterals

Frog Jumps Forward And

Backward

Alternate ¼ Turn Jump

Alternate Staggered Squat Jump





# Health and Holistic Fitness: INDEX

## CLIMBING AND GUERILLA DRILLS

### CLIMBING DRILL 1 (CL1)

Straight Arm Pull

Heal Hook

Pull Up

Leg Tuck

Alternating Grip Pull-Up

### CLIMBING DRILL 2 (CD2)

Flexed- Arm Hang

Heal Hook

Pull Up

Leg Tuck

Alternating Grip Pull-Up

### GUERILLA DRILL (GD)

Shoulder Roll

Lunge Walk

Soldier Carry

## RUNNING DRILLS

### RUNNING DRILL 1: FOOT STRIKE (RUD1)

Heel Strike

Heel Run In Place

8-Count Foot Strike

Run In Place 1

Run In Place 2

### RUNNING DRILL 2: STRENGTH (RUD2)

Double-Leg Hop

Single-Leg Hop

Skip In Place

Toes In And Out

Criss Cross

Pendulum

Alternate Twist Jump

Hip Raise Push-Up

Single-Leg Hip Raise Push-Up

### RUNNING DRILL 3: RUNNERS POSITION (RUD3)

Pose Weight Shift

Pose Pull

Alternate Pose Pull

### RUNNING DRILL 4: FALL (RUD4)

Timber Fall

Timber Fall In Pose

Wall Fall

Wall Fall In Pose

Stretch Cord Fall

Partner Assisted Fall

Kneeling Timber Fall

Sprint Start

### RUNNING DRILL 5: PULL (RUD5)

Walk Progression

Pony

Pull Back

Elevated Pull Back

Kick Start





# Health and Holistic Fitness: INDEX

## RUNNING DRILL 6: COMBINATIONS (RUD6)

Change of support  
Hop In Place  
Hop Forward  
Run In Pose  
Backwards Run

## RUNNING DRILL 7: CORRECTIONS (RUD7)

Hands In Front  
Hands Behind  
Hands On Back  
Hands On Belly  
Shin Burn  
Infantry Run  
Battle Buddy

## MILITARY MOVEMENT DRILLS

### MILITARY MOVEMENT DRILL 1: (MMD1)

Vertical  
Lateral  
Shuttle Sprint

## MILITARY MOVEMENT DRILL 2: (MMD2)

Power Skip  
Crossover  
Crouch Run

## MEDICINE BALL DRILLS

### MEDICINE BALL DRILL 1: (MB1)

Chest Pass Lateral  
Alternating Side-Arm Throw  
Diagonal Chop  
Slam  
Underhand Wall Throw

### MEDICINE BALL DRILL 2: (MB2)

Diagonal Chop Throw  
Kneeling Side Arm Throw  
Sumo Wall Throw  
Sit-Up Throw  
Rainbow Slam

## SUSPENSION TRAINING DRILLS

### SUSPENSION TRAINING DRILL 1: (ST1)

Suspension Push-Up  
Incline Calf Raise  
Decline I-T-Y Raise  
Assisted Squat  
Decline Biceps Curl

### SUSPENSION TRAINING DRILL 2: (ST2)

Assisted Lateral Lunge  
Suspension Leg-Tuck and Pike  
Decline Pull-Up  
Suspension Hamstring Curl  
Assisted Single Leg Squat  
Suspended Climbing Drills 1 and 2

## LANDMINE DRILLS

### LANDMINE DRILL 1: (LM1)

Straight-Leg Deadlift  
Diagonal Press





# Health and Holistic Fitness: INDEX

Rear Lunge

180-Degree Landmine

Lateral Lunge

## LANDMINE DRILL 2: (LM2)

Diagonal Lift To Press

Single- Arm Chest Press

180-Degree Landmine Kneeling

Bend-Over Row

Rear Lunge To Press

## **STRENGTH TRAINING CIRCUIT**

### STRENGTH TRAINING:

Sumo Squat

Straight-Leg Deadlift

Forward Lunge

8-Count Step-Up

Pull-Up

Straight-Arm Pull

Supine Chest Press

Bent-Over Row

Overhead Push-Press

Supine Body Twist

Leg Tuck

## **FREE WEIGHT TRAINING**

### Free Weights

Front Squat

Back Squat

Deadlift

Straight-leg Deadlift

Sumo Deadlift

Heel Raise

Bench Press (Decline)

Incline Bench Press

Bent-over Row

Single-arm Bent-over Row

Upright Row (Kettlebell)

Overhead Push-press

Bent-arm Lateral Raise

Shrug

Pull Over

Overhead Triceps Extension

Biceps Curl

## Free Weight Core Training Exercises

Weighted trunk flexion

Weighted trunk extension

## **STRENGTH TRAINING MACHINE DRILL**

### Strength Training Machines

Leg Press

Leg Curl

Lateral Raise

Single-Arm Lateral Raise

Overhead Press

Lat Pull-Down

Seated Row

Trunk Extension





# Health and Holistic Fitness: INDEX

Triceps Extension

Chest Press

Trunk Flexion

## RECOVERY DRILLS

### RECOVERY DRILL:

Overhead Arm Pull

Rear Lunge

Extend And Flex

Thigh Stretch

Single-Leg Over

Groin Stretch

Calf Stretch

Hamstring Stretch

### RECOVERY DRILL (MOD):

Overhead Arm Pull (MOD)

Rear Lunge (MOD)

Extend And Flex (MOD)

Thigh Stretch (MOD)

Single-Leg Over (MOD)

Groin Stretch (MOD)

Calf Stretch (MOD)

Hamstring Stretch (MOD)

## PREVENTATIVE MAINTENANCE CHECKS AND SERVICES DRILLS

### PREVENTATIVE MAINTENANCE CHECKS AND SERVICES:

Spine

Ankle

Knee

Hip

Shoulder

Arm





### RECOVERY DRILLS POST PT SESSION

The drills used for recovery and PMCS, coupled with proper nutrition and sleep carry over to the next training session. Proper recovery results in positive adaptation to the stress of training, maintains alertness, and improves the Soldier's ability to progress in the readiness training program.

- The Recovery Drill (known as RD) that gradually and safely tapers off activities to bring the body back to its pre-exercise state. Recovery continues throughout the day with active nutrition and sleep practices.
- Preventive Maintenance Checks and Services (known as PMCS) that is a self-check and fix for musculoskeletal issues. It provides early identification of issues so that Soldiers can take care of issues before they become chronic or severe.





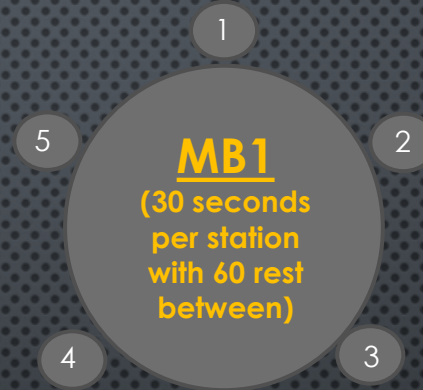
# Health and Holistic Fitness: Circuit Training **Example**

\*Adjust formations within the confines of your training environment, equipment available and size of group being trained.

Formation Area

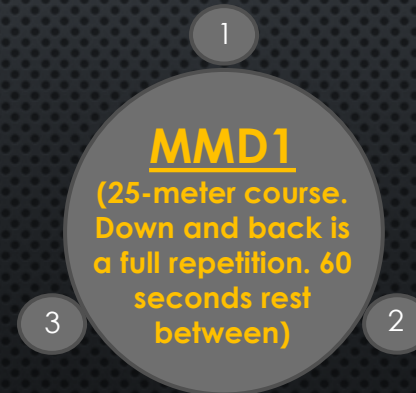
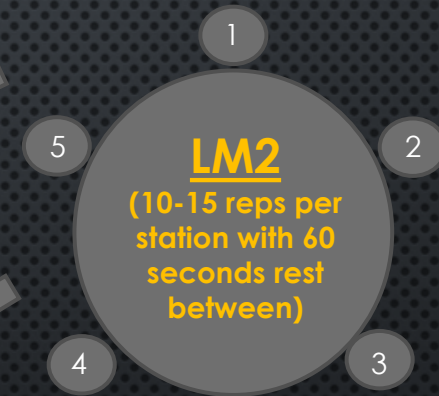
Preparation Drill Area

Recovery Drill Area



(MB1)=Medicine Ball Drill 1  
(LM2)=Landmine Drill 2  
(MMD1)= Military Movement Drill 1

# =Individual Exercise within that phase of the circuit.







# Health and Holistic Fitness

## 14 Day Annal Training Fitness Program

- Beginning Assessment
- Mobility And Run Assessment
- Run Conditioning
- Strength / Conditioning
- Functional Training 1
- Functional Training 2
- Functional Training 3
- Functional Training 4
- Strength Training 1
- Strength Training 2
- Strength Training 3
- Strength Training 4
- (Self-select Modified Program) Core And Leg Conditioning
- ACFT Performance Review (Strengths / Weaknesses)





# Health and Holistic Fitness

## Exercise Focus: Beginning Assessment

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This is the time to make note of soldiers within different ability levels and or injuries that would require (Modified) movements.

Equipment: None

Warm Up: [PMCS](#)

Primary Exercise: [Preparation Drill](#) (Standard)

Secondary Exercise: [Hip Stability Drill](#) (HSD)

Accessory Ex: [Shoulder Stability Drill](#) (SSD)

Conditioning: Release Walk / Run

Cool Down: [Recovery Drill](#)





# Health and Holistic Fitness

Exercise Focus: Mobility And Run Integrity

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Equipment: None

Warm Up: Preparation Drill

Primary Exercise: Hip Stability Drill (HSD)

Secondary Exercise: Conditioning Drill 1 (CD1)

Accessory Ex: Running Drill 7 (RUD7)  
(Starting Out With 30/60's Would Be Advisable)

Cool Down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Run Conditioning

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Equipment: None

Warm up: Preparation Drill

Primary exercise: Running Drill 6

Secondary exercise: Military Movement Drill 2 (MMD2)

Accessory Ex: Conditioning Drill 1 (CD1)

Conditioning: 2-Mile Run

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise Focus: Strength / Conditioning

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Equipment: None

Warm Up: Preparation Drill(Power Focused)

Primary Exercise: Conditioning Drill 2

Secondary Exercise: Running Drill 2

Conditioning: Release Run (Own Pace And Speed For Time (10-15 Minutes)

Cool Down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Functional Training 1

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Equipment: 10lbs Medicine Ball

Warm up: Preparation Drill(Condensed Time)

Primary exercise: Medicine Ball Drill 1 (MB1)

Secondary exercise: Guerilla Drill

Conditioning: Military Movement Drill (MMD1)

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Functional Training 2

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Equipment: None

Warm up: Preparation Drill

Primary exercise: Military Movement Drill 2 (MMD2)

Secondary exercise: Conditioning Drill 3 (CD3)

Conditioning: Running Drill 6 (RUD6)

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Functional Training 3

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Equipment: 10lbs Medicine Ball

Warm up: Preparation Drill

Primary exercise: Running Drill 7 (RUD7)

Secondary exercise: (Modified Program) Medicine Ball 2 (MB2)

Sit-up Throw

Rainbow Slam

Conditioning: Conditioning Drill 3 (CD3)

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Functional Training 4

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Equipment: Landmine Bar, Kettlebell, Medicine Ball

Warm up: Preparation Drill

Primary exercise: Landmine Drill 2 (LM2)

Secondary exercise: Medicine Ball 2 (MB2)

Conditioning: Conditioning Drill (CD1)

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Strength Training 1

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Equipment: 40lbs Kettlebells and 10lbs Medicine Ball

Warm up: Preparation Drill

Primary exercise: Medicine Ball Drill 2 (MB2)

Secondary exercise: (Modified Program) Free Weight Circuit

Front Squat (Goblet Squat/ Kettlebell)

Sumo Deadlift

Upright Row

Bent-Over Row

Supine Chest Press

Supine Body Twist

Conditioning: 10-minute release run or 4 Rounds of 30/60's

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Strength Training 2

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Equipment: 40lbs Kettlebells and 10lbs Medicine Ball

Warm up: Preparation Drill (Power Focused)

Primary exercise: Medicine Ball Drill 1 (MB1)

Secondary exercise: (Modified Program) Free Weight Circuit

Straight-Leg Deadlift

Heel Raise

Upright Row

Overhead Push Press

Shrug

Biceps Curl

Overhand Triceps Extension.

Conditioning: Military Movement Drill 1 (MMD1)

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Strength Training 3

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Equipment: 45lbs Olympic Straight Bar, Bumper Plates of Various Weights,  
10lbs Medicine Ball, (optional) Kettlebells

Warm up: Preparation Drill (Power-Focused)

Primary exercise: (Modified Program) Medicine Ball Drill 1 (MB1)

Chest Press Lateral

Alternating Side-Arm Throw

Slam

Secondary exercise: Landmine Drill 1 (LM1)

Accessory Ex: (Modified Program) Free Weights

Straight-Leg Deadlift

Overhead Push-Press

Shrug

Cool down: Recovery Drill





# Health and Holistic Fitness

Exercise focus: Strength Training 4

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Equipment: 45lbs Olympic Straight Bar, Bumper Plates of Various Weights, 10lbs Medicine Ball, (optional) Kettlebells

Warm up: Preparation Drill (Power-Focused)

Primary exercise: (Modified Program) Medicine Ball Drill 2 (MD2)

Sit-up Throw

Rainbow Slam

Kneeling Side-arm Throw

Secondary exercise: Landmine Drill 2 (LM2)

Accessory Ex: (Modified Program) Free Weights

Sumo Deadlift

Upright Row

Biceps Curl

Cool down: Recovery Drill





# Health and Holistic Fitness

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Exercise focus: (Self-Select Modified Program) Core and Leg Conditioning

Equipment: [Suspension Straps](#)

Warm up: [Preparation Drill](#)

Primary exercise : (MP) [Suspension Training Drill 1 and 2](#) (SSD1 / SSD2)

- Assisted Squat

- Incline Calf Raise

- Assisted Single-Leg Squat

- Suspension Tuck and Pike

- Suspension Hamstring Curl

Secondary exercise: (MP) [Conditioning Drill 1](#) (CD1)

- V-up

- Mountain Climber

Accessory Ex: (MP) [Military Movement Drill 1](#) (MMD1)

- Shuttle Sprint

Conditioning: (MP) [Running Drill 2](#) (RUD2)

- Single-Leg Hop

- Single-Leg Hip Raise Push-up

- Criss Cross

Cool down: [Recovery Drill](#)





# Health and Holistic Fitness

Exercise focus: ACFT Performance Review (Strengths / Weaknesses)

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Equipment: All ACFT Equipment

Warm up: Preparation Drill (Condensed Time)

Everyone has their good and bad events. Trouble is, most soldiers don't get to practice events or movements until testing day. This will be a break down of events and exercises that would complement in the performance all events tested.

Exercise sets, repetitions, tempo of movement will be at the instructor's discretion.

The purpose of the breakdown is for **the instructor to create circuits around each specific event**. This makes it easier to accommodate for things like location, equipment, or size of training element. It is advised that you use the event exercise as part of the training to create familiarity. This will allow you to pick and choose what best fits your training environment.

The Machine Strength Training section has been left out of these workouts since the ACFT is a performance-based fitness test. While machine training is effective, it is monocentric to specific muscles being trained. Compound exercises like those listed will be more effective in training for the ACFT in a PT environment.

Watch form to prevent injury in soldiers and do not forget the Recovery Drill after training session is complete.





# Health and Holistic Fitness

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## DEADLIFT:

Tip – This is a strength and range of motion-based exercise. Knee and ankle mobility along with core strength will make or break this exercise. Utilize hip stability drills to warm up for this series.

### Exercises-

- Power Jump
- Mountain Climber
- Turn And Lunge
- Single Leg Deadlift
- Tuck Jump
- Lunge Walk
- Assisted Squat
- Decline Pull Up
- Assisted Single Leg Squat
- Straight-leg Deadlift (Kettlebell, Landmine, Deadlift Bar)
- Rear Lunge

- Rear Lunge To Press
- Straight-leg Deadlift
- Forward Lunge
- Front / Back Squat
- Bench Press (Incline / Decline)
- Weighted Trunk Extension

## STANDING POWER THROW

Tip- This is an explosive movement-based exercise. Utilize kettlebells, medicine balls, and core for performance.

- Chest Pass Lateral
- Slam
- Underhand Wall Throw
- Kneeling Side-arm Throw
- Sumo Wall Throw
- Rainbow Slam
- Decline Biceps Curl
- Bent-over Row
- Sumo Squat

- Bent Over Row
- Sumo Deadlift
- Shrug
- Biceps Curl

## HAND RELEASE PUSH-UPS:

Tip- This is a strength, endurance and range of motion exercise. Warm up with shoulder stability drills.

- Single Leg Push-ups
- Suspension Push Ups
- Decline I-T-Y Raise
- Diagonal Press
- Diagonal Lift To Press
- Single-arm Chest Press
- Supine Chest Press
- Overhead Press
- Upright Row
- Overhead Push Press
- Bent Arm Lateral Raise
- Overhead Triceps Extension





# Health and Holistic Fitness

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## SPRINT, DRAG, CARRY:

Tip- This is a load bearing, endurance, and coordination-based test. It's best to train with mindful intent. Meaning monitor your movements as to prevent injury.

- 8 Count Push-up
- Front Kick Alternate Toe Touch
- Half-squat Laterals
- Alternate Staggered Squat Jump
- Soldier Carry
- Criss Cross
- Pendulum
- Sprint Start
- Backwards Run
- Shin Burn
- Lateral
- Shuttle Sprint
- Crossover
- Crouch Run
- Lateral Lunge

## PLANK:

Tip- Core training is the absolute key to improving stability, performance, strength and coordination in every single event of the ACFT. This is the section you should push the hardest if you would like to improve in all aspect's fitness.

- Leg Tuck And Twist
- V-up
- Supine Bicycle
- (Single-leg) Hip Raise Push-up
- Alternating Side Arm Throw
- Diagonal Chop
- Sit-up Throw
- Suspension Leg-tuck And Pike
- 180-degree Landmine (Kneeling)
- Supine Body Twist
- Pull Over
- Weighted Trunk Flexion

## 2-MILE RUN:

Tip- The ability for your body to adapt to the exercises contained within this program lies in your ability to convert nutrients into energy. Not to mention repair after a training session. That change happens far more effectively with a high level of cardiovascular endurance.

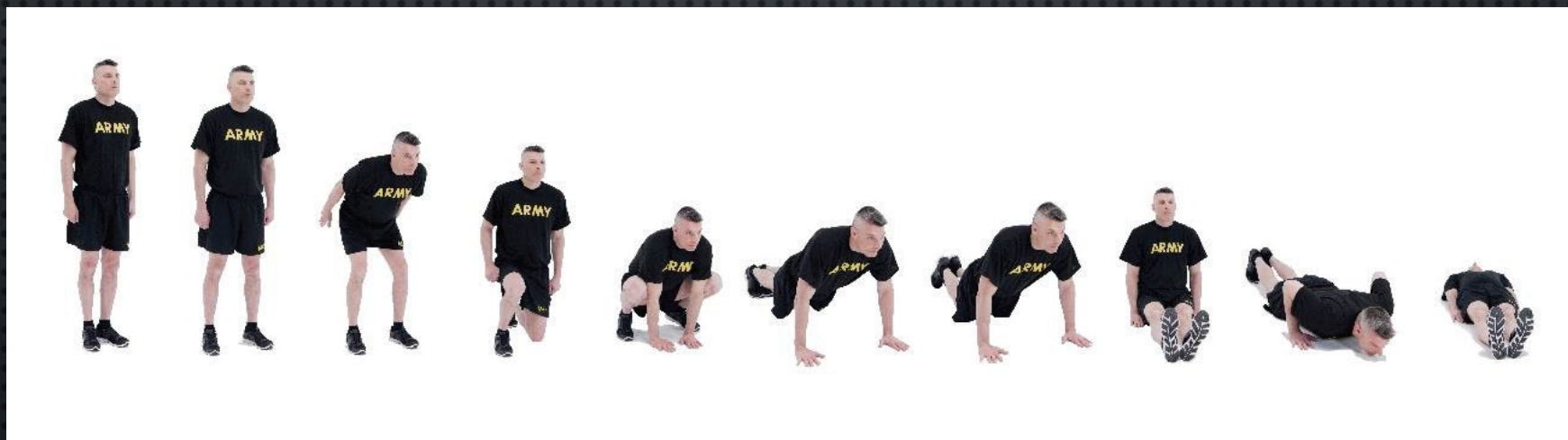
- Straddle Run FWD And BWD
- Double- Leg Hop
- Single Leg Hop
- Skip In Place
- Kneeling Timber Fall
- Walk Progression
- Power Skip
- Incline Calf Raise
- Suspension Hamstring Curl
- Heel Raise
- Infantry Run (30/60 Or 60/120)





## Health and Holistic Fitness: POSITIONS AND GRIPS

When Soldiers are training in formations, Soldiers assume the proper starting position for each exercise on the command, “STARTING POSITION, *MOVE*.” When conducting exercises, leaders command Soldiers to return to the Position of Attention from the final position of the exercise. Moving in and out of these positions challenges mobility and gives Soldiers and their H2F leaders information that they in turn can use to improve physical readiness. See figure below for all the positions.







## Health and Holistic Fitness: SQUAT

The Squat position is a transitional position reached when moving to and from the ground. It promotes flexibility in the spine, hips, knees, and ankles in preparation for controlled movement to the ground. From the Position of Attention, start the movement to the squat position. Lower the body by bending the knees and placing the hands on the ground between the knees. Arms will be between the knees. Heels may be off the ground so that the body weight is distributed between the balls of the feet and the hands. Reverse these steps when moving from the ground to return to the Position of Attention. Figure shown illustrates the Squat position.







## Health and Holistic Fitness: FRONT LEANING REST & SIX-POINT STANCE

The Front Leaning Rest promotes stability in the shoulders, trunk, and hips in preparation for controlled movement to the ground. The Front Leaning Rest is the resting position for the Hand-Release Push-Up in the ACFT. Soldiers use this position to train their body's transition to and from the ground. From the Squat Position, start the movement to the Front Leaning Rest. After shifting the body weight from the feet to the hands, thrust both feet rearwards, landing with the feet together. The Soldier should control the hips so that they do not dip to the ground when the feet land. From the heels to the top of the head, the body should form a straight line. This is the standard position of rest during the Hand-Release Push-Up (known as HRP)—the index finger is inside the outside edge of the shoulder. Figure to the right illustrates the front leaning rest position.



The Six-Point Stance is a modified position for the Front Leaning Rest. From the Front Leaning Rest, assume the Six-Point Stance by dropping the knees to the ground and pointing the toes to the rear. Figure to the left demonstrates the Six-Point Stance position.





## Health and Holistic Fitness: STRADDLE STANCE & FORWARD LEANING STANCE



The Straddle Stance is the preparatory position for many physical readiness training exercises. Assume the Straddle Stance by standing with the feet directed ahead and shoulder-width apart. Figure to the left ← illustrates the Straddle Stance position.

The Forward Leaning Stance is the preparatory position for the High Jumper exercise. Assume the Forward Leaning Stance by standing with the feet straight ahead and aligned beneath the shoulders. Bend forward 45 degrees at the waist with the knees bent to 45 degrees. Keep the back straight, maintaining a straight line from the head to the hips. Figure to the right → demonstrates the Forward Leaning Stance position.







## Health and Holistic Fitness: PRONE & SUPINE

The Prone position is the starting position for the Hand-Release Push-Up and for transitioning to and from the ground. Assume the Prone position by lowering the body to the ground from the Front Leaning Rest position. Feet are together or up to a boot's width apart, hands remain on the ground beneath the shoulders. Figure to the right → shows the Prone position.



The Supine position is the transition position for certain exercises conducted on the ground. Movement into and out of the Supine position is a skill required for conducting supine exercises on the ground and for hands-free movement from the ground. From the Straddle Stance, move one foot to the rear while slowly lowering the body until the rear knee touches the ground. This is the Half-Kneeling position. From the Half-Kneeling position, sweep the rear leg under the body while sitting back onto the buttocks. The hands remain off the ground during the movement. Straighten both legs so that they are placed out front and together on the ground. To complete the movement to the Supine position, lay back onto the ground so that the legs and body are aligned with arms and hands held close to the body. Figure to the left ← illustrates the Supine position.





## Health and Holistic Fitness: HALF-KNEELING & SITTING



From the Straddle Stance, move one foot to the rear while slowly lowering the body until the rear knee touches the ground. This is the Half-Kneeling position. Figure to the left ← shows the Half-Kneeling position.

The Sitting position is the transition position for certain exercises conducted on the ground. Assume the Sitting position from the Half-Kneeling position by sweeping the rear leg under the body while sitting back onto the buttocks. The hands remain off the ground during the movement. Straighten both legs so that they are placed together on the ground. Figure to the right → illustrates the Sitting position. In order to support the body weight, both hands will be placed on the ground next to the hips, fingers facing forwards.







## Health and Holistic Fitness: GRIPS

### CLOSED

The closed grip or composite grip requires that Soldiers wrap their thumb around the bar in the opposite direction to their fingers. The thumb normally overlaps with the fingers. Occasionally they tuck the thumb beneath the fingers to form a hook grip.

### OPEN

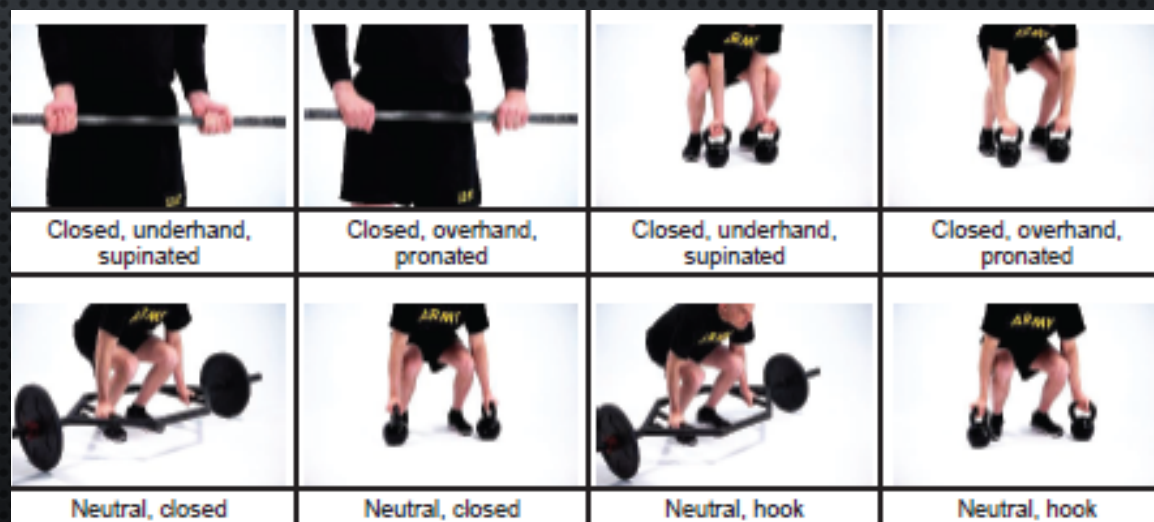
The open or false grip is used on selectorized machines when there is no risk of the bar rolling off the hand causing the weight to be dropped. It is not a safe grip for use on Climbing Drill or Free Weight Training exercises.

### UNDERHAND

With the underhand or supinated grip, Soldiers turn their forearms and hands out so that their palms face away from the body when initially gripping a bar.

### OVERHAND

With the overhand or pronated grip, Soldiers turn their forearms and hands in so that the palms face toward the body when initially gripping a bar.







## Health and Holistic Fitness: GRIPS

### NEUTRAL

The neutral grip is used to lift the hex bar and when carrying a kettlebell in each hand for the Forward Lunge—the third exercise in the Strength Training Circuit.

### HOOK

The closed grip or composite grip requires that the thumb wraps around the bar in the opposite direction to the fingers. The thumb normally overlaps with the fingers. When the thumb tucks beneath the fingers this is called a hook grip

### ALTERNATING GRIP

The alternating grip is used with a straight bar and is sometimes referred to as a mixed grip. One hand is supinated and the other is pronated. The Alternating Grip Pull-Up and Leg Tuck exercises use a grip where both hands are pronated, palms facing which holds the Soldier perpendicular to the bar, similar to the grip and position used in rope traversing and rope climbing.







## PREPARATION DRILLS





## Index

# Health and Holistic Fitness: BEND AND REACH

The Bend and Reach is the first exercise in the Preparation Drill. By flexing the trunk, hips, and knees, and extending the shoulders, the Bend and Reach prepares the Soldier for more vigorous activity such as squatting, rolling, and climbing. Soldiers conduct the movement in formation at a slow cadence:

- The starting position for the Bend and Reach is the Straddle Stance position with the arms overhead, elbows fully extended, palms facing inward, fingers and thumbs extended and joined.
- On count 1, move from the starting position into a partial squat with the heels remaining on the ground. Round the spine to allow the arms to reach as far as possible between the legs. The neck flexes to tuck the chin and head and to allow the Soldier to look to the rear.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







## Index

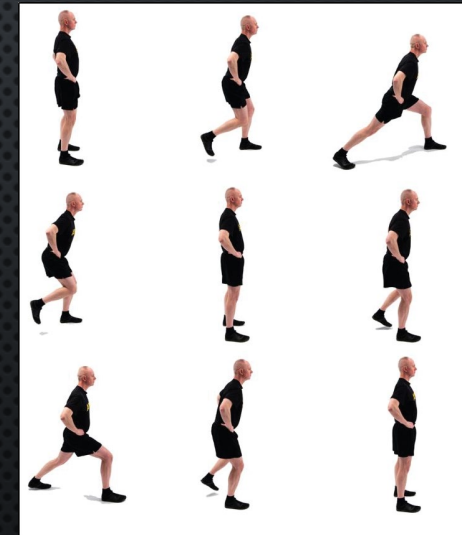
# Health and Holistic Fitness: REAR LUNGE

This exercise promotes flexibility, strength, and balance in the hip and leg. It prepares the Soldier for taking cover and assuming kneeling firing positions. Soldiers conduct the movement in formation at a slow cadence:

- The starting position for the Rear Lunge is the Straddle Stance position with hands on hips. On count 1, keeping hands on hips, take an exaggerated step backwards with the left leg, touching down with the ball of the foot placed directly back from the starting position. The heel should be off the ground, and a stretch should be felt in the front of the left hip and thigh. If not, allow the body to continue to lower to increase flexibility.
- On count 2, return to the starting position, maintaining the same distance between the feet as used in the Straddle Stance.
- On count 3, repeat count 1 with the right leg.
- On count 4, return to the starting position.



**Rear Lunge**



**Proper technique to execute the Rear Lunge**





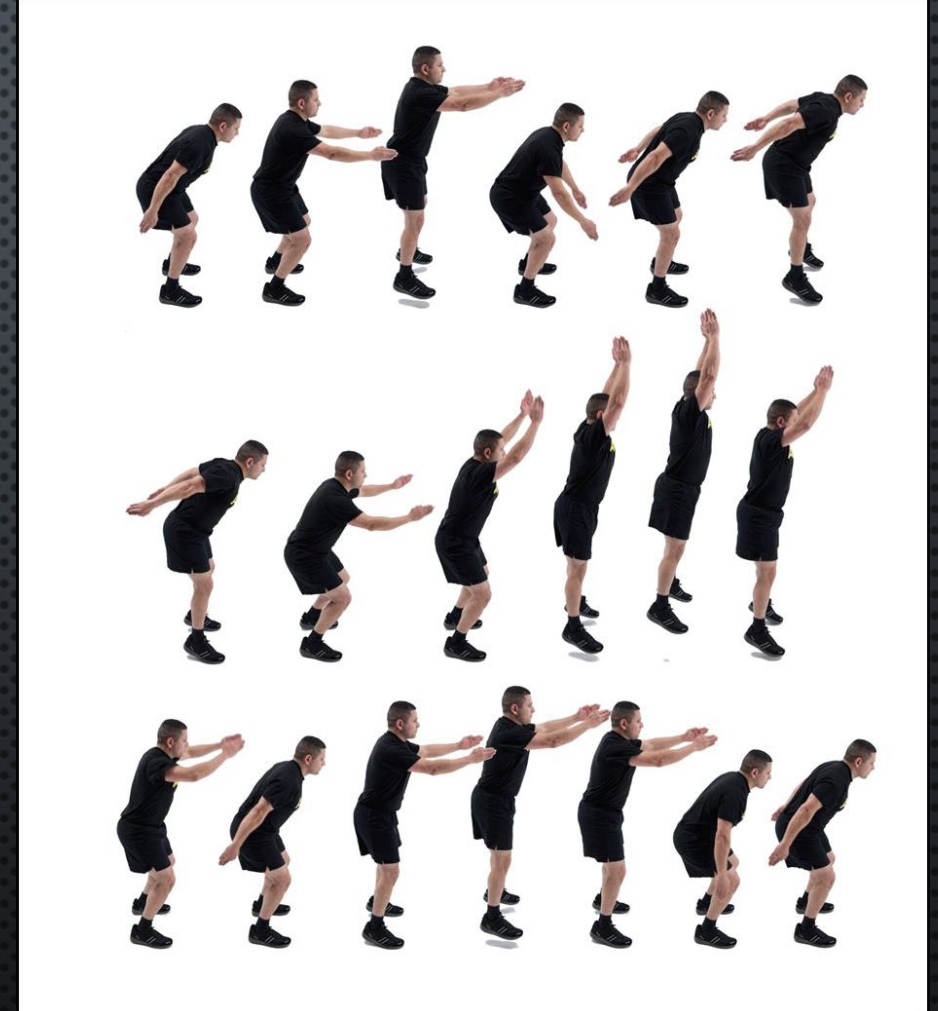
## Index

# Health and Holistic Fitness: HIGH JUMPER

The High Jumper is the third exercise in the Preparation Drill. This exercise promotes correct jumping, landing, balance, and coordination, and it prepares the Soldier to build explosive strength.

Soldiers conduct the movement in formation at a moderate cadence:

- The starting position for the High Jumper is the Forward Leaning Stance, palms facing inwards, fingers and thumbs extended and joined.
- On count 1, swing the arms forward until they are parallel to the ground. At the same time, jump a few inches vertically.
- On count 2, land softly on the balls of the feet and return to the starting position. Maintain the same distance between the feet as during the Forward Leaning Stance.
- On count 3, swing the arms vigorously forward and overhead to unweight the upper body. At the same time, jump forcefully straight up from the ground.
- On count 4, land softly on the balls of the feet and return to the starting position.





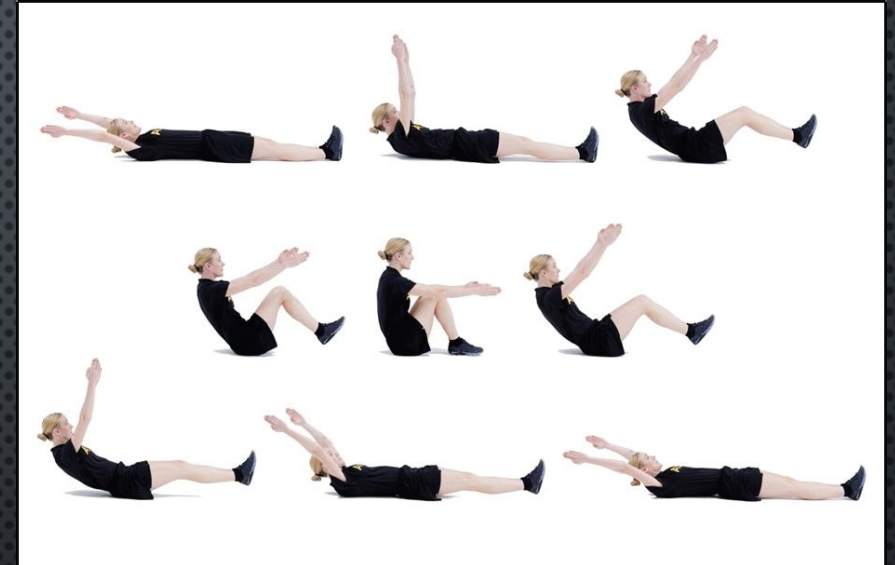


## Index

# Health and Holistic Fitness: ROWER

This exercise improves abdominal strength and total body coordination. It prepares the Soldier to move from the Supine to Sitting positions and exercises in Conditioning Drills and Climbing Drills. Soldiers conduct the movement at a slow cadence:

- The starting position for the Rower is the Supine position with arms overhead, feet together and pointing up. The head is 1–2 inches off the ground to work muscles in the front of the neck. Arms are overhead with hands at shoulder width, palms facing inward with fingers and thumbs extended and joined.
- On count 1, sit up while bending at the hip and knees and swinging arms forward until they are parallel to the ground. At the end of this count, the feet are flat on the ground with knees positioned between the arms. The
  - arms are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.
- Perform 5–10 repetitions.



**Proper technique to execute the Rower**



**Rower**



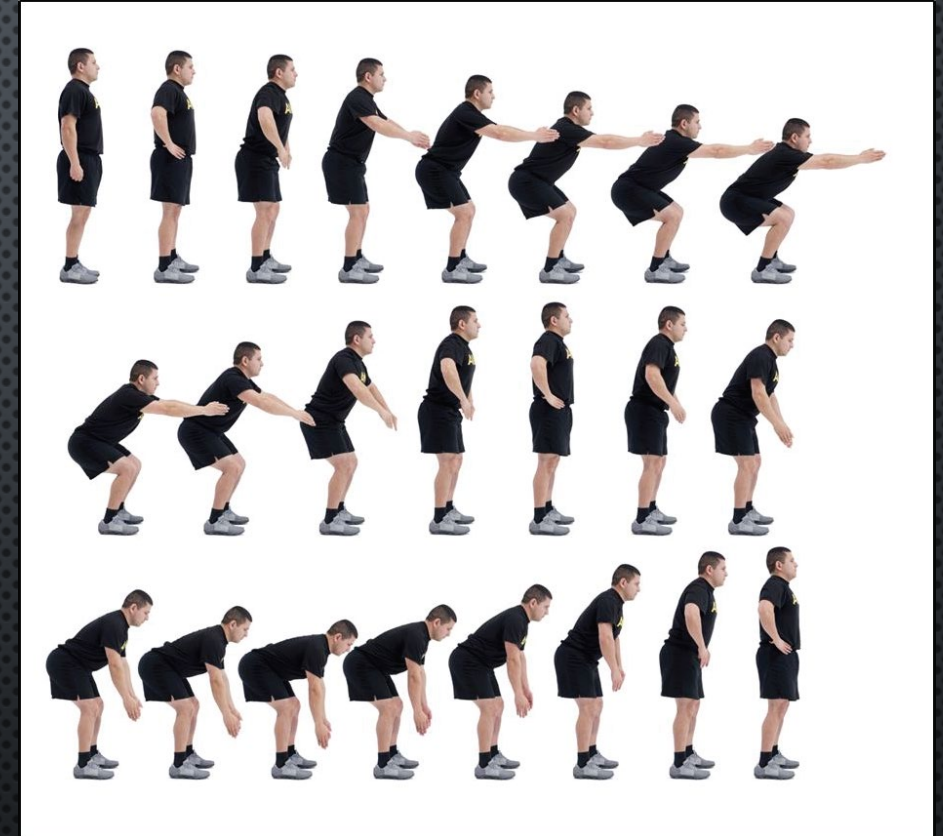


## Health and Holistic Fitness: SQUAT BENDER

### Index

This exercise develops strength, endurance, and flexibility in the lower back and thigh muscles. It prepares Soldiers to use proper lifting technique in more vigorous training and testing events that require heavy lifts. Soldiers conduct the movement at a slow cadence:

- The starting position for the Squat Bender is the Straddle Stance position with hands on hips.
- On count 1, squat while leaning slightly forward from the waist, keeping the head up and moving both arms to a position in front of the body and parallel to the ground. Palms face inwards.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, with the knees slightly bent, bend forward at the waist. Maintain the head in alignment with the spine and keep the spine straight. Reach toward the ground until a stretch is felt in the back of the thighs.
- On count 4, return to the starting position.
- Perform 5–10 repetitions







## Index

# Health and Holistic Fitness: WINDMILL

This exercise develops the ability to safely bend and simultaneously rotate the trunk. It requires flexibility in the spine and coordination of the shoulder girdle. It prepares Soldiers to use proper movement technique in more vigorous training, testing, and combat tasks. Soldiers conduct the movement at a slow cadence:

- The starting position for the Windmill is the Straddle Stance position with arms straight out to the side. Fingers and thumbs are extended and joined, palms are facing down.
- On count 1, bend the hips and knees while rotating the trunk to the left. Reach down to touch the outside of the left foot with the right hand and look to the rear. The left arm is pulled rearward to maintain alignment across the shoulders with the right arm.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time to the right.
- On count 4, return to the starting position.
- Perform 5–10 repetitions.



**Proper technique to execute the Windmill**



**Windmill**





## Health and Holistic Fitness: FORWARD LUNGE

### Index

This exercise develops balance and leg strength. It prepares Soldiers to use proper movement technique to perform lifts such as a litter carry. Soldiers conduct the movement at a slow cadence:

- The starting position for the Forward Lunge is the Straddle Stance position with hands on hips.
- On count 1, take a step forward with the left leg until the left heel is 3–6 inches ahead of the right foot. At the same time, bend at the hips and knees to lunge forward, keeping the back straight. Do not look down and do not bring the feet closer together.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time stepping forward with the right foot.





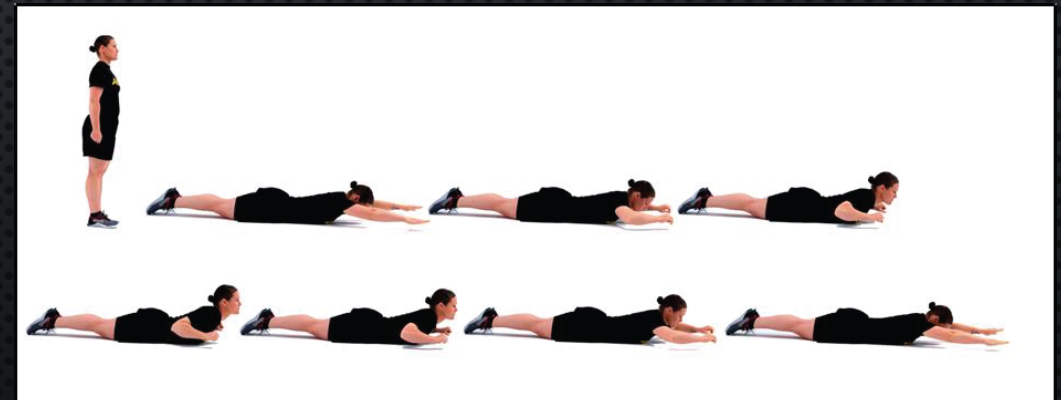


## Health and Holistic Fitness: PRONE ROW

### Index

This exercise develops the strength of the neck, upper back, and shoulders. It prepares Soldiers to fire from the Prone position and to tolerate the weight of the helmet and body armor across the shoulders and neck. Soldiers conduct the movement at a slow cadence:

- The starting position for the Prone Row is the Prone position with arms overhead, palms down, fingers and thumbs extended and joined. Arms are lifted 1–2 inches from the ground and toes are pointed to the rear.
- On count 1, raise the head and chest slightly while lifting the arms and pulling them rearward. Make hands into fists as they move toward the shoulders.
- Feet stay together and on the ground. Arms and hands are off the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position. Arms and hands remain off the ground.
- On count 3, repeat count 1.





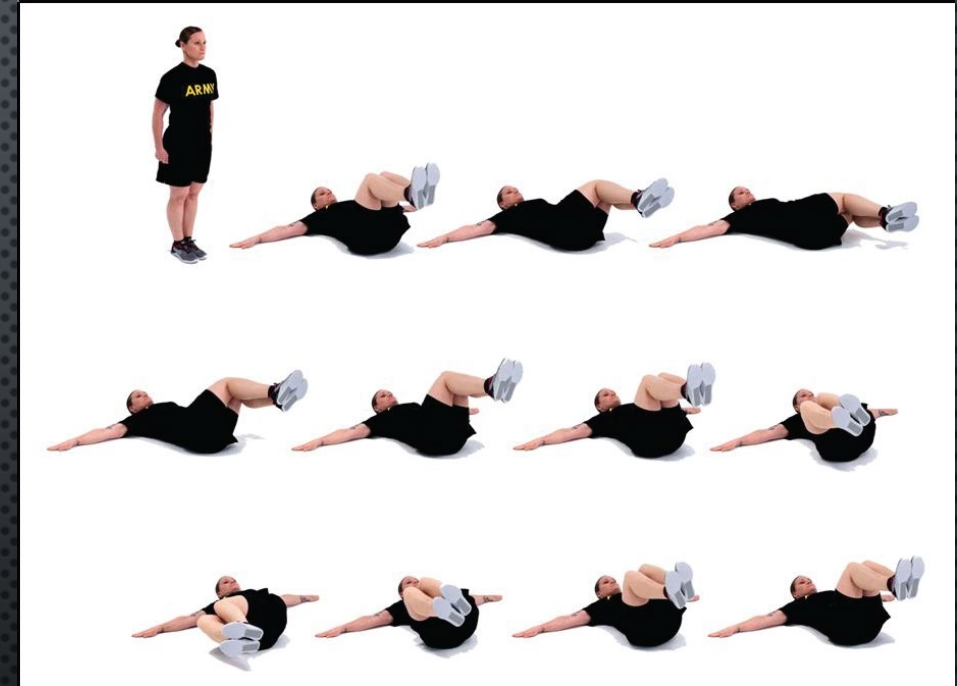


## Index

# Health and Holistic Fitness: BENT-LEG BODY TWIST

This exercise strengthens the trunk and hip muscles while promoting control of trunk rotation. It is a safe way to prepare for loaded trunk movements in more vigorous training, testing and combat tasks. Soldiers conduct the movement at a slow cadence:

- The starting position for the Bent-Leg Body Twist is the Supine position with the hips and knees bent to 90 degrees, arms straight out to the side, palms on the ground. The knees and feet are together.
- On count 1, rotate the legs to the left while keeping the upper back and arms in place on the ground. The legs drop together toward the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time rotating the legs to the right.
- On count 4, return to the starting position.





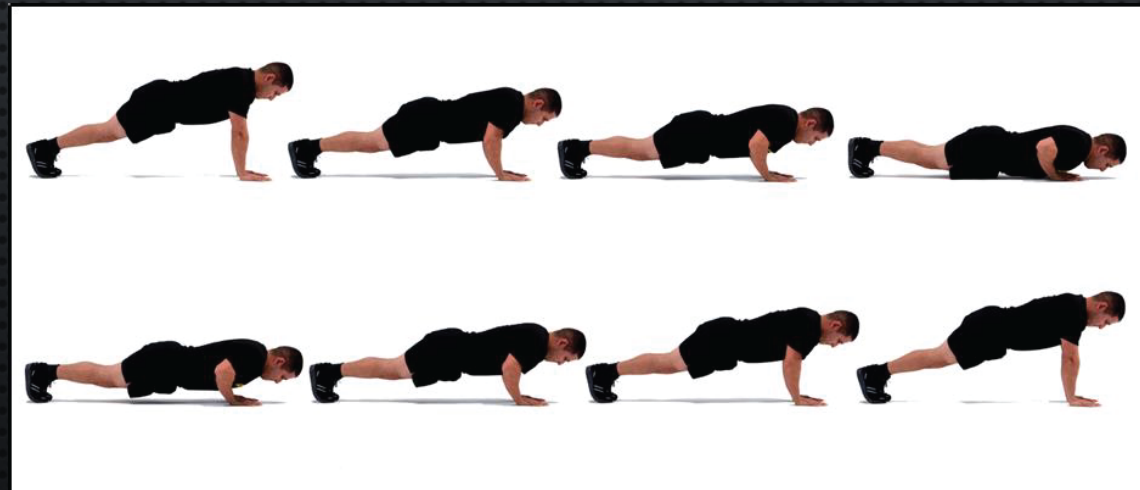


## Index

# Health and Holistic Fitness: PUSH UP

This exercise strengthens the muscles of the chest, shoulders, arms, and trunk. When conducted to standard, it is a safe way to prepare for more vigorous pushing motions required in training, testing, and combat tasks. Soldiers conduct the movement at a moderate cadence:

- The starting position for the Push-Up is the Front Leaning Rest. Hands are directly beneath the shoulders with fingers spread. Feet are together. The body forms a straight line from the top of the head to the heels. Soldiers maintain this position throughout the exercise.
- On count 1, bend the elbows, lowering the body until the upper arms are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.







## Preparation Drill (Modified)



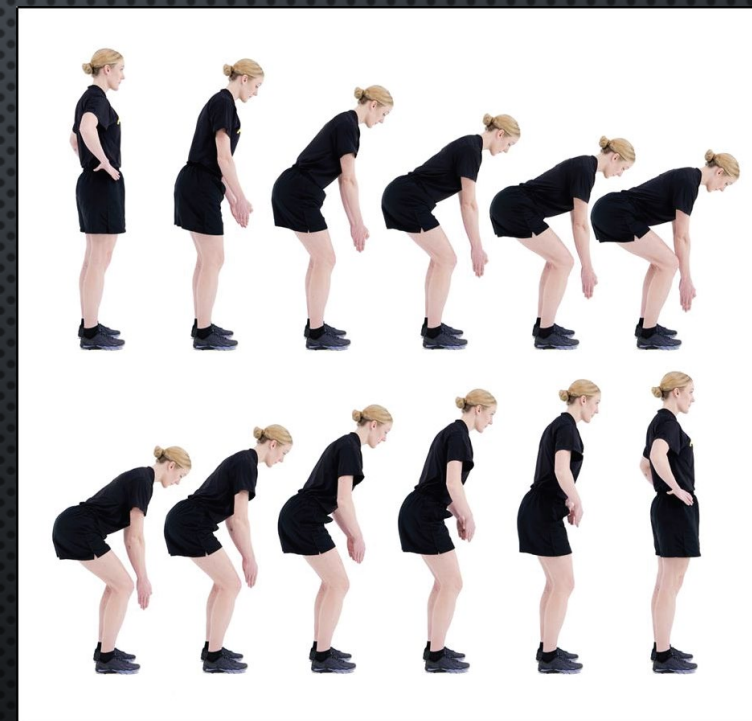


## Health and Holistic Fitness: BEND AND REACH (MODIFIED)

### Index

The Bend and Reach may be modified by decreasing the range of motion of the spine and the squat, and by limiting the use of one or both arms. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Bend and Reach is the Straddle Stance position with hands on hips.
- On count 1, move from the starting position into a partial squat with the heels remaining on the ground. Lean forward at the waist, keeping the spine straight and reaching to the ground with straight arms.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







## Index

# Health and Holistic Fitness: REAR LUNGE (MODIFIED)

The Rear Lunge may be modified by decreasing the range of motion of the lunge and knee bend, by stepping back with only one leg, or by widening or narrowing the stance. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- On count 1, keeping hands on hips, take a step backwards with the left or right leg. Touch down with the ball of the foot placed directly back from the starting position or wider to improve balance. The heel may be on the ground. Lower the body into the lunge position while controlling the knee bend.
- On count 2, return to the starting position maintaining the same distance between the feet as used in the Straddle Stance.
- On count 3, repeat count 1 with the right or left leg.
- On count 4, return to the starting position. Over several repetitions, or physical training sessions, progress to a deeper rear lunge.





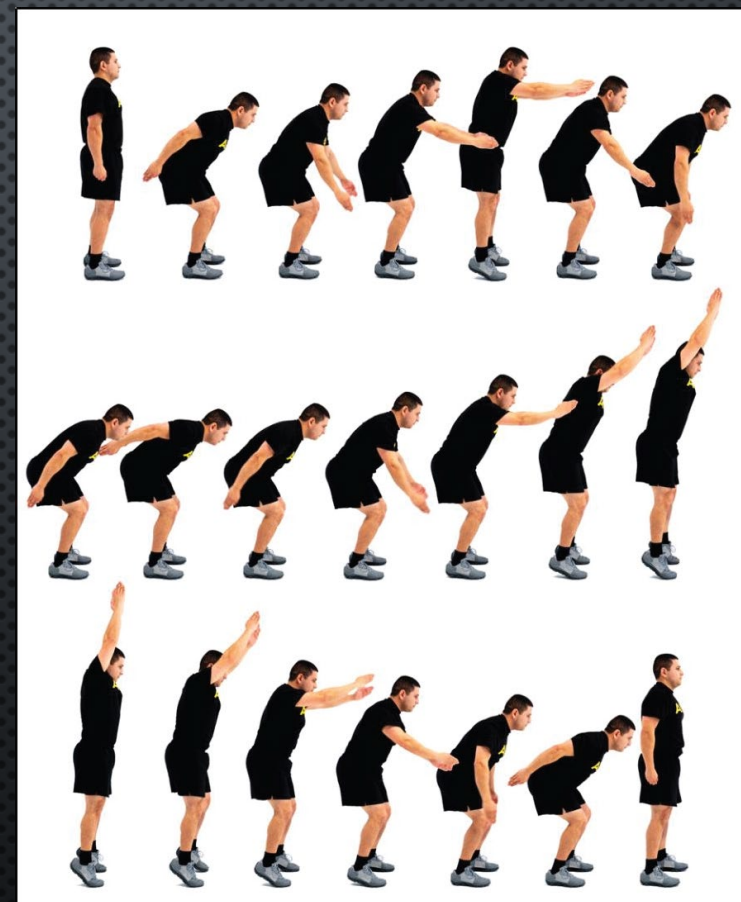


## Index

# Health and Holistic Fitness: HIGH JUMPER (MODIFIED)

The High Jumper may be modified by decreasing the range of motion of one or both arms, the height of the jumps, and the cadence. Figure shown gives one example of the modified movement Soldiers conduct by changing the standard moderate cadence to slow:

- The starting position for the modified High Jumper is the Forward Leaning Stance with a reduced squat, palms facing inwards, and fingers and thumbs extended and joined.
- On count 1, swing the arms forward until they are parallel to the ground. At the same time lift the heels off the ground a few inches without jumping.
- On count 3, swing the arms as far overhead as possible. At the same time lift the heels off the ground a few inches without jumping.
- On count 4, return to the starting position by lowering the heels back to the floor.







## Index

# Health and Holistic Fitness: ROWER (MODIFIED)

The Rower may be modified by decreasing the use of one or both arms, decreasing the use of one or both legs, or by decreasing the range of trunk flexion, and by keeping the head on the ground. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Rower is the Supine position with arms crossed over the chest, knees flexed, and head resting on the ground.
- On count 1, sit up or and reach to the knees.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.





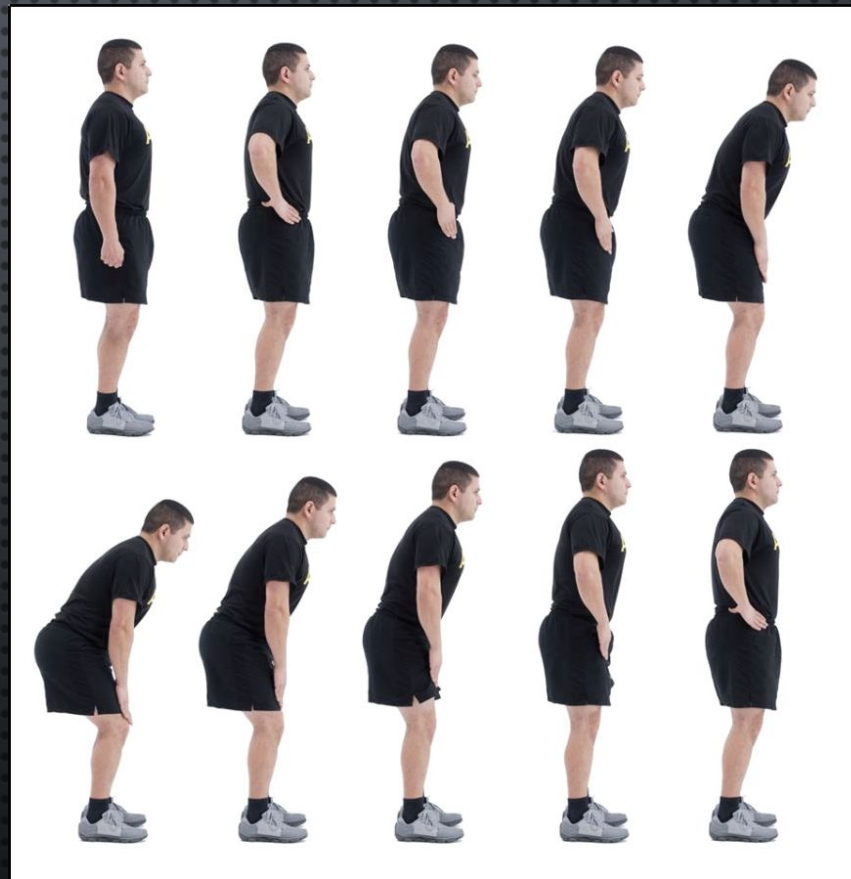


## Index

# Health and Holistic Fitness: SQUAT BENDER (MODIFIED)

The Squat Bender can be modified by reducing the motion of the knee and trunk flexion and by reducing movement of the arms. Figure shown gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Squat Bender is the Straddle Stance position with hands on hips.
- On count 1, squat slightly while leaning forward from the waist, keeping the head up and moving one or both arms toward the knees. Palms face inwards.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, attempting to progress the range of motion of the trunk, arms, and legs.
- On count 4, return to the starting position.





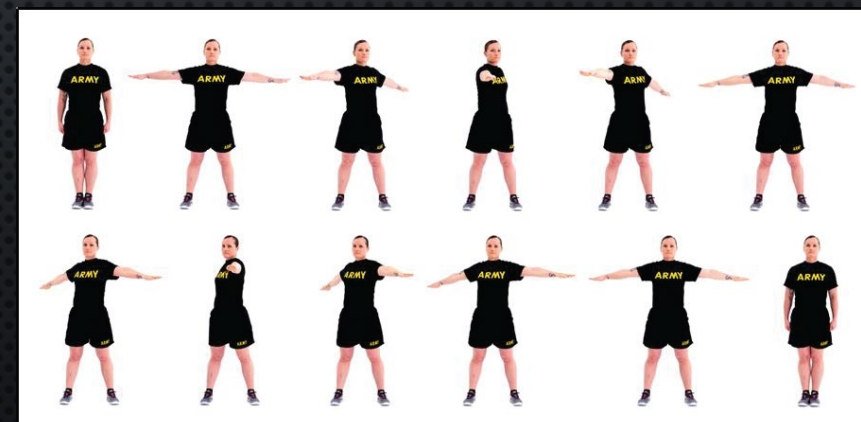


## Index

# Health and Holistic Fitness: WINDMILL (MODIFIED)

The modified Windmill has two alternatives. The starting position for the modified Windmill is the Straddle Stance. Figure on top illustrates the first alternative with hands on hips. Figure below that shows the second alternative with arms straight out to the sides at 90 degrees to the trunk. Soldiers conduct the exercise at a slow cadence:

- On count 1, bend the hips and knees while rotating the trunk to the left. Reach down to touch the outside of the left foot with the right hand and look to the rear. The left arm stays in its starting position, with hand on hip. Alternatively, with arms out to the side, rotate the trunk to the left, avoiding any hip or knee flexion.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time to the right.
- On count 4, return to the starting position.





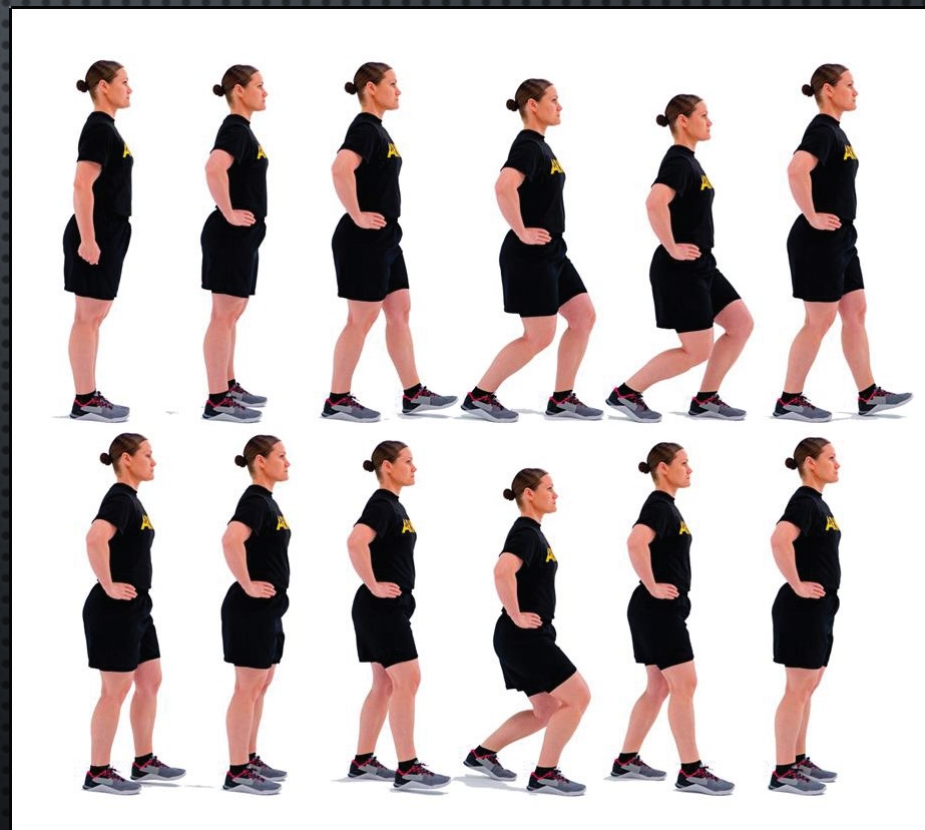


## Index

# Health and Holistic Fitness: FORWARD LUNGE (MODIFIED)

The Forward Lunge can be modified by decreasing the range of motion, keeping the feet closer together, or moving just one foot. Figure below shows one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Forward Lunge is the Straddle Stance position with hands on hips.
- On count 1, take a step forward with the left or right leg until the forward heel is 3–6 inches ahead of the rear foot. At the same time, bend at the hips and knees to lunge forward, keeping the back straight. Bring the feet closer together if necessary.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, switching foot movement.
- On count 4, return to the starting position.





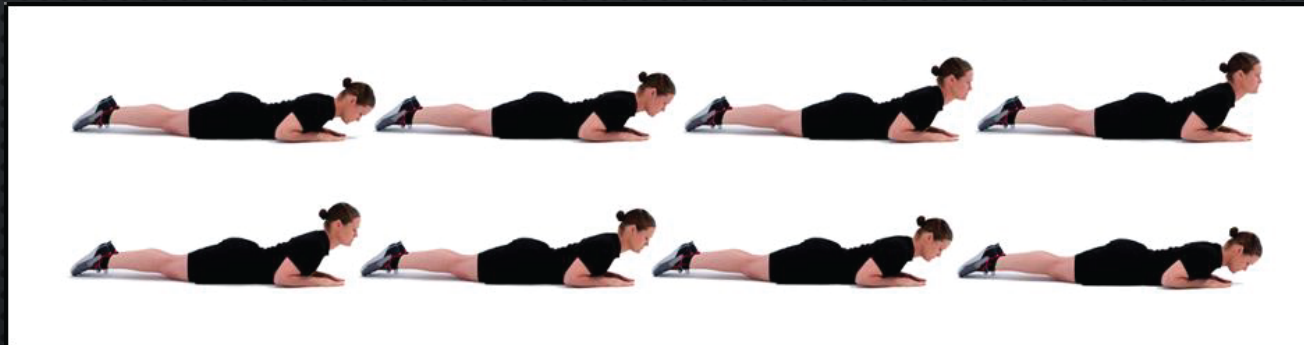


## Index

# Health and Holistic Fitness: PRONE ROW (MODIFIED)

The Prone Row may be modified by decreasing the range of motion of the arms, moving only one arm to standard, or by performing the arm movements while remaining standing using the starting position for the Bend and Reach. Soldiers conduct the standing version of the modification at a slow cadence:

- The starting position is the same as the Bend and Reach, arms overhead, palms forward, fingers and thumbs extended and joined.
- On count 1, raise the chin, head and chest slightly while moving the arms down to the sides of the trunk while flexing the elbows. Make the hands into fists as they move toward the shoulders.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position



Prone Row (modified)



Prone Row (modified) alternative movement





## Index

# Health and Holistic Fitness: BENT-LEG BODY TWIST (MODIFIED)

The Bent-Leg Body Twist can be modified by changing the arm position, resting the head on the ground, keeping the feet on the ground, reducing the range of rotation, and by moving only one leg from the starting position. Figure below gives one example of the modified movement Soldiers conduct at a slow cadence:

- The starting position for the modified Bent-Leg Body Twist is the Supine position with head on the ground, arms at 45 degrees from the trunk, hips and knees bent with feet on the ground. The knees and feet are together.
- On count 1, rotate the legs to the left while keeping the upper back and arms in place on the ground. The legs drop together toward the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.







## Index

# Health and Holistic Fitness: PUSH-UP (MODIFIED)

The Push-Up can be modified by moving to the Six-Point Stance position. This modified exercise limits the range of motion and weight on the ankles, shoulders, arms, and wrists. Soldiers conduct the movement at a moderate cadence:

- The starting position for the modified Push-Up is the Six-Point Stance position. Hands are directly beneath the shoulders with fingers spread. The body forms a straight line from the head to the knees. Feet point to the rear.
- On count 2, return to the starting position. If necessary, reduce the range of motion of the elbow to accommodate for the injury.
- On count 3, repeat count 1, reducing the range of motion if necessary.
- On count 4, return to the starting position.







## HIP STABILITY DRILLS



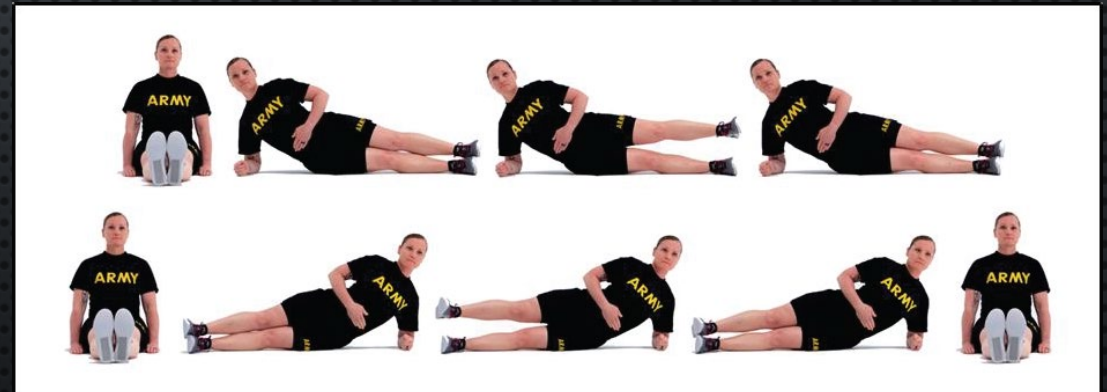


## Index

# Health and Holistic Fitness: LATERAL LEG RAISE

Soldiers conduct it in formation at a slow cadence:

- The starting position for the Lateral Leg Raise is the Sitting position. Soldiers move to a right side-lying position, with legs extended together, left leg on top of the right. Support trunk off the ground with the right elbow. Bend the elbow to 90 degrees and place it directly below the shoulder. Make a fist with the right hand and rest it on the ground, thumb up. Place the left hand across the stomach.
- On the count of 1, raise the left leg a short distance above the right leg. Control the movement to the end point where the left foot will be 6–8 inches above the right foot.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the first starting position.
- Repeat 5–10 times.
- On the command, “CHANGE POSITION, *MOVE*,” swing the legs toward the front of the formation, swiveling on the buttocks into the second starting position—the left side-lying position—with the trunk supported on the left elbow.
- Complete the same series of repetitions with the right leg and hip.







## Index

# Health and Holistic Fitness: MEDIAL LEG RAISE

Figure shows Soldiers performing the exercise in a formation at a slow cadence:

- The starting position for the Medial Leg Raise is the Sitting position. Soldiers move to the left side lying position, with the left leg extended and the right leg bent at the knees and rotated so that the right foot rests on the ground behind the left knee, foot pointing away from the body.
- Support the trunk off the ground with the left elbow. Bend the elbow to 90 degrees, placing it directly below the shoulder. Make the left hand in a fist and rest it on the ground, thumb up. Place the right hand across the stomach.
- On count 1, raise the left leg a short distance from the ground. Control the movement to the end point where the left foot will be 6 to 8 inches above the ground.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the first starting position.
- Repeat 5 to 10 times.
- On the command, “CHANGE POSITION, *MOVE*,” swing the legs toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the right elbow.
- Complete the same series of repetitions for the right leg and hip.





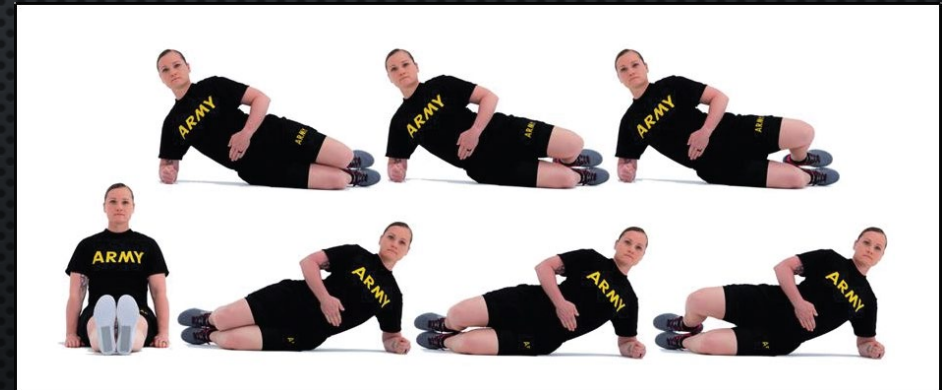


## Health and Holistic Fitness: BENT-LEG LATERAL RAISE

### Index

Figure illustrates the exercise Soldiers perform it in a formation at a slow cadence:

- The starting position for the Bent-Leg Lateral Raise is the Sitting position. Soldiers move to a side-lying position, with legs together, knees bent to 90 degrees and, left leg on top of the right. The thighs and trunk form a straight line.
- Support the trunk off the ground with the right elbow. Bend the elbow to 90 degrees, and place it directly below the shoulder. Fist the right hand and rest it on the ground, thumb up. Place the left hand across the stomach.
- On count 1, raise the left knee a short distance above the right leg. Feet remain together. Control the movement to the end point where the left knee will be 6–8 inches above the right knee.
- On count 2, return to the starting position.
- On count 3, repeat count 1
- On count 4, return to the first starting position.
- Repeat 5–10 times.
- On the command, “CHANGE POSITION, *MOVE*,” swing the legs toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the left elbow.





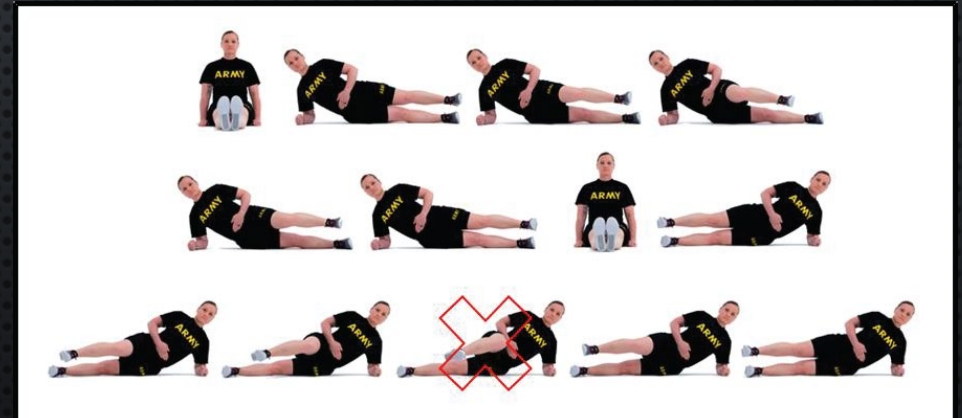


## Health and Holistic Fitness: SINGLE-LEG TUCK

Figure shows the exercise Soldiers perform it in a formation at a slow cadence:

### Index

- The starting position for the Single-Leg Tuck is the Sitting position. Soldiers move to a side lying position, with legs extended, the left leg is held 6–8 inches above the right.
- Support the trunk off the ground with the right elbow. Bend the elbow to 90 degrees and place it directly below the shoulder. Fist the right hand and rest it on the ground, thumb up. Place the left hand across the stomach.
- On the count of 1, bend the left knee and hip to 90 degrees, holding the leg and foot in the same plane throughout the movement. Control the movement to the end point. The left foot and knee should be the same height from the ground to work the correct muscles in the hip. Do not let the foot drop to the ground.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the first starting position.
- Repeat 5–10 times.
- On the command, “CHANGE POSITION, *MOVE*,” swing the legs together toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the left elbow.
- Complete the same series of repetitions for the right leg and hip.





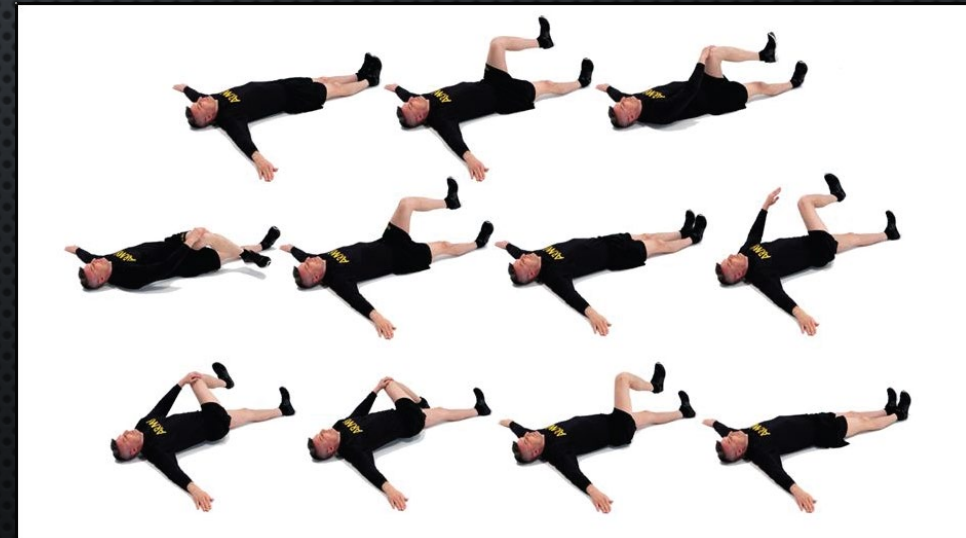


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# Health and Holistic Fitness: SINGLE LEG OVER

This exercise develops flexibility of the hip and low back. Soldiers conduct the movement in formation for 30–60 seconds.

- The starting position for the Single Leg Over is the Supine position with arms straight out to the side on ground with palms down with fingers and thumbs extended and joined. Feet are together on the ground. The head is on the ground.
- On the command “READY, *STRETCH*,” bend the left knee to 90 degrees over the right leg and grasp the outside of the left knee with the right hand pulling toward the right. Keep the left shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command “CHANGE POSITION, READY, *STRETCH*,” bend the right knee to 90 degrees over the left leg and grasp the outside of the right knee with the left hand pulling toward the left. Keep the right shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command “STARTING POSITION, *MOVE*,” return to the starting position, and then the Position of Attention.







## SHOULDER STABILITY DRILLS





## Health and Holistic Fitness: I RAISE

### Index

Soldiers perform the exercise in a formation at a slow cadence:

- The starting position for the I Raise is the Prone position with arms laying parallel to each other on the ground above the head. This is the I position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.
- On the count of 1, raise both arms from the ground 3–6 inches while continuing to keep the elbows straight. The head remains in its starting position.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







## Health and Holistic Fitness: T RAISE

### Index

Figure illustrates the exercise as performed in a formation at a slow cadence:

- The starting position for the T Raise is the Prone position with arms laying on the ground straight out from the shoulders at 90 degrees to the trunk. This is the T position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms perpendicular to the ground, facing directly ahead.
- On the count of 1, raise both arms from the ground 3–6 inches while continuing to keep the elbows straight. The head remains in its starting position.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.





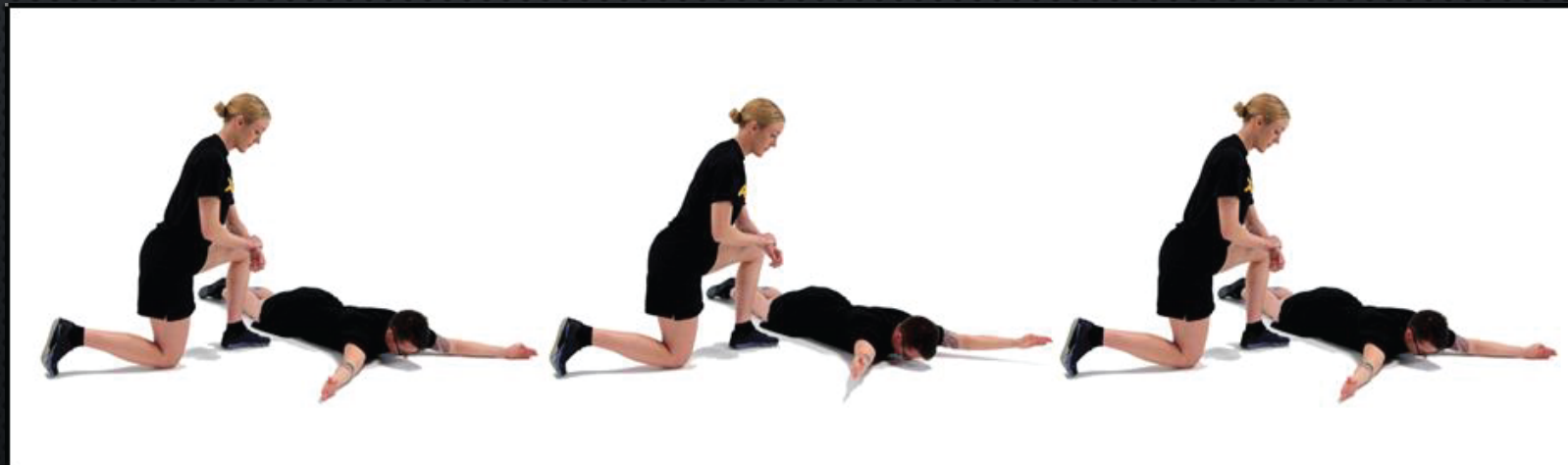


## Health and Holistic Fitness: Y RAISE

### Index

Figure shows Soldiers performing the exercise in a formation at a slow cadence:

- The starting position for the Y Raise is the Prone position with arms laying on the ground extended overhead at 45 degrees to the trunk. This is the Y position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.
- On the count of 1, raise both arms from the ground 3–6 inches while continuing to keep the elbows straight. The head remains in its starting position.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







## Index

# Health and Holistic Fitness: L RAISE

Figure shows Soldiers perform the exercise in a formation at a slow cadence:

- The starting position for the L Raise is the Prone position with arms laying on the ground straight out to the side at 90 degrees to the trunk and elbows bent to 90 degrees. Hands are at head level with palms facing the head. This is the L position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.
- On the count of 1, raise both arms from the ground 3–6 inches while continuing to keep the elbows bent. The head remains in its starting position. The elbows, forearms, and hands should leave the ground at the same time.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







## Index

# Health and Holistic Fitness: W RAISE

Figures show the exercise as performed in a formation at a slow cadence:

- The starting position for the W Raise is the Prone position with arms on the ground at 45 degrees to the trunk and elbows bent to 45 degrees. This is the W position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.
- On the count of 1, raise both arms from the ground 3–6 inches while continuing to keep the elbows bent. The head remains in its starting position. The elbows, forearms, and hands should leave the ground at the same time.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.



W Raise with proper form.



W Raise with improper form.





## CONDITIONING DRILL 1 (CD1)





## Health and Holistic Fitness: POWER JUMP

### Index

This exercise reinforces correct jumping and landing skill, requires good balance and coordination, and develops explosive strength to move off the ground. Figure shown breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the Power Jump is the Straddle Stance position with hands on hips.
- On count 1, squat with the heels flat while rounding spine forward and reaching to the ground. Place palms on the ground. Gaze remains forward.
- On count 2, jump forcefully from the ground, swinging the arms up and overhead to unweight the body and increase the height of the jump. Palms face inward.
- On count 3, return to the count 1 position after landing softly with feet directed forward and shoulder-width apart.
- On count 4, return to the starting position.





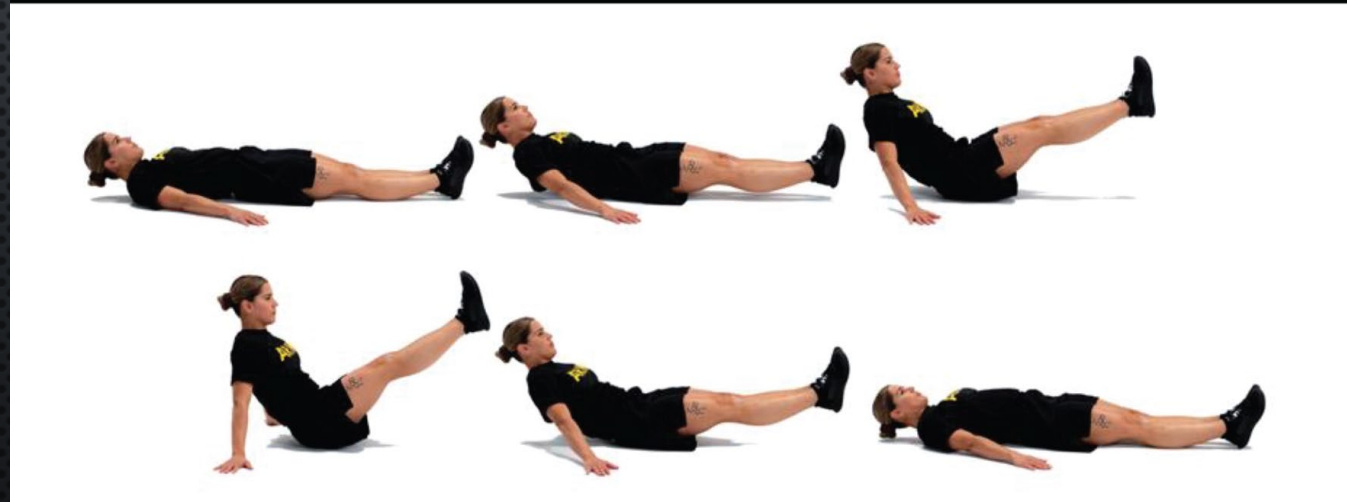


## Health and Holistic Fitness: V-UP

### Index

This exercise develops the abdominal and hip flexor muscles for more vigorous training and combat tasks such as the leg tuck, rope traverse, and surmounting obstacles. Figure shown breaks down the movement Soldier conduct at a moderate cadence:

- The starting position for the V-Up is the Supine position with arms on the ground at 45 degrees from the body, knees bent to 90 degrees. The head is 1–2 inches off the ground.
- On count 1, raise the legs and trunk at the same time into a V position, using the arms to balance. Keep the knees straight and the head aligned with the trunk—neither bent forward nor extended backwards.
- On count 2, return under control to the starting position. Avoid dropping the legs.
- On count 3, repeat count 1.
- On count 4, return to the count 2 position.





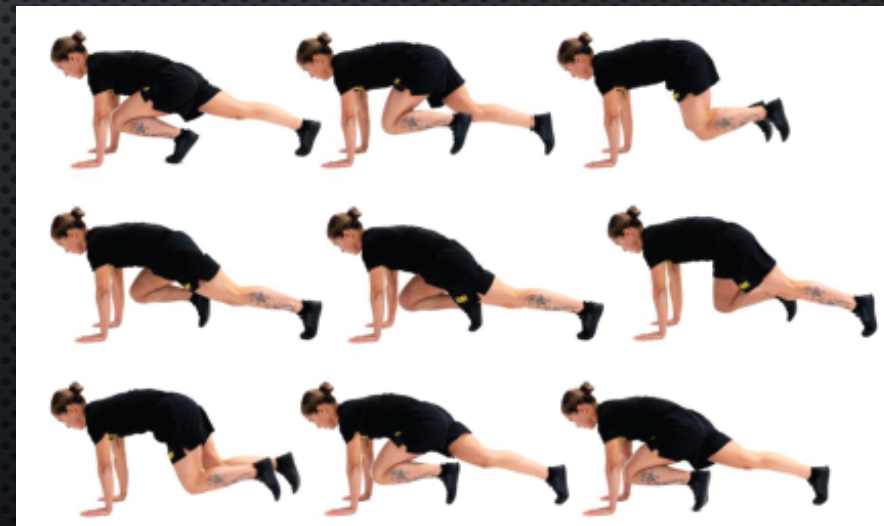


## Health and Holistic Fitness: MOUNTAIN CLIMBER

### Index

This exercise develops the ability to quickly power out of the Front Leaning Rest position into a Run or a Crouch Run. Figure shown breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the Mountain Climber is the Front Leaning Rest with the left foot below the chest and the left knee between the arms.
- On count 1, shift body weight to the hands while changing the position of the feet. Keep the back straight and keep the hips from moving up and down throughout the exercise.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







## Health and Holistic Fitness: LEG-TUCK AND TWIST

### Index

This exercise strengthens the trunk and hip muscle coordination while promoting control of trunk rotation. It is an advanced body weight exercise that prepares for more vigorous training, testing, and combat tasks. Figure shown breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the Leg-Tuck and Twist is the supported reclining Sitting position. Hands are on the ground to the rear of the shoulders, palms down. Legs are straight and kept together with the feet 8–12 inches above the ground.
- On count 1, raise the legs while rotating onto the left buttock and drawing the knees toward the left shoulder. Maintain control of the leg movement and trunk position.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time rotating the legs to the right.
- On count 4, return to the starting position.





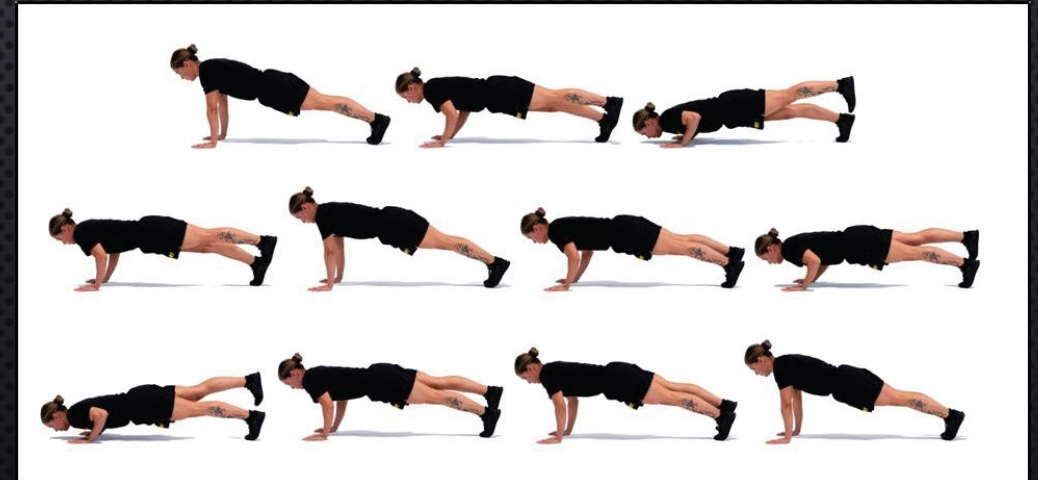


## Health and Holistic Fitness: SINGLE-LEG PUSH-UP

### Index

This exercise strengthens the muscles of the chest and hips as well as increases the challenge to shoulder stability. When conducted to standard, it safely prepares Soldiers for more vigorous pushing motions required in training, testing, and combat tasks. Figure breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the Single-Leg Push-Up is the Front Leaning Rest. Hands are directly beneath the shoulders with fingers spread. Feet are together. The body forms a straight line from the top of the head to the heels.
- On count 1, bend the elbows, lowering the body until the upper arms are parallel to the ground. At the same time, raise the left leg until the toe is level or just above the right heel. Keep the left knee straight. This is not a high leg raise or hyper-extension of the hip.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, moving the right leg the same way that the left leg moved in count 1.
- On count 4, return to the starting position.







# MODIFIED CONDITIONING DRILLS (CD1 MOD)





## Health and Holistic Fitness: POWER JUMP (MODIFIED)

### Index

The modified Power Jump replaces the first exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arms and legs, and eliminates impact on the legs.

Figure shown breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified Power Jump is the Straddle Stance position with hands on hips.
- On count 1, squat with the heels flat, keeping the spine straight while reaching to the ground. Face the palms toward the ground. Gaze remains forward.
- On count 2, reach quickly up and overhead, raising off both heels without the feet leaving the ground. Palms face inward.
- On count 3, return to the count 1 position.
- On count 4, return to the starting position







## [Index](#)

# Health and Holistic Fitness: V-UP (MODIFIED)

The modified V-Up replaces the second exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arm, leg, and core muscles. Figure below breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified V-Up is the Supine position with arms on the ground at 45 degrees from the body, knees bent to 90 degrees, feet flat on the ground. The head may be on the ground or 1–2 inches off the ground.
- On count 1, bend the knees, raising the legs and trunk at the same time, using the arms to balance. Keep the head aligned with the trunk—neither bent forward nor extended backwards. Bring the knees toward the chest.
- On count 2, return under control to the starting position, placing the feet flat on the ground with knees bent. Avoid dropping the legs.
- On count 4, return to the count 2 position.







## Health and Holistic Fitness: V-UP (MODIFIED)

### Index

Other potential modifications include the following:

- Starting position in Supine position with knees bent:
- On count 1, the trunk moves up.
- On count 2, the left leg lifts from the ground.
- On count 3, the left leg returns to the ground.
- On count 4, the trunk returns to the ground.
- Starting position is with the trunk in the Sitting position, supported by the arms:
- On count 1, left knee moves to the chest.
- On count 2, left knee returns to starting position.
- On count 3, right knee moves to the chest.
- On count 4, right knee returns to the starting position.
- Starting position is Supine position with knees bent:
- On count 1, left knee moves to the chest.
- On count 2, left knee returns to starting position.
- On count 3, right knee moves to the chest.
- On count 4, right knee returns to the starting position.





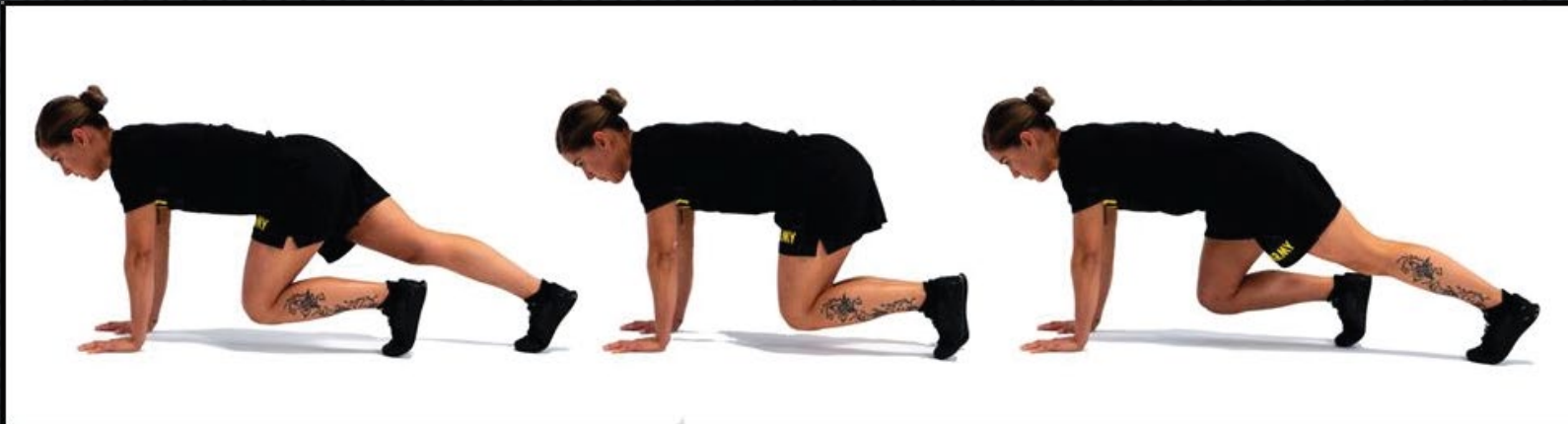


## Index

# Health and Holistic Fitness: MOUNTAIN CLIMBER (MODIFIED)

The Mountain Climber (modified) replaces the third exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arm, leg, and core muscles. Figure below breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified Mountain Climber is the Front Leaning Rest with the left foot next to the right knee and the left knee under the Soldier's hips.
- On count 1, shift body weight to the hands while changing the position of the feet. Keep the back straight and keep the hips from moving up and down throughout the exercise.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.







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## Health and Holistic Fitness: MOUNTAIN CLIMBER (MODIFIED)

Other potential modifications for Mountain Climber include the following:

- Starting position as in last paragraph (mountain climber):
  - On count 1, one leg moves toward the chest.
  - On count 2, the same leg returns to the starting position.
  - On count 3, repeat count 1.
  - On count 4, repeat count 2.
- Starting position is the Straddle Stance position:
  - On count 1, left knee moves to the chest as the Soldier balances on the right leg.
  - On count 2, left leg returns to starting position.
  - On count 3, right knee moves to the chest as the Soldier balances on the left leg.
  - On count 4, right leg returns to the starting position.
  - Starting position is the Supine position with knees bent:
  - On count 1, left knee moves to the chest.
  - On count 2, left knee returns to starting position.
  - On count 3, right knee moves to the chest.
  - On count 4, right knee returns to the starting position.







## Index

# Health and Holistic Fitness: LEG-TUCK AND TWIST (MODIFIED)

The Leg-Tuck and Twist (modified) replaces the fourth exercise in Conditioning Drill 1. This modification decreases the range of motion and limits the use of the arm, leg, and core muscles. Figure below breaks down the movement Soldiers conduct at a moderate cadence:

- The starting position for the modified Leg-Tuck and Twist is the supported reclining Sitting position. Hands are on the ground to the rear of the shoulders, palms down. Legs are bent with feet flat on the ground.
- On count 1, raise the legs while rotating onto the left buttock and drawing the knees toward the left shoulder. Maintain control of the bent knee and trunk position.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time rotating the legs to the right.
- On count 4, return to the starting position.







## Index

# Health and Holistic Fitness: LEG-TUCK AND TWIST (MODIFIED)

Other modifications include the following:

- Starting position as above, alternate single leg movement.
- Starting position is the Supine position with the knees bent, and trunk, arms, and head on the ground:
  - On count 1, left knee moves to the chest.
  - On count 2, left knee returns to starting position.
  - On count 3, right knee moves to the chest.
  - On count 4, right knee returns to the starting position.
- Starting position is the Supine position with knees bent to 45 degrees:
  - On count 1, both knees lift up and to the left.
  - On count 2, return to the starting position.
  - On count 3, both knees lift up to the right.
  - On count 4, return to the starting position.







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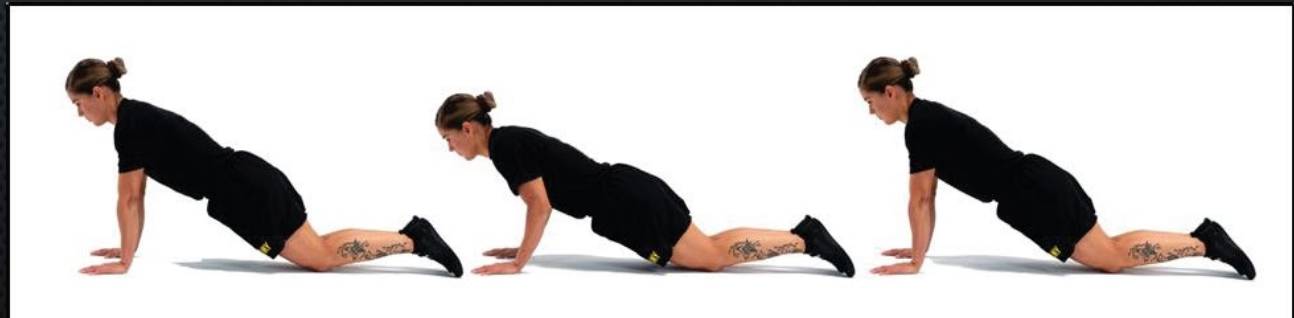
# Health and Holistic Fitness: SINGLE-LEG PUSH-UP (MODIFIED)

The Single-Leg Push-Up (Modified) replaces the final exercise in Conditioning Drill 1. This modified exercise limits the range of motion and weight on the ankles, shoulders, arms, and wrists. Figure shown breaks down the movement Soldiers conduct at a moderate cadence:

- Modify the movement into the starting position—avoid Squat and rear thrust of the legs.
- The starting position for the modified Single Leg Push-Up is the Six-Point Stance position. Hands are directly beneath the shoulders with fingers spread. The body forms a straight line from the head to the knees. Feet point to the rear.
- On count 1, bend the elbows, lowering the body until the upper arms are parallel to the ground.
- On count 2, return to the starting position. If necessary, reduce the range of motion of the elbow to accommodate for the injury.
- On count 3, repeat count 1, reducing the range of motion if necessary.
- On count 4, return to the starting position.

Other modifications include—

- Sustained Front Leaning Rest for time.
- Sustained Front Leaning Rest on elbows for time.







## CONDITIONING DRILL 2: (CD2)



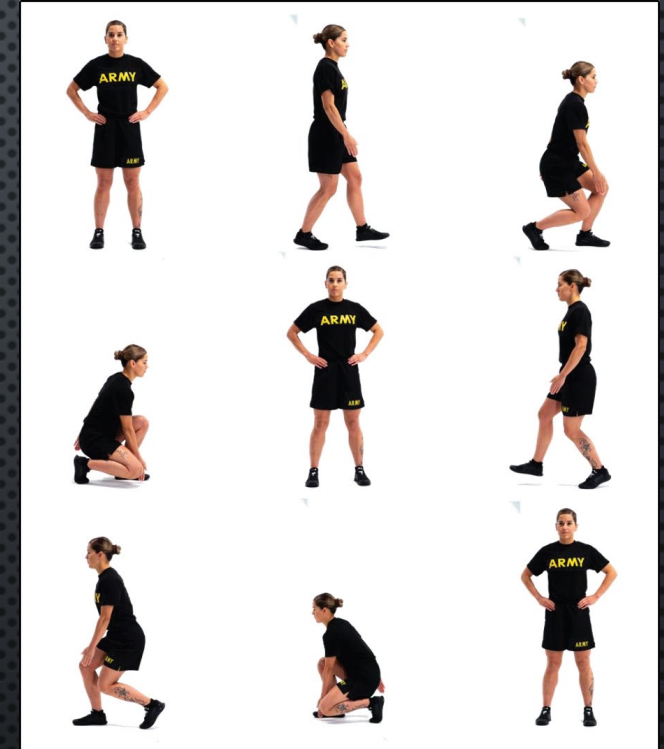


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# Health and Holistic Fitness: TURN AND LUNGE

This exercise develops the agility needed to rotate, lower, and raise the body for effective changes of direction. Figure shown breaks down the movement when conducted in a formation at a slow cadence:

- The starting position for the Turn and Lunge is the Straddle Stance position with hands on hips.
- On count 1, turn 90 degrees to the left pivoting on the right foot while stepping with the left. Perform a Forward Lunge facing left reaching to the ground with the right hand between the legs. The left arm moves rearward at the left side of the body. Keep the head in line with the spine.
- On count 2, stand up, rotate to the right to return to the starting position, stepping with the right foot and pivoting on the ball of the left foot.
- On count 3, repeat count 1 to the right, stepping with the right foot, pivoting on the left.
- On count 4, rotate to the left, pivoting on the right foot and stepping with the left to return to the starting position.
- Complete 5–10 repetitions, continuing to pivot on the rear foot and step with the lead foot.





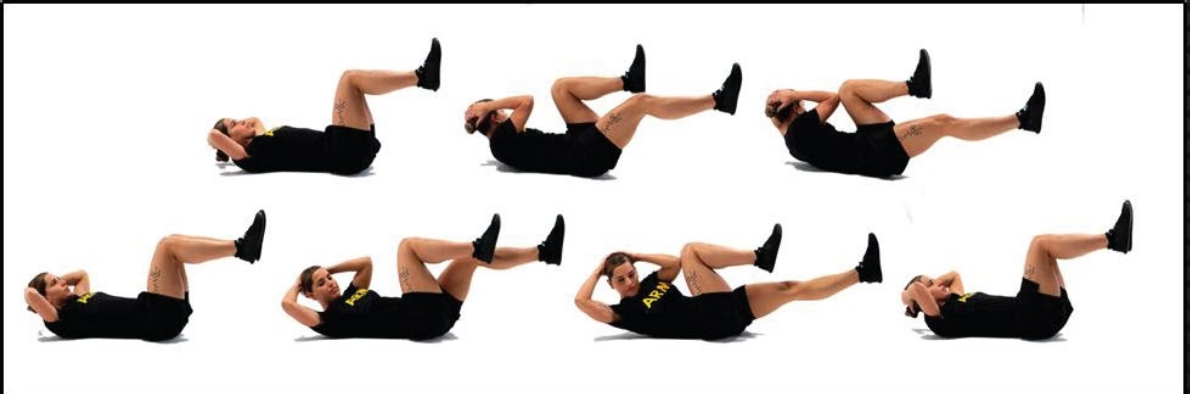


## Index

# Health and Holistic Fitness: SUPINE BICYCLE

This exercise strengthens the muscles of the abdomen and controls the rotation of the trunk. Hand placement and controlled movement make this a safe way to develop strength and endurance for more vigorous training, testing, and combat tasks. Figure breaks down the movement when conducted in a formation at a slow cadence:

- The starting position for the Supine Bicycle is the Supine position with hands resting on top of the head—not the back of the head—and knees and hips bent to 90 degrees. The head will be 2–4 inches off the ground.
- On count 1, bring the left knee toward the chest while flexing and rotating the trunk to the left. Attempt to touch the right elbow with the right thigh. At the same time, extend the right knee to straighten the right leg.
- On count 2, return under control to the starting position. There is a pause in this movement on count 2—it is not a continuous movement to the opposite side.
- On count 3, repeat count 1 to the opposite side.
- On count 4, return to the starting position.
- Complete 5–10 repetitions







## Health and Holistic Fitness: HALF JACK

### Index

The purpose of this exercise is to jump and land with the legs apart, controlling the landing while moving the feet laterally. Movement of the arms in the frontal (dividing the front and back) plane to a point parallel to the ground avoids the potential for shoulder impingement caused when the arms repeatedly move higher than shoulder height. Figure breaks down the movement when conducted in a formation at a moderate cadence:

- The starting position for the Half Jack is the Position of Attention.
- On count 1, jump and land with the feet shoulder-width apart and pointed straight ahead. The arms are straight out to the side of the body, palms down with fingers and thumbs extended and joined. The arms will not move beyond the point where they are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.
- Complete 5–10 repetitions.





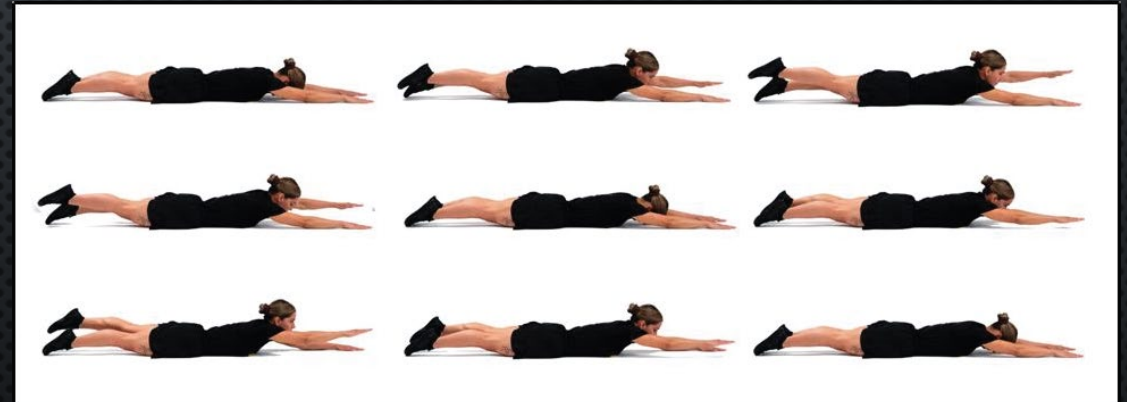


## Health and Holistic Fitness: SWIMMER

### Index

This exercise strengthens the back of the shoulder, neck, spine, hips, and legs—often referred to as the posterior chain of muscles. These muscles are used in training and combat tasks such as low crawling, prone firing, and swimming. Figure breaks down the movement Soldiers conduct at a slow cadence:

- The starting position for the Swimmer is the Prone position with the arms extended overhead, palms down and on the ground. Toes are pointed to the rear.
- On count 1, raise the left arm and right leg off the ground while lifting the head up and arching the back slightly. Gaze should be “down-range” or parallel to the ground at this point.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, this time with the opposite arm and leg.
- On count 4, return to the starting position.
- Complete 5–10 repetitions.





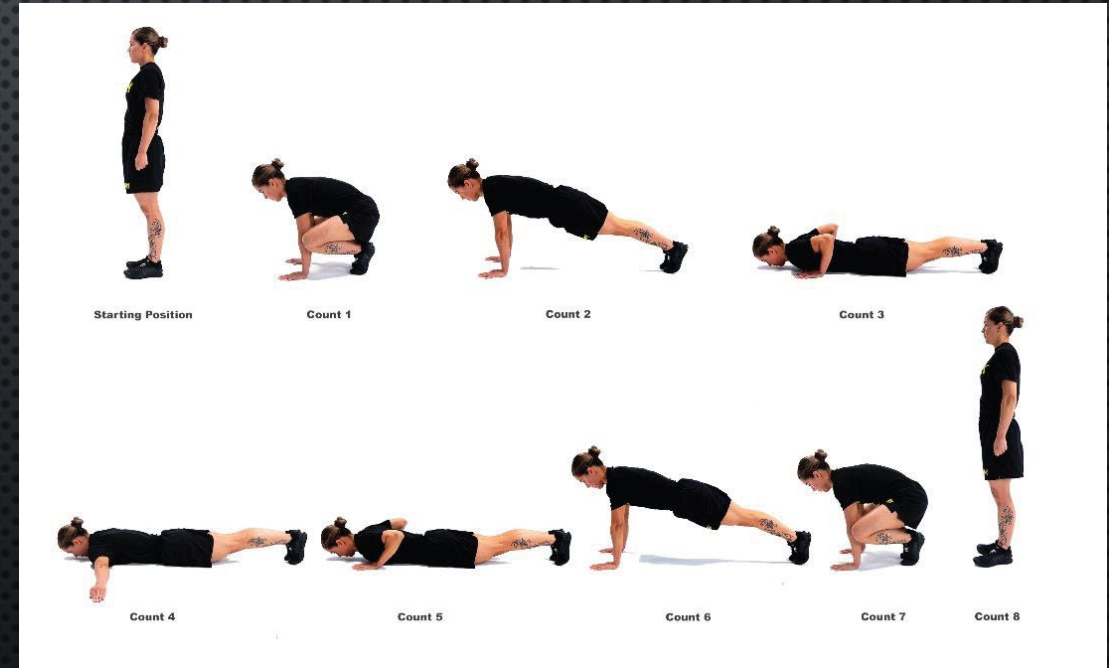


## Index

# Health and Holistic Fitness: 8-COUNT PUSH-UP

This exercise develops total body strength, endurance, and mobility. Releasing the hands from the ground, in addition to moving the arms to the T position, emphasizes full push and reach motions. Figure shown breaks down the movement as Soldiers in formation conduct it at a moderate cadence:

- The starting position for the 8-Count T Push-Up is the Position of Attention.
- On count 1, assume the Squat position.
- On count 2, thrust the legs backwards into the Front Leaning Rest Position.
- On count 3, bend the elbows lowering the body to the ground.
- On count 4, release the hands from the ground, moving the arms directly out to the side into the T position—the same position used in the T-Raise exercise. Hands may be on or off the ground in the T position.
- On count 6, perform a push up from the ground into the Front Leaning Rest position. Keep the body in a straight line from the head to the bottom of the heels.
- On count 7, return to the Squat position.
- On count 8, return to the Position of Attention.
- Complete 5–10 repetitions.







## CONDITIONING DRILLS 3 (CD3)



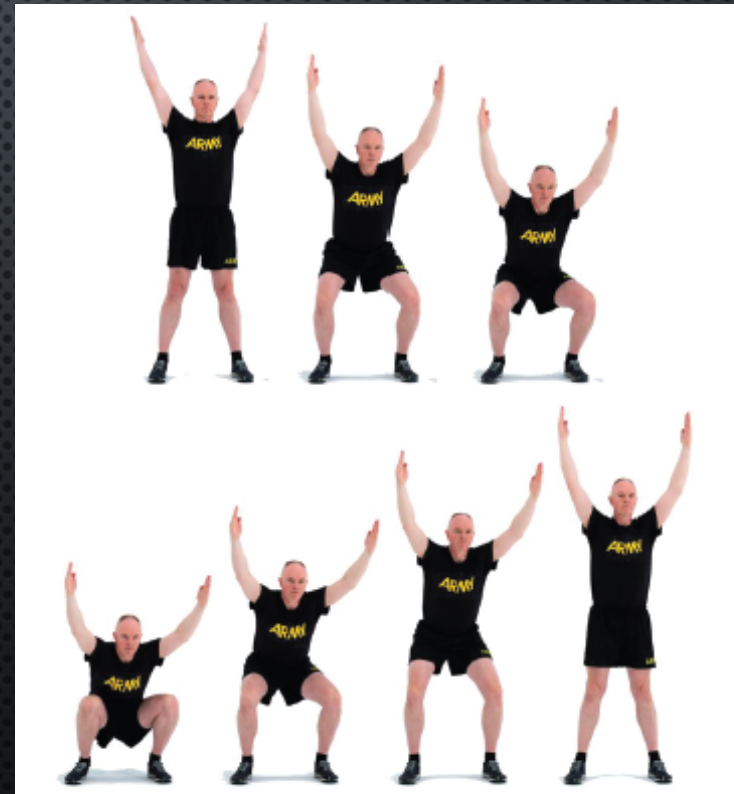


## Health and Holistic Fitness: Y SQUAT

### Index

This exercise combines upper and lower body squatting strength, mobility, and endurance. Figure breaks down the exercise as Soldiers conduct it a formation at slow cadence:

- The starting position for the Y Squat is the Straddle Stance position with feet slightly wider than shoulder width, arms overhead in the Y position, and shoulders pulled back.
- On count 1, lower the body as far as possible without rounding the back, keeping the shoulders drawn rearward, arms forming a Y overhead. Heels remain on the ground throughout the movement.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, repeat count 2.
- Build up to 10 repetitions. After the final repetition, return to turn to the starting position.





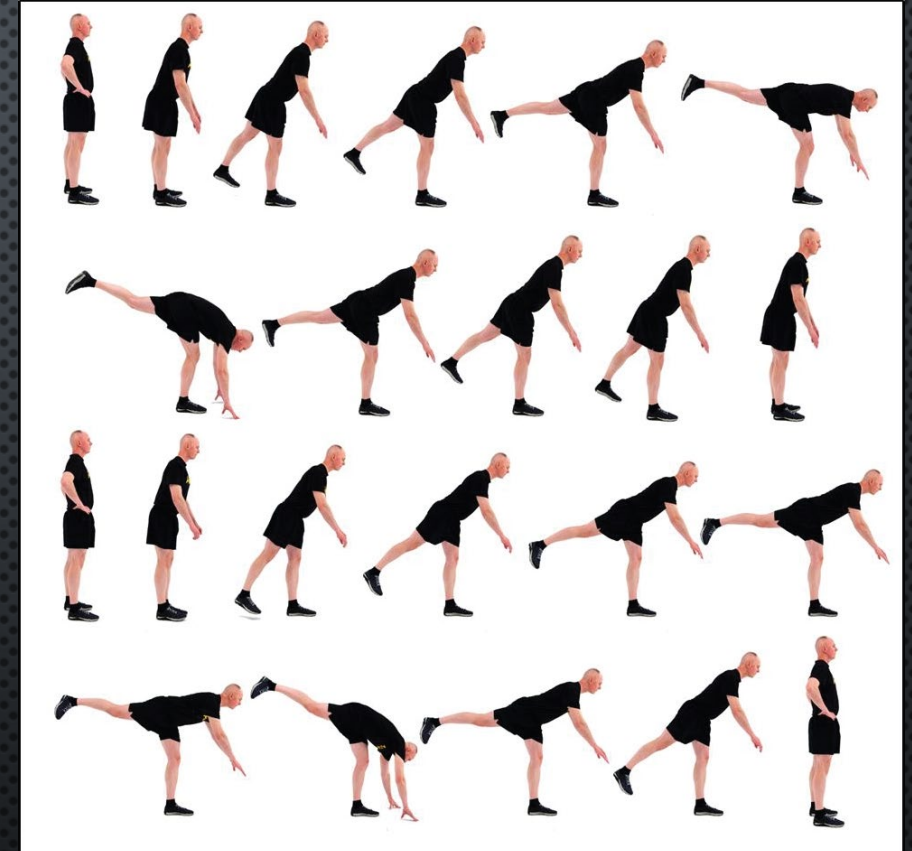


# Health and Holistic Fitness: SINGLE-LEG DEADLIFT

## Index

This exercise develops strength and flexibility of the lower back and lower extremities. Figure breaks down the exercise as Soldiers conduct it in a formation at slow cadence:

- The starting position for the Single-Leg Deadlift is the Straddle Stance position with hands on hips.
- On count 1, maintain balance on the left leg while bending forward at the waist. Reach straight down toward the ground while raising the right leg up to the rear.
- On count 2, reverse the movement to return to the starting position.
- On count 3, repeat count 1 balancing on the right leg.
- On count 4, repeat count 2 to return to the starting position.
- The hands may touch the ground with fingers spread to assist with balance at the end of counts 1 and 3.
- Build up to 10 correctly performed repetitions.







## Index

# Health and Holistic Fitness: SIDE-TO-SIDE KNEE LIFTS

This exercise combines upper and lower body strength, mobility, and endurance. It is a dynamic test of single leg balance and total body coordination. Figure shown breaks down the exercise as Soldiers conduct it in a formation at moderate cadence:

- The starting position for the Side-to-Side Knee Lifts is the Straddle Stance position with hands on hips.
- On count 1, hop to the left foot while simultaneously drawing the right knee toward the chest. The right hand moves comfortably down toward the right ankle. The left hand touches the right knee.
- On count 2, hop to the right foot while simultaneously drawing the left knee toward the chest. The left hand moves comfortably down to the side toward the left ankle and the right hand touches the left knee.
- On count 3, repeat count 1.
- On count 4, repeat count 2.
- Keep the head up and the back straight throughout the movement. Try not to lean forward.
- Build up to 10 correctly performed repetitions.







## Index

# Health and Holistic Fitness: FRONT KICK ALTERNATE TOE TOUCH

This exercise develops balance, coordination, and flexibility of the legs and trunk. Figure shown breaks down the exercise as Soldiers conduct it in a formation at moderate cadence:

- The starting position for the Front Kick Alternate Toe Touch is the Straddle Stance position with hands on hips.
- On count 1, raise the left leg to the front of the body until it is parallel to the ground while simultaneously bending forward at the waist, extending the right arm forward and reaching with the right hand toward the left foot. The left arm reaches rearward.
- On count 2, return to the starting position.
- On count 3, raise the right leg to the front of the body until it is parallel to the ground while simultaneously bending forward at the waist, extending the left arm forward and reaching with the left hand toward the right foot. The right arm reaches rearward.
- On count 4, return to the starting position.
- Build up to 10 correctly performed repetitions.







## Index

# Health and Holistic Fitness: TUCK JUMP

This exercise develops explosive strength in the legs. Figure shows the exercise as Soldiers conduct it in formation at slow cadence:

- The starting position for the Tuck Jump is the Straddle Stance position with arms at the sides.
- On count 1, perform a half squat while driving the arms rearward. Jump up from this position pulling both feet under the hips and tucking the knees to the chest. Wrap the arms around the front of the knees before landing softly on the balls of the feet.
- On count 2, stand up into the starting position.
- On count 3, repeat count 1.
- On count 4, repeat count 2.
- The cadence is slow to allow proper preparation for and recovery from the explosive jumps on counts 1 and 3.
- Build up to 10 correctly performed repetitions.







## Index

# Health and Holistic Fitness: STRADDLE RUN FORWARD AND BACKWARD

This exercise combines upper body and lower body plyometric skill, coordination, and anaerobic endurance. Figure shown breaks down the exercise as Soldiers conduct it in a formation at moderate cadence;

- The starting position for the Straddle Run Forward and Backward is the Straddle Stance position.
- On count 1, bound forward to the left with the left leg, swinging the right arm forward and to the left and the left arm rearward.
- On count 2, bound forward to the right with the right leg, swinging the left arm forward and to the right and the right arm rearward.
- On count 3, repeat count 1.
- On count 4, repeat count 2.
- On count 5, bound backward and to the left with the left leg, swinging the left arm forward and right arm rearward.
- On count 6, bound backward and to the right with the right leg, swinging the right arm forward and the left arm rearward.
- On count 7, repeat count 5.
- On count 8, repeat count 6.
- Repeat this exercise 5–10 times.
- After the final count, return to the starting position.





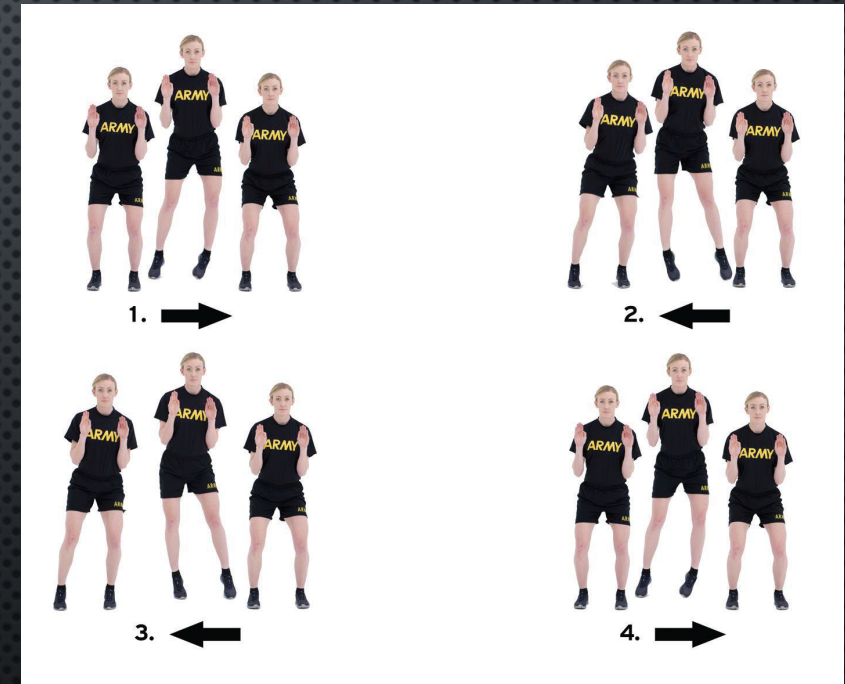


## Health and Holistic Fitness: HALF-SQUAT LATERALS

### Index

This exercise combines upper body and lower body plyometric skill and anaerobic endurance. Figure shown breaks down the exercise as Soldiers conduct it in a formation at moderate cadence:

- The starting position for Half-Squat Laterals is the Straddle Stance position, slightly crouched in a half squat with hands facing forward at chest height. Feet will be directed straight ahead throughout the exercise.
- On count 1, maintaining the trunk in a forward orientation, make a half-squat step-hop to the left.
- On count 2, maintaining the same trunk orientation, make a half-squat step-hop to the right.
- On count 3, maintaining the trunk in the same orientation, make another half-squat step-hop to the right.
- On count 4, maintaining the trunk in the same orientation, make a half-squat step-hop to the left to return to the starting position.
- Repeat this exercise 5–10 times.





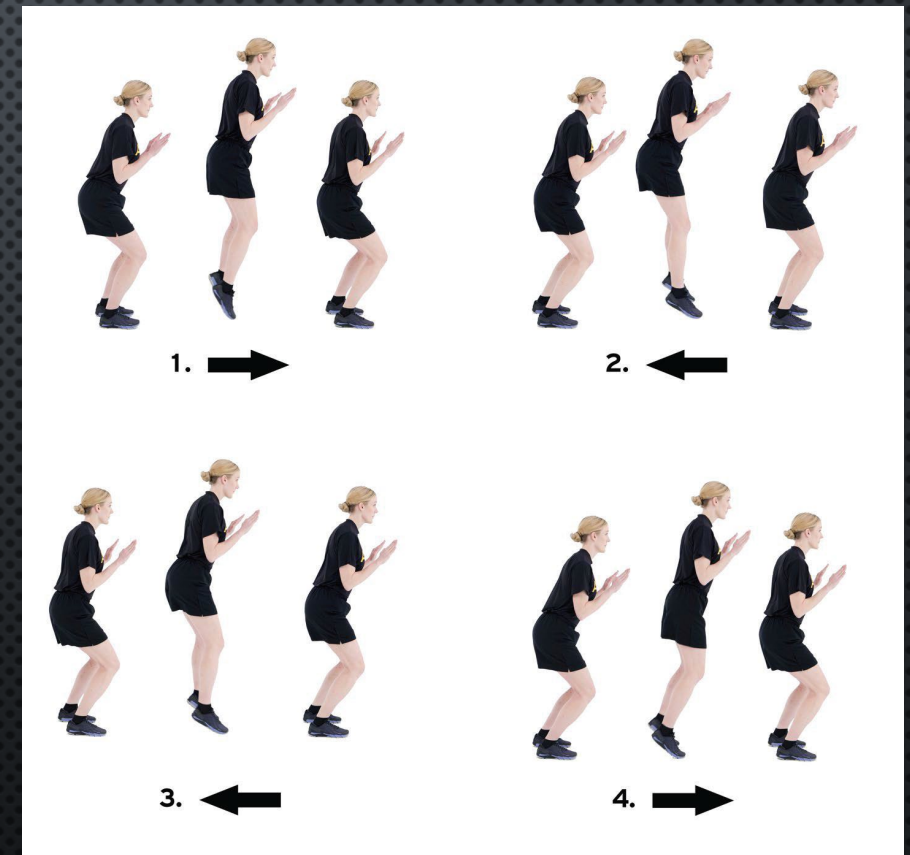


## Health and Holistic Fitness: FROG JUMPS FORWARD AND BACKWARD

### Index

This exercise combines upper body and lower body plyometric skill and anaerobic endurance. Figure shows breaks down the exercise as Soldiers conduct it in a formation at moderate cadence:

- The starting position for the Frog Jumps Forward and Backward is the Straddle Stance, slightly crouched in a half squat with hands facing forward at chest height. Feet will be directed straight ahead throughout the exercise.
- On count 1, maintaining the trunk in a forward orientation, make a half-squat hop forward.
- On count 2, maintaining the same trunk orientation, make a half-squat hop backward.
- On count 3, maintaining the trunk in the same orientation, make another half-squat hop backward.
- On count 4, maintaining the trunk in the same orientation, make a half-squat hop forward to return to the starting point.
- Repeat this exercise 5–10 times.







## Health and Holistic Fitness: ALTERNATE ¼-TURN JUMP

### Index

This exercise combines upper body and lower body plyometric skill with trunk control and anaerobic endurance. Figure shown breaks down the exercise as Soldiers conduct it in a formation at moderate cadence:

- The starting position for the Alternate ¼-Turn Jump is the Straddle Stance position, slightly crouched in a half squat with hands facing forward at chest height.
- On count 1, jump upwards and twist the hips to turn the legs 90 degrees to the left. The Soldier will resist trunk rotation, maintaining a forward head and chest orientation for all counts. Do not cross the legs or allow the feet to become staggered.
- On count 2, return to the starting position with feet the same width apart as in the starting position.
- On count 3, jump upwards and twist the hips to turn the legs 90 degrees to the right.
- On count 4, return to the starting position.
- After the final repetition, return to the starting position.





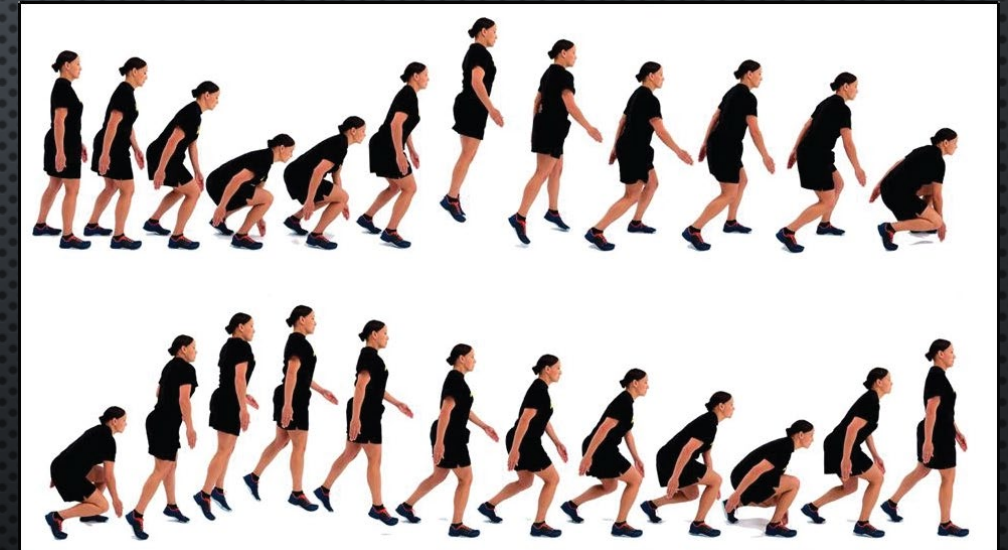


## Index

# Health and Holistic Fitness: ALTERNATE STAGGERED SQUAT JUMP

Occurring at the end of a Conditioning Drill, and therefore at the end of most physical training sessions, this exercise requires advanced levels of movement skill and anaerobic endurance. Ten repetitions of this exercise, following on from its predecessor Conditioning Drill exercises truly tests a Soldier's grit. Figure shown breaks down the exercise as Soldiers conduct it in a formation at slow cadence:

- The starting position for the Alternate Staggered Squat Jump is the Straddle Stance position with staggered legs with left leg back and arms at sides. The trunk is flexed slightly forward.
- On count 1, squat and touch the ground between the legs with the fingertips of the left hand. Jump forcefully into the air, switching legs in mid-air to land with the right leg back and arms at the sides.
- On count 2, squat and touch the ground between the legs with the fingertips of the right hand. Jump forcefully into the air, switching legs in mid-air to land with the left leg back and arms at the sides.
- On count 3, repeat count 1.
- On count 4, repeat count 2.
- After the final repetition, return to turn to the starting position.







## CLIMBING DRILL 1 (CD1)





## Index

# Health and Holistic Fitness: STRAIGHT-ARM PULL

The Straight-Arm Pull is the first exercise in Climbing Drill 1. This exercise develops the Soldier's ability to initiate the pull-up motion, maintain grip, and contract upper back and shoulder muscles. Figure shown breaks down the exercise as Soldiers conduct it with two spotters:

- The starting position for the Straight-Arm Pull is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in front and behind the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails. The rear spotter assists in guiding the exerciser to the foot pegs on the climbing bar.
- On the command, "UP," move from the starting position, keep the arms straight, and pull the body up with the effect of raising the head between the arms. The chest will move up toward the bar and the shoulder blades will move together.
- On the command, "DOWN," return to the starting position.
- Repeat the exercise 5–10 times







## Index

# Health and Holistic Fitness: HEEL HOOK

The Heel Hook is the second exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up and hook the legs onto a ledge, rope, or rail. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Heel Hook is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs on either side of the exerciser.
- Each spotter prepares to assist by positioning one hand behind and off the back of the knee and the low back. They will be prepared at all times to assist in the movement and catch the exerciser if his or her grip fails.
- On the command, "UP," flex the elbows, knees, and hips to raise both feet above the bar, crossing one ankle over the other.
- On the command, "DOWN," return to the starting position.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."





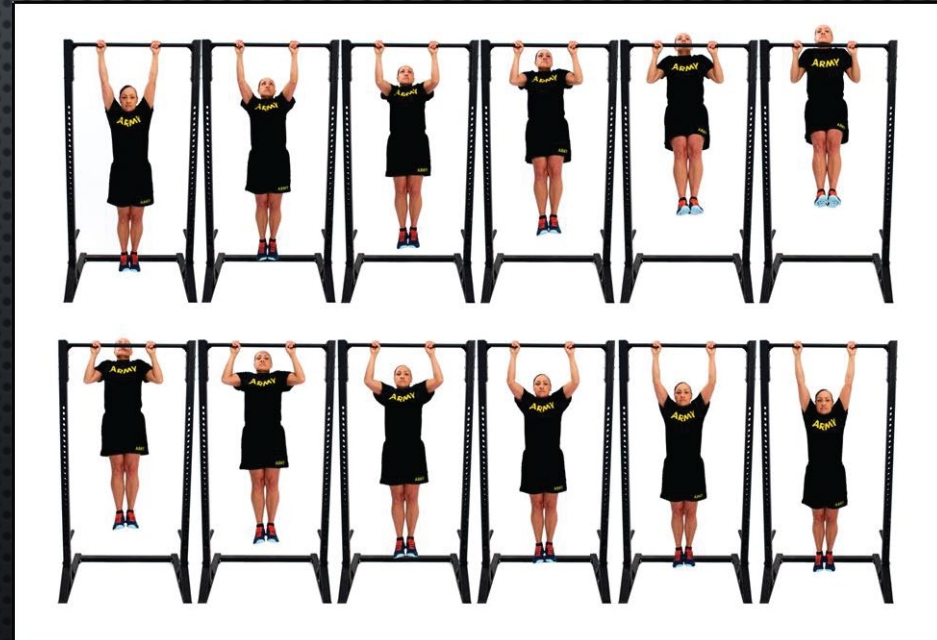


## Index

# Health and Holistic Fitness: PULL-UP

This exercise develops the Soldier's ability to pull up without using the legs. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Pull-Up is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.
- On the command, "UP," flex the elbows, raising the body in a straight line until the head is above the bar.
- On the command, "DOWN," return to the starting position.
- Repeat the exercise 5–10 times.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."







## Index

# Health and Holistic Fitness: LEG TUCK

The Leg Tuck is the fourth exercise in Climbing Drills 1 and 2. This exercise combines upper body and abdominal strength to develop the Soldier's ability to hang while moving the legs into different support positions for climbing. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Leg Tuck is the Straight-Arm Hang using the closed alternating overhand grip.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume Straddle Stance positions on either side of the exerciser.
- Each spotter prepares to assist by positioning one hand behind and off the back of the knee and the low back. He or she will be prepared at all times to assist in the movement and catch the exerciser if his or her grip fails.
- On the command, "UP," flex the elbows and hips raising the legs until the thighs touch the elbows.
- On the command, "DOWN," return to the starting position.
- Repeat the exercise 5–10 times.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."





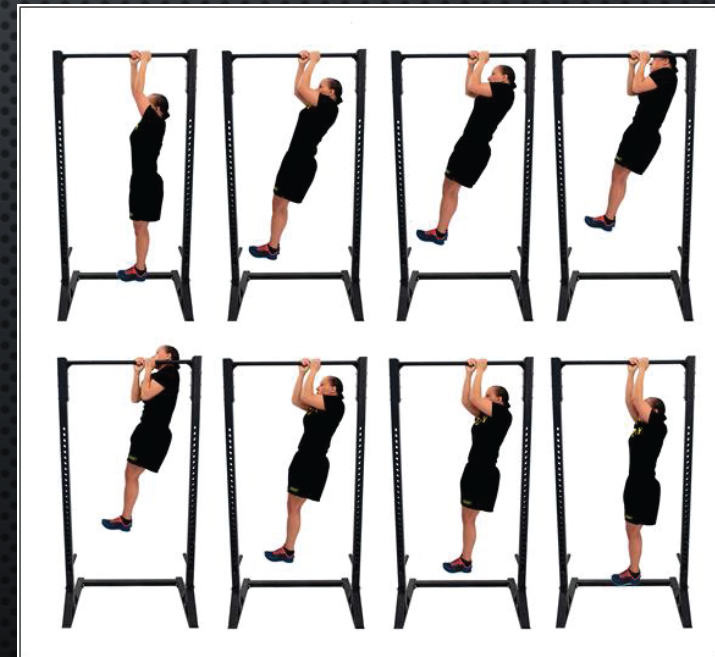


## Index

# Health and Holistic Fitness: ALTERNATING GRIP PULL-UP

The Alternating Grip Pull-Up is the final exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up and hook the legs onto a ledge, rope, or rail. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Alternating Grip Pull-Up is the Straight-Arm Hang using the closed alternating grip. This positions the Soldier perpendicular to the bar.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.
- On count 1, flex the elbows, raising the body up so that the head moves to the side of the bar.
- On count 2, return to the starting position.
- Repeat the exercise 5–10 times.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."







## CLIMBING DRILL 2 (CD2)





## Index

# Health and Holistic Fitness: FLEXED-ARM HANG

This exercise develops the Soldier's upper body muscular endurance, enabling him or her to sustain the Up position. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Flexed Arm Hang is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.
- On the command, "UP," flex the elbows to pull up, raising the head above the bar. Hold this position for a count of 5 seconds.
- On the command, "DOWN," return to the starting position.
- If the Soldier cannot hold the up position for 5 seconds, he or she will return to the starting position.
- A longer duration hold is appropriate in Soldiers who can perform all the Climbing Drill exercises for 5 repetitions to standard without assist.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."







# Health and Holistic Fitness

## Index

## Climbing Drill 2 includes Flexed-Arm Hang and these 4 from CD1.



### Health and Holistic Fitness: STRAIGHT-ARM PULL

The Straight-Arm Pull is the first exercise in Climbing Drill 1. This exercise develops the Soldier's ability to initiate the pull-up motion, maintain grip, and contract upper back and shoulder muscles. Figure shown breaks down the exercise as Soldiers conduct it with two spotters:

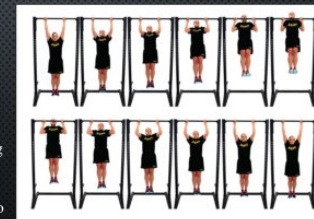
- The starting position for the Straight-Arm Pull is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in front and behind the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails. The rear spotter assists in guiding the exerciser to the foot pegs on the climbing bar.
- On the command, "UP," move from the starting position, keep the arms straight, and pull the body up with the effect of raising the head between the arms. The chest will move up toward the bar and the shoulder blades will move together.
- On the command, "DOWN," return to the starting position.
- Repeat the exercise 5–10 times



### Health and Holistic Fitness: PULL-UP

This exercise develops the Soldier's ability to pull up without using the legs. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Pull-Up is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.
- On the command, "UP," flex the elbows, raising the body in a straight line until the head is above the bar.
- On the command, "DOWN," return to the starting position.
- Repeat the exercise 5–10 times.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."



### Health and Holistic Fitness: HEEL HOOK

The Heel Hook is the second exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up and hook the legs onto a ledge, rope, or rail. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Heel Hook is the Straight-Arm Hang using the closed overhand grip.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs on either side of the exerciser.
- Each spotter prepares to assist by positioning one hand behind and off the back of the knee and the low back. They will be prepared at all times to assist in the movement and catch the exerciser if his or her grip fails.
- On the command, "UP," flex the elbows, knees, and hips to raise both feet above the bar, crossing one ankle over the other.
- On the command, "DOWN," return to the starting position.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."



### Health and Holistic Fitness: ALTERNATING GRIP PULL-UP

The Alternating Grip Pull-Up is the final exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up and hook the legs onto a ledge, rope, or rail. Figure shown breaks down the exercise as Soldiers conduct it with two spotters to assist:

- The starting position for the Alternating Grip Pull-Up is the Straight-Arm Hang using the closed alternating grip. This positions the Soldier perpendicular to the bar.
- If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.
- On count 1, flex the elbows, raising the body up so that the head moves to the side of the bar.
- On count 2, return to the starting position.
- Repeat the exercise 5–10 times.
- The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."







## Guerilla Drill



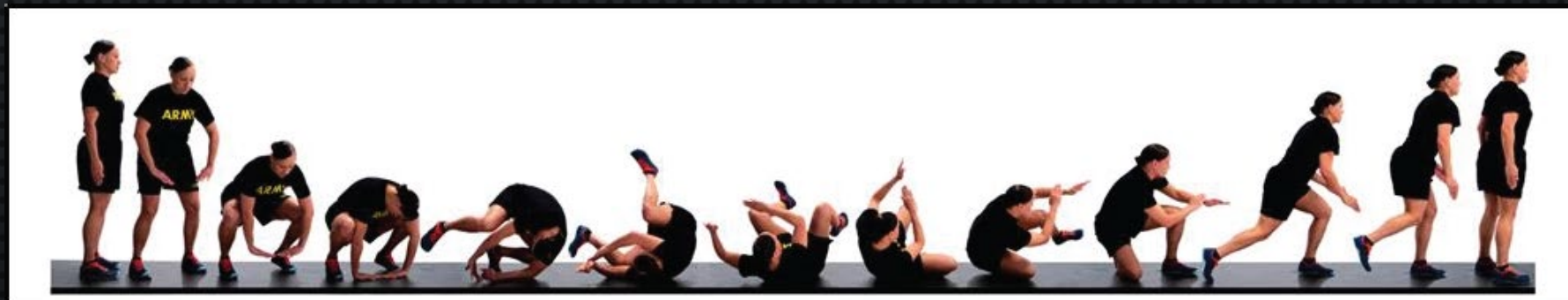


## Index

# Health and Holistic Fitness: SHOULDER ROLL

This exercise develops the Soldier's ability to safely fall and roll up to a standing position. Figure shown breaks down the exercise as Soldiers would conduct it in a formation:

- The starting position for the Shoulder Roll is the Straddle Stance position.
- From the starting position, step forward with the left foot, squat down, and make a wheel with the arms by placing the left hand on the ground with the fingers facing to the rear. Point the lead elbow in the direction of the desired travel.
- The right hand is also on the ground with the fingers facing forward. Tuck the chin to avoid injury to the neck.
- Push off with the right leg and roll over the left shoulder along the left side of the body. Do not roll onto the neck. The push must generate enough momentum to bring the Soldier up the knees.
- Continue to the feet by pushing off with the rear leg to stand up. To roll to the opposite side, step forward, and switch hand and leg positions.
- Continue alternating shoulder rolls until across the 25-meter line.







## Health and Holistic Fitness: LUNGE WALK

### Index

This exercise develops the leg power needed to move under control in a crouch. This strength improves other movements to and from the ground. Figure shown breaks down the exercise as Soldiers conduct it in a formation:

- From the starting position, the Position of Attention, step forward with the left foot, stepping as in a Lunge and swinging the opposite arm until the upper arm is parallel to the ground.
- Lightly touch the knee of the rear leg to the ground with each step.
- Step forward and under the body with the right leg, avoiding raising the trunk. Avoid swinging the leg out to the side to clear the ground.
- Continue alternating leg and arm movements until crossing the 25-meter line.







## Index

# Health and Holistic Fitness: SOLDIER CARRY

This exercise develops the Soldier's ability to safely carry a conscious or unconscious Soldier of comparable size. Soldier A is the Soldier performing the carry. Soldier B is the Soldier being carried. Figure shown breaks down the exercise as Soldiers conduct it in a formation:

- In the starting position, Soldier B is in the Prone position with arms overhead. Soldier A is in the Straddle Stance position at the feet of Soldier B.
- From the starting position, Soldier A steps over Soldier B, squats, reaching under the armpits and in front of the top of the chest of Soldier B. Soldier A clasps his or her hands together.
- Soldier A stands, leaning or stepping backwards to lift Soldier B backwards until Soldier B's legs are locked straight. Soldier A steps forward to continue to lift Soldier B up onto his or her feet.
- Soldier A separates Soldier B's legs with his or her feet.
- Soldier A lifts one of Soldier B's arms overhead and steps under that arm toward the front of Soldier B and turns to face him or her from the side.
- Soldier A places one leg between and under Soldier B's legs and squats deeply, allowing Soldier B to drape over his or her back.
- Soldier A grasps the back of the far leg of Soldier B and stands up, lifting Soldier B off the ground.
- Soldier A, using the hand of the arm that is between Soldier B's legs, grasps Soldier B's forearm and carries Soldier B at quick time to the 25-meter line.
- After Soldier A places Soldier B's feet back on the ground, the Soldiers switch roles and return to the start.







## **RUNNING DRILL 1: FOOT STRIKE (RUD1)**





## Index

# Health and Holistic Fitness: HEEL STRIKE

This exercise increases awareness of the stiffness and locked joints of the leg when the heel strikes the ground first—a rear-foot strike. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Foot Strike is the Straddle Stance position with hands on hips.
- From the starting position, take an exaggerated step forward with the LEFT leg deliberately landing on the left heel keeping the forefoot off the ground.
- Repeat this exercise 5–10 times.

## HEEL STRIKE NOTES

- Take note of the way the heel, ankle, shin, knee, hip, and low back absorb the impact.
- Note how the muscle in the front of the shin keeps the foot off the ground.
- Note how the quadriceps muscle works to lock the knee.
- Note the bend at the hip as the leg reaches out.







## Index

# Health and Holistic Fitness: HEEL RUN IN PLACE

This exercise increases awareness of the braking effect and backwards motion created with a heel strike. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Heel Run in Place is the Straddle Stance position with arms relaxed at the side, knees slightly flexed.
- From the starting position, run in place for 10–15 seconds.
- If conditions permit, repeat without shoes on.

## HEEL RUN NOTES

- Note the tendency to move backwards and to lean at the waist to avoid this.
- Note the locked position of the knees.
- Note the impact on the heel, shin, and tension in the low back.
- Note the difference with and without shoes.





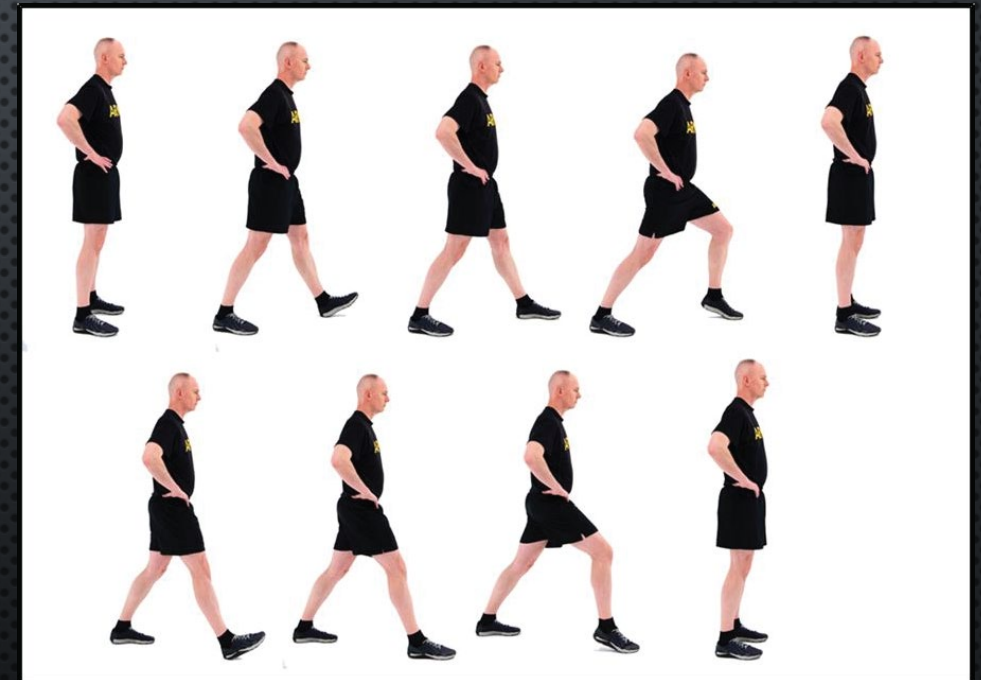


## Health and Holistic Fitness: 8-COUNT FOOT STRIKE

### Index

The 8-Count Foot Strike increases awareness of ground contact on the whole foot, including the ball of the foot. Figure shown breaks down the exercise as Soldiers conduct it in formation at slow cadence:

- The starting position for the 8-Count Foot Strike is the Straddle Stance position with hands on hips.
- On count 1, step forward onto the left heel.
- On count 2, allow the left foot to fall flat on the ground.
- On count 3, raise the left heel from the ground.
- On count 4, return to the starting position.
- On count 5, from the starting position, step forward onto the right heel, keeping the right toes off the ground.
- On count 6, allow the right foot to fall flat on the ground.
- On count 7, raise the right heel from the ground.
- On count 8, return to the starting position.
- Repeat this movement 5–10 times before running a short distance or 3–5 seconds.







## Index

# Health and Holistic Fitness: RUN IN PLACE 1 & 2



**With Shoes**

Run in Place 1 is designed to increase awareness of weight-bearing through the ball of the foot.

Figure ← breaks down the exercise as Soldiers conduct it in a formation:

- The starting position for the Run in Place 1 is the Straddle Stance position with arms relaxed at the side.
- Run in place with a ball-of-foot strike for 30 seconds.
- As skill improves, increases the height of the foot pulled from the ground.

Run in Place 2 increases awareness of weight-bearing through the ball of the foot. Figure → breaks down the exercise as Soldiers conduct it in formation:

- The starting position for the Run in Place 2 is the Straddle Stance position with arms relaxed at the side.
- From the starting position, run in place.
- Run in place with a ball-of-foot strike for 30 seconds with and without shoes.
- As skill improves, increases the height of the foot pulled from the ground.

**Without Shoes**







## **RUNNING DRILL 2: STRENGTH (RUD2)**





# Health and Holistic Fitness: DOUBLE-LEG HOP

## Index

This exercise increases the strength of the leg muscles and tendons involved in pulling the feet from the ground. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, slightly bend the knees and jump in place. Start with small quick jumps gradually increasing the height and speed as strength improves.
- Repeat this exercise 2–3 times before running a short distance or for 3–5 seconds.

## DOUBLE-LEG HOP NOTES

- When landing, do not allow the knees to come together.
- Keep the knees slightly bent throughout the movement—at take-off and landing.
- Focus on keeping the trunk upright to avoid bending at the waist.







## Health and Holistic Fitness: SINGLE-LEG HOP

### Index

This exercise increases the challenge to the muscles and tendons in each leg that assist with pulling. Figure below breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with the right leg pulled up beneath the right hip—the Runner's position.
- From the starting position, hop on the left leg 10 times before pausing to switch legs to repeat the exercise on the left leg.
- Repeat this exercise 2–3 times before running a short distance or for 3–5 seconds.
- Progress to higher pulls as skill improves.







## Health and Holistic Fitness: SKIP IN PLACE

### Index

This exercise increases coordination and the ability to move quickly from support on one foot to another. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, skip in place for 3–5 seconds.
- Pause in the starting position before repeating this exercise 2–3 times before running a short distance or for 3–5 seconds.
- Progress to higher skips as skill improves.







## Index

# Health and Holistic Fitness: TOES IN AND OUT

This exercise increases mobility, coordination, and strength in the muscles of the hips and legs. Figure shown breaks down the exercise an individual Soldier conducts it:

- The starting position is the Straddle Stance position.
- From the starting position, jump and land with the feet turned out. Heels should not touch.
- After landing, immediately jump again to land with the feet turned in. Toes should not touch.
- Pause in the starting position before repeating this exercise 2–3 times before running a short distance or for 3–5 seconds.
- Progress to faster cadence and greater rotation of the feet as skill improves.







## Health and Holistic Fitness: CRISS CROSS

### Index

This exercise increases mobility, coordination, and strength in the muscles of the hips and legs in multiple planes of movement. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position.
- From the starting position, jump while crossing the left foot over the right to land with the feet crossed.
- Land on the balls of the feet, progressing to the heels.
- Immediately jump again to cross the right foot in front of the left before landing.
- Repeat 5–10 times before pausing in the starting position. Run a short distance or for 3–5 seconds.
- Progress to faster step cadence as skill improves.







# Health and Holistic Fitness: PENDULUM

## Index

This exercise strengthens muscles of the hips and legs and multi-planar balance and coordination. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, swing the left leg out to the side while balancing on the right leg. Keep the left leg straight.
- Bring the left leg back to the starting position before swinging the right leg out to the side.
- Repeat this motion 10 times before pausing in the starting position. Run a short distance or for 3–5 seconds.
- Modify the switch between legs by performing a quick, low hop on the support leg as the swing legs moves back toward the starting position.







## Health and Holistic Fitness: ALTERNATE TWIST JUMP

### Index

This exercise strengthens muscles of the hips and legs and multi-planar balance and coordination. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, jump and twist the hips and legs to the left, landing in a staggered stance with the left foot forward.
- Pause before jumping and twisting back to the right to return to the starting position.
- From the starting position, jump and twist the hips and legs to the right, landing in a staggered stance with the right foot forward.
- Pause before jumping and twisting again to the left to return to the starting position.
- Keep the shoulders and head facing forward throughout the movement.
- Progress to completing 5–10 repetitions before running a short distance or for 3–5 seconds.







## Health and Holistic Fitness: HIP RAISE PUSH-UP

### Index

This exercise increasingly targets the hip flexor muscles, fatiguing them before short runs so that the pull depends more on hamstring activity. Additionally, this exercise helps increase the perception of falling forward as a single unit, preventing bending at the waist. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Front Leaning Rest position.
- From the starting position, with elbows remaining fully extended, lower the hips toward the ground before quickly moving them back up and into the same flex position used in the Recovery Drill exercise, the Extend and Flex.
- From the flex position, lower the hips toward the ground before quickly moving them back up to the flex position.
- Repeat 10 times before moving into the starting position. Move to the Straddle Stance position before running a short distance or 3–5 seconds.





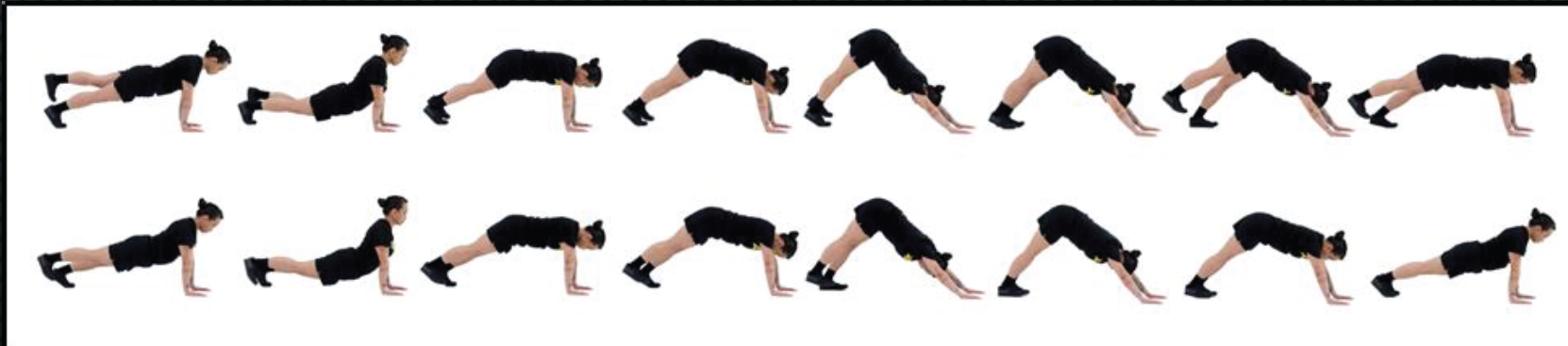


## Health and Holistic Fitness: SINGLE-LEG HIP RAISE PUSH-UP

### Index

This exercise targets the hip flexor muscles, fatiguing them before short runs so that the pull depends more on hamstring muscle activity. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Front Leaning Rest position with the left foot 8–12 inches off the ground.
- From the starting position, with elbows remaining fully extended and left foot off the ground, lower the hips toward the ground before quickly moving them back up and into the flex position.
- Switch support to the left foot, lifting the right foot 8–12 inches from the ground.
- From the flex position, lower the hips toward the ground before quickly moving them back up to the flex position.
- Continue switching support 5–10 times before moving into the starting position.
- Move to the Straddle Stance position before running a short distance or 3–5 seconds





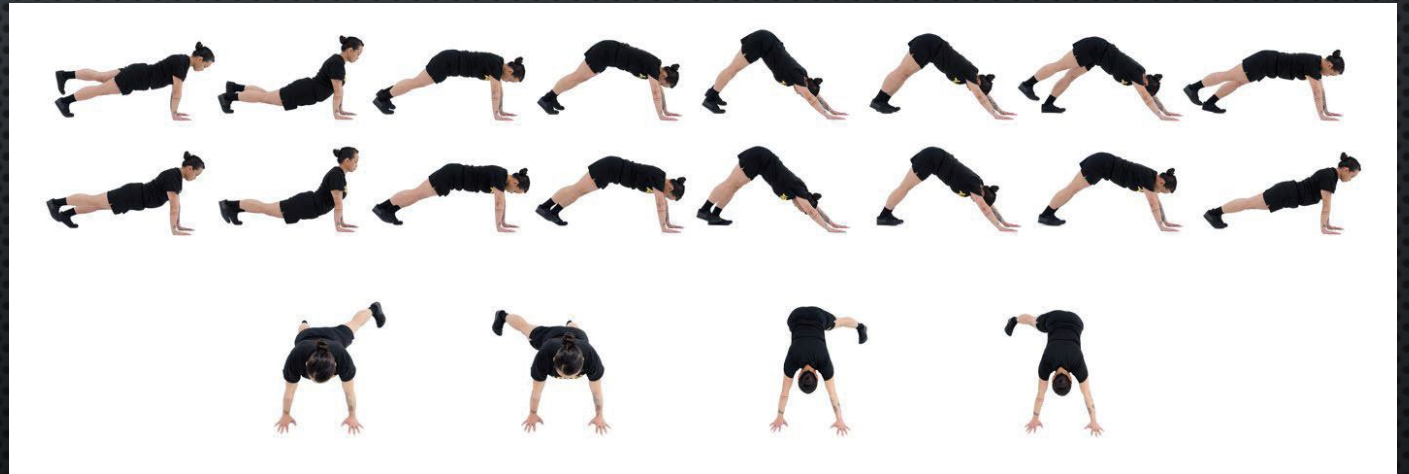


## Index

# Health and Holistic Fitness: SINGLE-LEG OUT HIP RAISE PUSH-UP

This exercise is an advanced challenge for the hip flexor and extensor muscles. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Front Leaning Rest position with the left foot 8–12 inches off the ground and held out to the side, or abducted.
- From the starting position, with elbows remaining fully extended, lower the hips toward the ground before quickly moving them back up and into the flex position.
- Switch support to the left foot, abducting and lifting the right foot 8–12 inches from the ground.
- From the flex position, lower the hips toward the ground before quickly moving them back up to the flex position.
- The elevated foot remains off the ground throughout the exercise.
- Continue switching support 5–10 times before moving into the Straddle Stance position before running a short distance or 3–5 seconds.







# **RUNNING DRILL 3: RUNNERS POSITION (RUD3)**



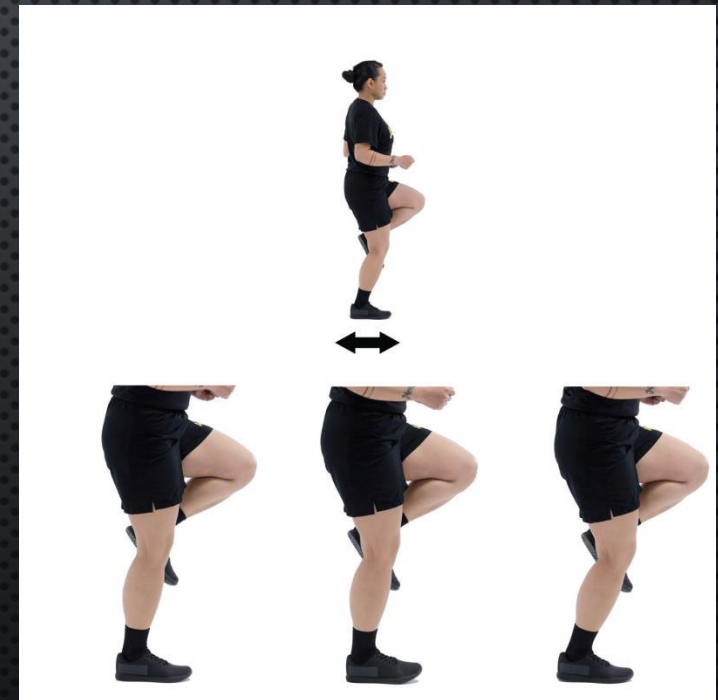


## Health and Holistic Fitness: POSE WEIGHT SHIFT

### Index

This exercise increases perception of the movement to the base of support on the ball of the foot. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, pull the right foot from the ground toward the right hip to move into the Runner's position.
- While staying balanced, shift weight backwards and forwards on the left foot while keeping the left heel on the ground.
- The goal of the movement is to remain in Runner's position as far over the front of the foot as possible.
- If you lose balance, move back into the starting position and resume.
- After 2–3 repetitions of 10–15 seconds, switch support to the right foot and repeat.





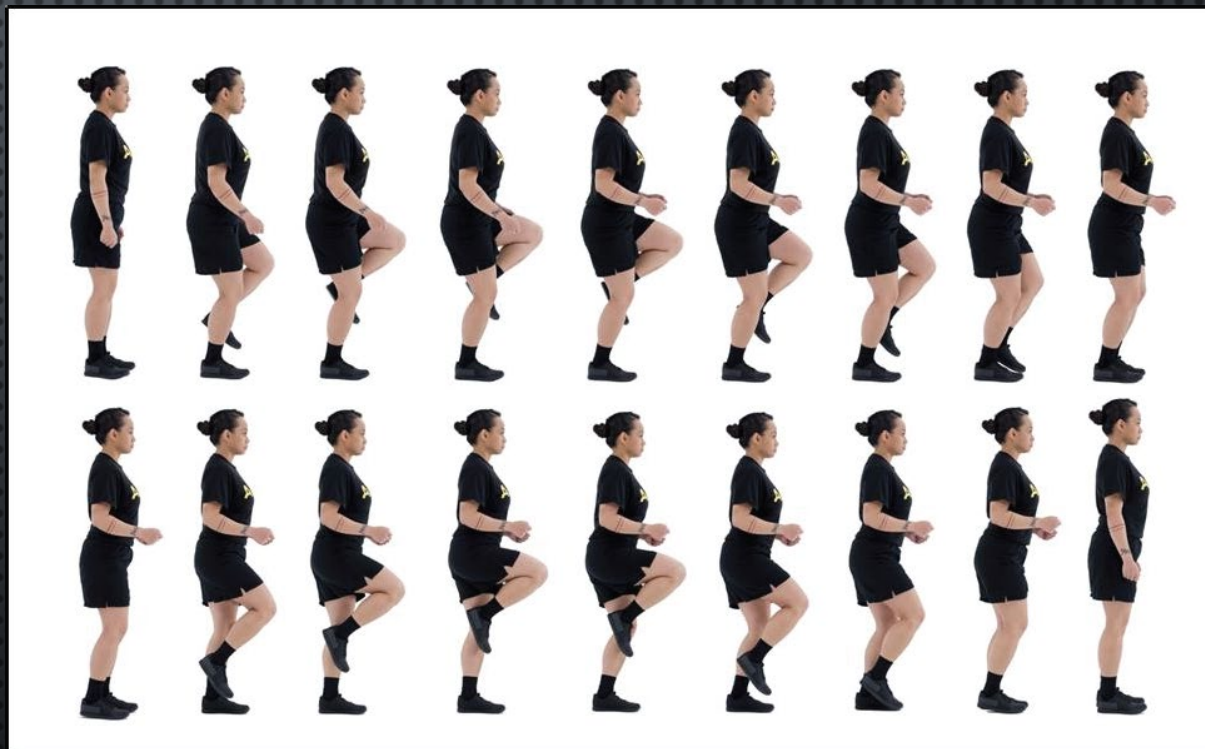


## Health and Holistic Fitness: POSE PULL

### Index

This exercise improves the vertical pull of the foot from the ground, putting the runner back into the Runner's position as quickly as possible. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, pull the left foot from the ground to move into the Runner's position.
- Hold the Runner's position until weight is on the front of the right foot before lowering the left foot back to the ground.
- Repeat this controlled movement 5–10 times before switching to the right side.





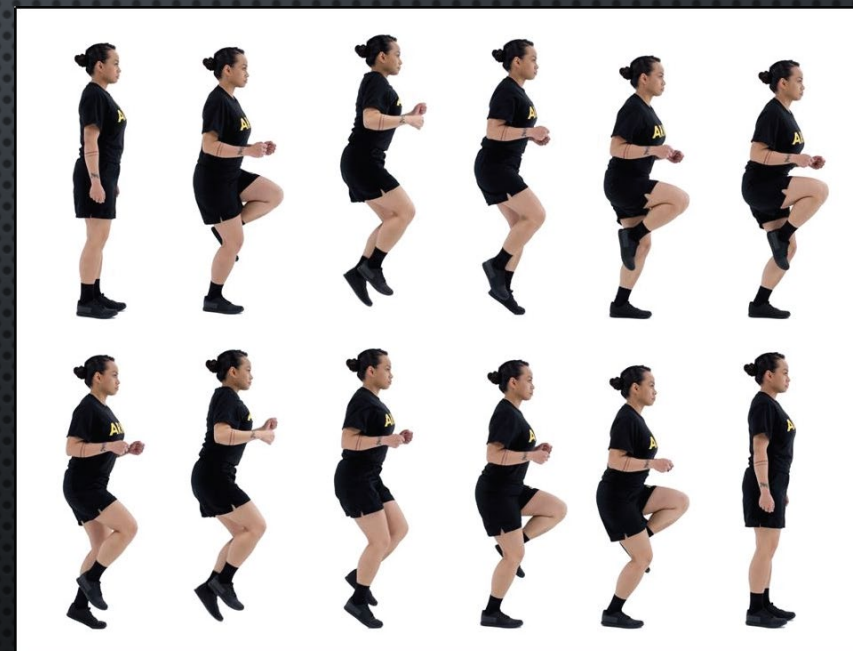


## Health and Holistic Fitness: ALTERNATE POSE PULL

### Index

This is an advanced exercise to improve the speed of the pull into the Runner's position. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Runner's position with support on the left foot.
- From the starting position, pull the left foot from the ground to move into the Runner's position on the right foot.
- Use the support leg as guidance for vertical movement of the foot, not to extend ahead or behind the center of mass, or support.
- As skill improves, increase cadence and reduce the height of the trunk and head movement.
- The goal of the movement is to hold the Runner's position until after the support foot has been pulled from the ground.
- Repeat this movement up to 10 times.







## **RUNNING DRILL 4: FALL (RUD4)**





## Health and Holistic Fitness: TIMBER FALL

### Index

This exercise improves perception of how little effort is required to move forward. Figure shown shows the exercise as an individual Soldier conducts it:

- The starting position for the Timber Fall is the Straddle Stance position with arms relaxed at the side, knees slightly flexed.
- From the starting position, shift weight to the balls of the feet. Avoid bending at the waist and initiate a fall. Prevent falling to the ground by taking a short step forward with the left foot. Return to the start position.
- Repeat this movement 5–10 times onto each foot before running a short distance or 3–5 seconds.







## Health and Holistic Fitness: TIMBER FALL IN POSE

### Index

This exercise progresses the Soldier's perception of how to move forward from the dominant running position. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Timber Fall in Pose is the Straddle Stance position with arms relaxed at the side, knees slightly flexed.
- From the starting position, pull the left foot from the ground directly under the hip. While maintaining this running pose, shift body weight to the ball of the foot and initiate a fall. Prevent falling to the ground by placing the left foot on the ground. Return to the starting position.
- Repeat this movement 5–10 times onto each foot before running a short distance or 3–5 seconds.







# Health and Holistic Fitness: WALL FALL

## Index

This exercise promotes the tendency to resist falling. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Wall Fall is the Straddle Stance position with hands ahead of the body and two feet from the wall.
- From the starting position, fall into the wall while maintaining the same body position throughout the fall. Use the hands and arms to stop the fall. Do not bend at the waist. Keep the heels on the ground and keep the knees slightly flexed. Return to the starting position.
- Repeat this movement 5–10 times before running a short distance or 3–5 seconds.







## Health and Holistic Fitness: WALL FALL IN POSE

### Index

The Wall Fall in Pose is the fourth exercise in Running Drill 4. This exercise promotes the tendency to resist falling from the Runner's position. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Wall Fall is the Straddle Stance position with hands ahead of the body and two feet from the wall.
- From the starting position, pull the left foot from the ground directly under the hip into the Runner's position. While maintaining this position, shift body weight to the ball of the foot and initiate a fall. Use the hands and arms to stop the fall. Return to the starting position.
- Repeat this movement 5–10 times onto each foot before running a short distance or 3–5 seconds.







## Health and Holistic Fitness: STRETCH CORD FALL

### Index

By providing extra support at the hips, this exercise promotes the ability to fall without bending at the waist. If the runner is unable to fall, or has a fear of falling, he or she will bend at the waist to keep the center of mass over the base of support. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Stretch Cord Fall is the Straddle Stance position with arms relaxed at the sides, reflective belt or elastic band around the front of the runner's hips. The partner stands behind the runner pulling tension on the belt or tubing.
- From the starting position, the runner slowly falls forward maintaining body position while the partner provides support to prevent the runner from falling down. Return to the starting position.
- Repeat this movement 5–10 times before running a short distance or 3–5 seconds.







## Health and Holistic Fitness: PARTNER ASSISTED FALL

### Index

This exercise improves the ability to fall without bending at the waist by providing extra support at the shoulders. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Partner Assisted Fall for the runner is the Straddle Stance position with arms relaxed at the sides. The partner places both hands on the runner's shoulders ready to provide support.
- From the starting position, the runner pulls the left foot from the ground directly under the hip into the Runner's position.
- While maintaining this pose, shift body weight to the ball of the foot and initiate a fall. The partner holds the runner during the fall.
- Repeat this movement 5–10 times until releasing the runner to run a short distance or 3–5 seconds





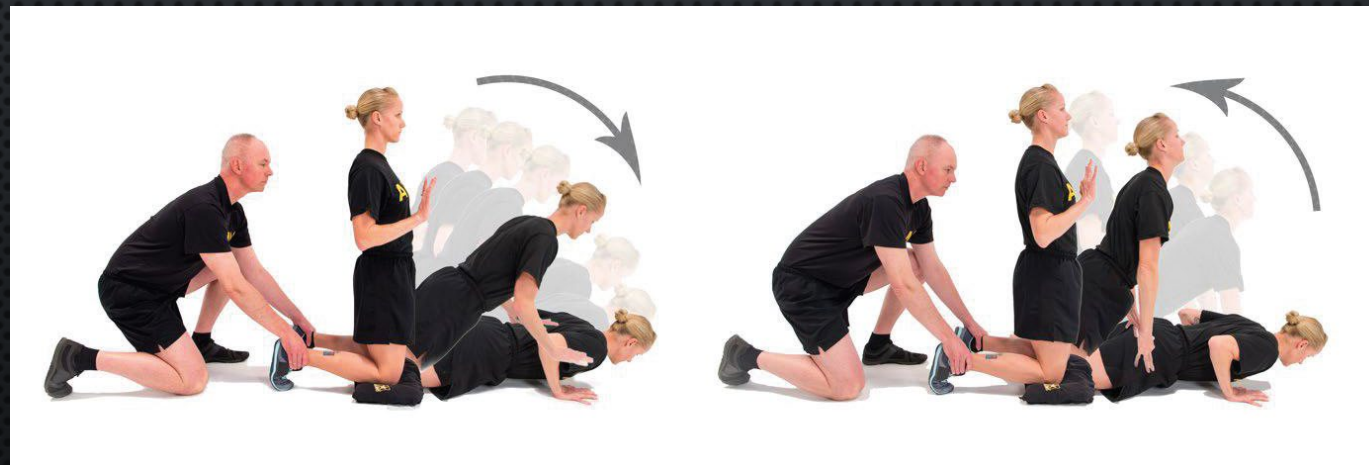


## Index

# Health and Holistic Fitness: KNEELING TIMBER FALL

This exercise increases hamstring strength and the awareness of trunk stability during the fall. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the runner in the Kneeling Timber Fall is the kneeling position with hands held in front, ready to absorb impact with the ground. The partner squats behind the runner and holds down the runner's heels or lower legs. The runner's knees will be on a cushioned surface.
- From the starting position, the runner falls to the ground while maintaining the same body position and avoiding bending at the waist.
- The runner catches himself or herself before hitting the ground. The partner holds the runner during the fall.
- Repeat this movement up to 5 times and then run a short distance or 3–5 seconds.







## Index

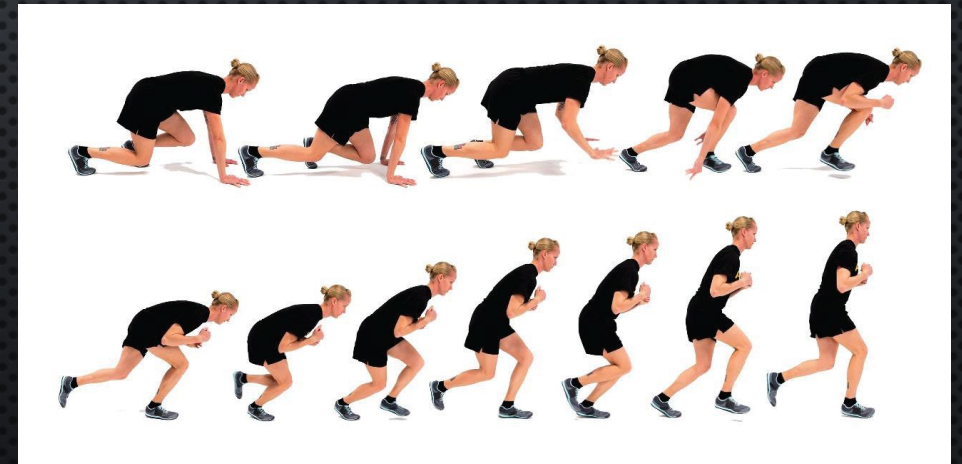
# Health and Holistic Fitness: SPRINT START

This exercise promotes the feeling of an extreme fall angle, and the difference between falling and pushing from the ground in order to run. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Sprint Start is the Front Leaning Rest with the left leg under the chest and the right knee under the hip.
- From the starting position, place as much body weight on your hands as possible.
- First, pull both hands from the ground to initiate a fall.
- Immediately move the right leg under the body to regain the base of support.
- Move rapidly into the upright running position.
- Repeat this movement up to 5 times before running a short distance or 3–5 seconds.

## SPRINT START NOTES

- Note how hard it is to lift the hands first—there is a fear of falling.
- Note how fast you move without needing to push with the legs.
- Note how the right foot quickly and automatically pulls up and regains support.







## **RUNNING DRILL 5: PULL (RUD5)**





# Health and Holistic Fitness: WALK PROGRESSION

## Index

This exercise improves awareness of how speed increases when the foot spends less time on the ground. It also illustrates the fact that “striding out” is not a technique to increase speed or efficiency. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, the Soldier walks quickly forward using long strides and heel striking, increasing speed until he or she can no longer walk, but wants to start running.
- Repeat this exercise 2–3 times over a short distance or 3–5 seconds.

## WALK PROGRESSION NOTES

- Note how the walking strides become shorter as the speed increases.
- Note how longer strides require more time on support—more ground contact.
- Note the switch heel to forefoot support as speed increases.







## Index

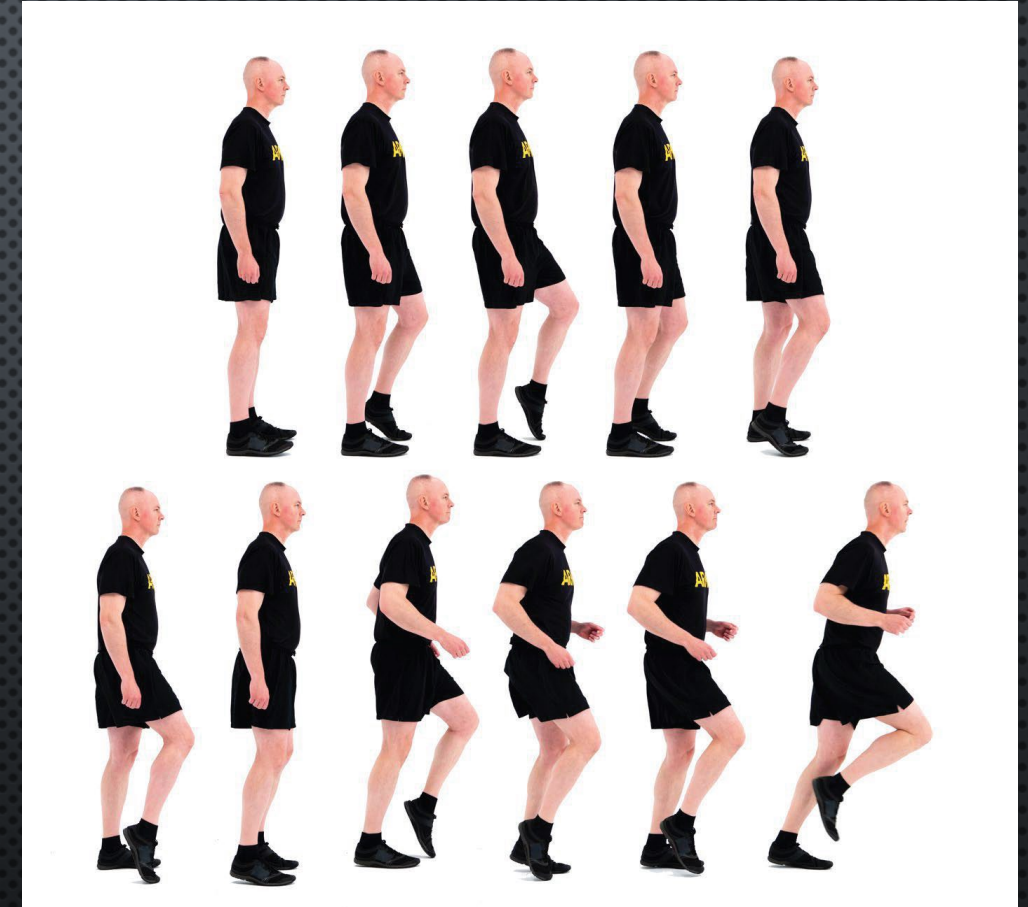
# Health and Holistic Fitness: PONY

This exercise improves the awareness of the location of support and reduces the length of time on support. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, raise up onto the ball of the left foot.
- Switch back and forth between left and right feet increasing the cadence to a minimum of 180 steps per minute.
- Repeat this exercise 2–3 times before running a short distance.

## PONY NOTES

- Note how much easier it is to perform as the foot pulls off the ground at a higher rate.
- Note how the whole body unweights as speed and skill improves





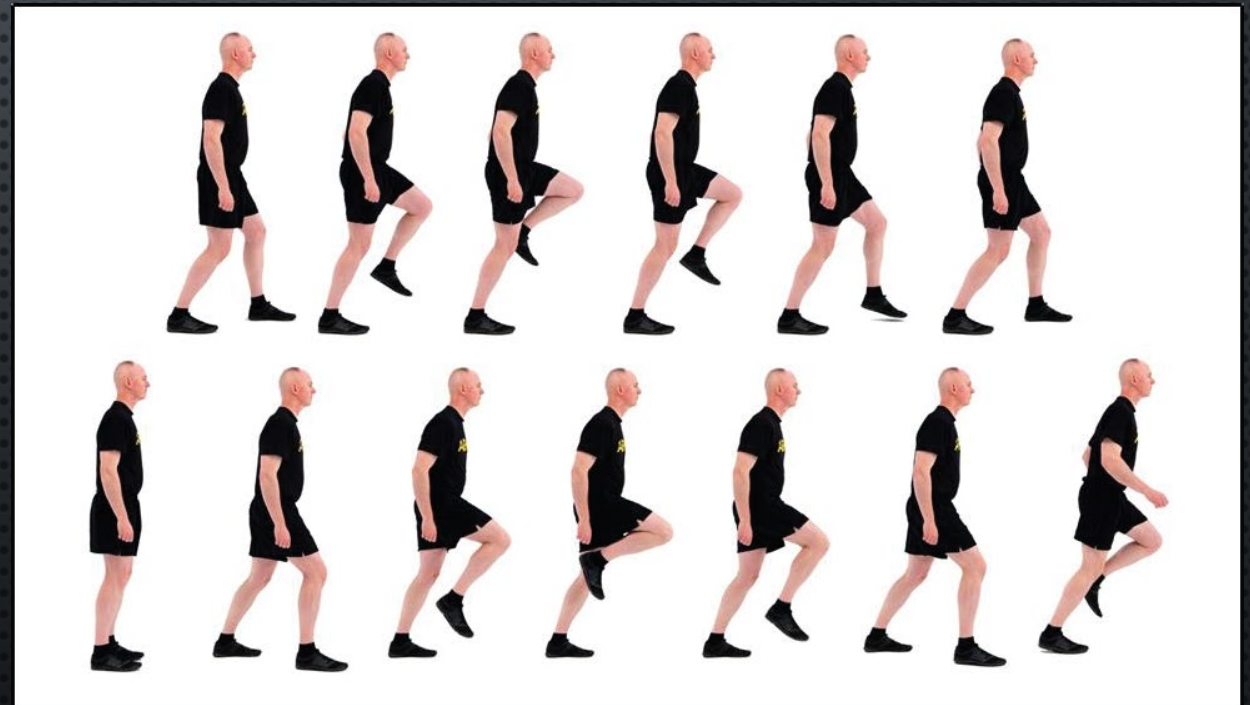


## Index

# Health and Holistic Fitness: PULL BACK

This exercise improves the perception of the pull and of keeping the pulled limb relaxed. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with staggered legs and arms relaxed at the side. Body weight is equally distributed between the feet.
- From the starting position, the Soldier pulls the left foot off the ground. This is a quick, forceful motion.
- The body stays in place exerting only a pulling effort without a push as the foot leaves the ground.
- Repeat this exercise 5–10 times on each leg before running a short distance.





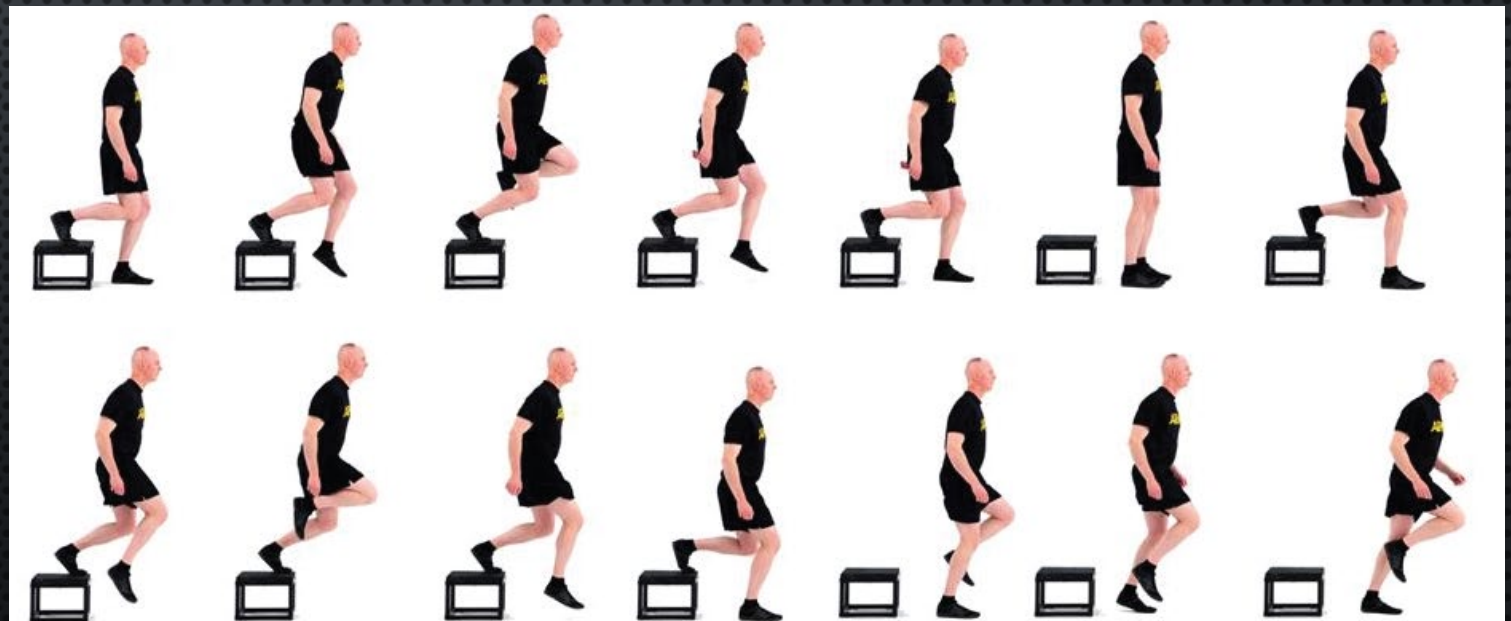


## Health and Holistic Fitness: ELEVATED PULL BACK

### Index

This exercise improves the perception of the pull and of keeping the pulled limb relaxed. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with staggered legs, arms relaxed at the side, and the right foot resting on a step stool. Most of the body weight is on the left foot.
- From the starting position, the Soldier pulls the left foot off the ground. This is a quick, forceful motion. The right foot rests on the step stool.
- The body stays in place when there only pulling effort without a push as the foot leaves the ground.
- Repeat this exercise 5–10 times on each leg before running a short distance.







## Health and Holistic Fitness: KICK START

### Index

This exercise improves the accuracy of the pull and facilitates hamstring activity prior to running. Figure shown breaks down the exercise as an individual Soldier conducts it with a partner to assist:

- The starting position for the runner is the Straddle Stance position with arms relaxed at the side. The partner (or coach) stands with hands on the runner's shoulders and the left foot resting against the runner's left heel.
- From the starting position, the runner pulls the left foot straight up under the hip. The partner provides gentle resistance against the movement.
- Repeat the movement 5–10 times on each leg before running a short distance.







# **RUNNING DRILL 6: COMBONATIONS (RUD6)**





## Health and Holistic Fitness: CHANGE OF SUPPORT

### Index

This exercise increases the perception of falling from the Runner's position. Figure shown shows the exercise as an individual Soldier conducts it:

- The starting position for the Change of Support is the Runner's position with hands in the ready position against the wall. The left leg is the support leg.
- From the starting position, with hands on the wall, pull the support leg from the ground.
- Focus on pulling the support leg prior to lowering the right leg.
- Repeat this exercise up to 5 times on both sides before running a short distance or 3–5 seconds.





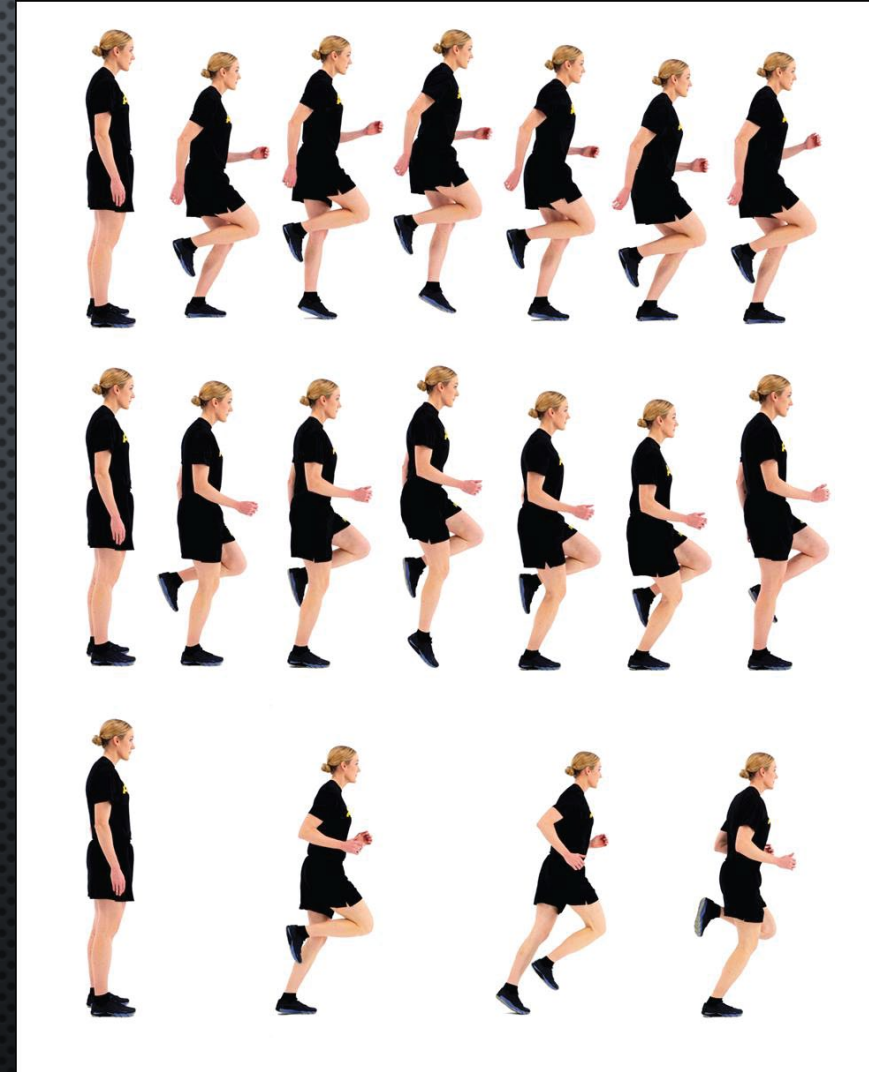


## Health and Holistic Fitness: HOP IN PLACE

### Index

This exercise increases the speed of the pull and improves the ability to remain in the Runner's position throughout the fall. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Hop in Place is the Runner's position. The left leg is the support leg.
- From the starting position, pull the support leg from the ground. To avoid pushing, concentrate on keeping the head and upper body in same place.
- Repeat 5–10 times on both legs before running a short distance or 3–5 seconds.





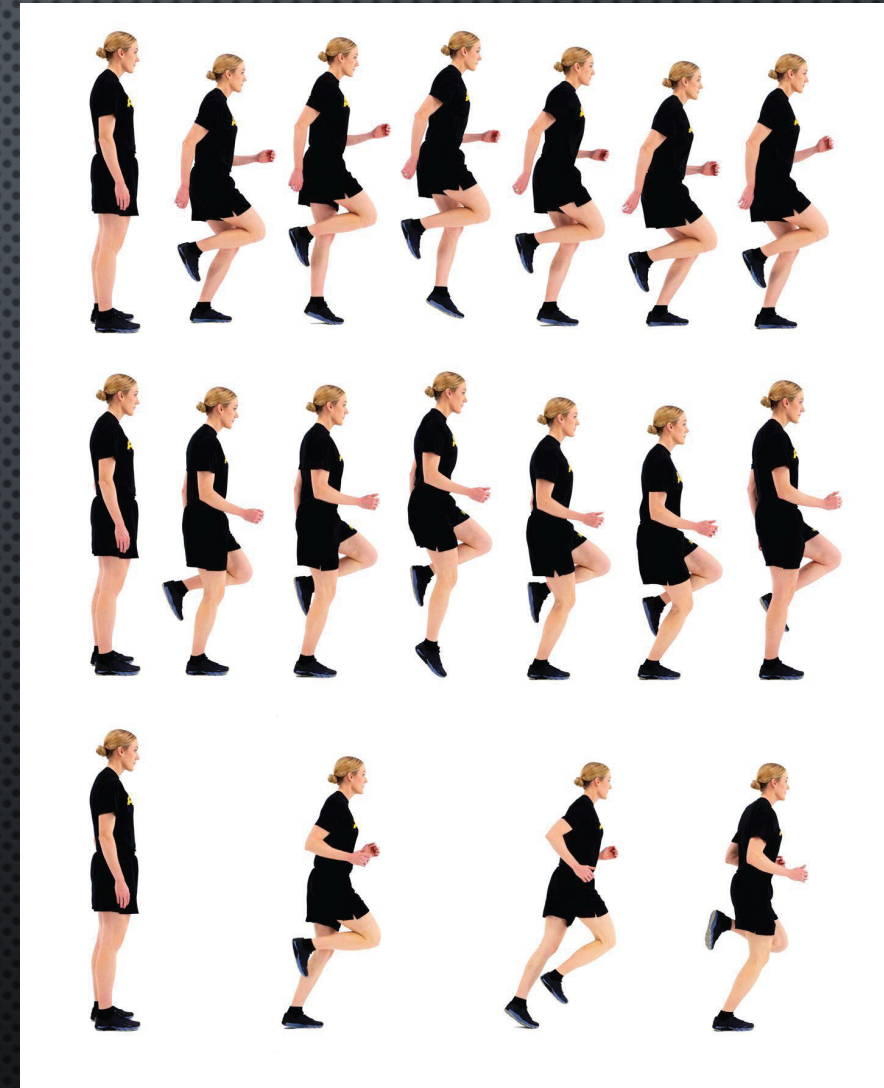


## Index

# Health and Holistic Fitness: HOP FORWARD

This exercise prevents bending at the waist. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Hop Forward is the Runner's position.
- From the starting position, hop from one foot to the other in place before progressing forward by hopping for a short distance or 3–5 seconds.
- After completing the drill, run a short distance or for 3–5 seconds.





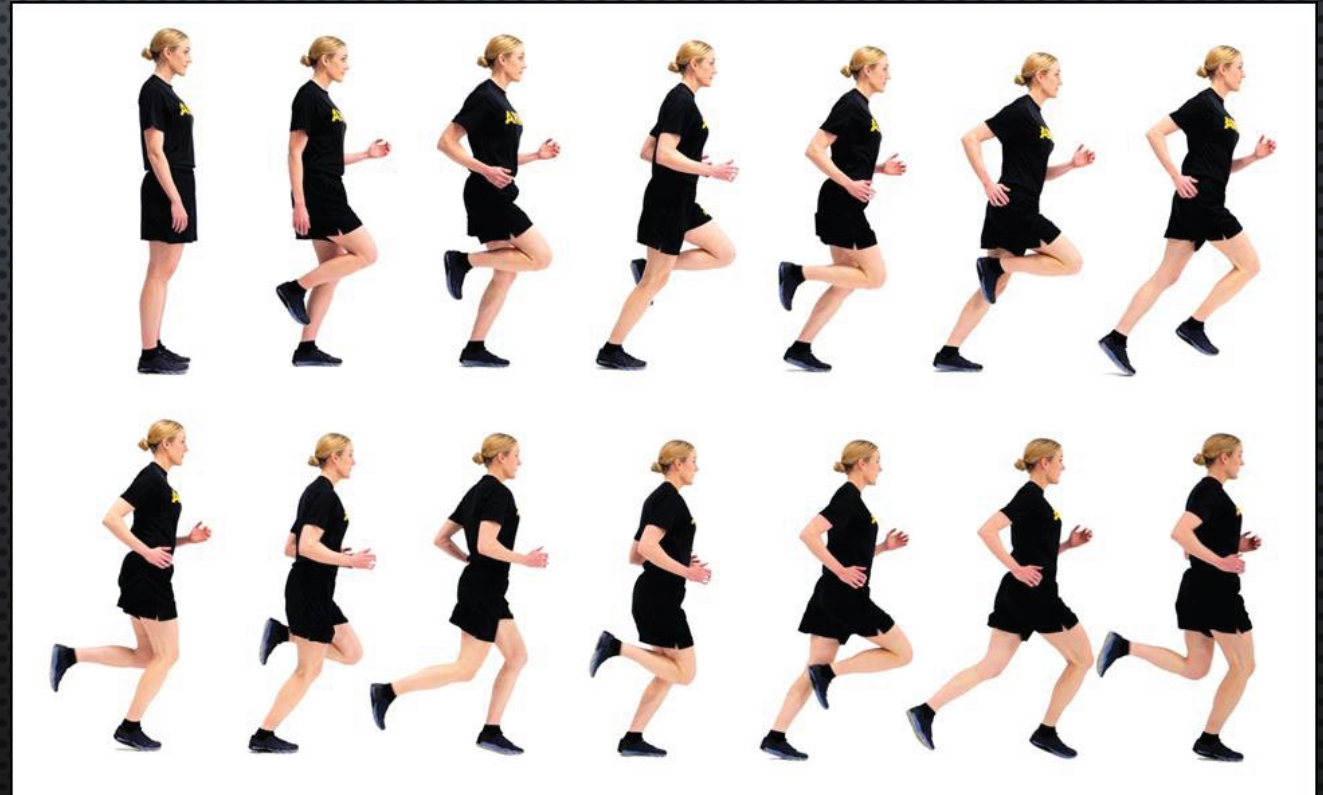


# Health and Holistic Fitness: RUN IN POSE

## Index

This exercise increases the ability to run more efficiently. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Run in Pose is the Runner's position.
- From the starting position, run in place at 3 steps per second—180 steps per minute.
- Fall forward to initiate the run and run at moderate speed for a short distance or 3–5 seconds.







## Index

# Health and Holistic Fitness: BACKWARDS RUN

This exercise increases the perception of gravity during the fall—Soldiers will feel how easy it is to let gravity do the work of moving them when they run backwards. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position. The runner runs in place at 180 steps per minute.
- After a few seconds, initiate a backwards fall and run backwards for a short distance. At that point and without stopping, turn around and run forward for 3–5 seconds.
- Repeat this exercise up to 5 times.







# **RUNNING DRILL 7: CORRECTIONS (RUD7)**





## Health and Holistic Fitness: HANDS IN FRONT

### Index

This exercise brings the trunk into a more upright position. It improves the perception of trunk position and increases awareness of the tendency to lean from the waist as an individual Soldier makes the following moves:

- The starting position for the Hands in Front is the Runner's position with arms straight out in front of the body from the shoulder, hands clasped together.
- From the starting position, run a short distance or 3–5 seconds.
- Repeat this exercise up to 5 times before running a short distance without Hands in Front.







## Health and Holistic Fitness: HANDS BEHIND

### Index

This exercise brings the trunk into a more upright position, improves the perception of trunk position, and increases awareness of the tendency to lean from the waist. In this drill, the Soldier will feel pushed into leaning and will have to resist. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Hands Behind is the Runner's position with arms behind the back hands clasped together.
- From the starting position, run a short distance or 3–5 seconds.
- Repeat this exercise up to 5 times before running a short distance without Hands Behind.







## Index

# Health and Holistic Fitness: HANDS ON BACK

This exercise prevents bending at the waist. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Hands on Back is the Runner's position with the hands placed on the small of the back.
- From the starting position, run a short distance or 3–5 seconds.
- Repeat this movement up to 5 times before running a short distance or 3–5 seconds without the hands on the back.







## Health and Holistic Fitness: HANDS ON BELLY

### Index

This exercise increases the awareness of falling and not bending at the waist. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Hands on Belly is the Runner's position with the hands on the belly.
- From the starting position, run a short distance or 3–5 seconds.
- Repeat this movement up to 5 times before running a short distance or 3–5 seconds without the hands on the belly.







## Health and Holistic Fitness: SHIN BURN

### Index

This exercise reduces the tendency to heel strike by fatiguing the muscle that supports the heel strike. Figure below breaks down the exercise as an individual Soldier conducts it with a coach or partner to assist:

- The starting position for the runner is the Straddle Stance position with staggered legs and arms relaxed at the side. The partner kneels to the front left side of the runner, with one hand on the top of the runner's left foot and the other hand on the back of the runner's left knee to prevent knee extension.
- From the starting position, the runner raises the left foot while the partner holds the foot down.
- Repeat this movement up to 5 times on each foot before running a short distance or 3–5 seconds.





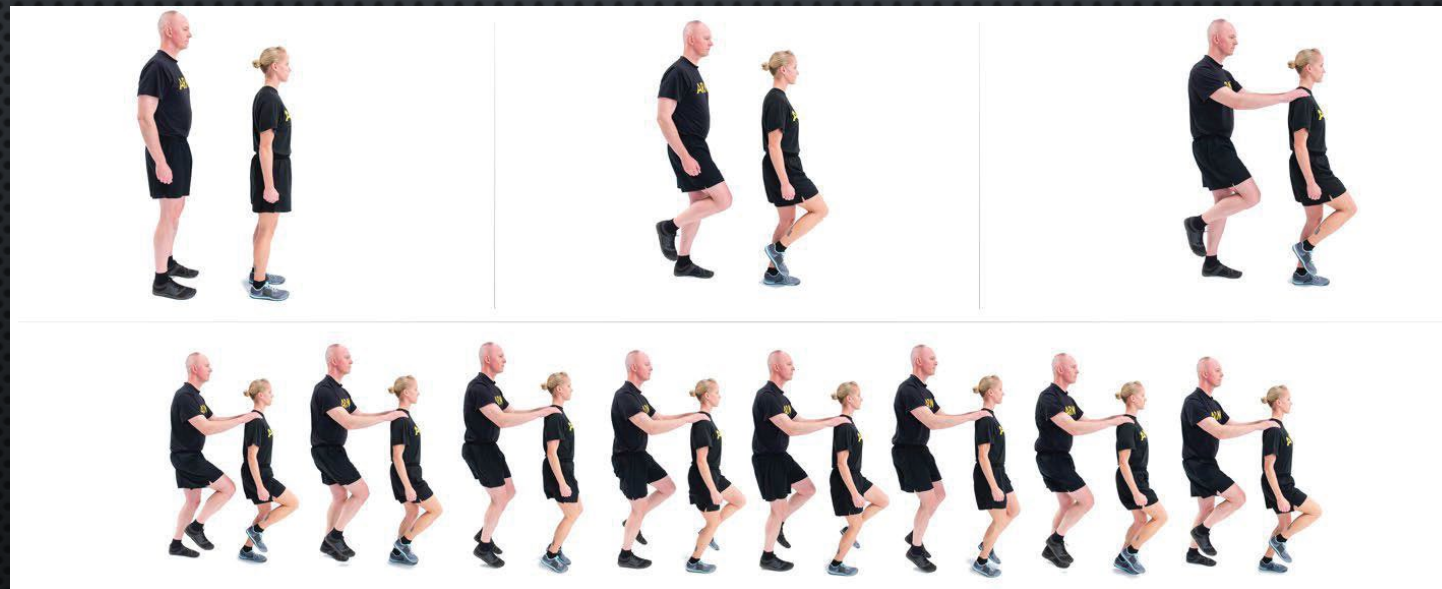


## Index

# Health and Holistic Fitness: INFANTRY RUN

This exercise applies skills learned in the previous Running Drills with assistance of feedback from a partner. It is best conducted around the physical training track in intervals such as the 30:60s or 60:120s. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the runner is the Runner's position. For the partner, the starting position is standing behind the runner also in the Runner's position with hands on the runner's shoulders.
- From the starting position, both Soldiers run in place at the same cadence—3 steps per second—until the lead runner initiates a run.
- Repeat around a physical training track at speed that allow both Soldiers to stay in step.







## Index

# Health and Holistic Fitness: BATTLE BUDDY

This exercise applies skills learned in the previous Running Drills with assistance of feedback from a partner. It is best conducted around the physical training track in intervals such as the 30:60s or 60:120s. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the runner is the Runner's position. For the partner, the starting position is standing shoulder to shoulder next to the runner also in the Runner's position.
- From the starting position, begin running in place at the same cadence of 3 steps per second until the lead runner initiates a run. Run elbow to elbow for a short distance or 3–5 seconds.
- Repeat this movement up to 5 times before running around a physical training track for intervals and speeds that allow both Soldiers to stay in step.







## MOVEMENT DRILL 1: (MMD1)





## Index

# Health and Holistic Fitness: VERTICAL

This exercise improves single leg jumping and landing skill in preparation for more vigorous training, testing, and combat activities. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with staggered legs with the right foot forward. The right heel is even with the toes of the left foot. The head is up looking straight ahead and the knees are slightly bent. The left arm is forward.
- From the starting position, swing the left thigh up to 90 degrees and the right arm forward before stepping forward with the left foot.
- As the left foot comes to the ground, raise the right thigh to 90 degrees and the left arm forward before stepping forward with the right foot.
- Repeat this motion down a 25-meter course before stopping. Repeat once to return to the start line.







## Index

# Health and Holistic Fitness: LATERAL

It is the third leg of the Sprint-Drag- Carry event in the ACFT. This exercise develops the ability to move laterally in preparation for more vigorous training, testing, and combat activities. Figure shown shows the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance, with left side facing the direction of movement. Crouch slightly with elbows bent to 90 degrees and palms facing forward.
- From the starting position, step out with the lead leg and then bring the trail leg up and toward the lead leg.
- The Soldier always faces the same direction so that the for the first 25 meters he or she is moving to the left and for the second 25 meters is moving to the right.
- As skill improves, the Soldier may increase speed.







## Index

# Health and Holistic Fitness: SHUTTLE SPRINT

This exercise prepares the Soldier for more vigorous endurance and agility activities. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with staggered legs, with the right foot forward. The right heel is even with the toes of the left foot. The head is up looking straight ahead and the knees are slightly bent.  
The left arm is forward.
- From the starting position, run quickly to the 25-meter turn-around point.
- 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 and plant the right foot, then turn counter-clockwise and touch the ground with the right hand.
- Run back to the 25-meter turn-around accelerating to maximum speed through the finish.







## MOVEMENT DRILL 2: (MMD2)



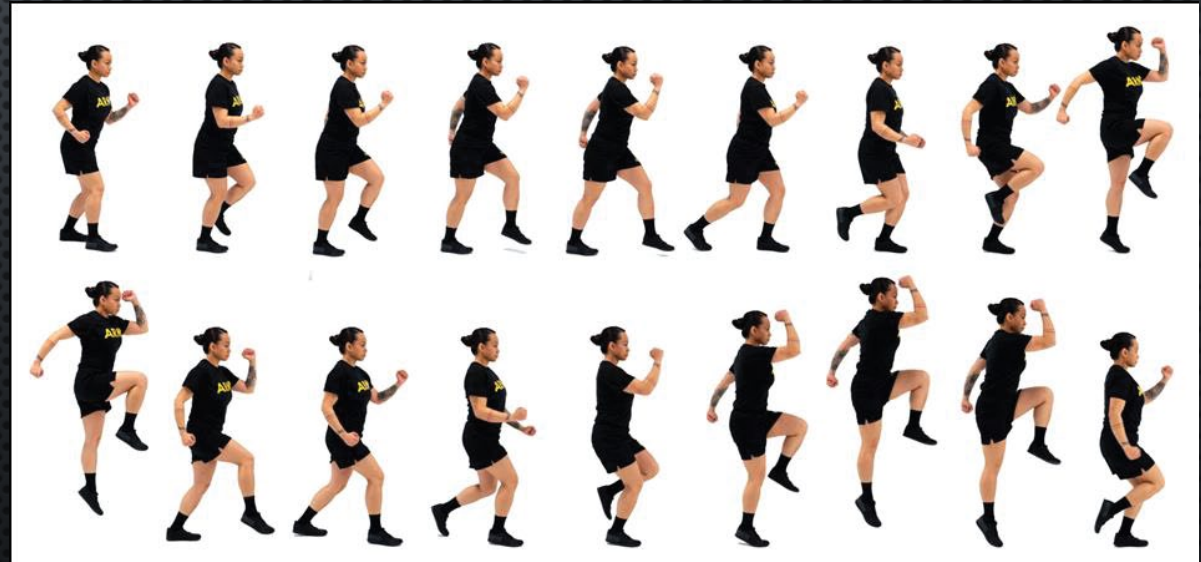


## Index

# Health and Holistic Fitness: POWER SKIP

This exercise develops powerful single-leg vertical jumping and landing skill in preparation for more vigorous testing and combat activities. Figure shown breaks down the exercise as Soldiers conduct it in a formation:

- The starting position is the Straddle Stance position with staggered legs with the right foot forward. The right heel is even with the toes of the left foot. The head is up looking straight ahead and the knees are slightly bent. The left arm is forward.
- From the starting position, step with the left foot then skip powerfully up from the ground with the right leg.
- As the right leg moves up, the left arm swings powerfully forward and up. The right arm countermoves to the rear.
- After landing on the left leg, immediately repeat the skip movement, leading with the left leg.
- When the left leg is forward, the right arm drives up and forward to unweight the body as it leaves the ground.
- Repeat this motion down a 25-meter course before stopping. Repeat once to return to the start line.
- As skill improves, the Soldier may increase height of the skip.







## Index

# Health and Holistic Fitness: CROSSOVER

This exercise develops leg coordination and trains Soldiers to move laterally. Figure shown breaks down the exercise as Soldiers conduct it in formation:

- The starting position is the Straddle Stance, slightly crouched with the back straight, arms at the side with elbows bent at 90 degrees. Palms face forward. The body is turned so that the left side faces the 25-meter course.
- From the starting position, cross the trail leg in front of the lead leg to complete the first lateral step.
- On the second lateral step, cross the trail leg behind the lead leg to uncross the legs.
- On the third step, cross the trail leg behind the lead leg.
- On the fourth step cross the trail leg in front of the lead leg to uncross the legs.
- This four-step pattern repeats down the 25-meter course.
- Pick the feet up, moving from the ball of the foot, and increasing lateral speed as skill improves.
- Maintain a crouch throughout the movement and keep the back straight and trunk perpendicular to the direction of movement.
- Repeat once back down the 25-meter course to return to the start line.





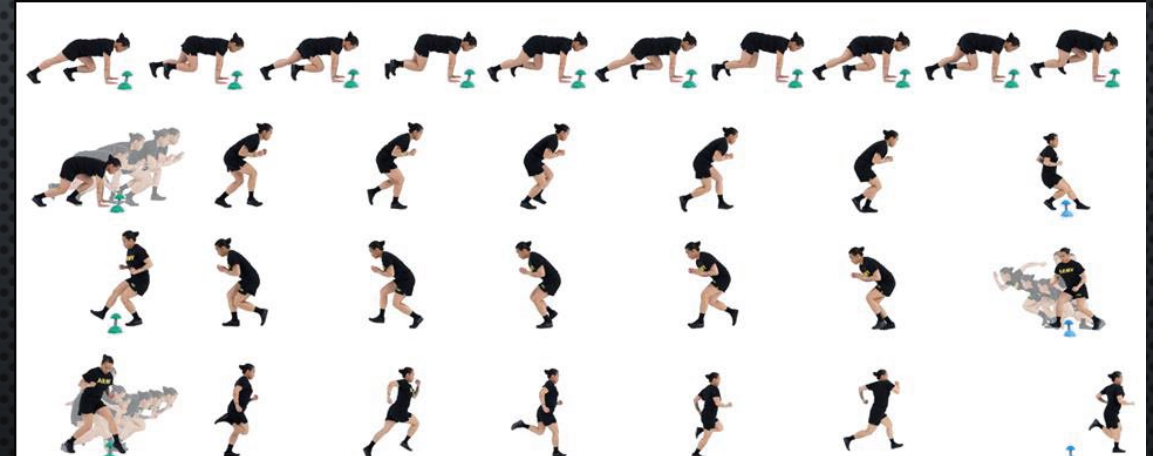


## Index

# Health and Holistic Fitness: : CROUCH RUN

This exercise develops the ability to run quickly in a crouched position. Figure shown breaks down the exercise as Soldiers conduct it in formation:

- The starting position is the starting position for the Mountain Climber exercise.
- From the starting position, complete one 4-count repetition of the Mountain Climber before running forward in a crouched position down the 25-meter course.
- The arms move minimally, as though carrying a weapon.
- At the end of the 25-meter course, turn clockwise while planting the left foot, bending and squatting to touch the ground with the left hand.
- Crouch run quickly back to the start line.
- At the start of the 25-meter course, turn counter-clockwise planting the right foot, bending and squatting to touch the ground with the right hand.
- Maintain a crouch throughout the turn before accelerating to an upright run at maximal speed through the end of the 25-meter course.
- Repeat once to return to the start of the 25-meter course.







## MEDICINE BALL DRILL 1: (MB1)



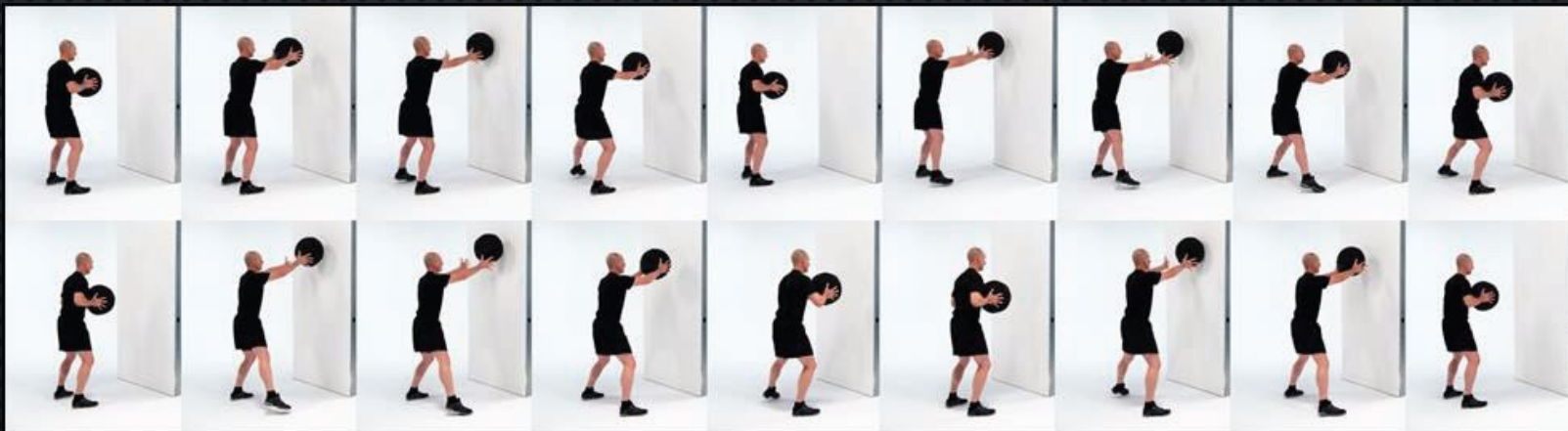


## Index

# Health and Holistic Fitness: CHEST PASS LATERAL

It requires a wall to throw against and a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as an individual Soldier conducts it using a four-count movement:

- The starting position for the Chest Pass Lateral is the Straddle Stance position with ball held in front of the chest, ready to throw forward.
- The ball is thrown from a distance that allows the ball to rebound into the Soldier's hands.
- On count 1, from the starting position, the Soldier throws the ball at the wall while simultaneously stepping laterally to the left.
- The lateral step happens while the ball is going to and from the wall.
- On count 2, repeat count 1, stepping laterally to the right to return to the starting position.
- On count 3, repeat count 1, once more stepping laterally to the right.
- On count 4, repeat count 1, stepping laterally to the left to return to the starting position.







## Index

# Health and Holistic Fitness: ALTERNATING SIDE-ARM THROW

It requires a wall to throw against and a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as an individual Soldier conducts it using a four-count movement:

- The starting position for the Alternating Side-Arm Throw is the Straddle Stance position with feet wider than shoulder width, and the ball held to the right of the waist, ready to throw sideways to the left. The Soldier's left side faces the wall.
- The ball is thrown from a distance that allows the ball to rebound into the Soldier's hands.
- On count 1, from the starting position, throw the ball at the wall from right to the left while simultaneously rotating to face the wall in preparation to catch it.
- On count 2, catch the ball, stepping and rotating the trunk arms and shoulders to the left to absorb the ball's weight.
- On count 3, repeat count 1, this time throwing from left to right.
- On count 4, repeat count 2, stepping and rotating the trunk arms and shoulders to the right to absorb the ball's weight to return to the starting position.







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# Health and Holistic Fitness: DIAGONAL CHOP

It requires medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as an individual Soldier conducts it using a four-count movement at a slow cadence:

- The starting position for the Diagonal Chop is the Straddle Stance position with ball held in front of the waist.
- On count 1, from the starting position, move the ball high above the left shoulder.
- On count 2, move the ball down and to the right, simultaneously squatting so that the ball reaches a point to the side of the right knee.
- On count 3, move from the count 2 position to the count 1 position—moving the ball high above the left shoulder.
- On count 4, return to the starting position.
- The second 4-count repetition switches the diagonal pattern to the opposite side.
- On count 1, move the ball high above the right shoulder.
- On count 2, move the ball down to the left knee.
- On count 3, move the ball back to the count 1 position.
- On count 4, return to the starting position.
- The exercise continues this alternating pattern for 5–10 repetitions on each side.





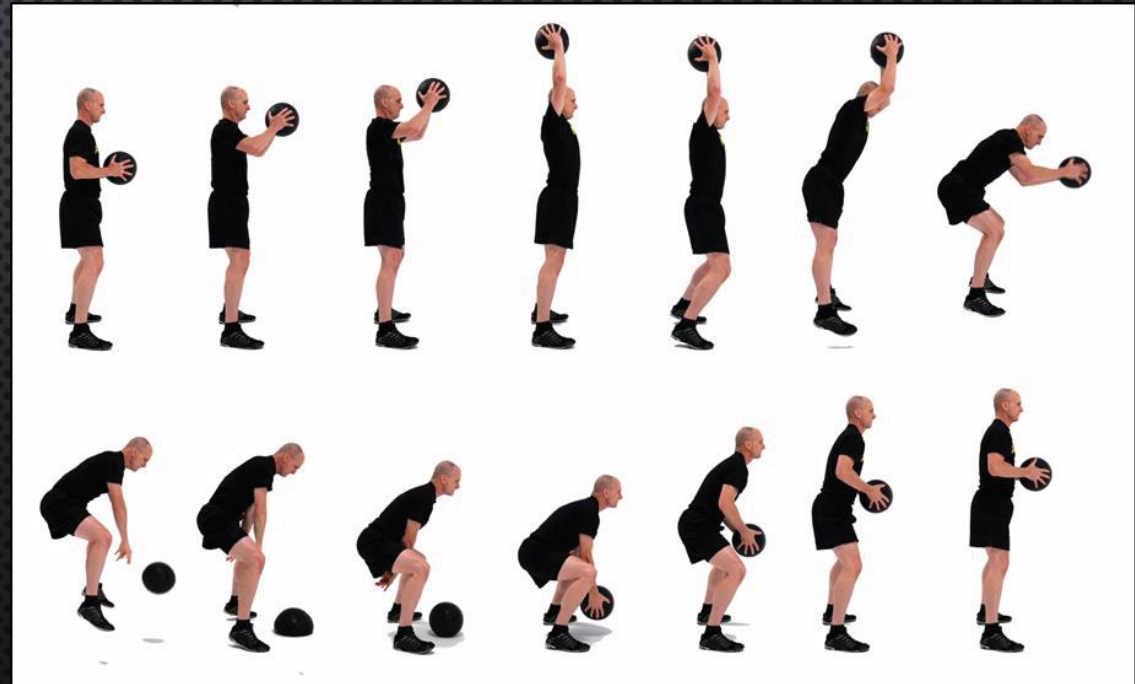


## Health and Holistic Fitness: SLAM

### Index

It requires a medicine ball of size and weight suitable to meet the physical training session's goal. A slam ball is recommended to prevent too much movement of the ball after it hits the ground. Figure shown breaks down the exercise as an individual Soldier conducts it using a four-count movement:

- The starting position for the Slam is the Straddle Stance position with ball held in front of the waist.
- On count 1, from the starting position, lift the ball up and over the head.
- On count 2, perform a slight squat while forcefully throwing the ball to the ground with both arms just in front of the feet.
- On count 3, squat down to pick the ball up.
- On count 4, return to the starting position.
- Complete this exercise 5–10 times.
- As skill improves, the Soldier may add more power to the movement by jumping during the throw.





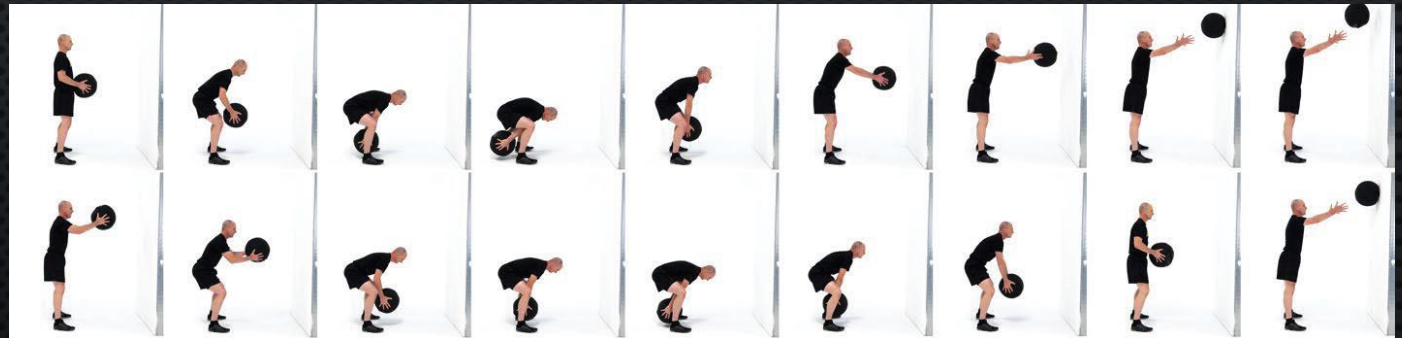


## Index

# Health and Holistic Fitness: UNDERHAND WALL THROW

It requires a wall and a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as an individual Soldier conducts it using a four-count movement:

- The starting position for the Underhand Wall Throw is the Straddle Stance position with ball held in front of the waist.
- On count 1, from the starting position, squat to lower the ball between the legs and toward the rear. This is the same position used in count 1 of Bend and Reach exercise.
- On count 2, using an underhand motion, forcefully throw the ball at the wall, aiming for a point on the wall that allows for a rebound and waist-high catch.
- On count 3, continue the catch motion, absorbing the weight of the ball by squatting to lower the ball between the legs.
- On count 4, without pausing the movement of the ball begun in count 3, move quickly through the count 1 squat position to throw the ball again.
- Do not return to the starting position until completion of the final repetition.
- Maintain proper squat posture with the spine straight throughout the exercise.
- Note that the power for the throw derives from the movement of the hips as body weight is shifted over the feet.
- Complete this exercise 5–10 times, returning to the starting position after the final repetition.







## MEDICINE BALL DRILL 2: (MB2)



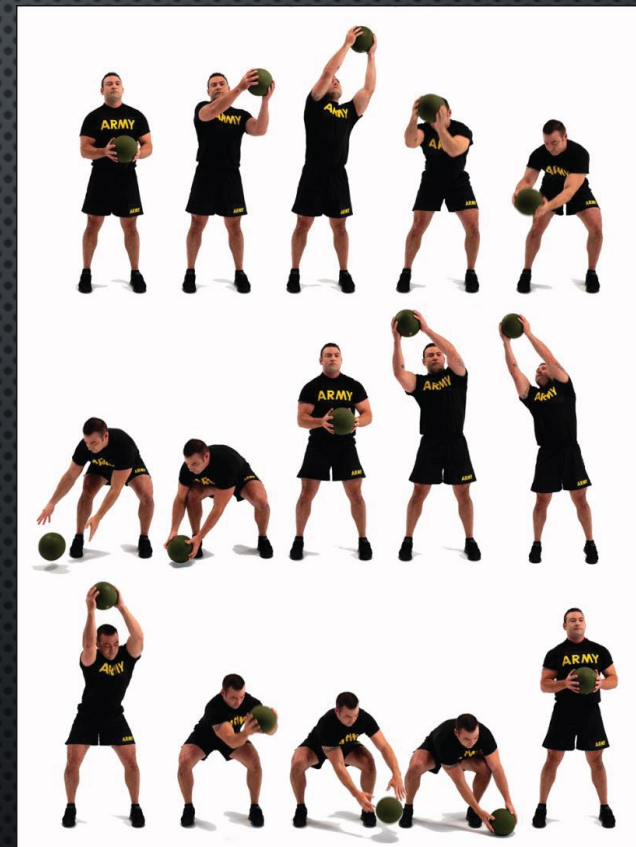


## Index

# Health and Holistic Fitness: DIAGONAL CHOP THROW

It requires a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as a Soldier conducts it using a four-count movement and a slam ball or wall to reduce the rolling distance:

- The starting position for the Diagonal Chop is the Straddle Stance position with ball held in front of the waist.
- On count 1, from the starting position, move the ball high above the left shoulder.
- On count 2, throw the ball to the ground aiming to the right of the right foot.
- After retrieving the ball, on count 3, repeat count 1, this time moving the ball high above the right
- shoulder.
- On count 4, repeat count 2, throwing the ball to the left of the left foot.







## Index

# Health and Holistic Fitness: KNEELING SIDE-ARM THROW

It requires a wall or partner to throw to and a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown illustrates the exercise as a Soldier with a partner conducts it:

- The starting position for the Kneeling Side-Arm Throw is the Half-Kneeling position on the left knee. The ball is held at the waist, ready to throw from right to left. The left side of the body faces the partner.
- From the starting position, throw the ball to the partner from right to the left.
- The catching Soldier absorbs the impact by catching it with an exaggerated rotation of the arms, shoulders, and trunk to the right.
- Alternatively, the catch can be made by deliberately resisting trunk rotation, in which case the arms absorb the impact.





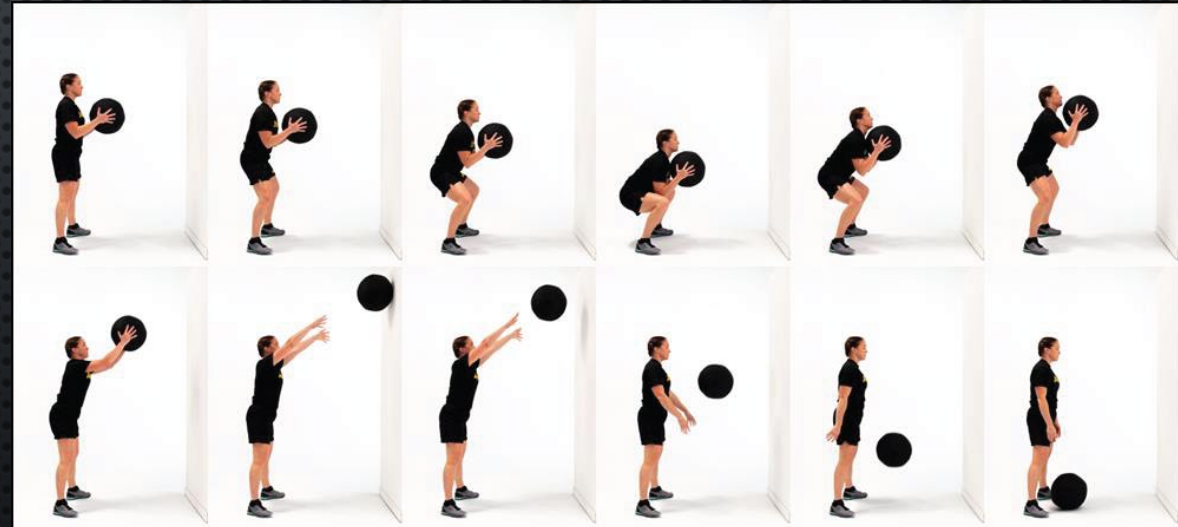


## Index

# Health and Holistic Fitness: SUMO WALL THROW

It requires a wall to throw against and a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as an individual Soldier using a two-count movement conducts it:

- The starting position for the Sumo Wall Throw is the Straddle Stance position with feet slightly wider than shoulder width apart, ready to perform a Sumo squat. The ball is held in front of the chest, ready to throw forward.
- On count 1, from the starting position, squat deeply, widening foot stance and turning the feet out to perform a deep Sumo squat. Move elbows between the knees with ball held in position in front of the chest.
- On count 2, power up and out of the squat, pushing the ball up overhead to throw it high up on the wall.
- Allow the ball to fall to the ground.
- After retrieving the ball, repeat counts 1 and 2 for 5–10 repetitions.





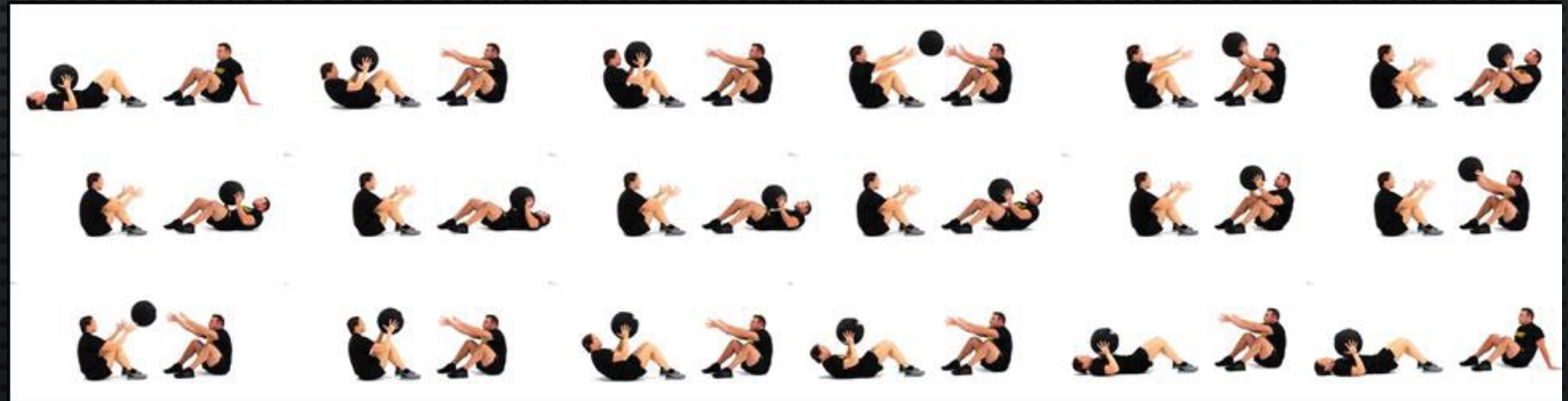


## Index

# Health and Holistic Fitness: SIT-UP THROW

It requires a wall or partner to throw to and a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as a Soldier and a partner conduct it:

- The starting position for the Sit-Up Throw is the Supine position, with feet flat on the ground and knees bent to 90 degrees. Feet are toward the partner. The ball is held on the chest with both hands, ready to throw toward the partner.
- The weight of the ball and the distance from the partner is calibrated so that the Soldiers can catch and throw to each other.
- From the starting position, the Soldier flexes the trunk and hips in a sit-up motion, while simultaneously pushing the ball up and toward the partner.
- The partner catches the ball in both hands, absorbing the impact by bending the elbows and leaning backwards in the trunk to return to the starting position.
- Both Soldiers keep their feet on the ground throughout the exercise.
- When a wall is available, the ball must be thrown with enough force to rebound back to the soldier.





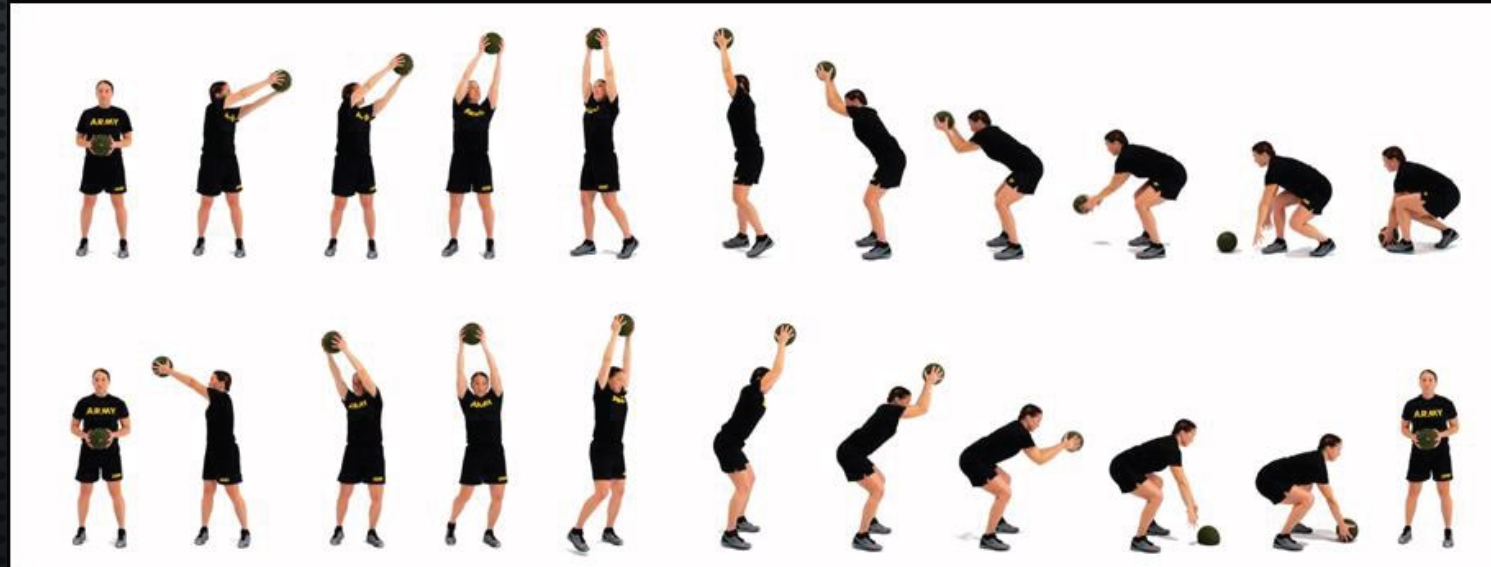


## Index

# Health and Holistic Fitness: RAINBOW SLAM

It requires a medicine ball of size and weight suitable to meet the physical training session's goal. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Rainbow Slam is the Straddle Stance position with the ball held at waist height.
- From the starting position, move the ball up and to the left and then in an arc to the right.
- While turning to the right, begin a forceful throw directing the ball to the ground.
- Retrieve the ball before repeating the exercise in the opposite direction.
- Complete this exercise 5–10 times on each side.
- As skill improves, add more power to the throw by jumping during the throwing motion.







## SUSPENSION TRAINING DRILL 1: (ST1)



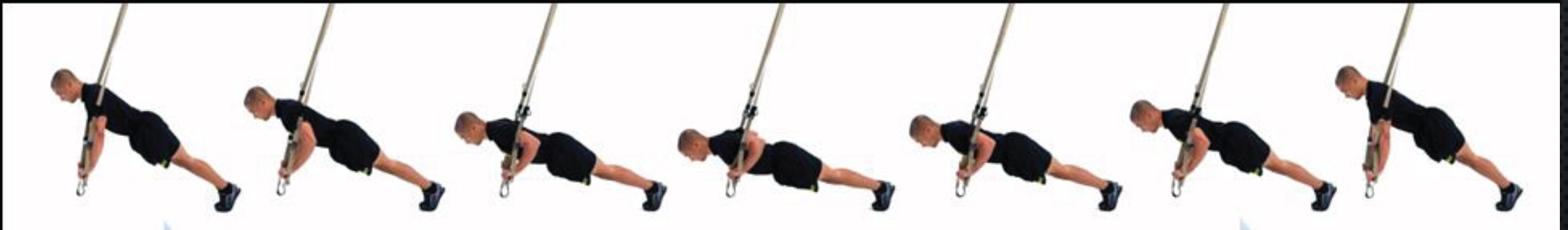


## Index

# Health and Holistic Fitness: SUSPENSION PUSH-UP

It challenges shoulder stability by suspending either the feet or the hands above the ground. Figure shown breaks down the exercise as conducted by an individual Soldier with the hands suspended above the ground:

- The starting position for the Suspension Push-Up is the Front Leaning Rest position, with hands in the straps suspended from the ground. Elbows are fully extended, and feet are no more than shoulder width apart on the ground.
- The Soldier may adjust the straps that incline the Soldier's body from 15 to 45 degrees from horizontal.
- From the starting position, perform a controlled Push-Up by maintaining the suspended hand position while flexing the elbows to lower the body toward the ground.
- From the down position, fully extend the elbows to return to the starting position.
- Repeat this exercise 5–10 times.





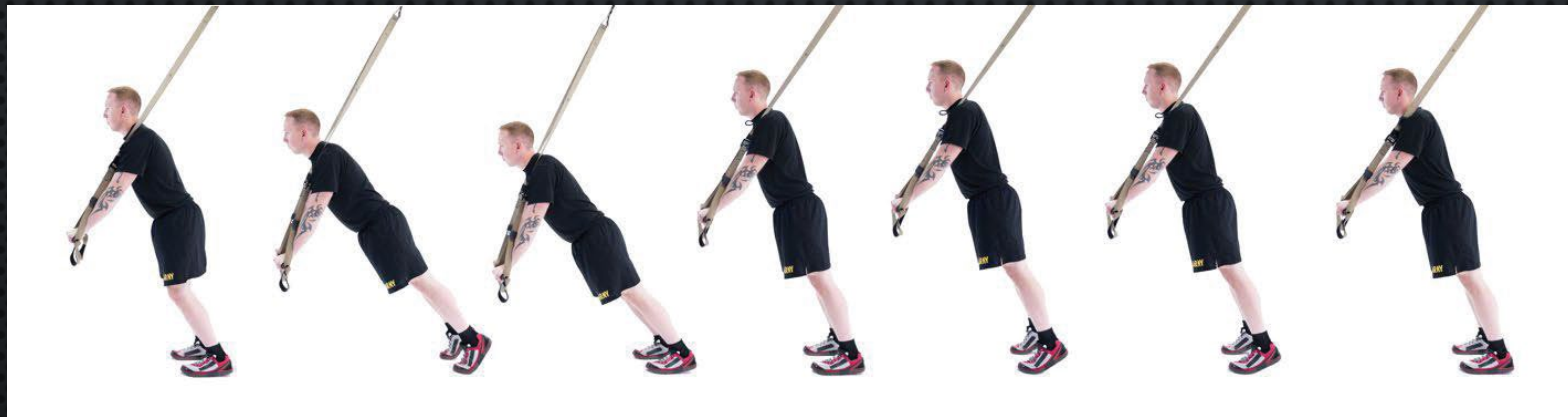


## Index

# Health and Holistic Fitness: INCLINE CALF RAISE

This exercise uses the suspension trainer to incline the body to increase the challenges to the muscles of the lower leg. Incline exercises position the body in a forward lean. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Incline Calf Raise is the Straddle Stance position with hands holding the straps without tension at waist height.
- From the starting position, lean forward generating tension in the straps, keeping the body in a straight line from the head to the heels. Body weight is supported on the hands and feet. The angle of the body in relation to the ground will be adjusted to meet the goal of the physical training session.
- While maintaining this position, raise the heels up off the ground to balance on the balls of the feet.
- Pause in the up position before lowering the heels back to the ground. Repeat this exercise 5–10 times.



As skill improves, modify this exercise by-

- Changing the angle of the body in relation to the ground.
- Balancing on one foot and raising one heel at a time.
- Slightly flexing the knees while raising the heels.



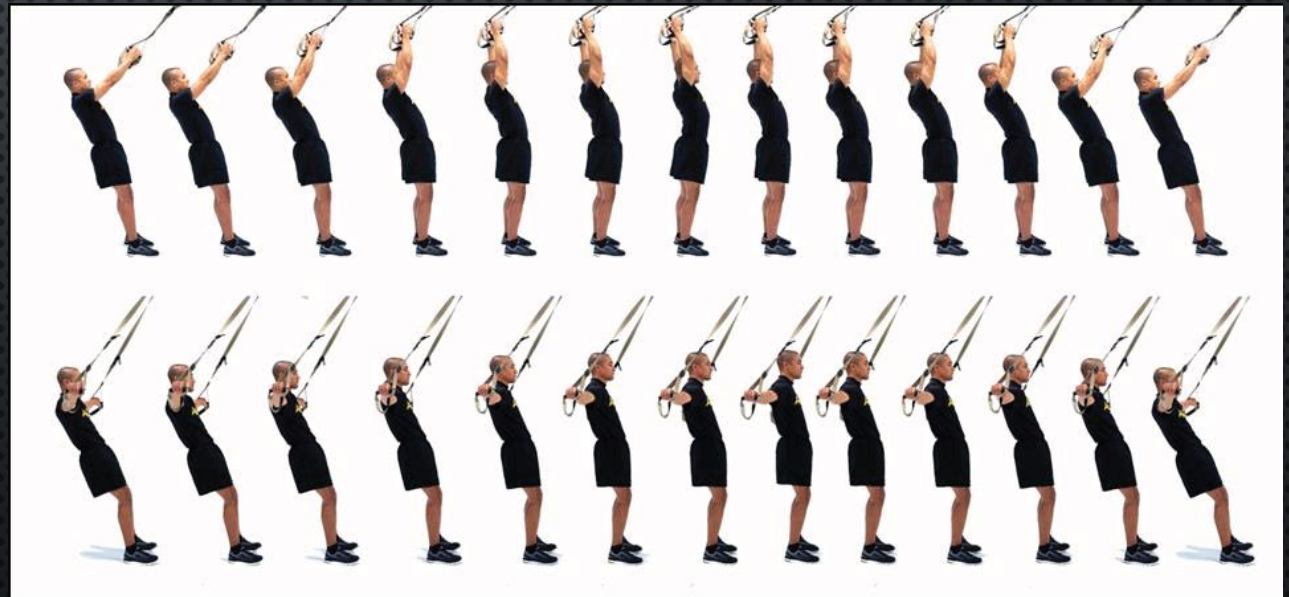


## Index

# Health and Holistic Fitness: DECLINE I-T-Y RAISE

This exercise uses the suspension trainer to decline the body to increase the challenges to the muscles of the upper back and shoulders. Decline exercises position the body in a backward lean. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Decline I-T-Y Raise is the Straddle Stance in a backward lean with the suspension straps held at tension above the head.
- From the starting position, pull tension on the straps to move the body to the vertical, creating a straight line when viewed from the side from the hands to the heels. Body weight will be supported by the hands and feet.
- From this position, allow the body to decline further back. As the body moves back, the arms move forward in front of the head. This completes one repetition.
- Complete this pattern for 5–10 repetitions before repeating the exercise with the arms in the “Y” or “T” position. The T position is illustrated in the bottom row of images.







## Health and Holistic Fitness: ASSISTED SQUAT

### Index

This exercise uses the suspension trainer to assist a Soldier's balance and increase the depth of the squat. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Assisted Squat is the Straddle Stance with the suspension straps held at tension at chest height.
- From the starting position, perform a squat, pulling more tension on the straps to assist with balance, depth of the squat motion, or to alleviate the load on the thigh muscles.
- Complete this exercise 5–10 times.







## Index

# Health and Holistic Fitness: DECLINE BICEPS CURL

This exercise uses the suspension trainer to decline the body to increase the challenges to the biceps muscles using body weight. Decline exercises utilize a backward lean. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Decline Biceps Curl is the Straddle Stance position with the suspension straps held at tension at chest level using a closed, supinated, or underhand grip.
- From the starting position, lean back either by moving the feet further beneath the strap handles or by extending the elbows.
- From the declined position, pull up on the straps by bending the elbows to bring the strap handles toward the chest. The body remains straight throughout the movement.
- Complete this exercise 5–10 times, returning to the starting position after the final repetition.
- To increase the workload or challenge, lengthen the straps to increase the angle of the decline.







# SUSPENSION TRAINING DRILL 2: (ST2)





## Health and Holistic Fitness: ASSISTED LATERAL LUNGE

### Index

This exercise uses the suspension trainer to assist a Soldier's balance and increase the range of the lateral lunge movement. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Assisted Lateral Lunge is the Straddle Stance with the suspension straps held at tension at chest height.
- From the starting position, perform an exaggerated step to the left, bending the left knee while pulling increased tension on the straps. The trunk remains facing ahead and, with the right foot remaining in its starting position, the right leg is abducted straight out to the side.
- From this position, pull on the straps to assist with a return to the starting position.
- The lateral lunge movement is then repeated to the right side.
- Complete this exercise 5–10 times.
- The movement can be modified by changing the range of motion of the lunge or the length of the straps.





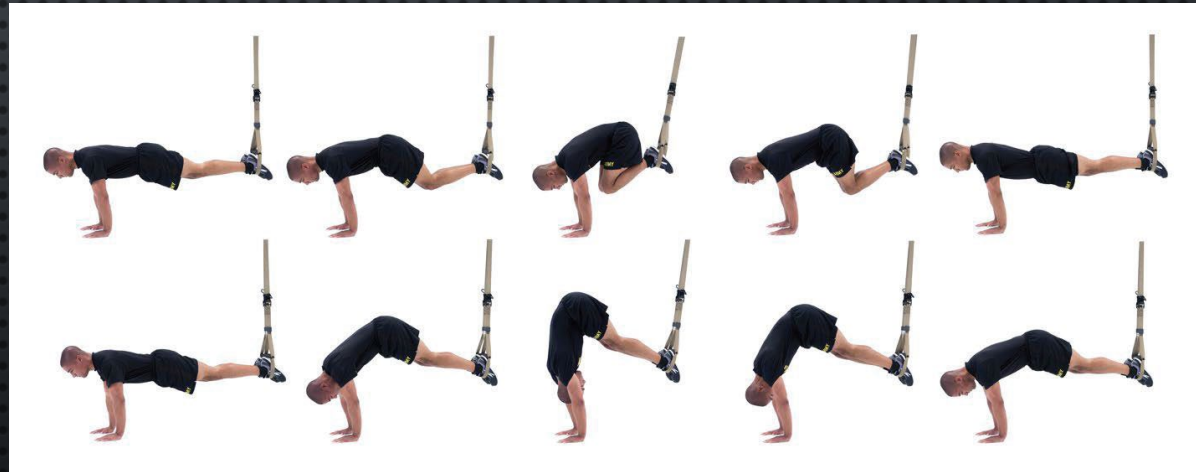


## Health and Holistic Fitness: SUSPENSION LEG-TUCK AND PIKE

### Index

It challenges shoulder stability and core strength by suspending the feet above the ground while moving into a prone Leg-Tuck and Pike position. Figure shown breaks down the exercise as a Soldier conducts it:

- The starting position for the Suspension Leg-Tuck and Pike is the Front Leaning Rest position with feet in the straps suspended from the ground. Fully extend elbows, palms flat on the ground. The Soldier adjusts the straps so that his or her body is parallel to the ground.
- Perform a controlled leg tuck, bringing the knees toward the elbows.
- After a brief pause, return to the starting position.
- The next movement is into the Pike position. From the starting position, keeping the knees close together and straight, bring the feet toward the arms.
- Pause in the Pike position before returning to the starting position.
- Complete this exercise 5–10 times.





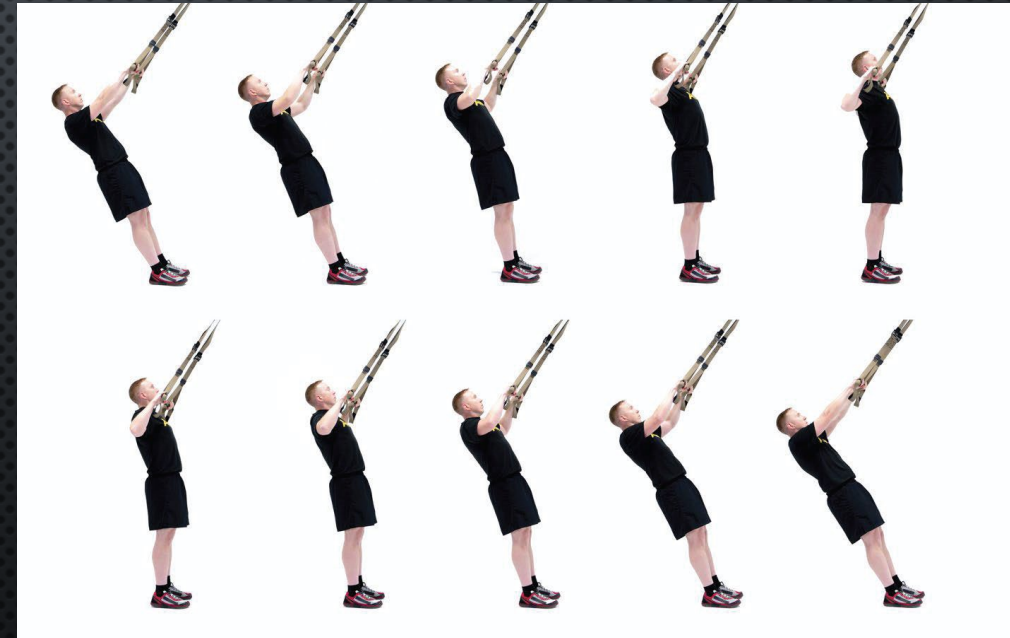


## Index

# Health and Holistic Fitness: DECLINE PULL-UP

This exercise uses the suspension trainer to decline the body to increase the challenges to the shoulder and arm muscles using body weight. Decline exercises use a backward lean. Figure below shows the exercise as a Soldier conducts it:

- The starting position for the Decline Pull-Up is the Straddle Stance position with the suspension straps held at tension at chest level using a closed, pronated overhand grip.
- From the starting position, lean back either by moving the feet further beneath the strap handles or extending the elbows.
- From the declined position, pull back up on the straps by bending the elbows to bring the strap handles level with the outside edge of the shoulders. The body remains straight throughout the movement.
- To increase the workload or challenge, lengthen the straps to increase the angle of the decline.







## Index

# Health and Holistic Fitness: SUSPENSION HAMSTRING CURL

It challenges the muscles in the back of the leg used in running, lifting, and jumping. Figure shown breaks down the exercise as a Soldier conducts it:

- The starting position for the Suspension Hamstring Curl is the Supine position with arms on the ground at 45 degrees from the body, knees and hips flexed to 90 degrees with the feet suspended in the strap handles. Shoulders, arms, and trunk rest on the ground. The head may rest on the ground.
- From the starting position, lift the pelvis from the ground to form a straight line from the knees through the hips to the shoulders.
- From this position, straighten the knees until a moderate challenge is felt in the hamstring muscles in the back of the thighs. The pelvis and trunk will remain in the same position.
- After a brief pause, bend the knees, pulling the feet toward the buttocks.
- Repeat this extension and flexion of the knees 5–10 times before returning to the starting position.
- As skill and endurance improves, a modified version of this exercise can be performed by holding in either bent- or straight-knee positions for up to 20–30 seconds.







## Index

# Health and Holistic Fitness: ASSISTED SINGLE LEG SQUAT

This exercise uses the suspension trainer to assist a Soldier's balance and increase the depth of the squat using one leg. This exercise uses the straps pulled into an over-shortened or 'dog-ear' position. Figure shown breaks down the exercise as a Soldier conducts it:

- The starting position for the Assisted Single Leg Squat is the Straddle Stance with the suspension straps held at tension at chest height.
- From the starting position, raise the right leg to perform a squat on the left leg.
- By increasing more tension on the straps, the suspension trainer assists with balance, assists with depth of the squat motion, or alleviates the load on the thigh muscles.
- Complete this exercise 5 times on the left leg before switching to the right leg.



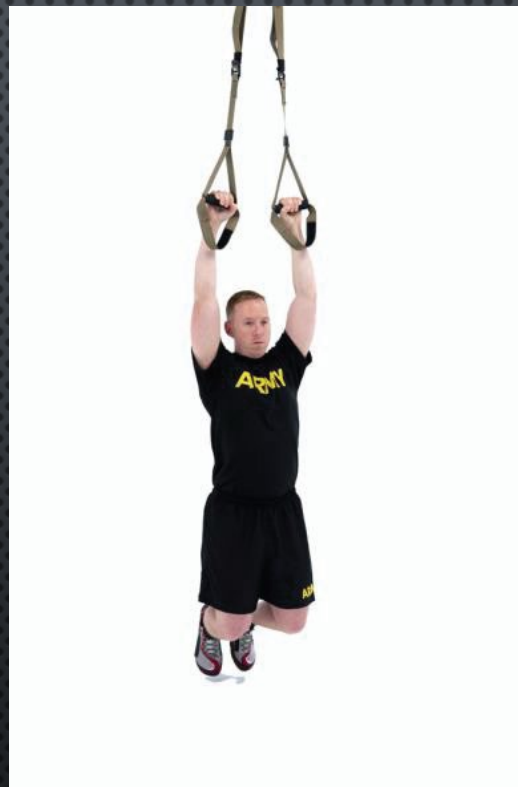




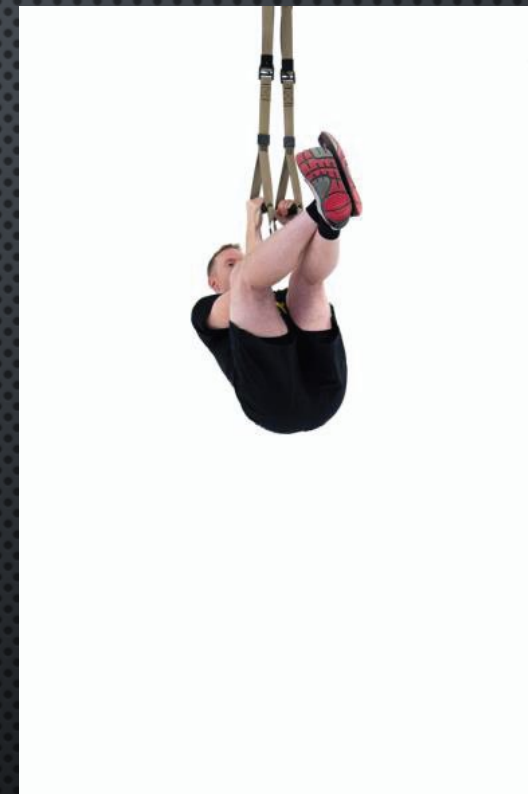
## Index

# Health and Holistic Fitness: SUSPENDED CLIMBING DRILLS 1 AND 2

Soldiers who have access to suspension trainers but lack climbing bar apparatus can conduct suspended Climbing Drills 1 and 2. In this case, Soldiers may modify Climbing Drills 1 and 2 to be performed on the Suspension System. Figure shown demonstrate the suspension versions of each of the six Climbing Drill exercises.



**Suspended Straight-Arm Pull**



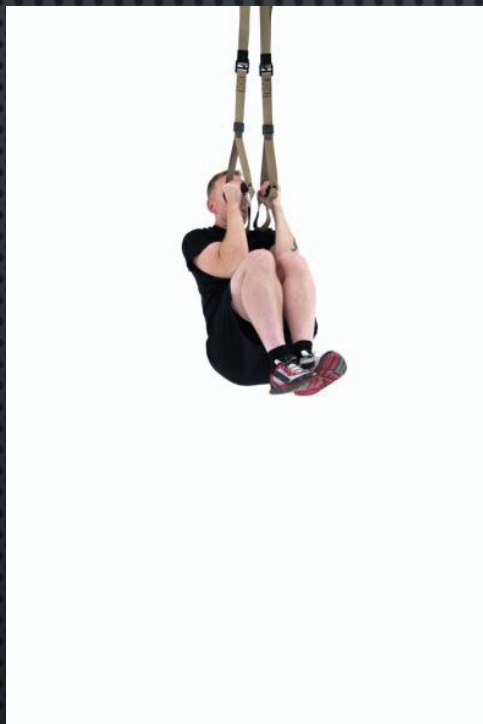
**Suspended Heel Hook**



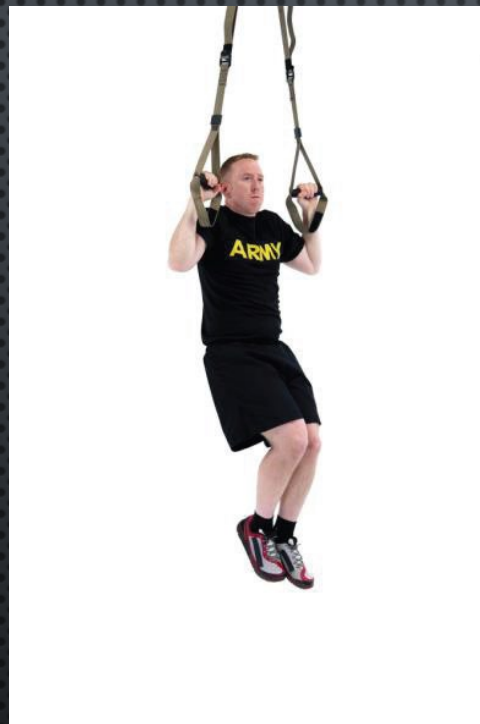


## Health and Holistic Fitness: SUSPENDED CLIMBING DRILLS 1 AND 2

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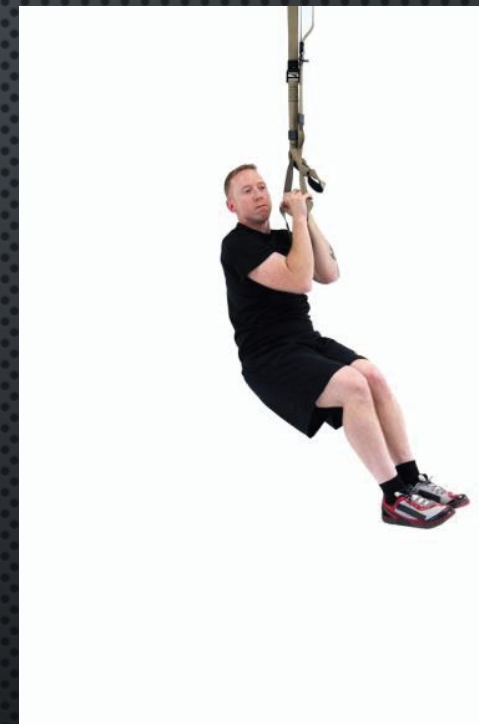
Suspended Leg Tuck



Suspended Pull-Up



Suspended Alternating Grip  
Pull-Up



Suspended Flexed Arm Hang





## LANDMINE DRILL 1: (LM1)



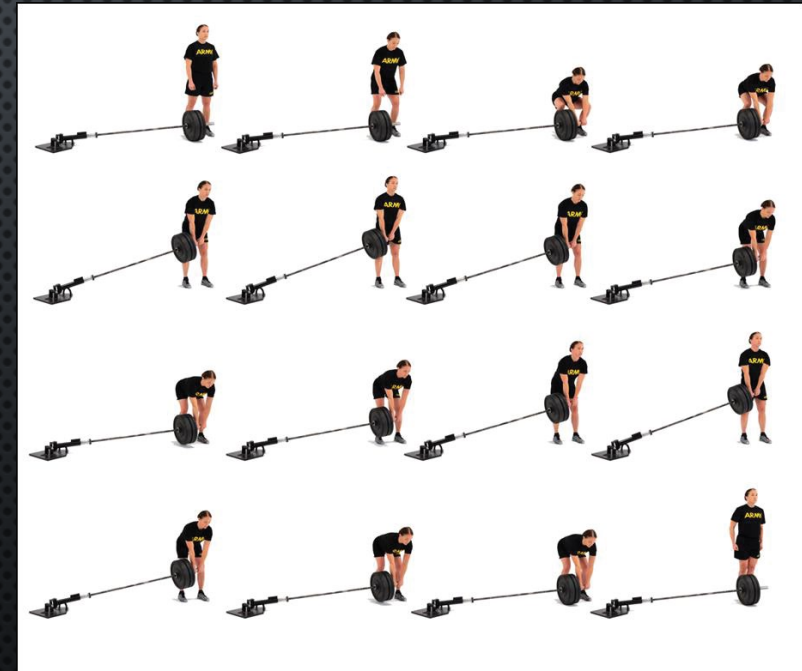


## Index

# Health and Holistic Fitness: STRAIGHT-LEG DEADLIFT

Strengthens the back of the body—the muscles that form the so-called “posterior chain.” Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the Straight-Leg Deadlift is the Straddle Stance position with the landmine resting on the ground in front of the Soldier's feet.
- On count 1, squat down to grasp the landmine in both hands.
- From the squat position, while keeping the arms straight and extending the knees, hips, and back, lift the landmine from the ground.
- On count 2, while keeping the knees straight, but not locked, bend at the waist to lower the landmine toward the ground. The Soldier's back and arms will remain straight.
- Pause before the landmine reaches the ground. This will be at the point when tension is felt in the back of the thighs.
- To modify the movement and make it easier, place the landmine on the ground to end count 2.
- On count 3, return to the same “up” position performed at the end of count 1.
- On count 4, repeat count 2.
- Complete this exercise 5 times from each side of the bar





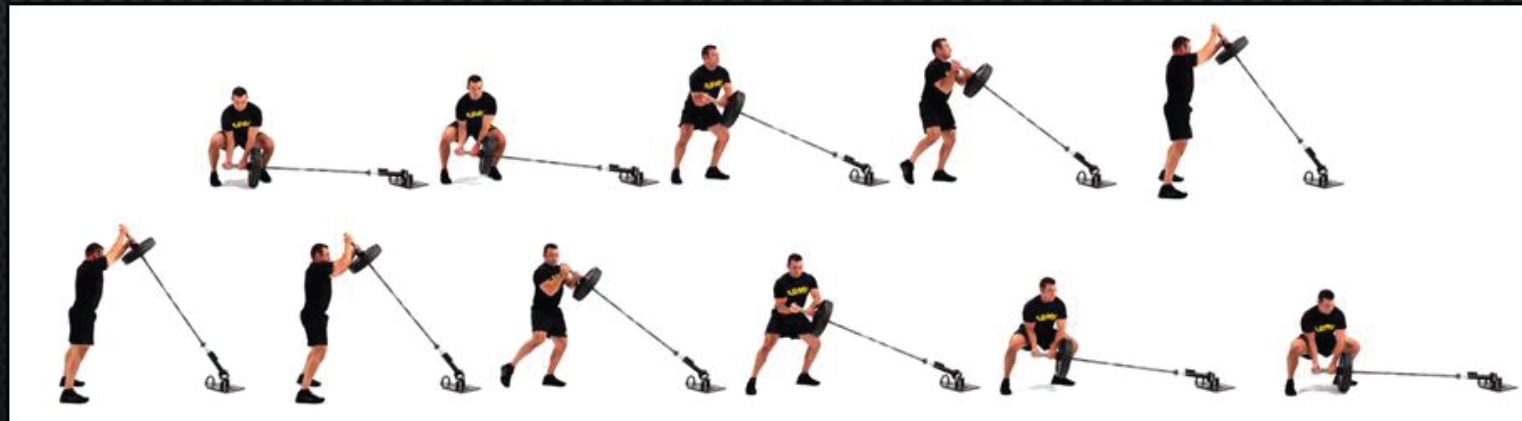


## Index

# Health and Holistic Fitness: DIAGONAL PRESS

The movement challenges upper and lower body pull and push strength and coordination. It supports more vigorous testing and combat tasks. Figure shown breaks down a 2-count version of the exercise as a Soldier conducts it:

- The starting position for the Diagonal Press is the Squat position with the landmine resting on the ground. The left side of the body faces the anchor point for the landmine.
- The left hand grips the bar using a closed overhand grip. The right hand grips the bar using a closed underhand grip.
- On count 1, lift the landmine from the ground while simultaneously moving to a Straddle Stance position.
- Move the bar up and out above the left shoulder, pivoting on the left foot to allow the trunk, hips, and right foot to rotate to the left, following the arm and shoulder movement.
- On count 2, return to the starting position, replacing the landmine on the ground to complete one repetition.
- Complete this exercise 5 times on the left side before switching to the right to complete 5 more repetitions.







## [Index](#)

# Health and Holistic Fitness: REAR LUNGE

It challenges the hip stability and balance as well as prepares Soldiers to move under load from standing to kneeling firing positions. Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the Rear Lunge is the Straddle Stance position with the landmine held at chest height.
- On count 1, take an exaggerated step back with the left leg. The foot will be far enough back to prevent the heel from being on the ground.
- The landmine will continue to be held in front of the chest.
- On count 2, return to the starting position.
- On count 3, repeat the lunging motion with the right leg.
- On Count 4, return to the starting position. This completes one repetition of the exercise.
- Complete this exercise 5–10 times.







## Index

# Health and Holistic Fitness: 180-DEGREE LANDMINE

It challenges the arm, shoulder, and core strength and stability in the transverse (dividing top and bottom) and frontal planes. Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the 180-Degree Landmine is the Straddle Stance position with the landmine held in both hands in front of the right shoulder.
- On count 1, move the bar from the right side of the body up and across to the left side.
- The trunk may follow the shoulder and arm rotation or remain in place depending on the goal of the physical training session.
- The foot position adjusts as necessary to complete the exercise. On count 2, move the landmine from the left back to the right.
- On count 3, repeat count 1.
- On count 4, repeat count 2 to return to the starting position. This completes one repetition of the exercise.
- Repeat this exercise 5–10 times.





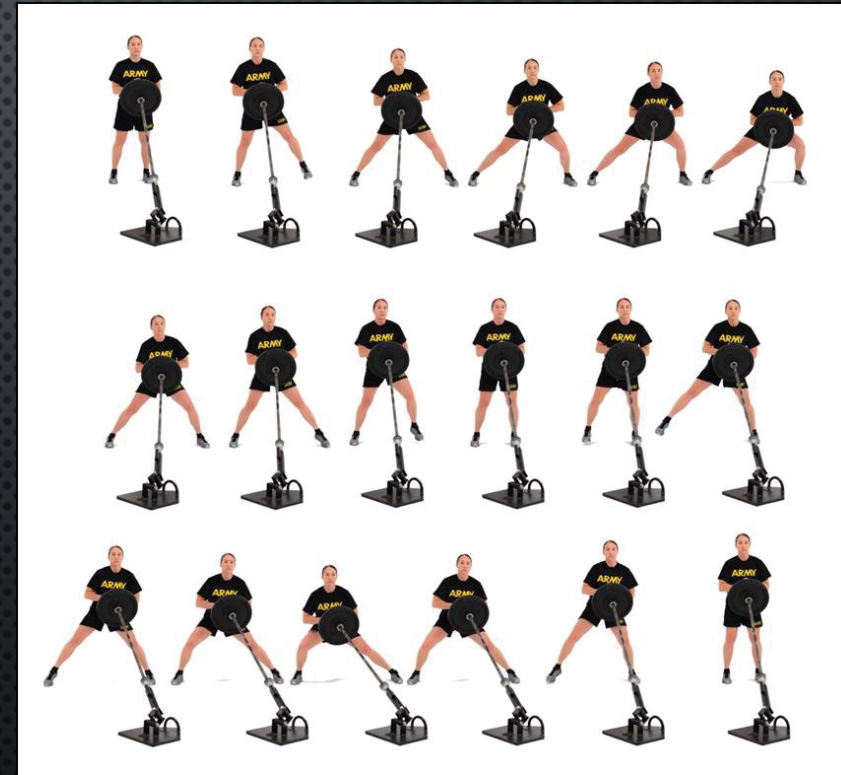


## Index

# Health and Holistic Fitness: LATERAL LUNGE

It challenges hip strength and mobility in the frontal plane. Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the Lateral Lunge is the Straddle Stance position with the landmine held at waist height.
- On count 1, perform an exaggerated step to the left, bending the left knee while controlling the landmine between waist and chest height.
- The trunk remains facing ahead. The right foot remains in its starting position. The right leg is abducted straight out to the side.
- On count 2, return to the starting position.
- On count 3, repeat the lateral lunge movement to the right.
- On count 4, return to the starting position. This completes one repetition of the exercise.
- Repeat this exercise 5–10 times.







## LANDMINE DRILL 2: (LM2)





## Index

# Health and Holistic Fitness: DIAGONAL LIFT TO PRESS

The Diagonal Lift to Press challenges shoulder strength and coordination in both the frontal and sagittal (dividing left and right) planes. Figure shown breaks down a 4- count version of the exercise as a Soldier conducts it:

- The starting position for the Diagonal Lift to Press is the Straddle Stance position with the landmine held in both hands at chest height.
- On count 1, step forward and to the left with the left foot while simultaneously lifting the landmine up and out to the left—a diagonal press.
- The right foot remains in the starting position.
- The trunk may follow the shoulder and arm rotation, or remain in place depending on the goal of the physical training session.
- On count 2, return to the starting position.
- On count 3, repeat the lift and diagonal press motion to the right.
- On count 4, return to the starting position.  
This completes one repetition of the exercise.
- Complete this exercise 5–10 times.





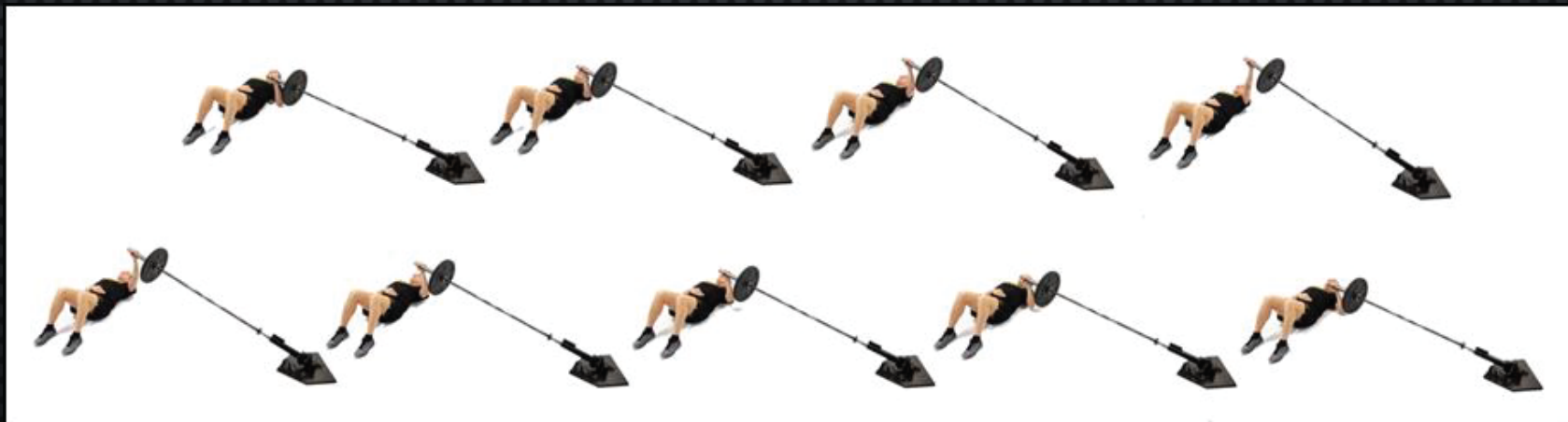


## Index

# Health and Holistic Fitness: SINGLE-ARM CHEST PRESS

It challenges shoulder strength and can be used by injured Soldiers to maintain strength in their non-injured arms. Figure shown breaks down the exercise as a Soldier conducts it:

- The starting position for the Single-Arm Chest Press is the Supine position with knees bent to 90 degrees, head and feet resting on the ground.
- Position the end of the landmine bar above the Soldier's left or right upper arm.
- Grasp the bar with the left or right hand, raising the landmine slightly off the ground if necessary.
- From the starting position, push the landmine up and out from the body. After pausing in the up position, return the weight toward the ground until the upper arm rests on the ground.
- Complete 5–10 repetitions on one side before switching to the other.







## Index

# Health and Holistic Fitness: 180-DEGREE LANDMINE KNEELING

It strengthens the shoulder and core muscles in the transverse plane as they support movement of the landmine across the body. Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the 180-Degree Landmine Kneeling is the Kneeling or Half-Kneeling position with both hands holding the landmine in front of the chest.
- On count 1, move the landmine to the left, rotating the trunk to match the movement of the weight.
- On count 2, return to the starting position.
- On count 3, repeat the rotational motion to the right.
- On count 4, return to the starting position.  
This completes one repetition of the exercise.
- Complete this exercise 5–10 times.







## Health and Holistic Fitness: BENT-OVER ROW

### Index

It strengthens muscles in the back of the arms, shoulders, low back, hips, and thighs. Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the Bent-Over Row is the Forward Leaning Stance position with the landmine held with both hands in front of the thighs.
- On count 1, pull the landmine toward the chest with both arms and pause.
- On count 2, return to the starting position.
- On count 3, repeat the rowing motion.
- On count 4, return to the starting position. This completes one repetition of the exercise.
- Complete this exercise 5 times on the left side before switching to the right to complete five more repetitions.





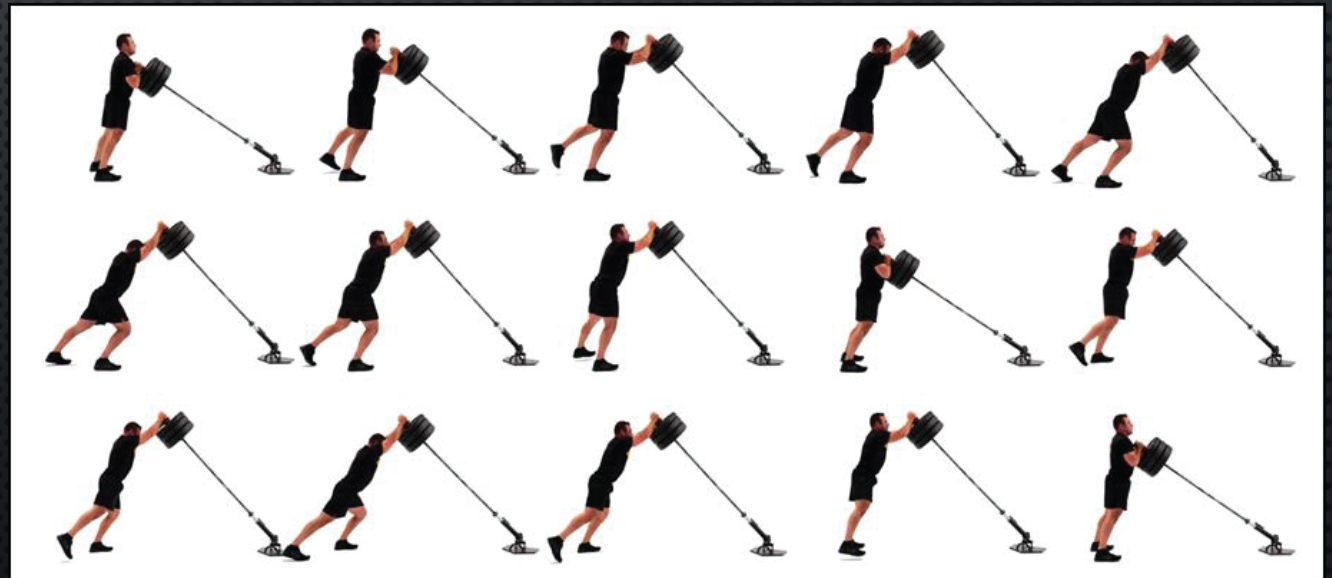


## Index

# Health and Holistic Fitness: REAR LUNGE TO PRESS

It requires coordination and strength of arm, shoulder, trunk, and leg muscles as they move in the sagittal plane. Figure shown breaks down a 4-count version of the exercise as a Soldier conducts it:

- The starting position for the Rear Lunge to Press is the Straddle Stance position with the landmine held in both hands at chest height.
- On count 1, take an exaggerated step back with the left leg while simultaneously raising the landmine overhead.
- The foot will be far enough back to prevent the heel from being on the ground, and the landmine will be raised so that there is a straight line from the hands through the shoulders, hips, and knees to the rear heel.
- On count 2, return to the starting position.
- On count 3, repeat the lunging motion with the right leg.
- On count 4, return to the starting position. This completes one repetition of the exercise.
- Complete this exercise 5–10 times.







## STRENGTH TRAINING CIRCUIT





## Index

# Health and Holistic Fitness: SUMO SQUAT

The starting position for the Sumo Squat is the Straddle Stance position with the feet slightly wider than the shoulders and the toes pointing outward. Hold a single kettlebell with both hands in front of the body, palms pronated to face the body. This figure shows the exercise as a Soldier conducts it for one minute at station 1 of the Strength Training Circuit. The cadence is always slow:

- On count 1, squat while leaning slightly forward from the waist with the head up. Move downward until the upper legs are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.
- Complete one minute of repetitions, stopping to rest if necessary, or adjusting the weight and range of movement to match the required performance.





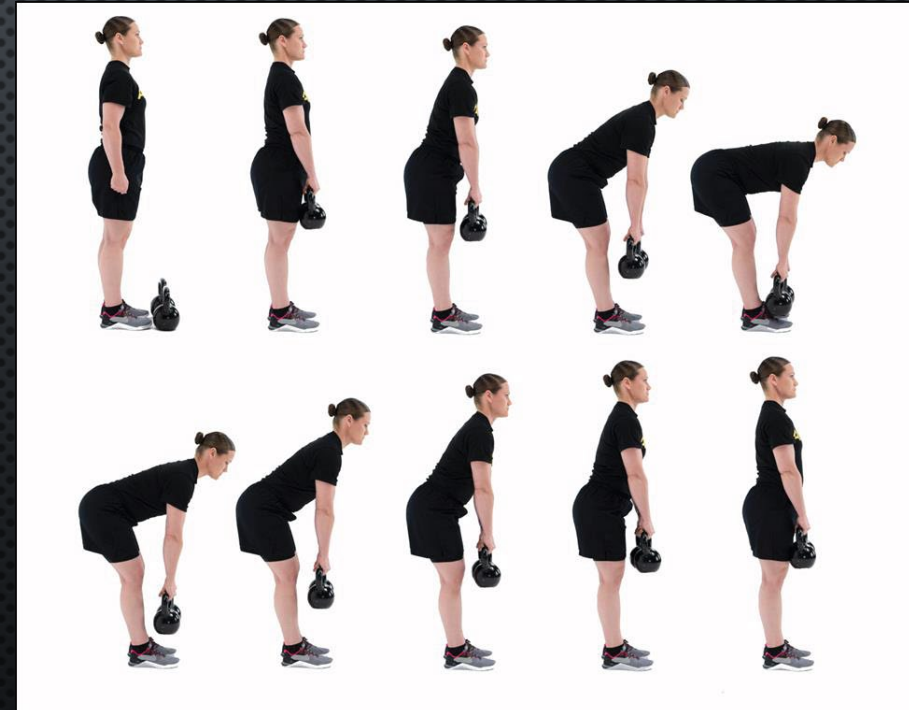


## Index

# Health and Holistic Fitness: STRAIGHT-LEG DEADLIFT

The Straight-Leg Deadlift is conducted for one minute of a Strength Training Circuit. The cadence is always slow:

- The starting position for the Straight-Leg Deadlift is the Straddle Stance position. Hold the kettlebells in front of the legs using a pronated grip. Keep the knees slightly flexed—not locked—and in the same flexed position throughout the exercise.
- On count 1, flex forward from the waist, keeping the head in line with the spine to avoid extending the neck. While keeping the back straight, move down until the back is parallel to the ground. Slightly adjust knee flexion to increase the engagement of the hamstring muscles in the back of the thigh.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.
- Complete one minute of repetitions, stopping to rest if necessary, or adjusting the weight and range of movement to match the required performance.





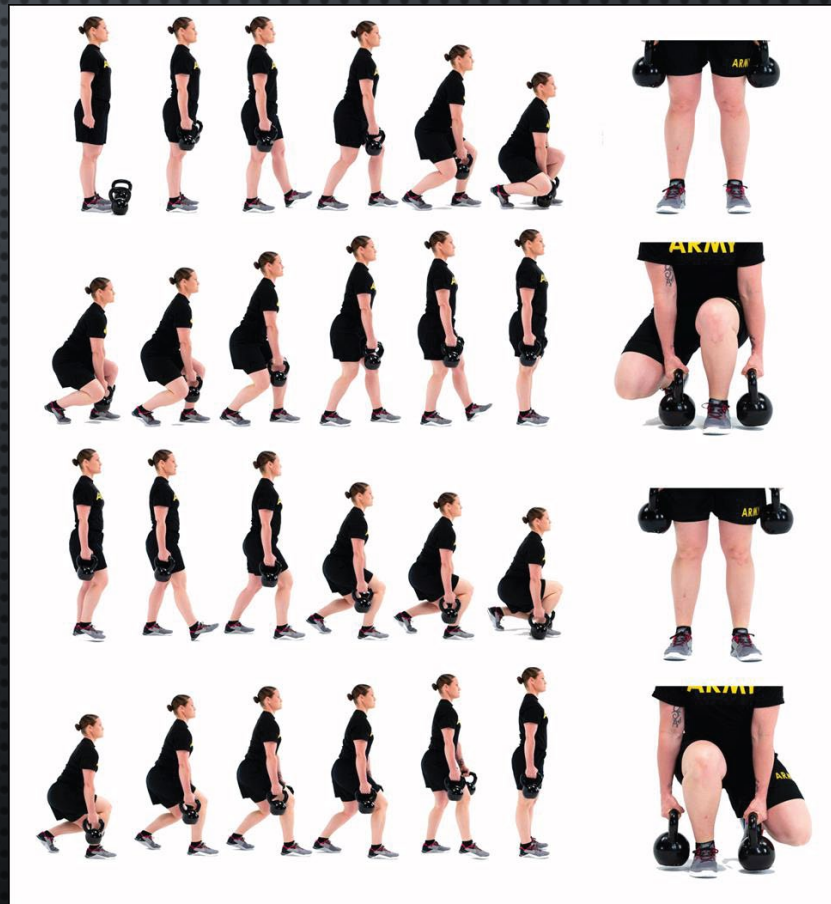


## Health and Holistic Fitness: FORWARD LUNGE

### Index

Figure shown breaks down the exercise a Soldier conducts it for one minute in a Strength Training Circuit:

- The starting position for the Forward Lunge is the Straddle Stance position. Hold the kettlebells at the sides using a neutral grip.
- On count 1, step forward with the left leg as in the Forward Lunge, allowing the left knee to bend until the left thigh is parallel to the ground. Lean slightly forward from the waist and bring the kettlebells to the left and right sides of the forward leg.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1, stepping forward with the right leg.
- On count 4, return to the starting position.
- Complete one minute of repetitions, stopping to rest if necessary, or adjusting the weight and range of movement to match the required performance.
- Complete one minute of repetitions, stopping to rest if necessary, or adjusting the weight and range of movement to match the required performance.







## Index

# Health and Holistic Fitness: 8-COUNT STEP-UP

The 8-Count Step-Up. Figure below shows the exercise as a Soldier conducts it for one minute of the Strength Training Circuit:

- The starting position for the 8-Count Step-Up is the Straddle Stance position. Hold the kettlebells at the sides with a neutral grip.
- On count 1, step up on to a 12- to 18-inch step with the left foot, keeping the kettlebells at the sides of the body.
- On count 2, step up with the right foot.
- On count 3, step down with the left foot.
- On count 4, step down with the right foot.
- On count 5, step up with the right foot, keeping the kettlebells at the sides of the body.
- On count 6, step up with the left foot,
- On count 7, step down with the right foot.
- On count 8, step down with the left foot.
- Complete one minute of repetitions, stopping to rest if necessary, or adjusting the weight and range of movement to match the required performance.





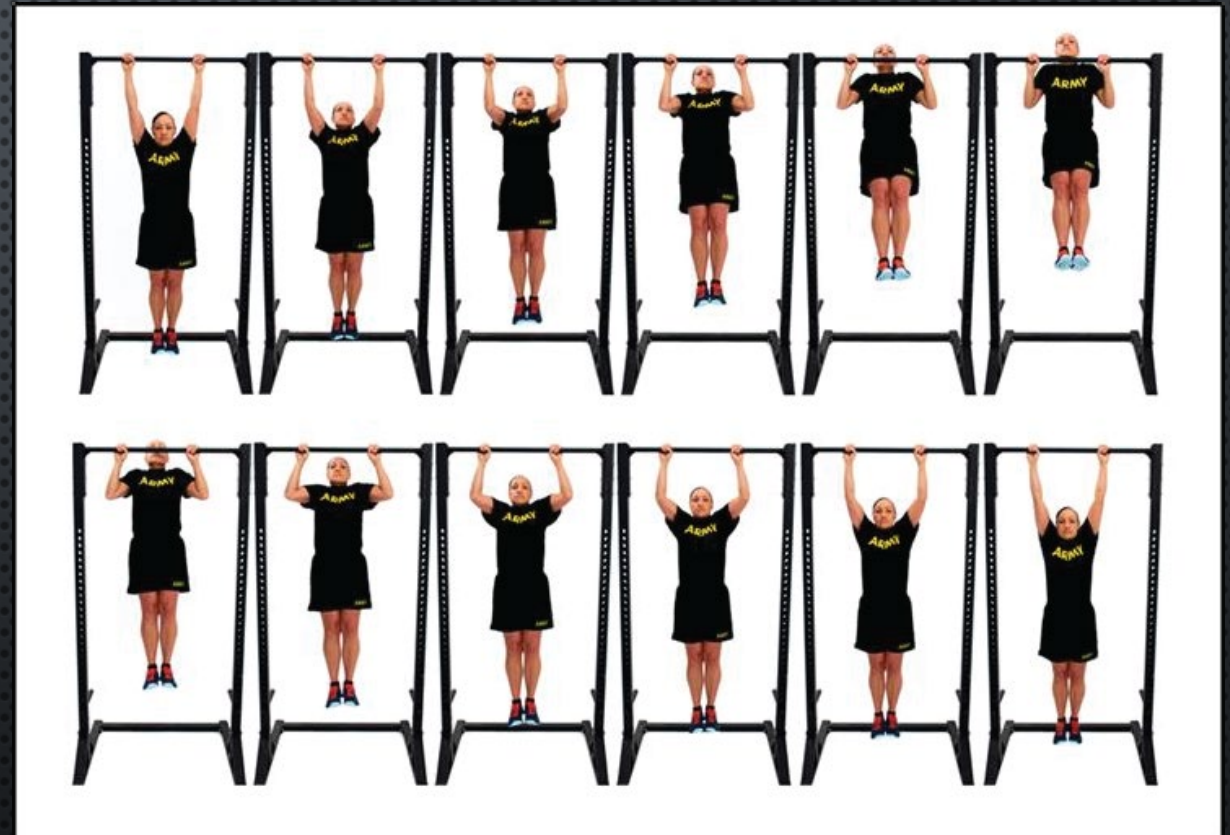


## Health and Holistic Fitness: PULL-UP

### Index

This exercise develops the Soldier's ability to climb without using the legs. Figure below breaks down the exercise as a Soldier conducts it in the Strength Training Circuit for up to one minute:

- The starting position for the Pull-Up is the Straight-Arm Hang using the closed overhand grip.
- After repeating 5 times, dismount to the Straddle Stance position on the ground.
- On the command, "GO," flex the elbows, raising the body in a straight line until the head is above the bar.
- If the Soldier cannot complete one minute of pull-ups, he or she will perform the Straight-Arm Pull.







## Health and Holistic Fitness: STRAIGHT-ARM PULL

### Index

This exercise develops the Soldier's ability to pull up without using the legs. Figure below shows the exercise as it would be conducted by an individual Soldier during a Strength Training Circuit:

- The starting position for the Straight Arm Pull is the Straight-Arm Hang using the closed overhand grip.
- After repeating 5 times, dismount to the Straddle Stance position on the ground.
- On count 1, from the starting position and keeping the arms straight, pull the body up using a shrugging motion.
- Repeat the exercise for up to one minute.





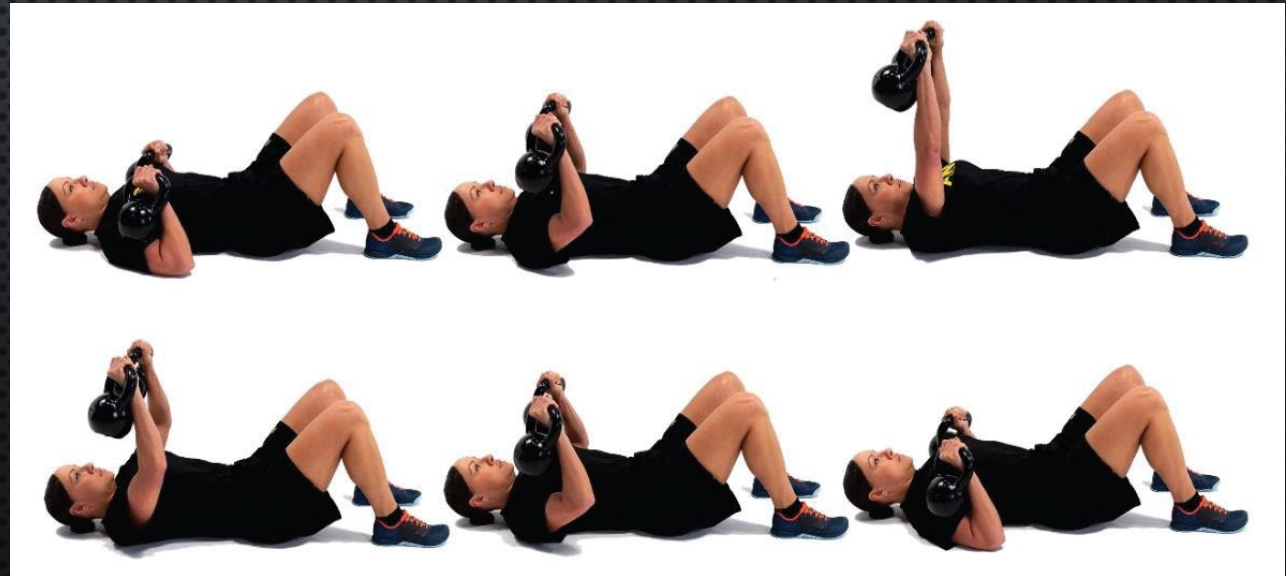


## Index

# Health and Holistic Fitness: SUPINE CHEST PRESS

This exercise strengthens the chest, shoulder, and triceps muscles. It develops the Soldier's ability to push during more vigorous combatives, testing, and combat tasks. Figure shown illustrates the exercise as a Soldier conducts it for one minute at station 6 of the Strength Training Circuit:

- The starting position for the Supine Chest Press is the Supine position with knees bent to 90 degrees, feet 8–12 inches apart and flat on the ground. The head and upper arms are resting on the ground.
- Holding a kettlebell of the same weight in each hand using a closed partial pronated grip, bend the elbows to allow the kettlebells to rest on the front of the shoulders.
- On the command, “BEGIN,” extend the elbows to raise the kettlebells straight up in front of the shoulders, rotating to a fully pronated grip.
- Return to the starting position.
- Continue the exercise at own pace for one minute. Increase or decrease the kettlebell weight if necessary, continuing only if the Supine Chest Press movement can be completed to standard.





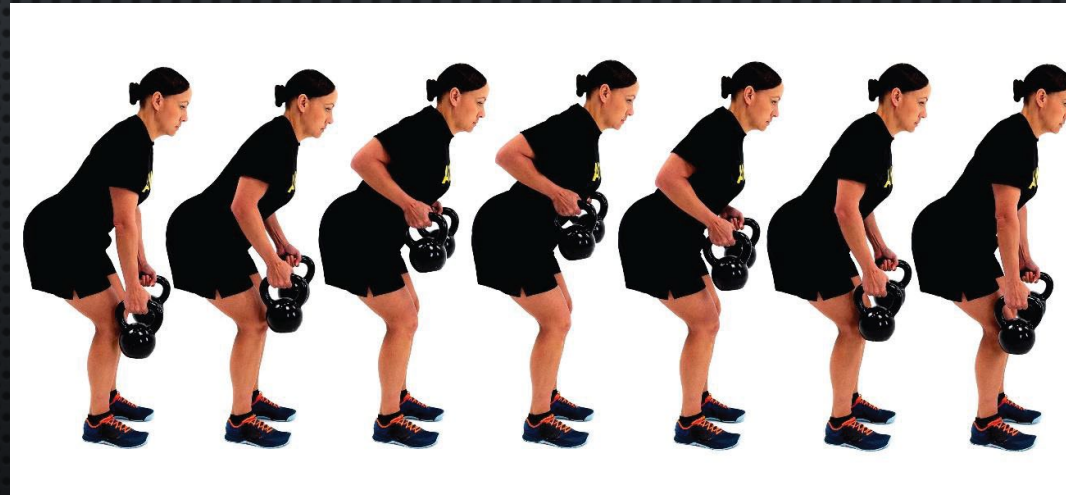


## Index

# Health and Holistic Fitness: BENT-OVER ROW

This exercise strengthens the muscles of the upper back, the shoulder girdle, and the biceps. Heavier weight also challenges the muscles in the lower back, gluteal region, and hamstrings. Figure shown breaks down the exercise as a Soldier conducts it for one minute of the Strength Training Circuit:

- The starting position for the Bent-Over Row is the Forward Leaning Stance position with arms hanging in front of the legs. Hold kettlebells of equal weight using a closed neutral grip—palms facing each other.
- On the command, “BEGIN,” bend the elbows to pull the kettlebells toward the chest. The legs, torso, and head remain in their starting positions.
- Continue the exercise at own pace for one minute. Increase or decrease the kettlebell weight if necessary, continuing only if the exercise can be completed to standard.







## Index

# Health and Holistic Fitness: OVERHEAD PUSH-PRESS

This exercise strengthens the Soldier's triceps and shoulder muscle endurance. This improves the Soldier's skill in moving heavier weight overhead to build muscular power and strength. Figure below shows the exercise as a Soldier conducts it for one minute of the Strength Training Circuit:

- The starting position for the Overhead Push-Press is the Straddle Stance position. Hold the kettlebells at the collar bones in the rack position, using a closed neutral grip (palms will be facing each other).
- On the command, "BEGIN," slightly flex the hips and knees into a mini-squat before quickly and forcefully extending the elbows to push the weights overhead. At the top of the movement, the kettlebells will be above the shoulders.
- Continue to look straight ahead throughout the movement.
- Slightly flex the hips and knees into a mini-squat before returning the weight to the starting position. This squat helps to absorb the impact of the weight's descent.
- Continue the exercise at own pace for one minute. Increase or decrease the kettlebell weight, if necessary, continuing only if the exercise can be completed to standard.







## [Index](#)

# Health and Holistic Fitness: SUPINE BODY TWIST

This exercise strengthens the trunk muscles used for movement in the transverse plane. By keeping the knees together, it also strengthens hip adductor muscles often referred to as the groin muscles. Figure below shows the exercise as a Soldier conducts it for one minute of the Strength Training Circuit:

- The starting position for the Supine Body Twist is the Supine position with the hips and knees bent to 90 degrees so that the feet are off the ground. The head is off the ground. One kettlebell is held in front of and off the chest. The kettlebell handle is held by both hands, palms facing each other. The bell portion of the kettlebell is positioned above the stomach, not above the head.
- On the command, “BEGIN,” rotate the kettlebell to the left and the legs to the right as far as possible under control. Keep the weight away from the body and the arms and head off the ground.
- Return to the starting position.
- Repeat the first movement—this time to the opposite side—arms to the right and legs to the left.
- The head may turn with the arms but should not lift more than 2–4 inches from the ground.
- Continue the exercise at own pace for one minute maintaining the range of motion. Increase or decrease the kettlebell weight if necessary, continuing only if the exercise can be completed to standard.







## Health and Holistic Fitness: LEG TUCK

### Index

This exercise combines upper body and abdominal strength to develop the Soldier's ability to hang while moving the legs into different support positions for climbing. Figure shown breaks down the exercise as a Soldier conducts it for one minute at of the Strength Training Circuit:

- The starting position for the Leg Tuck is the Straight-Arm Hang using the closed overhand grip.
- On the command, "BEGIN," flex the elbows and hips, raising the legs until the thighs touch the elbows.
- Return to the starting position.
- Continue the exercise at own pace for one minute. Stop for 3–5 seconds rest if needed, continuing only if the exercise can be completed to standard.







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## Health and Holistic Fitness: Squat and Deadlift Series

### FREE WEIGHT TRAINING

This section will include instruction on multiple pages, to include instructions for spotters.





## Index

# Health and Holistic Fitness: FRONT SQUAT

The Front Squat is a free-weight exercise performed throughout a Soldier's career to improve lower body muscular strength and endurance. Soldiers use it to improve training and testing performance that supports a wide range of combat and occupational physical tasks. There are a wide range of modifications in position and equipment for the Squat. Figure on the page below breaks down the exercise as it would be conducted by an individual Soldier using three types of free weights—straight bar, kettlebells, and dumbbells:

- The starting position for the Front Squat is the Straddle Stance position with the toes pointed slightly outward. The bar is held across the top of the chest just below the collar bones using the crossed arms with pronated grip.
- When performing the Squat with dumbbells or kettlebells, start in the Straddle Stance position with the weight in a similar position to the straight bar—the racked position for the kettlebells or resting on top of the shoulders for the dumbbells.
- From the starting position, bend the knees and slowly lower the body downward until there is a 90-degree angle between the upper and lower leg.
- Return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.

### FRONT SQUAT CAUTION

- Do not round out the upper back.
- The knees stay aligned over the feet and the heels stay on the ground.
- Progress to deeper squat positions as strength improves.
- Always lift a weight that can be controlled throughout the range of motion.



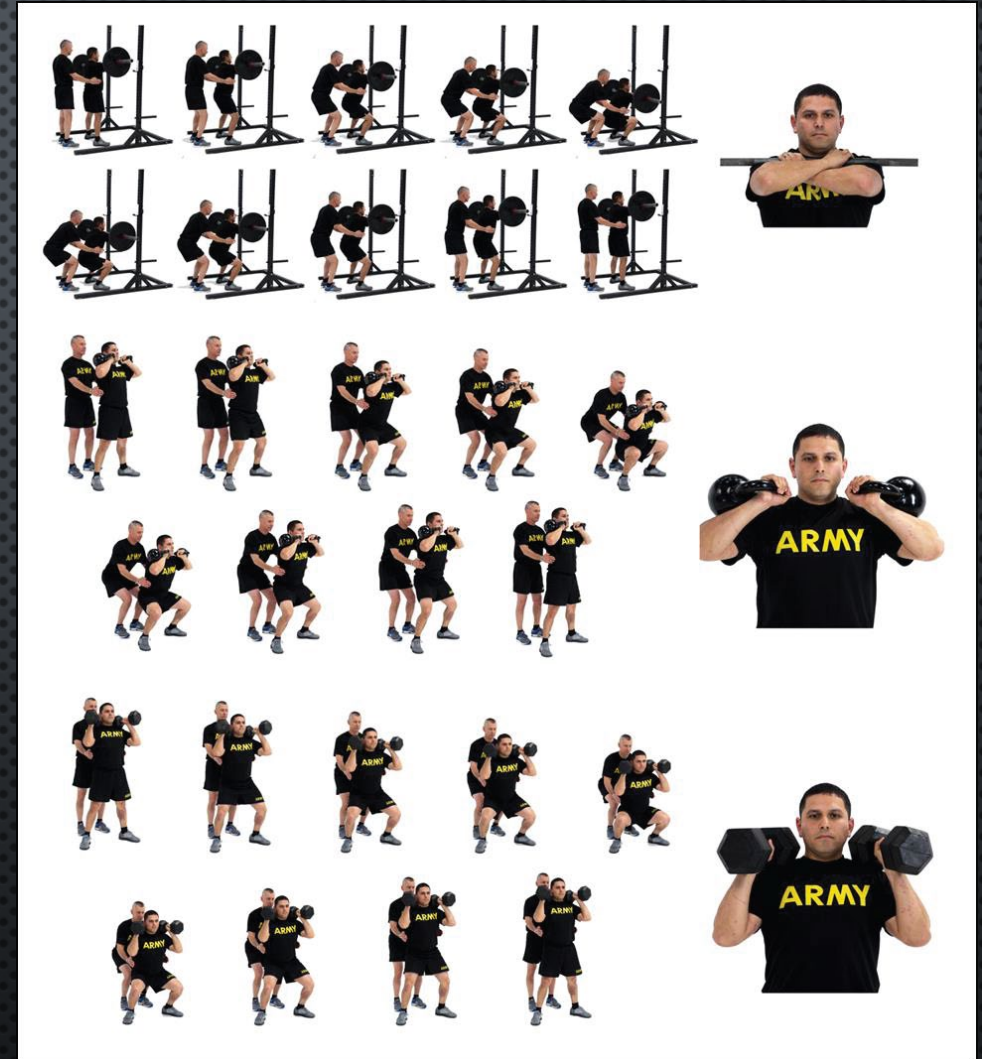


## Index

# Health and Holistic Fitness: FRONT SQUAT

The Front Squat requires a spotter. The spotter maintains the following:

- Starting position for the spotter is the Straddle Stance position behind the lifter.
- Place hands between the upper arm and waist of the lifter—not touching.
- Assist the lifter as needed in un-racking the weight and moving to the starting position. Once the lifter is ready, position hands close to each side of the lifter's trunk.
- During the squat movement, move with the lifter until the lifter has racked the weight after completing the last repetition.
- Always remains prepared to assist if the lifter becomes unstable.
- Stay especially cautious when the lifter is conducting a power or muscular strength routine when the weight is likely to be heavy.







## Index

# Health and Holistic Fitness: BACK SQUAT (SPOTTER)

The Back Squat is a common variation of the Front Squat. A Back Squat may be performed with the bar across the upper back. When performing the Squat with dumbbells or kettlebells, start in the Straddle Stance position with one weight at each side using a neutral grip. Figure shown demonstrates a Soldier performing the exercise with the following movements:

- The starting position for the Back Squat is the Straddle Stance position with the toes pointed slightly outward. From the starting position, bend the knees and slowly lower the body downward until there is a 90-degree angle between the upper and lower leg.
- Return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.
- Maintain a natural arch in the lower back with the head and neck staying in alignment to avoid extending the neck. Do not round out the upper back.
- Keep the knees stay aligned over the feet and the heels on the ground.
- Initially do not squat deeper than 90 degrees.

Progress to deeper positions as strength improves. Always lift a weight that can be controlled.







## Index

# Health and Holistic Fitness: BACK SQUAT (SPOTTER)

The Back Squat requires a spotter. The spotter maintains the following:

- The starting position for the spotter is the Straddle Stance behind the lifter with hands close to but not touching each side of the body between the waist and the upper arms.
- Assist the lifter as needed in un-racking the weight and moving to the starting position.
- During the squat movement, move with the lifter until the lifter has racked the weight after completing the last repetition. Always remains prepared to assist if the lifter becomes unstable. Spot with the hands under the chest.
- Stay especially cautious when the lifter is conducting a power or muscular strength set when the weight is likely to be heavy.





## Index

# Health and Holistic Fitness: DEADLIFT

The Deadlift is a Free Weight Core exercise performed throughout a Soldier's career to improve lower body muscular strength and endurance. This lift requires trunk and shoulder stability and strength. It can be used to improve training and testing performance that supports a wide range of combat and occupational physical tasks. There are a wide range of modifications in position and equipment for the Deadlift. Figures here and on the following page show the exercise as an individual Soldier conducts it using two of the three types of free weights—straight bar or barbell, kettlebells, and dumbbells:

- The starting position for the Deadlift is the Forward Leaning Stance position. Grasp the barbell below the knees and near the shins with the arms fully extended using a closed overhand or alternating grip.
- When lifting with a hex bar, the bar requires a neutral grip.
- When performing the Deadlift with dumbbells or kettlebells, start in the Forward Leaning Stance position with one weight at each side using a neutral grip.



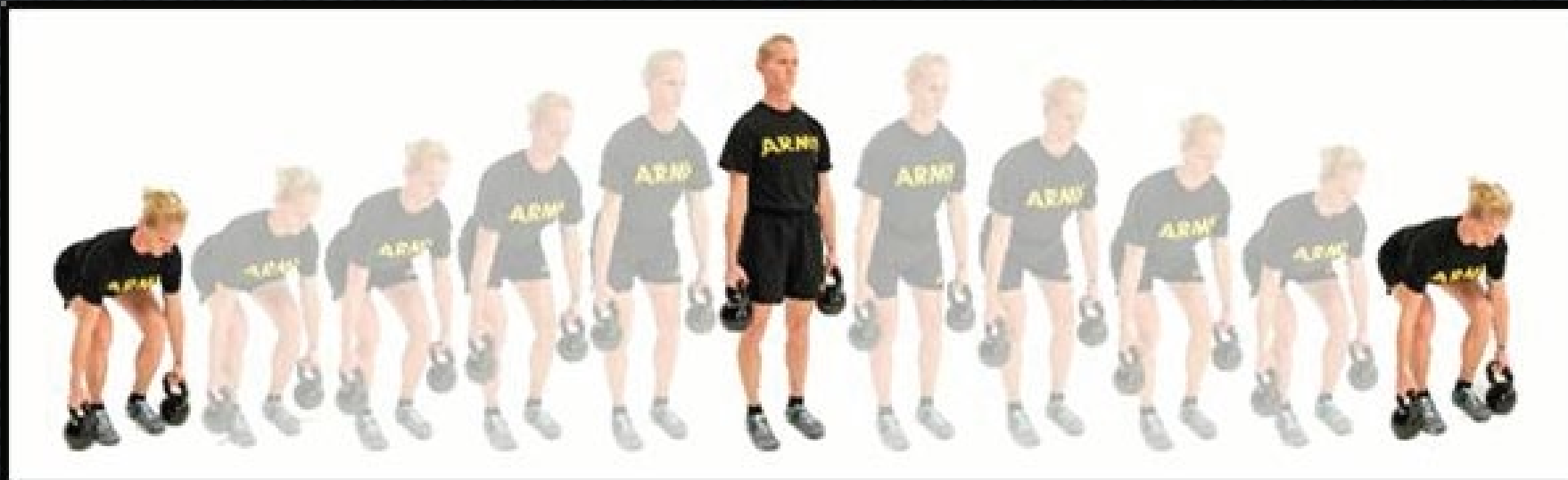




# Health and Holistic Fitness: DEADLIFT

## Index

- From the starting position, extend the hips and knees while keeping the spine straight and arms extended.
- As the barbell lifts from the ground, move the hips forward to meet it.
- Pause in an upright posture before returning the weight to the starting position under control. Do not drop the weight. Throughout the lift, do not let the spine or shoulders round forward.
- Keep knees in line over the feet.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.



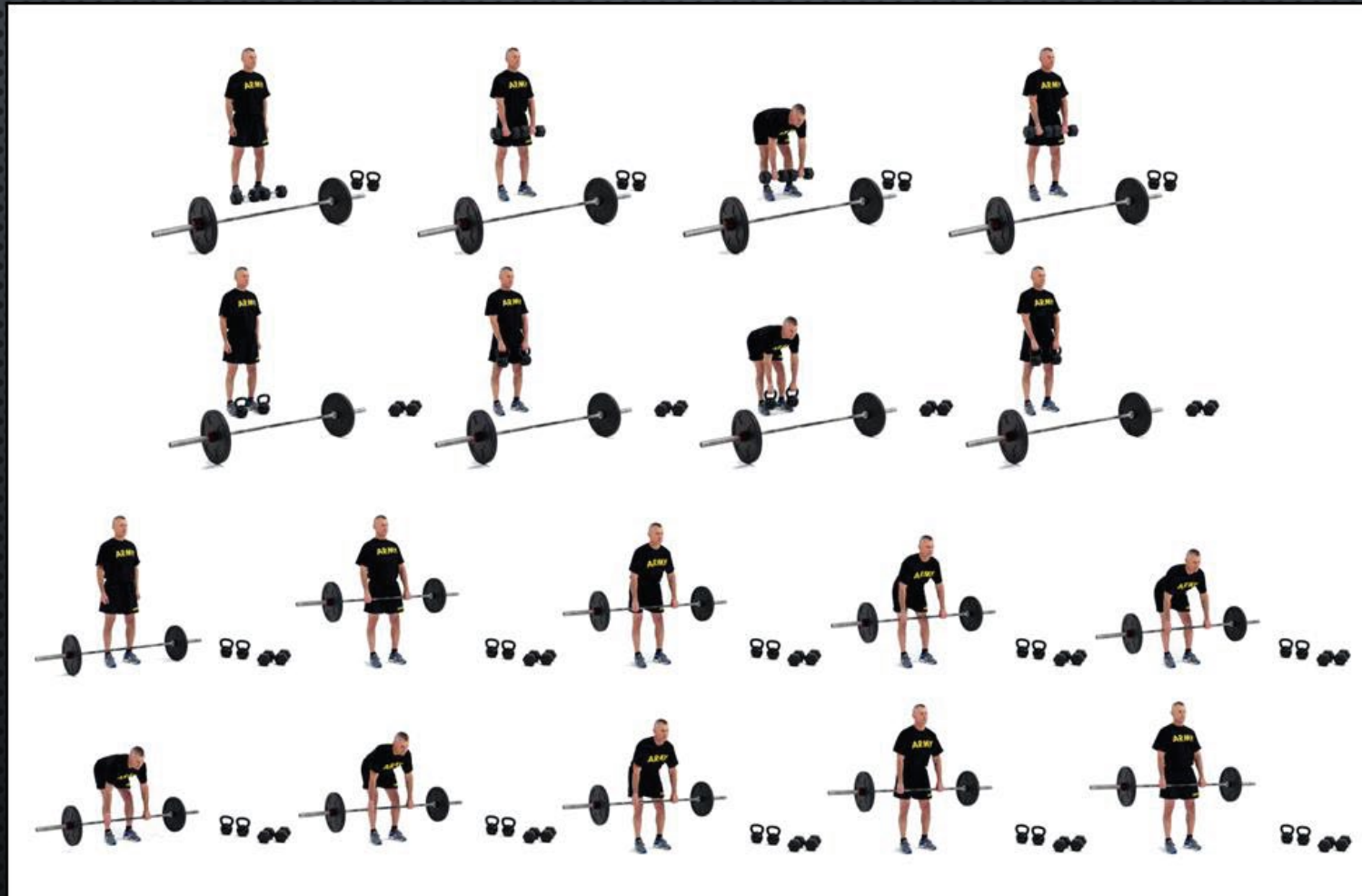




## Health and Holistic Fitness: THE STRAIGHT-LEG DEADLIFT

### Index

The Straight-Leg Deadlift is a variation of the Deadlift that further challenges the muscles in the lower back, hips, and legs. Figure below breaks down the exercise as it would be conducted by an individual Soldier using a straight bar and dumbbells:







# Health and Holistic Fitness: THE STRAIGHT-LEG DEADLIFT

## Index

- The starting position for the Straight-Leg Deadlift using the straight bar is the Straddle Stance position. Hold the bar with a grip suited to the Soldier's capability, the equipment, and the goal of the exercise session. Keep the knees slightly flexed—not locked—and in the same flexed position throughout the exercise.
- From the starting position, flex forward from the waist, keeping the head aligned with the spine to avoid extending the neck.
- While keeping the back straight, bend over until the back is parallel to the ground. Slightly adjust knee flexion to increase the engagement of the hamstring muscles in the back of the thigh.
- After a brief pause, reverse the movement to return to the starting position.
- Always lift a weight that can be controlled throughout the range of motion.
- Use the same movement with different grips for the kettlebell and dumbbell versions of this exercise.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session





## Health and Holistic Fitness: SUMMO DEADLIFT

### Index

The Sumo Deadlift is a free-weight exercise performed throughout a Soldier's career to improve lower body muscular strength and endurance. It is a modification of the Deadlift that further challenges a Soldier's coordination, balance, and hip mobility. Figure the next page illustrates a Soldier performing the exercise using two of the three types of free weights—straight bar, kettlebells, and dumbbells:

- The starting position for the Sumo Deadlift is the Straddle Stance position with feet slightly wider than shoulder width and toes pointing outward. When performing the lift with dumbbells or kettlebells, start in the Straddle Stance position with a single weight held between and in front of the legs. Knees are bent, back is straight, and the bar or weight is held in both hands with a grip suited to the lifter's capability, the equipment, and the goal of the exercise session.
- From the starting position, straighten the knees and slowly raise the trunk into the upright Position of Attention.
- Pause before reversing the upward movement to return to the starting position.
- Maintain a natural arch in the lower back with the head and neck staying in alignment to avoid extending the neck. Do not round out the upper back.
- Keep the knees and feet turned outward throughout the movement. The wider stance permits a lower lifting range of motion.





# Health and Holistic Fitness: SUMMO DEADLIFT

## Index

- Always lift a weight that can be controlled throughout the range of motion.
- Use the same movement with different grips for the kettlebell and dumbbell versions.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.





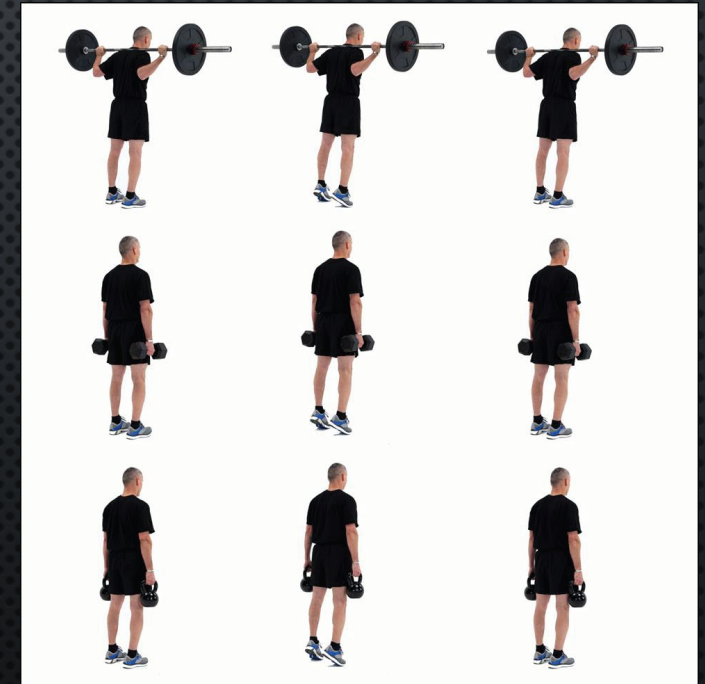


## Index

# Health and Holistic Fitness: HEEL RAISE

The Heel Raise is a free-weight exercise performed throughout a Soldier's career to improve lower leg muscular strength and endurance. When conducted with free weights, it requires stability of the trunk, lower back, hips, and upper leg muscles. Figure shown illustrates a Soldier performing the exercise using straight bar, kettlebells, and dumbbells:

- The starting position for the Heel Raise using the straight bar is the Straddle Stance position.
- The knees are straight or slightly flexed depending upon which muscle in the lower leg is being strengthened. Straight for the gastrocnemius and bent for the soleus muscle.
- Hold the barbell across the upper back. The feet may be elevated, so that the heels can be slightly lower than the balls of the feet to achieve a full range of motion. When using dumbbells or kettlebells, hold one at each side using a neutral grip.
- From the starting position, rise up on the balls of the feet.
- After a brief pause, reverse the movement to return to the starting position. Drop the heels as far as possible. Slightly adjust knee flexion to increase the engagement of the targeted lower leg muscle.
- Always lift a weight that can be controlled throughout the range of motion.
- Use same movement with neutral grips for the kettlebell and dumbbell versions of this exercise.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







## Index

# Health and Holistic Fitness: BENCH PRESS SERIES

This section will include instruction on multiple pages, to include instructions for spotters.





## Index

# Health and Holistic Fitness: BENCH PRESS

The Bench Press is a free-weight exercise performed throughout a Soldier's career to improve upper body muscular strength and endurance. When conducted with free weights, it requires stability of the trunk, lower back, hips, and upper leg muscles. It can be varied by changing the equipment or angle of the bench. Figure below show variations of the exercise as a Soldier conducts it:

- The starting position for the Bench Press is the Supine position laying on the bench with feet on the floor. Grasp the weights with hands using a closed pronated grip slightly wider than shoulder width. Shoulders, head, and lower back are firmly against the bench.
- Position the barbell above the upper chest in the rack.
- From the starting position, remove the bar from the supports, placing it over the chest with the elbows fully extended.
- From this position, lower the bar by bending the elbows until the bar is just above the sternum.
- After a brief pause, reverse the movement to return to the up position. The bar should move evenly into the up position—remaining parallel to the ground as it moves up.







# Health and Holistic Fitness: BENCH PRESS

## Index

Dumb Bell  
Bench Press



Kettlebell Bench Press



## BENCH PRESS CAUTIONS

- Do not jerk the weight, shrug, arch the back, or allow the hips to rise off the bench during the exercise.
- Keep feet firmly on the ground to build maximum strength over time.
- As the weight increases, using proper breathing technique on the lift will become more important.
- Inhale on the downward movement and exhale on the upward movement.
- Practice this breathing technique on lighter weight to improve skill later.

Decline Bench Press







## Index

# Health and Holistic Fitness: INCLINE BENCH

The Incline Bench is a free-weight exercise performed throughout a Soldier's career to improve upper body muscular strength and endurance. This lift requires trunk and shoulder stability and strength. It can be used to improve training and testing performance that supports a wide range of combat and occupational physical tasks. There are a wide range of modifications in position and equipment for the Incline Bench. Soldiers conduct it using three types of free weights—straight bar or barbell, kettlebells, and dumbbells. Figure shown illustrates the exercise as an individual Soldier conducts it using the straight bar:

- The starting position for the Incline Bench is the Supine position on an inclined bench with both feet on the ground and hips, shoulders, and head firmly against the bench. Grasp the barbell with a closed overhand, pronated grip slightly wider than shoulder width. Remove the bar from the supports placing it over the chest with the elbows fully extended.
- From the starting position, bend both elbows to lower the weight to just above the chest.
- Press the weight back to the starting position. Do not jerk or shrug the shoulders, arch the back, or allow the hips to rise off the bench during the movement.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







## Index

# Health and Holistic Fitness: INCLINE BENCH PRESS SPOTTING

The Bench Press and Incline Bench each require a spotting position. The spotter maintains the following:

- The spotter stands at the head of the bench in the Straddle Stance position with feet slightly staggered.
- Grasp the bar with a closed alternating grip in between the lifter's hands. On a signal from the lifter, assist the lifter with moving the bar from the supports to guide it over the lifter's chest.
- Follow the path of the bar by slightly flexing the knees, hips, and trunk while maintaining a flat back. Keep an alternating grip position close to but not touching the bar as it is lowered to the chest.
- Reverse this movement until the lifter signals for an assist with returning the bar to the supports.
- If the lifter becomes unstable or begins to fail to control the weight, immediately assist with completing the lift.





## Health and Holistic Fitness: BENT-OVER ROW

### Index

The Bent-Over Row is a free-weight exercise performed throughout a Soldier's career to improve upper back strength and endurance. When conducted with free weights, it supports other core exercises like the Deadlift. It can be varied by changing the equipment or by isolating to just one arm. Figure on the following page breaks down the exercise as it would be conducted by an individual Soldier using a variety of approaches:

- The starting position for the Bent-Over Row is the Forward Leaning Stance position with arms fully extended down and in front of the body holding the bar with an overhand grip in front of the legs.
- Position the arms slightly wider than shoulder width and keep the head in line with the spine.
- From the starting position, pull the weight toward the chest until the upper arms are parallel to the ground. Elbows should be up and pointing to the rear. Head and spine position remain in the starting position.
- After a brief pause, reverse the movement to return to the down position.
- As the weight and repetitions increase, concentrate on preventing the upper back and shoulders from rounding forward.

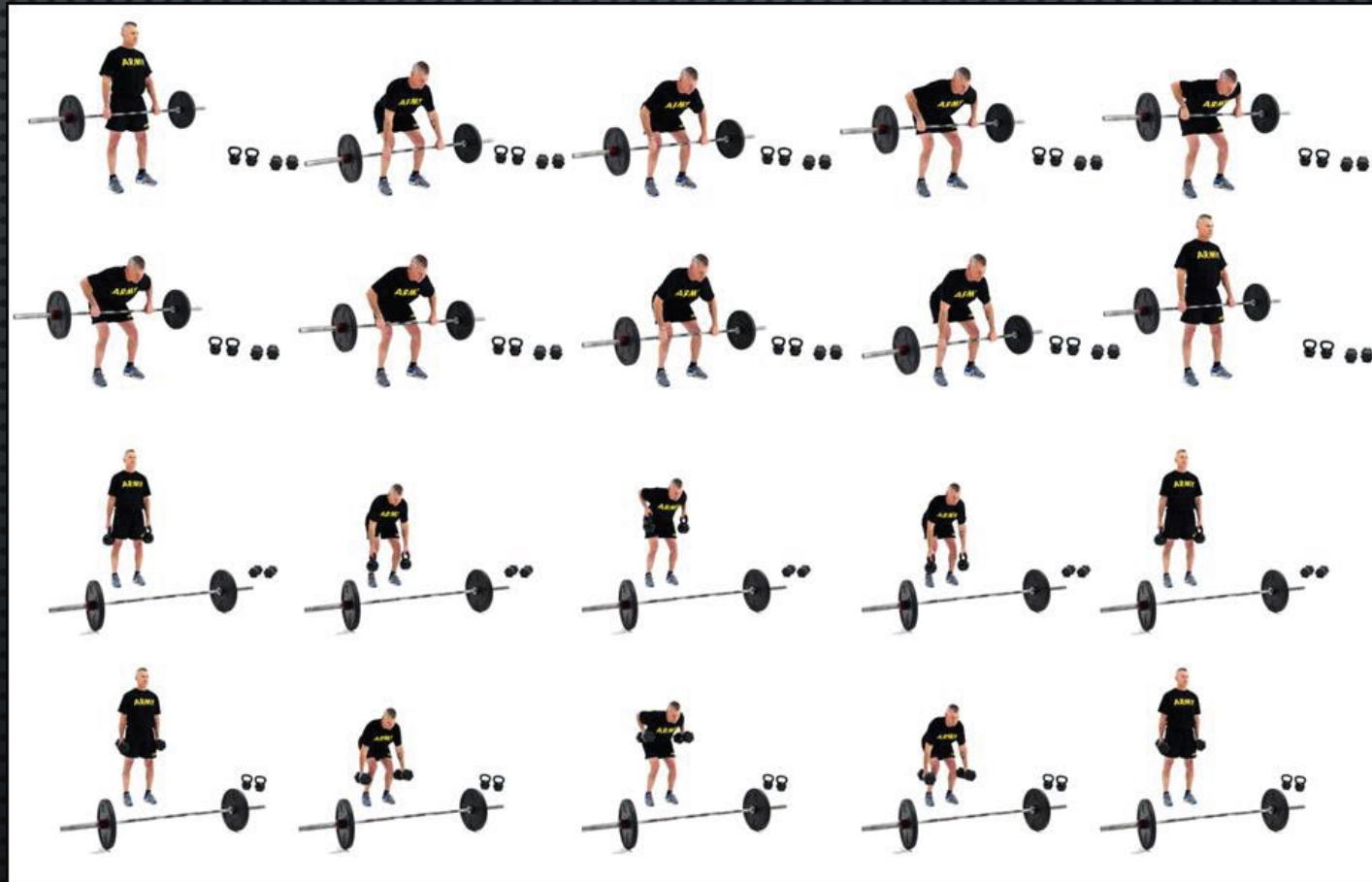




## Index

# Health and Holistic Fitness: BENT-OVER ROW

- Always lift a weight that can be controlled throughout the range of motion.
- Use the same movement with neutral grips for the kettlebell and dumbbell versions.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







## Index

# Health and Holistic Fitness: SINGLE-ARM BENT-OVER ROW

The Single-Arm Bent-Over Row is a modified version of the Bent-Over Row. It can be performed with a single dumbbell or kettlebell. Figure below breaks down the exercise as an individual Soldier conducts it using a variety of approaches:

- The starting position for the Single Arm Bent-Over Row requires the use of a bench. The right arm and knee rest on the bench to support the body on that side. The left leg rests on the ground and the left arm is fully extended down and in front of the body holding the dumbbell with an overhand grip.
- The back is straight, and the head is in line with the spine.
- From the starting position, pull the weight toward the chest until the upper arm is parallel to the ground. Elbow should be up and pointing to the rear. Head and spine position remain in the starting position.
- Move the dumbbell from the down position to the up position.
- After a brief pause, reverse the movement to return to the down position.
- As the weight and repetitions increase, concentrate on preventing the upper back and shoulder from rounding forward.





## Health and Holistic Fitness: SINGLE-ARM BENT-OVER ROW

### Index

- Always lift a weight that can be controlled throughout the range of motion. Use the same movement with neutral grips for the kettlebell version of this exercise.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session. Switch to the opposite side to perform the same movement for the right side.





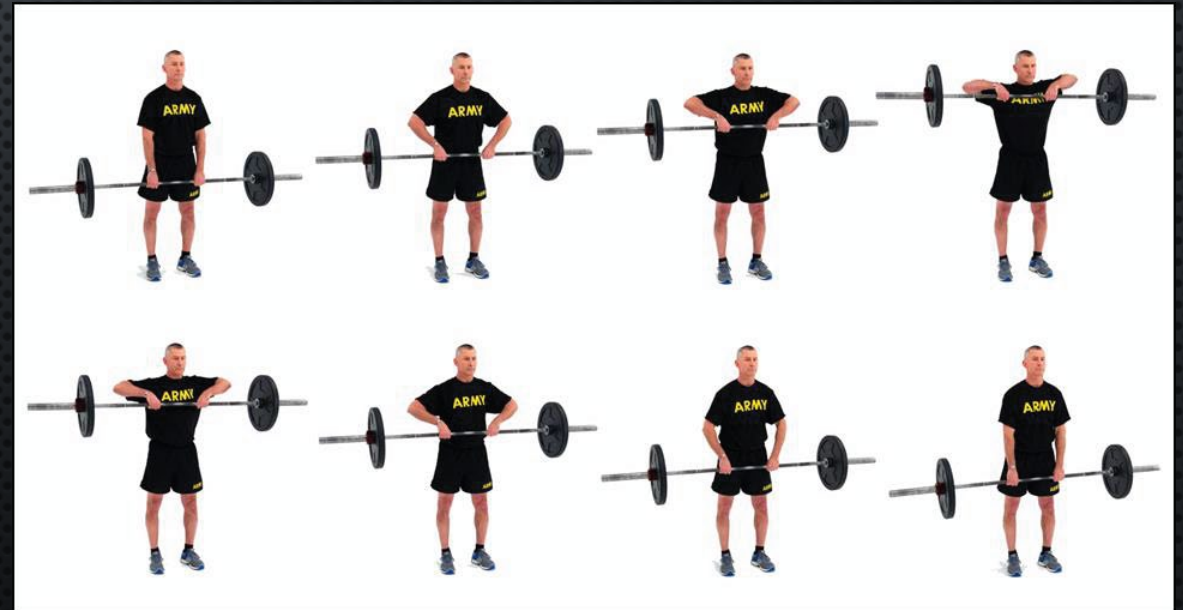


## Index

# Health and Holistic Fitness: UPRIGHT ROW

The Upright Row is a modified version of the Bent-Over Row. It focuses the work on the upper trapezius as well as those muscles targeted in the Bent-Over Row. It can be performed with a straight bar, dumbbells, or kettlebells. Figures below and on next page illustrate the exercise as it would be conducted by an individual Soldier using a straight bar and kettlebells:

- The starting position for the Upright Row is the Straddle Stance position with arms fully extended and down in front of the body holding the straight bar or kettlebell with a closed overhand grip. A single weight or short bar can be used when first performing this exercise.
- From the starting position, pull the weight up to the collar bones until the arms are parallel to the ground.
- After a brief pause, reverse the movement to return to the down position.
- As the weight and repetitions increase, concentrate on preventing the upper back and shoulder from rounding forward.
- Always lift a weight that can be controlled throughout the range of motion.
- Use the same movement with neutral grips for the kettlebell version of this exercise.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.

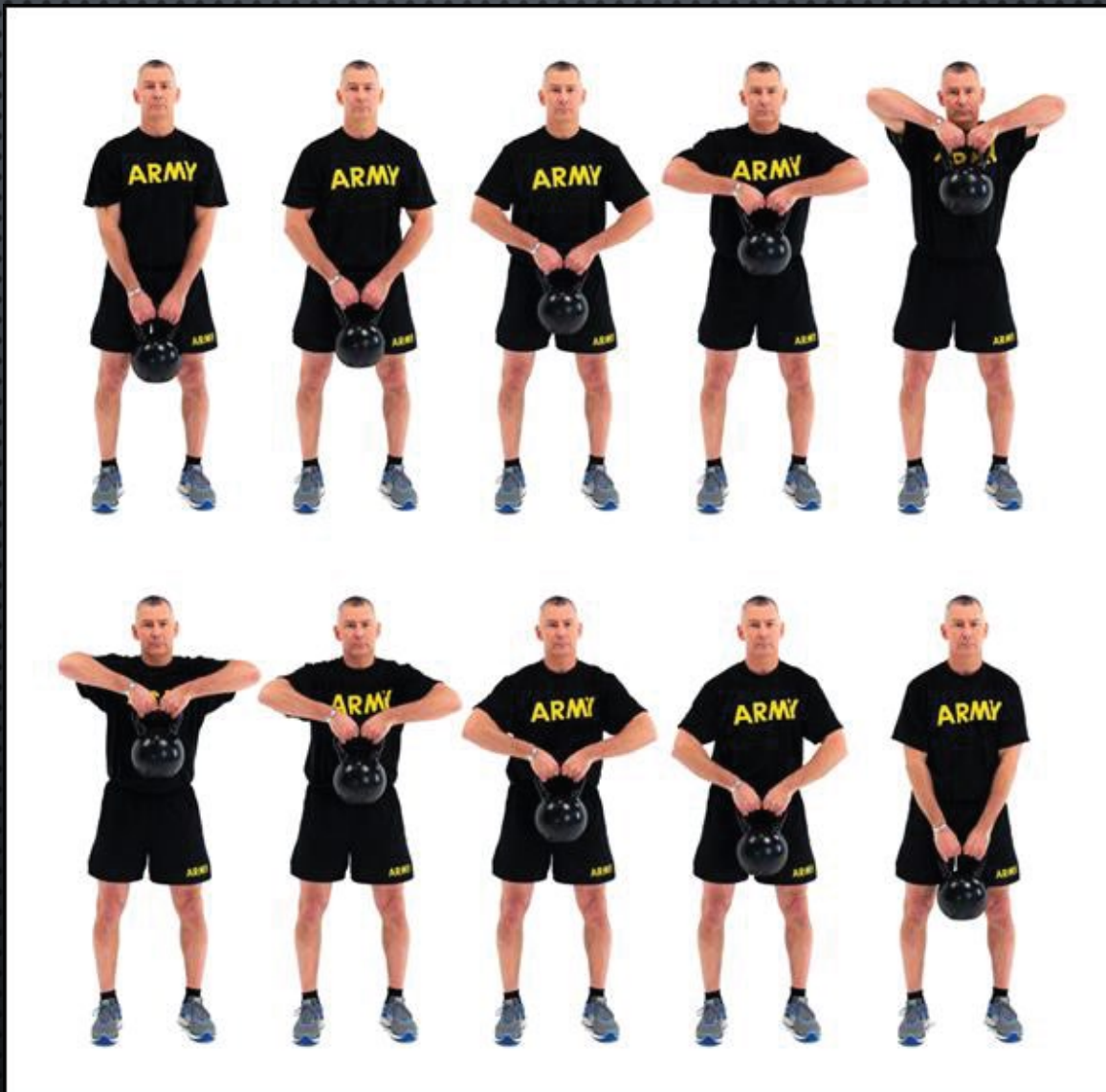






# Health and Holistic Fitness: UPRIGHT ROW KETTLEBELL

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## Health and Holistic Fitness: OVERHEAD PUSH-PRESS

### Index

The Overhead Push-Press is also performed in the Strength Training Circuit with kettlebells. In this version it is performed with a straight bar, requiring more skill and coordination. Figure on following page demonstrates the exercise as it would be conducted by an individual Soldier:

- The starting position for the Overhead Push-Press is the Straddle Stance position with the knees slightly flexed or a Straddle Stance position with staggered legs holding the bar near the top of the chest just below the collar bones. Use a closed overhand grip.
- From the starting position, perform a drop and drive by flexing the knees and hips before forcefully extending them. Simultaneously, extend the elbows and shoulders to raise the bar overhead.
- The neck can slightly extend to allow the bar to pass in front of the face as it moves overhead.
- If the Straddle Stance position with staggered legs is used for the starting position, adjust the feet during the drive phase to the Straddle Stance position. Hold the weight above the head with elbows straight.
- After a brief pause, reverse the movement to return to the down position—flex the elbows, hips, and knees to cushion the impact on the shoulders as the weight descends.

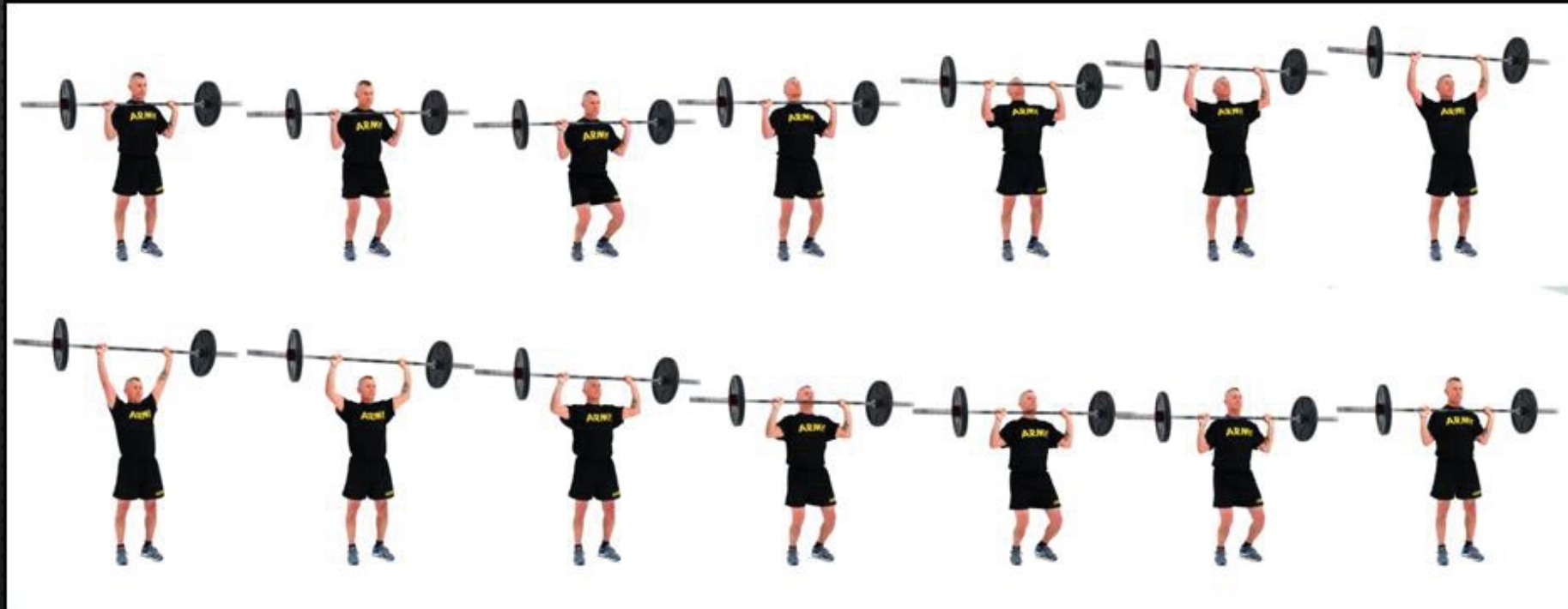




## Health and Holistic Fitness: OVERHEAD PUSH-PRESS

### Index

- As the weight and repetitions increase, concentrate on preventing the upper back and shoulders from rounding forward.
- Always lift a weight that can be controlled throughout the range of motion.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session







## Index

# Health and Holistic Fitness: BENT-ARM LATERAL RAISE

The Bent-Arm Lateral Raise develops strength in the shoulder and neck muscles. Performing it in the Front Leaning Stance position requires stability of the trunk, lower back, and leg muscles. Figure below shows the exercise as it would be conducted by an individual Soldier with dumbbells:

- The starting position for the Bent-Arm Lateral Raise is the Forward Leaning Stance position with the knees slightly flexed holding the dumbbells in front of the thighs using a neutral grip.
- From the starting position, raise the weight to shoulder height while simultaneously bending the elbows to 90 degrees. The rest of the body does not move.
- After a brief pause, reverse the movement to return to the down position—flex the elbows, hips, and knees to cushion the impact on the shoulders as the weight descends.
- As the weight and repetitions increase, concentrate on preventing the upper back and shoulder from rounding forward. End in starting position.
- Always lift a weight that can be controlled throughout the range of motion.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session





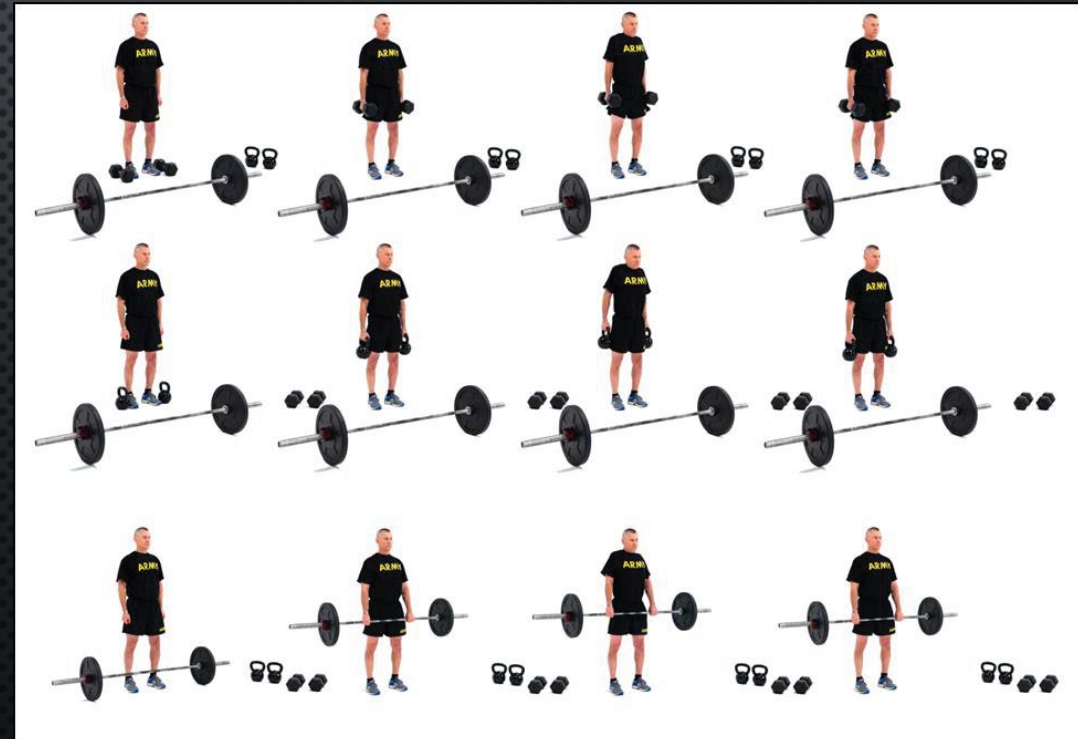


## Index

# Health and Holistic Fitness: SHRUG

The Shrug is another method of targeting the upper trapezius muscles in the shoulders and neck. The Straight Arm Pull and Upright Row require the same muscles. The Shrug can be performed with a straight bar, dumbbells, or kettlebells. Figure below breaks down the exercise as a Soldier conducts it using a dumbbells, kettlebells, and straight bar:

- The starting position for the Shrug is the Straddle Stance position with arms fully extended and down in front of the body holding the straight bar, dumbbell, or kettlebell with a closed overhand grip. The knees are slightly flexed.
- From the starting position, raise the weight up by shrugging the shoulders upward.
- After a brief pause, reverse the movement to return to the down position.
- As the weight and repetitions increase, concentrate on preventing the upper back and shoulder from rounding forward.
- Always lift a weight that can be controlled throughout the range of motion.
- Use the same movement with neutral grips for the kettlebell version of this exercise.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







## Index

# Health and Holistic Fitness: PULL OVER

The Pull Over develops strength in the triceps muscles which support Free Weight Core exercises like the Bench Press. It is performed using a bench and spotter. Figures below show the exercise as it would be conducted by an individual Soldier with single and double dumbbells:

- The spotting position for the Pull Over is the Front Leaning Stance position. The spotter is positioned and maintains hands close to the lifter's hands throughout the movement.
- The starting position for the Pull Over is the Supine position on a bench with feet on the ground, and hips, shoulders, and head firmly resting on the bench.
- A dumbbell is held in each hand, resting on the front of the shoulders. If one dumbbell is used, it rests on the front of the upper chest.
- From the starting position, raise the weight up and past the face until it has cleared the top of the head. Lower the weight down until it is at or below the level of the bench.
- After a brief pause, reverse the movement to return to the starting position.
- Always lift a weight that can be controlled throughout the range of motion.
- Use one weight to improve control if necessary.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.



Over—single dumbbell



Pull Over—double dumbbells



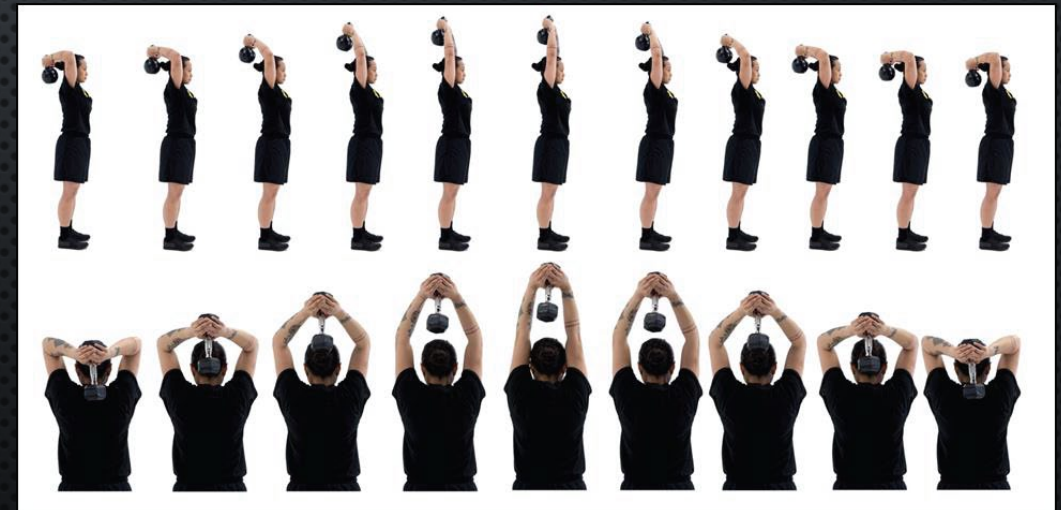


## Index

# Health and Holistic Fitness: OVERHEAD TRICEPS EXTENSION

The Overhead Triceps Extension develops strength in the triceps muscles that support Free Weight Core exercises like the Bench Press. It is performed using a single kettlebell or dumbbell. Figure below shows the exercise as it would be conducted by an individual Soldier:

- The starting position for the Overhead Triceps Extension is the Straddle Stance position with the arms extended overhead holding a single dumbbell or kettlebell.
- Grip the kettlebell with one hand on either side of the handle with the bell toward the ground.
- Hold the dumbbell by cupping one end of the dumbbell in both hands with the other end toward the floor.
- From the starting position, lower the weight behind the head and between the shoulder blades. Inhale through the movement.
- After a brief pause, reverse the movement to return to the starting position, exhaling through the movement.
- Do not arch the back during the lift and keep the head aligned with the spine.
- Always lift a weight that can be controlled throughout the range of motion.
- Use a lighter weight to improve control if necessary.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







## Index

# Health and Holistic Fitness: BICEPS CURL

The Biceps Curl develops strength in the biceps muscles which support other free weight and physical training exercises that involve pulling, carrying, and lifting. Other equipment options include a cambered bar, kettlebells, and a climbing bar. To isolate the biceps on the climbing bar during the Pull-Up, switch to a closed, underhand supinated grip. Figure below breaks down the exercise as it would be conducted by an individual Soldier with a pair of dumbbells:

- The starting position for the Biceps Curl is the Straddle Stance position with arms straight at the side and a dumbbell in each hand using a neutral grip.
- From the starting position, raise the weights up toward the chest by flexing the elbows. The forearm will supinate or rotate into supination or turn out during the up movement.
- After a brief pause, reverse the movement to lower the weight back to the starting position.
- Always lift a weight that can be controlled throughout the range of motion.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







# FREE WEIGHT CORE TRAINING EXERCISES



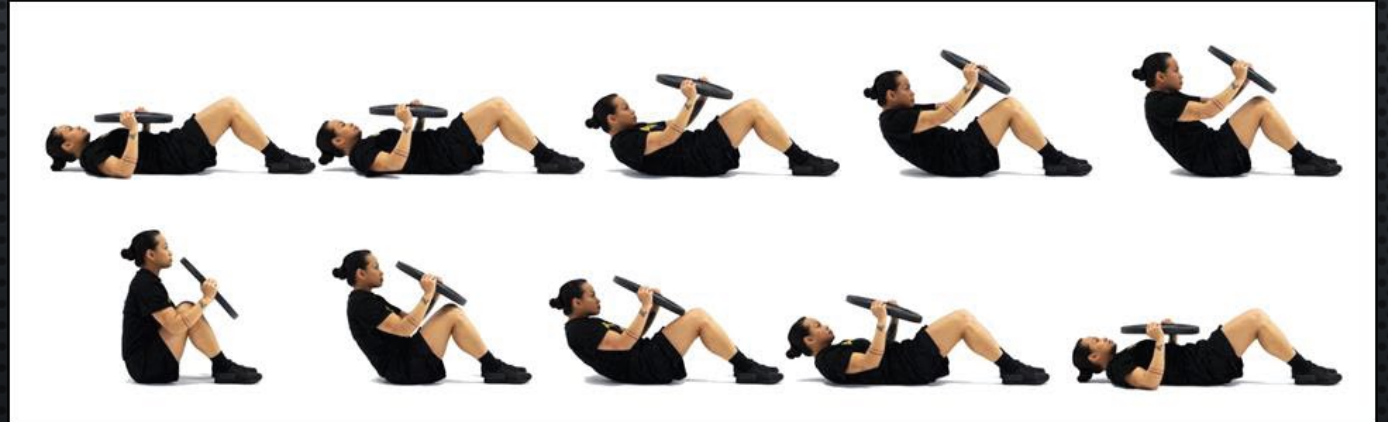


## Index

# Health and Holistic Fitness: WEIGHTED TRUNK FLEXION

The Weighted Trunk Flexion develops strength in the abdominal muscles to support trunk movement when the Soldier is wearing full uniform and protective equipment. Figure below shows the exercise as it would be conducted by an individual Soldier:

- The starting position for the Weighted Trunk Flexion is the Supine position with knees bent to 90 degrees and feet on the ground. Feet are unanchored.
- Hold a dumbbell or plate in each hand, resting on the front of the chest.
- From the starting position, raise the trunk up into a sitting position without shifting the feet and leg position.
- After a brief pause, reverse the movement to return under control to the starting position.
- Always use a weight that can be controlled throughout the range of motion.
- Use a lighter weight to improve control if necessary.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.





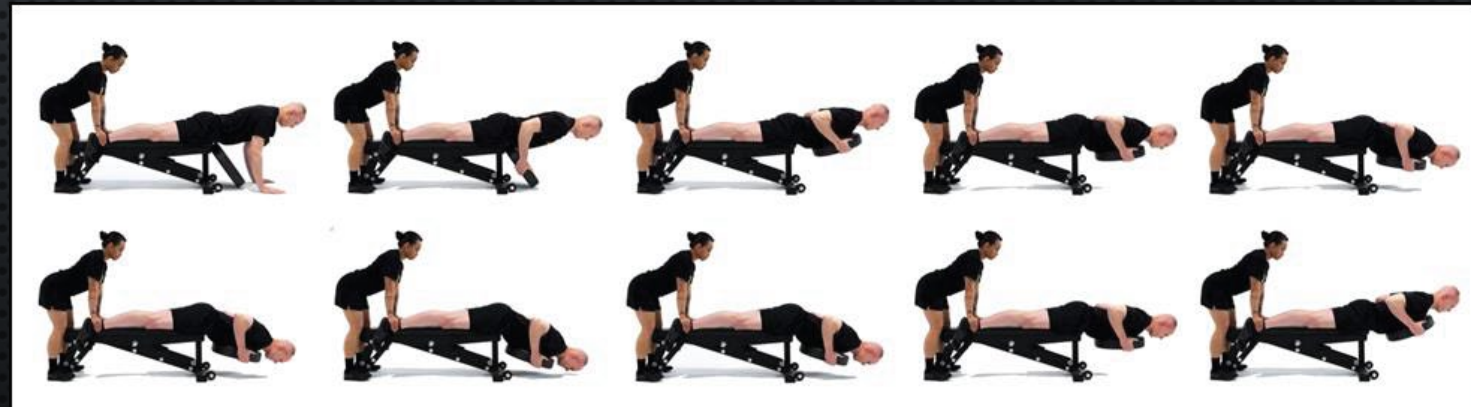


## Index

# Health and Holistic Fitness: WEIGHTED TRUNK EXTENSION

The Weighted Trunk Extension develops strength in the muscles of the lower back and hips. It is performed using a bench and a partner. Figure below shows the exercise as a Soldier conducts it:

- To reach the starting position for the Weighted Trunk Extension, lay in the Prone position on a trunk extension bench with the knees slightly flexed and feet anchored or on the end of a flat bench. A partner secures the exerciser's legs at the calves or ankles.
- Hold a weight plate against the chest before lowering the upper body toward the ground by flexing at the hips. This is the starting position.
- From the starting position, raise the upper body to align the trunk with the legs. When viewed from the side, the body and legs will form a straight line from the head to the heels.
- The partner continues to brace the legs throughout the movement.
- After a brief pause, reverse the movement lowering the body back down to the starting position.
- Always lift a weight that can be controlled throughout the range of motion.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the free weight session.







# STRENGTH TRAINING MACHINES





## Index

# Health and Holistic Fitness: LEG PRESS

The Leg Press develops strength in the hip and thigh muscles. Figure shown breaks down the exercise as it would be conducted by an individual Soldier:

- The starting position for the Leg Press is the Sitting position with the knees bent at 90 degrees and feet flat on the foot platform.
- Place the hips, low back, shoulders, and head firmly against the seat back with the eyes looking straight ahead.
- Maintain a natural arch in the lower back.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- Keep hands relaxed and placed on the handgrips.
- On count 1, straighten the legs slowly until they are fully extended but not locked.
- On count 2, return to the starting position in a slow, controlled motion.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







## Health and Holistic Fitness: SINGLE-LEG PRESS & MODIFIED LEG PRESS

### Index

The Single-Leg Press is performed much like the leg press, only one leg at a time. Figure shown below. The range of motion and resistance is decreased for the injured leg. As a Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time. The Single-Leg Press is used to maintain a heavy resistance on the good leg, to reduce the resistance on the injured leg, or both.

### MODIFIED LEG PRESS

The modified Leg Press is performed the same as the leg press. However, Soldiers use a smaller range of motion. As a Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time.







## Index

# Health and Holistic Fitness: LEG CURL

The Leg Curl is the second exercise in the Strength Training Machine drill. This exercise develops strength in the back of the upper leg muscles. Figure below shows the exercise as a Soldier conducts it:

- The starting position for the Leg Curl is the Prone position, knees aligned with the center axis of the machine.
- Adjust the lower leg pad to contact the lower legs just above and behind the ankle, allowing the lower legs to be fully extended.
- Relax the lower legs and feet. Position the thigh pad just above and in front of the knees.
- Place the hips, stomach, and chest firmly against the bench with the eyes looking straight down.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- Relax hands and place them on the handgrips.
- On count 1, slowly pull the lower legs to the rear toward the buttocks.
- On count 2, return to the starting position by slowly lowering the lower legs.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







## Health and Holistic Fitness: SINGLE-LEG CURL & MODIFIED LEG CURL

**Index** The Single-Leg Curl is performed in the Prone position using only one leg at a time. Figure shown below. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time. The Single-Leg Curl is used to maintain a heavy resistance on the good leg, reduce the resistance on the injured leg, or decrease the range of motion on the injured leg.

### THE MODIFIED LEG CURL

The modified Leg Curl is performed in the Prone position through a limited range of motion. Soldiers with low back or hip injuries may prefer to use the seated leg curl if it is available. A Soldier conducts the exercise doing the following:

- The starting position for the Leg Curl is the Prone position, knees aligned with the center axis of the machine.
- Keep the chest flat on the bench. The legs may be extended or partially flexed. Grab the handles of the machine.
- From the starting position, curl the legs up as far as possible without lifting your upper legs from the pad.
- Pause for a second, then return the legs slowly to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.





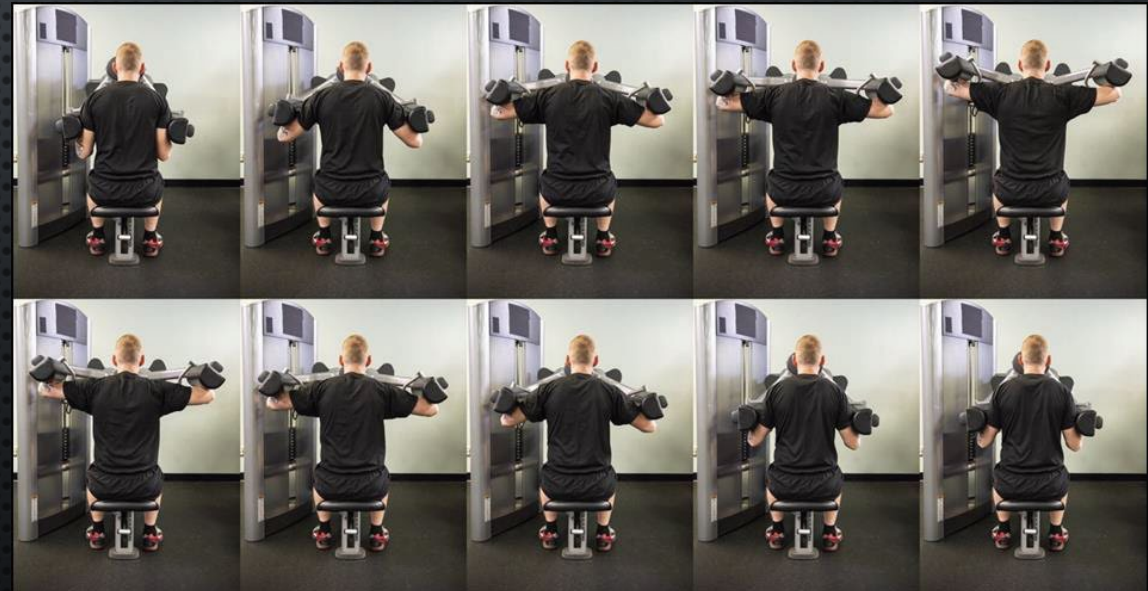


## Index

# Health and Holistic Fitness: LATERAL RAISE

The Lateral Raise develops strength in the shoulder and neck muscles. Figure below shows the exercise as it would be conducted by an individual Soldier:

- The starting position for the Lateral Raise is the Sitting position with the knees bent at 90 degrees and feet flat on the floor.
- From the starting position, stay seated with the feet firmly on the ground. Adjust the seat so a 90-degree angle is formed between the upper and lower arms.
- Place the hips, lower back, shoulders, and head firmly against the seat back with the eyes looking straight ahead.
- Maintain a natural arch in the lower back.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- On count 1, raise both arms upward until they are parallel to the ground.
- On count 2, return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.



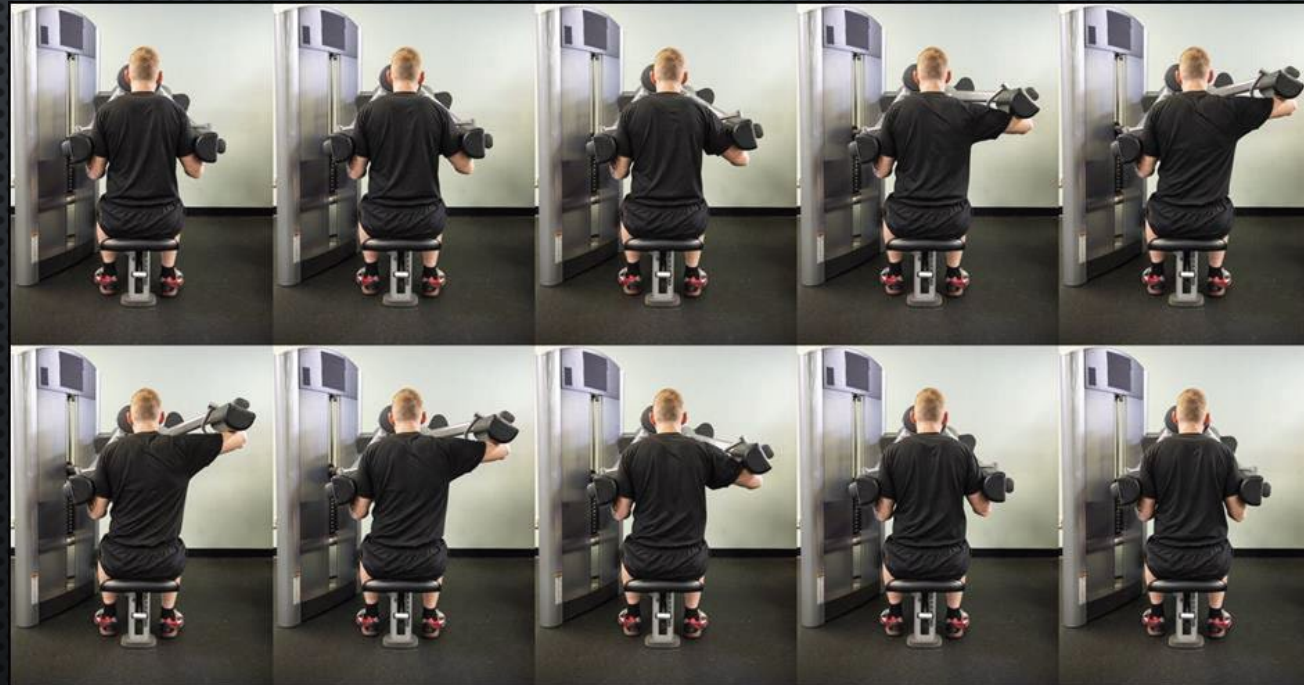




## Health and Holistic Fitness: SINGLE-ARM LATERAL RAISE

### Index

The Single-Arm Lateral Raise is performed much like the Lateral Raise but using only one arm at a time as shown below. The range of motion and resistance is decreased for the injured side. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time. The Single-Arm Lateral Raise is used to maintain a heavy resistance on the good side, reduce the resistance on the injured side, or both.







## Index

# Health and Holistic Fitness: OVERHEAD PRESS

The Overhead Press develops strength in the arm and shoulder muscles. Figure shown breaks down the exercise as it would be conducted by an individual Soldier:

- The starting position for the Overhead Press is the Sitting position with the knees bent at 90 degrees and feet flat on the floor.
- From the starting position, stay seated with the feet firmly on the ground.
- Adjust the seat to achieve a 90-degree angle between the Soldier's upper and lower arms with the shoulders directly below the handgrips.
- Place the hips, low back, and shoulders firmly against the seat back.
- Look straight ahead.
- On count 1, push upward until both arms are fully extended but not locked.
- On count 2, return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







## Index

# Health and Holistic Fitness: SINGLE-ARM OVERHEAD PRESS & MODIFIED OVERHEAD PRESS

The Single-Arm Overhead Press is performed much like the Overhead Press, using one arm at a time as shown below. The range of motion and resistance is decreased for the injured side. As the Soldier's condition improves, the range of motion may gradually increase until the exercise is performed to standard. The resistance should not be increased until the Soldier can move through the full range of motion and perform the exercise to standard. The Single-Arm Overhead Press is used to maintain a heavy resistance on the good side, reduce the resistance on the injured side, or both.



## THE MODIFIED OVERHEAD PRESS

The modified Overhead Press is performed the same as the Overhead Press but with a smaller range of motion. Soldiers do not flex the elbows below 90 degrees as they lower resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, these two factors should not be increased at the same time.





## Index

# Health and Holistic Fitness: LAT PULL-DOWN

The Lat Pull-Down is the fifth exercise in the strength training machine drill. This exercise develops strength in the arm and back muscles. Figure below shows the exercise as a Soldier conducts it:

- The starting position for the Lat Pull-Down is the Sitting position with the knees bent at 90 degrees and feet flat on the floor.
- From the starting position, select the appropriate weight and ensure the pin is secure in the weight stack.
- Sit erect and adjust the roller pad so it sits firmly against the upper thigh and hip.
- Grasp the bar with a closed, pronated grip and assume a Sitting position with the hips against the roller pad and the feet flat on the ground.
- Check the upper body is perpendicular to the floor.
- On count 1, keeping the arms straight and elbows rotated out to the side and slightly flexed, simultaneously bend the elbows and pull the bar toward the shoulders until the upper arms are parallel to the ground.
- On count 2, return to the starting position by slowly extending the elbows.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







## Health and Holistic Fitness: SINGLE-ARM LAT PULL-DOWN & STRAIGHT-ARM LAT PULL-DOWN

### Index

The Single-Arm Lat Pull-Down is performed much like the Lat Pull-Down, using only one arm at a Time. (See figure below.) The range of motion and resistance is decreased for the injured side. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time. The Single-Arm Lat Pull-Down is used to maintain a heavy resistance on the good side, reduce the resistance on the injured side, or both.

The Straight-Arm Lat Pull-Down is performed the same as the Lat Pull-Down. However, it uses a much smaller range of motion. The elbows remain fully extended and the arms straight. As with the Straight- Arm Pull, the movement has the effect of raising the head between the arms. The chest will move up toward the bar and the shoulder blades will move together







## Index

# Health and Holistic Fitness: SEATED ROW

The Seated Row develops strength in the arm and back muscles. Figure below shows the exercise as it would be conducted by an individual Soldier:

- The starting position for the Seated Row is the Sitting position with the knees bent at 90 degrees and feet flat on the floor.
- From the starting position, stay seated with the feet firmly planted on the floor or foot supports (if using).
- Lean forward and grasp the handgrips with the hands in a neutral, closed grip.
- Sit erect so the upper body is perpendicular to the floor.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- On count 1, simultaneously bend the elbows and pull the handgrips to the chest or upper abdomen while keeping the trunk rigid and the back flat. On count 2, return to the starting position by slowly extending the elbows.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







## Index

# Health and Holistic Fitness: SINGLE-ARM SEATED ROW & STRAIGHT-ARM SEATED ROW

The Single-Arm Seated Row is performed much like the Seated Row, using only one arm at a time (see figure below.) The range of motion and resistance is decreased for the injured side. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time. The Single-Arm Seated Row is used to maintain a heavy resistance on the good side, reduce the resistance on the injured side, or both.

The Straight-Arm Seated Row is performed the same as the Seated Row. However, it uses a much smaller range of motion. The elbows remain fully extended and the arms straight as the resistance is lowered or raised.







## [Index](#)

# Health and Holistic Fitness: TRUNK EXTENSION

The Trunk Extension is the seventh exercise in the Strength Training Machine drill. This exercise develops strength in the low back muscles and supports the Deadlift exercise. Figure below shows the exercise as a Soldier conducts it:

- The starting position for the Trunk Extension is the Sitting position with the knees slightly bent and feet flat on the foot platform.
- From the starting position, stay seated on the machine, leaning slightly forward, with the back firmly against the padded lever arm.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- Grip the support bars using a neutral, closed grip.
- Keep the head in a neutral position with the eyes looking straight ahead.
- On count 1, raise the upper body and continue extending the trunk, moving to the Supine position.
- On count 2, return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







## Index

# Health and Holistic Fitness: TRICEPS EXTENSION / MODIFIED

The Triceps Extension develops strength in the triceps muscles and supports other pushing tasks found in training and combat. Figure below breaks down the exercise as a Soldier conducts it:

- Select the weight and ensure the pin is secure in the weight stack.
- Conduct this exercise from the Sitting position. Start with the feet placed firmly on the ground. Place the hips and low back firmly against the seat back with the eyes looking straight ahead.
- Maintain an erect position, eyes looking straight ahead, grasping the bar with a closed, pronated grip.
- On count 1, push downward until both arms are fully extended but not locked.
- On count 2, return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.

The modified Triceps Extension is performed the same as the triceps extension, but it uses a smaller range of motion. The elbows will not fully flex as the resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time.







## Health and Holistic Fitness: SINGLE-ARM TRICEPS EXTENSION

### Index

The Single-Arm Triceps Extension is performed much like the triceps extension, using only one arm at a time (see figure below). The range of motion and resistance is decreased for the injured side. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time. The single arm triceps extension is used to maintain a heavy resistance on the good side, reduce the resistance on the injured side, or both.







## Index

# Health and Holistic Fitness: CHEST PRESS

The Chest Press develops strength in the arms, shoulders, and chest muscles. Figure shown breaks down the exercise as a Soldier conducts it:

- The starting position for the Chest Press is the Sitting position with the knees bent at 90 degrees and feet flat on the floor.
- From the starting position, stay seated with the feet firmly on the ground. Adjust the seat so a 90-degree angle is formed between the upper and lower arms with the shoulders directly below the handgrips.
- Place the hips, low back, shoulders, and head firmly against the seat back with the eyes looking straight ahead.
- Maintain a natural arch in the lower back.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- On count 1, push upward until the arms are fully extended but not locked.
- On count 2, return to the starting position.
- Repeat this movement for the correct number of repetitions and sets required to meet the goal of the strength machine session.







# Health and Holistic Fitness: SINGLE-ARM CHEST PRESS & MODIFIED CHEST PRESS

## Index

The Single-Arm Chest Press is performed in the same way as the Chest Press, using only one arm at a time (see figure below). The range of motion and resistance is decreased for the injured side. The Single-Arm Chest Press is used to maintain a heavy resistance on the good side, reduce the resistance on the injured side, or both.

The modified Chest Press is performed the same as the chest press, but it uses a much smaller range of motion. The elbows will not flex below 90 degrees as the resistance is lowered, nor will they fully straighten when the resistance is raised. As the Soldier's condition improves, the range of motion and resistance may gradually increase until the exercise is performed to standard. However, do not increase both of these factors at the same time.







## Index

# Health and Holistic Fitness: TRUNK FLEXION / MODIFIED

The Trunk Flexion is the tenth exercise in the strength training machine drill. This exercise develops strength in the abdominal muscles. Figure below shows the exercise as a Soldier conducts it:

- The starting position for the Trunk Flexion is the Sitting position with the knees bent at 90 degrees and feet flat on the floor.
- From the starting position, stay seated with the feet firmly on the ground.
- Select the appropriate weight and ensure the pin is secure in the weight stack.
- Keep the elbows shoulder-width apart and bent at 90 degrees, with hands in a closed grip.
- Place the hips and low back firmly against the seat back with the eyes looking straight ahead.
- On count 1, bend forward, flexing the trunk and bringing the chest to the thighs.
- On count 2, return to the starting position.

The modified Trunk Flexion should be used when a DA Form 3349 may limit the range of motion at which a Soldier can safely perform Trunk Flexion exercises. The weight load should be low and the range of motion of the movements should be within the comfort zone of the Soldier. Gradually increase the weight load and range of motion as tolerated until the exercise can be performed to standard.







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## Health and Holistic Fitness: RECOVERY DRILLS

# Recovery Drills





## Index

# Health and Holistic Fitness: OVERHEAD ARM PULL

The Overhead Arm Pull is the first exercise in the Recovery Drill. This exercise develops the flexibility of joints in the arms, shoulders, and trunk. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the Overhead Arm Pull is the Straddle Stance position with hands on hips. When commanded, “READY, *STRETCH*,” raise the left arm overhead. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. A stretch sensation should be felt in the left triceps muscle and flank. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” repeat the movement on the right side.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.





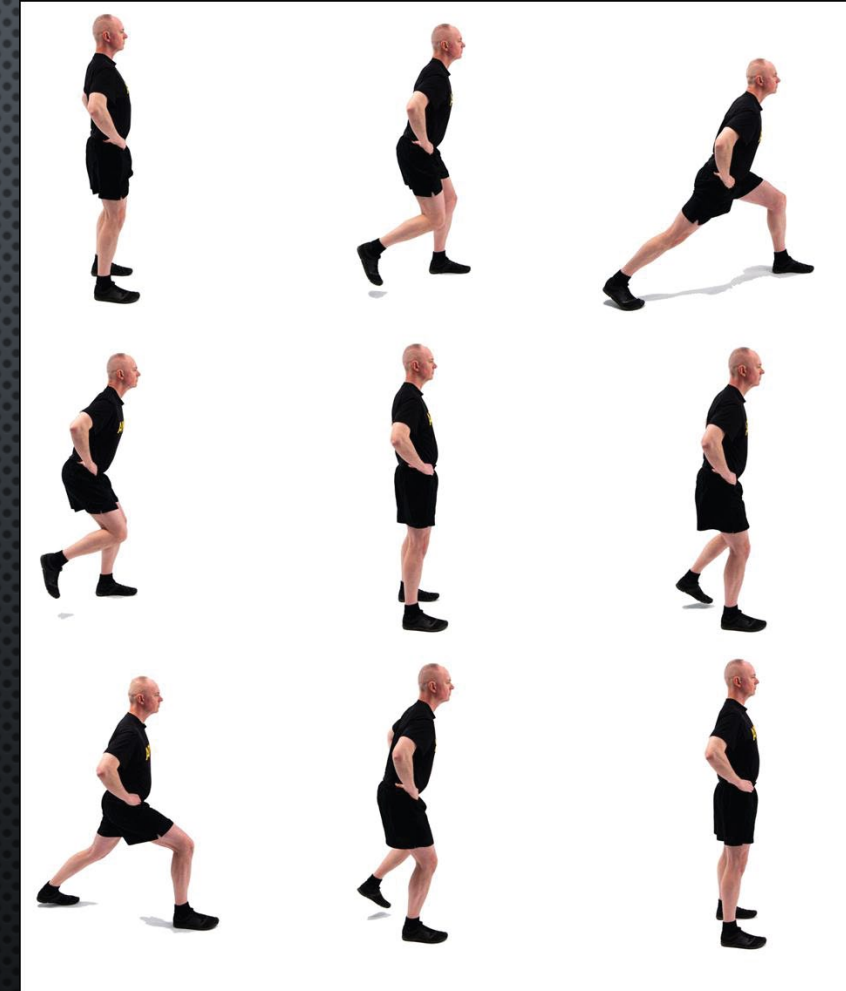


## Index

# Health and Holistic Fitness: REAR LUNGE

The Rear Lunge is the second exercise in the Recovery Drill. Figure shown demonstrates the movement as Soldiers conduct it in a formation:

- The starting position for the Rear Lunge is the Straddle Stance position 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 directly behind the starting position. This creates a stretch sensation in the front of the left thigh and hip area. Back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” take an exaggerated step backward with the right leg, touching down with the ball of the foot directly behind the starting position. This creates a stretch sensation in the front of the right thigh and hip area. The back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.







## Index

# Health and Holistic Fitness: EXTEND AND FLEX

The Extend and Flex is the third exercise in the Recovery Drill. Figure below breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the Extend and Flex is the Front Leaning Rest position.
- On the command, “READY, *STRETCH*,” lower the body toward the ground, sagging in the middle while keeping the arms straight. Keep gaze straight ahead—do not look up. This creates a stretch sensation in the hip and abdominal muscles. The legs and low back should be relaxed with toes on the ground and pointing to the rear. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” put bodyweight back on the balls of the feet to support raising the hips up and off the ground. Straighten the legs and try to touch the ground with the heels. Move the head between the arms and look toward the feet. The back remains straight. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.







## Index

# Health and Holistic Fitness: THIGH STRETCH

The Thigh Stretch is the fourth exercise in the Recovery Drill. It develops flexibility in the hip and knee joints. Figure below shows the movement as Soldiers conduct it in a formation:

- The starting position for the Thigh Stretch is the Sitting position with the arms at the sides and palms on the floor.
- On the command, “READY, *STRETCH*,” roll on the right side and place the right elbow and forearm on the ground directly below the shoulder. The right hand makes a fist with the thumb side up. Grasp the left ankle and pull toward the left buttock. Push the left thigh further to the rear with the heel of the right foot. Hold this position for 20–30 seconds.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” move back through the starting position before changing sides to stretch the right leg. Hold for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.





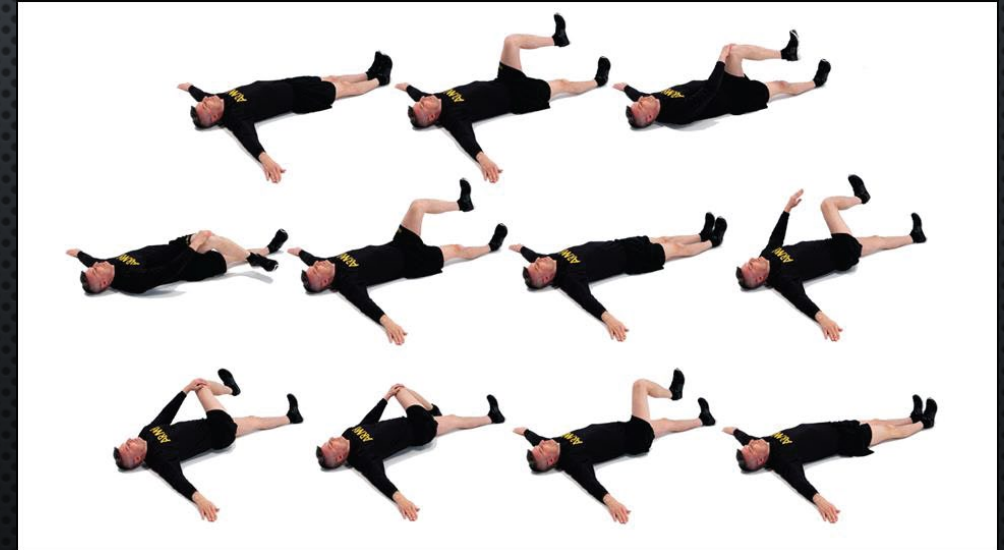


## Index

# Health and Holistic Fitness: SINGLE-LEG OVER

The Single-Leg Over is the fifth exercise in Recovery Drill. This exercise develops flexibility of the hip and low back. Figure 16-5 breaks down the movement as Soldiers conduct it in a formation for 30–60 seconds:

- The starting position for the Single-Leg Over is the Supine position with arms straight out to the side on ground with palms down with fingers and thumbs extended and joined. Feet are together with heels on the ground. The head is on the ground.
- On the command, “READY, *STRETCH*,” bend the left knee to 90 degrees over the right leg and grasp the outside of the left knee with the right hand pulling toward the right. Keep the left shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” bend the right knee to 90 degrees over the left leg and grasp the outside of the right knee with the left hand pulling toward the left. Keep the right shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.





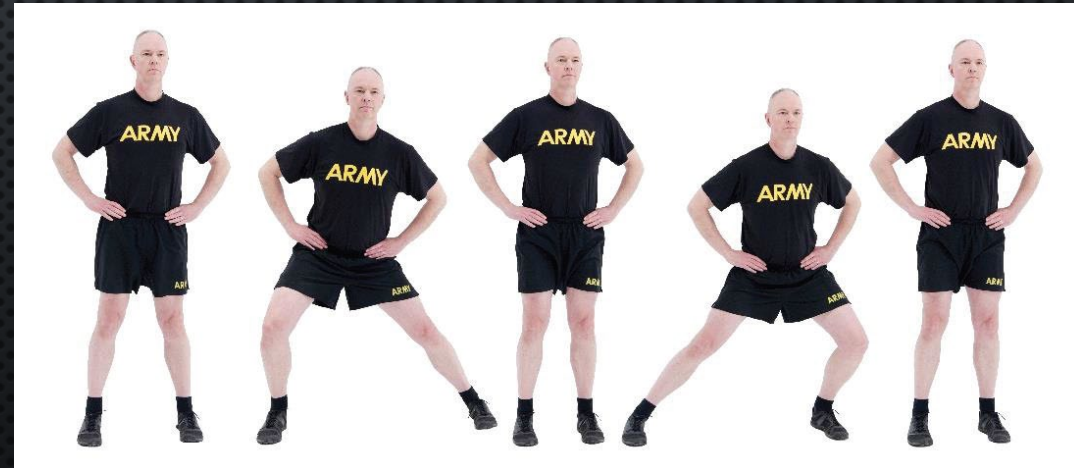


## Index

# Health and Holistic Fitness: GROIN STRETCH

The Groin Stretch is the sixth exercise in the Recovery Drill. This exercise increases flexibility in the hip joint. Figure below shows the movement as Soldiers conduct it in a formation:

- The starting position for the Groin Stretch is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take an exaggerated step with the right leg to the right side bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” take an exaggerated step to the left with the left leg bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold the position or continue into a deeper lunge to stretch the inside of the right thigh for 20–30 seconds.
- On count 4, return to the starting position.







## Index

# Health and Holistic Fitness: CALF STRETCH

The Calf Stretch is the seventh exercise in Recovery Drill. This stretch increases flexibility of the ankle. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the Calf Stretch is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a step backward with the left leg, placing the foot flat on the ground 1–2 feet behind its starting position. Keeping the left heel on the ground, bend both knees until a stretch is felt in the left Achilles tendon.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the stretch with the right leg. Increase the stretch sensation in the right calf muscle by stepping further back with the right foot and locking the right knee. Keep the right foot pointing forward throughout the stretch. Hold either stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.







## [Index](#)

# Health and Holistic Fitness: HAMSTRING STRETCH

The Hamstring Stretch is the final exercise in Recovery Drill. This stretch increases flexibility of the knees and hips. Figure below breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the Hamstring Stretch is the Sitting position with arms at the sides and palms on the floor.
- On the command, “READY, *STRETCH*,” reach forward with both hands toward the feet, grasping the feet, ankle or lower legs. Keep the knees straight without locking them. Hold this stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the first stretch position reaching slightly further.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.







## Recovery Drill (MOD)





## Index

# Health and Holistic Fitness: OVERHEAD ARM PULL (MODIFIED)

The Overhead Arm Pull can be modified by stretching the arms across the upper body instead of overhead. If possible, perform the standard stretch on the uninjured arm. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the modified Overhead Arm Pull is the Straddle Stance position with hands on hips.
- When commanded, “READY, *STRETCH*,” raise the left arm across the front of the chest. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. A stretch sensation should be felt in the left triceps muscle and flank. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*” return to the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” repeat the movement on the right side.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.







## Index

# Health and Holistic Fitness: REAR LUNGE (MODIFIED)

The Rear Lunge can be modified by reducing the range of motion for the lunge or by stepping forward into the lunge. If possible, perform the standard stretch on the uninjured leg. Figure shown breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the modified Rear Lunge is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a step backward with the left leg, touching down with the ball of the foot directly behind the starting position. Keep the trunk erect and move the pelvis forward. This creates a stretch sensation in the front of the left thigh and hip area. The back remains straight and gaze remains forward. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the first movement on the right side.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.







## Index

# Health and Holistic Fitness: EXTEND AND FLEX (MODIFIED)

The Extend and Flex can be modified by reducing weight placed on the arms, by limiting the range of motion, or by remaining standing and arching the spine forward and backward. Figure 16-11 shows the modification from a starting position of a Six-Point Stance position Soldiers conduct it in a formation:

- The starting position for the modified Extend and Flex is the Front Leaning Rest position.
- On the command, “READY, *STRETCH*,” lower the body toward the ground, sagging in the middle and bending the elbows so that the forearms rest on the ground. Keep the gaze straight ahead—do not look up. Keep legs and low back relaxed with toes on the ground and pointing to the rear. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” keep the hands in place on the ground and slide the trunk and pelvis rearward. Let the knees bend until the buttocks rest on the back of the legs. Keep the head near to the ground to flex the spine and upper back while the arms remain overhead on the ground. Hold the position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.







## Index

# Health and Holistic Fitness: EXTEND AND FLEX (MODIFIED) PT2

The standing position for the modified Extend and Flex avoids weight bearing on the arms, but should not be used in cases of injury to the low back. Figure below breaks down the movement from a starting Position of Attention as Soldiers conduct it in a formation:

- Place hands on the low back prior to bending backward, and on the front of the thighs prior to bending forward.
- Move in and out of this position for 20–30 seconds or hold for 10–15 seconds and repeat one time.





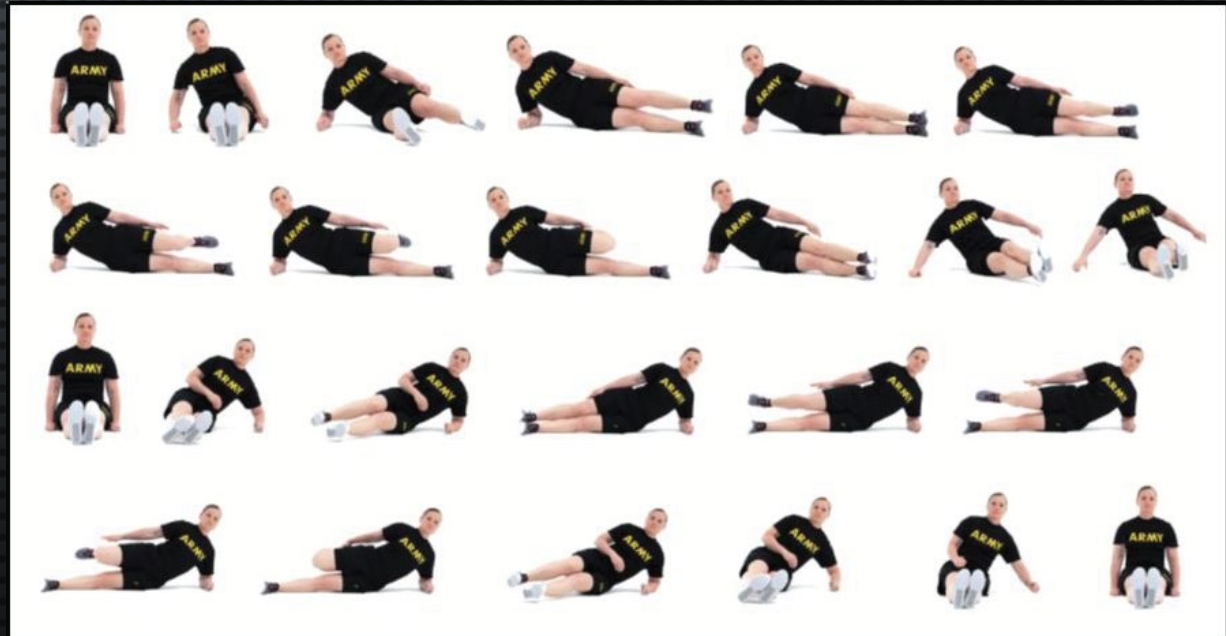


## Index

# Health and Holistic Fitness: THIGH STRETCH (MODIFIED)

The Thigh Stretch can be modified by reducing the knee range of motion. Figure 16-13 breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the modified Thigh Stretch is the Sitting position with the arms at the sides and palms on the floor.
- On the command, “READY, *STRETCH*,” roll on the right side and place the right elbow and forearm on the ground directly below the shoulder. Fist the right hand with the thumb up. Grasp the left ankle and pull toward the left buttock. Ensure the right leg remains straight. Hold this position for 20–30 seconds.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” move back through the starting position before changing sides to stretch the right leg. Hold for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.





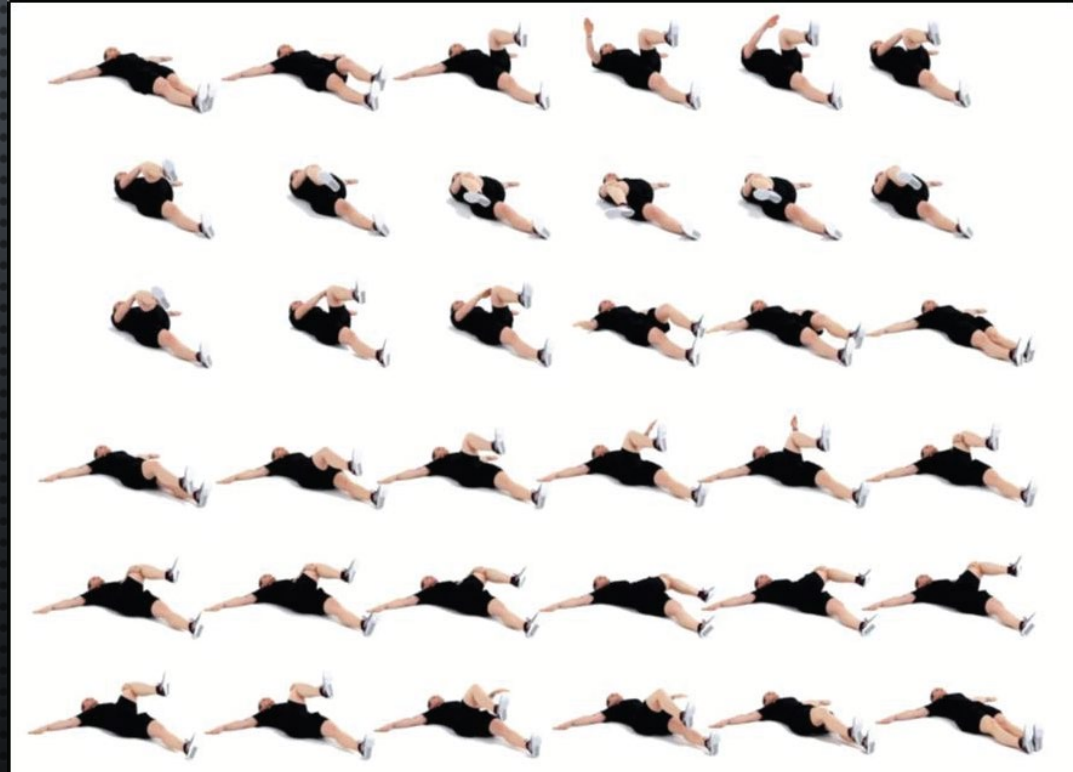


## Index

# Health and Holistic Fitness: SINGLE-LEG OVER (MODIFIED)

The Single-Leg Over can be modified by decreasing the range of motion, by stretching only one leg, or by modifying the position of the stretch. Figure below illustrates the modified movement as Soldiers conduct it in a formation for 30–60 seconds:

- The starting position for the modified Single-Leg Over is the Supine position with the head on the ground, arms at a 45-degree angle, hips and knees bent with feet on the ground. The knees are bent at 90 degrees and the feet are together.
- On the command, “READY, *STRETCH*,” rotate the hips to the right and lower the knees toward the ground. Keep the left shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” rotate the hips to the left and lower the knees toward the ground. Keep the right shoulder and arm on the ground. Hold this position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position and then to the Position of Attention.







## Index

# Health and Holistic Fitness: GROIN STRETCH (MODIFIED)

The Groin Stretch can be modified by using smaller movements to help increase flexibility in the hip joint. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the modified Groin Stretch is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a small step with the left leg to the left side bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the right thigh for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” assume the starting position.
- On the command, “CHANGE POSITION, READY, *STRETCH*,” take a small step to the right with the right leg bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position and then to the Position of Attention.







## Health and Holistic Fitness: CALF STRETCH (MODIFIED)

### Index

The modified Calf Stretch is the seventh exercise in the Recovery Drill (Modified). This stretch increases flexibility of the ankle. Figure below shows the movement as Soldiers conduct it in a formation:

- The starting position for the modified Calf Stretch is the Straddle Stance position with hands on hips.
- On the command, “READY, *STRETCH*,” take a step backward with the left leg, placing the foot flat on the ground 1–2 feet behind its starting position. Keeping the left heel on the ground, bend both knees until a stretch is felt in the left Achilles tendon.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the stretch with the right leg. Keep the right foot pointing forward throughout the stretch. Hold either stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position, and then to the Position of Attention.







## Index

# Health and Holistic Fitness: HAMSTRING STRETCH (MODIFIED)

The modified Hamstring Stretch is the final exercise in Recovery Drill (Modified). This stretch increases flexibility of the knee and hip. Figure below shows one modified movement as Soldiers conduct it in a formation:

- The starting position for the modified Hamstring Stretch is the Sitting position, arms at the sides and palms on the floor.
- On the command, “READY, *STRETCH*,” reach forward with both hands until a stretch is felt in the back of the thigh. Keep the knees straight without locking them. Hold this stretch position for 20–30 seconds.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.
- On the command, “READY, *STRETCH*,” repeat the first stretch position, reaching slightly further.
- On the command, “STARTING POSITION, *MOVE*,” return to the starting position.



Figure below shows the single-leg Hamstring Stretch. The Soldier bends one knee while keeping the other straight and reaches toward the foot until a stretch is felt in the back of the thigh. Hold this stretch position on each side for 20–30 seconds.







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# Health and Holistic Fitness: PREVENTIVE MAINTENANCE CHECKS AND SERVICES

Preventive Maintenance Checks and Services (PMCS) Drill is a series of exercises that a Soldier can conduct before physical readiness training or as an enhancement to the stretches performed in the Recovery Drill. The purpose of the PMCS Drill is to check for stiffness or pain around a joint and provide a safe and simple way for a Soldier to reduce pain and restore proper movement. If these exercises do not alleviate the issue, Soldiers then seek help from performance readiness experts in their unit.





## Index

# Health and Holistic Fitness: SPINE

The Spine exercise is the first series of movements performed in the PMCS Drill. It will be the first exercise performed every time in the PMCS Drill even if pain or stiffness appears to originate in another region of the body. Figure shown illustrates the following movements for the Spine exercise:

- To make sure that the neck is moving properly, compare rotation to the right and left. If there is a loss of motion to one side, this may indicate an issue with a joint in the neck.
- To address the issue, assume the Straddle Stance position before looking up as far as possible without causing pain.
- Repeat this head movement 5 times.
- Perform more repetitions if the exercise improves the issue.
- If there is any pain, seek help from performance readiness experts in the unit.

### PMCS CAUTION

If a Soldier finds an issue in the spine, this must be addressed first before checking the other joints in the body.



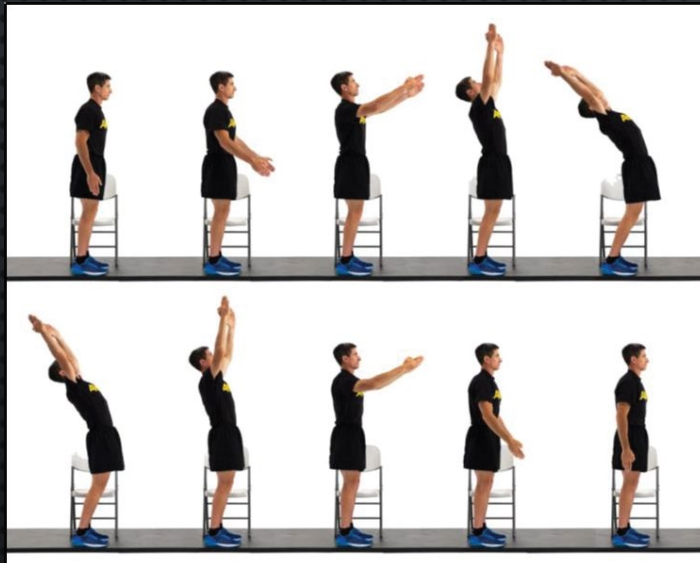




## Health and Holistic Fitness: SPINE SEATED AND STANDING MOBILITY

### Index

To make sure that the mid-back is moving properly, the Soldier assumes a seated position with fingers interlocked over the chest before rotating the trunk to the right and left. If there is a loss of motion to one side, this may indicate an issue with a joint in the mid-back (see figure to the right).



See figure to the left for the spine, mid-back standing mobility exercise:

- To address the issue, assume the Straddle Stance position before looking up as far as possible without pain while raising the arms up and over the head.
- Repeat this head movement 5 times.
- Perform more repetitions if the exercise improves the mid-back issue.





## Health and Holistic Fitness: SPINE (MODIFIED)

### Index

A modified version may be performed from the Prone position by propping the chin on the tips of the fingers and resting in this position for up to 60 seconds (see figure below). Repeat several times if this improves the mid-back issue. If there is any pain, the Soldier seeks help from performance readiness experts in the unit.



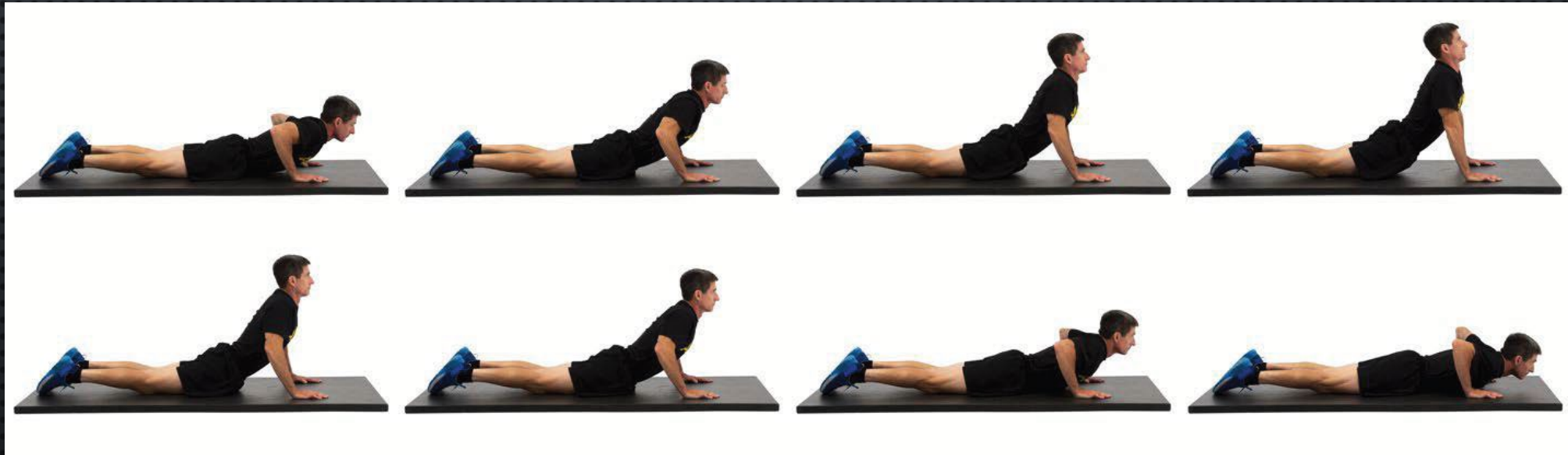




## Health and Holistic Fitness: SPINE—LOW BACK PRONE

### Index

To make sure that the low back is moving properly, the Soldier performs the extend movement from the Extend and Flex exercise. If there is lower back pain or any tightness associated with this movement, this may indicate an issue with a joint in the low back. Figure below illustrates stretches for the low back. To address the issue, the Soldier repeats the extend movement 10 times moving as far as possible without causing pain.







## Index

# Health and Holistic Fitness: SPINE—LOW BACK (MODIFIED)

Another modified version of this exercise, using the same number of repetitions, may be performed from the Straddle Stance position with hands on the low back (see figure shown) with the following:

- Perform more repetitions if the exercise improves the issue.
- If there is any pain, seek help from performance readiness experts in the unit.





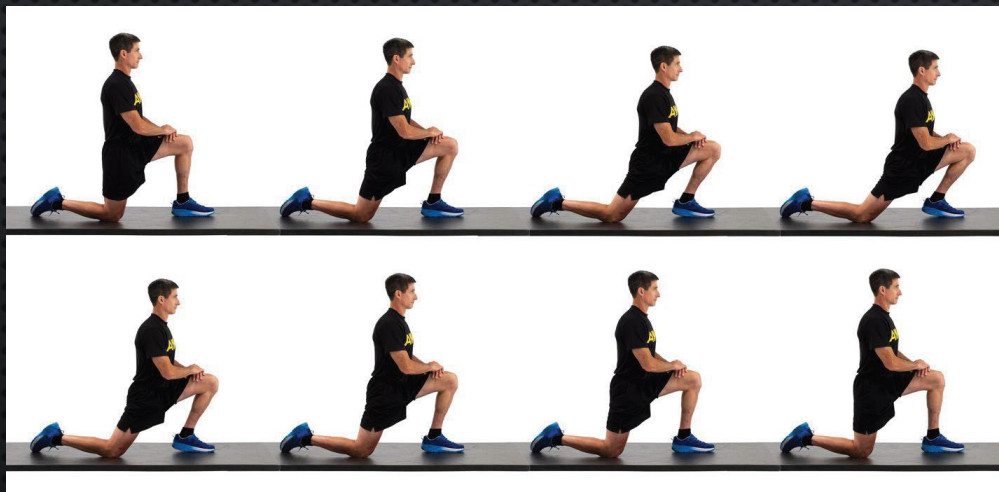


## Index

# Health and Holistic Fitness: ANKLE

The Ankle exercise mobilizes the joints and muscles around the ankle. Soldiers can use it to check for pain and restricted flexibility and to self-treat for those issues. Soldiers perform the exercise on both ankles to check and compare for pain or stiffness. Figure on the left demonstrates the exercise on the left side:

- The starting position for the Ankle exercise is the Half-Kneeling position.
- From the starting position, the Soldier moves the trunk, hips, and knee over the forward foot as far as possible.
- Return to the starting position before repeating the movement 5 times.
- Perform more repetitions if the movement improves the range of motion in the ankle.
- If repeated ankle dorsiflexion does not work, perform kneeling buttock-to-heel movements (see figure on the right).
- If there is any pain, seek help from performance readiness experts in the unit.





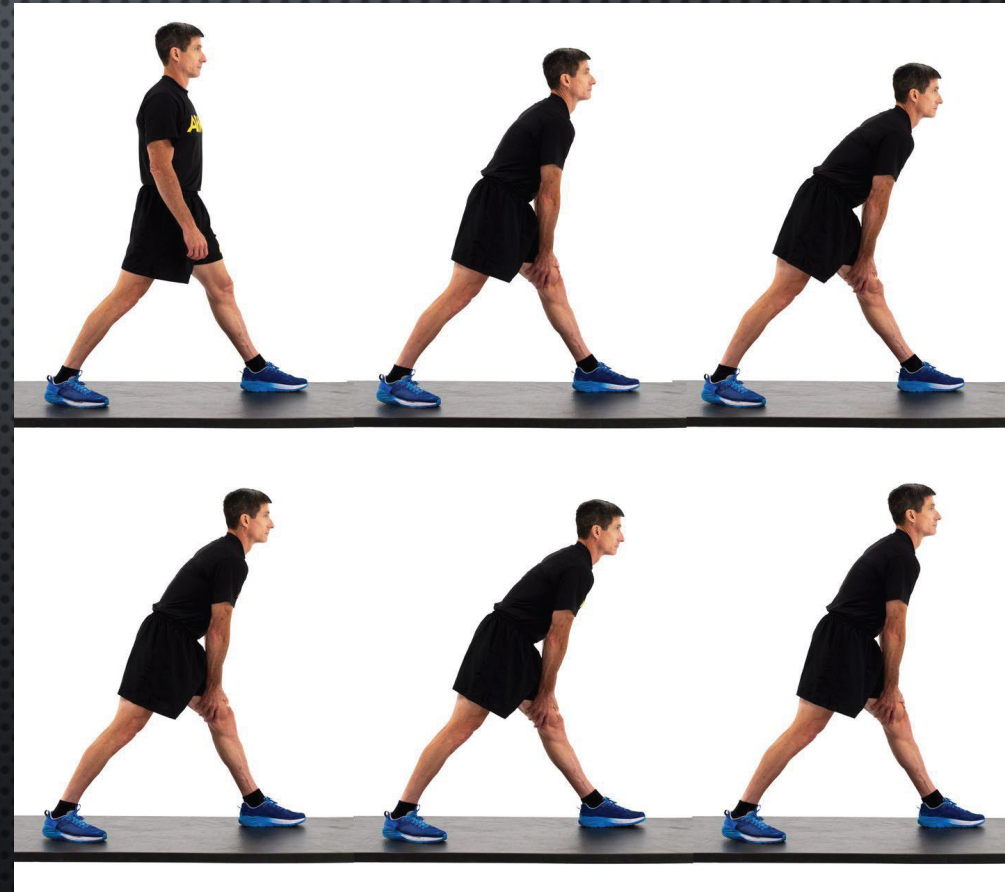


## Index

# Health and Holistic Fitness: KNEE

The Knee exercise mobilizes the joints and muscles around the knee. Soldiers can use it to check for pain and restricted flexibility and to self-treat for those issues. Soldiers perform the exercise on both knees to check and compare for pain or stiffness. Figure below demonstrates the exercise on the left side:

- The starting position for the Knee exercise is the Straddle Stance position with staggered legs and both hands placed above the knee joint on the front of the thigh.
- From the starting position, contract the quadriceps muscle and press the thigh backwards to further straighten the knee as far as possible.
- Return to the starting position before repeating the movement 5 times.
- Perform more knee extensions if the movement improves the range of motion in the knee.
- If there is any pain, seek help from performance readiness experts in the unit.





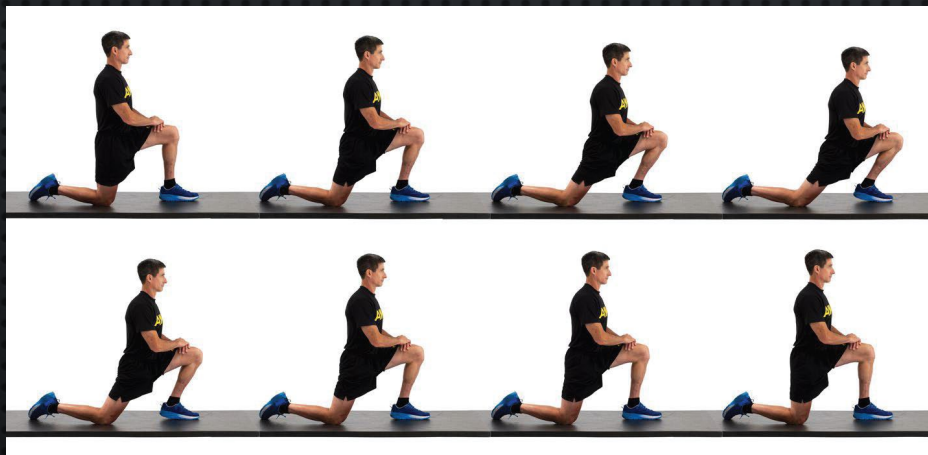


## Index

# Health and Holistic Fitness: HIP

The Hip exercise mobilizes the joints and muscles around the hip and pelvis. Soldiers can use it to check for pain and restricted flexibility and to self-treat for those issues. Soldiers perform the exercise on both hips to check and compare for pain or stiffness. Figure on the left shows the exercise as it would be performed on the left side:

- The starting position for the Hip exercise is the Half-Kneeling position.
- From the starting position, the Soldier moves the trunk, hips, and knee over the forward foot into a deep lunge. The rear knee rests on the ground and the trunk remains upright. This extends the hip of the rear leg and creates a stretch in the front of the rear thigh and pelvis.
- Return to the starting position before repeating the movement 5 times.
- Perform more repetitions if the movement improves the range of motion in the hip.
- If repeated hip extension does not work, perform repeated knee to chest movements from the Supine position (see figure on the right).
- If there is any pain, seek help from performance readiness experts in the unit.





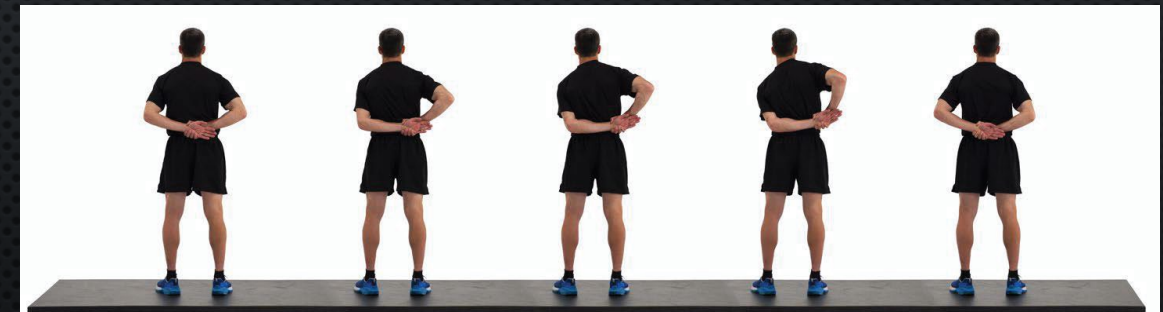


## Index

# Health and Holistic Fitness: SHOULDER

The Shoulder exercise mobilizes the joints and muscles around the shoulder girdle. Soldiers can use it to check for pain and restricted flexibility and to self-treat for those issues. Soldiers perform the exercise on both shoulders to check and compare for pain or stiffness. Figure on top illustrates the exercise as it would be performed with a partner to assist (if a partner is not available, the Soldier may use any suitable anchor point such as a wall, suspension trainer, or squat rack):

- The starting position for the Shoulder exercise is the Squat position with arms extended rearward and the hands held by the partner.
- From the starting position, the partner moves the arms up as far as possible to create a 90-degree angle between the arms and the upper back.
- The Soldier squats further until a pain-free end-range is reached.
- Return to the starting position before repeating the movement 5 times.
- Perform more repetitions if the movement improves the range of motion in the shoulder.
- If repeated shoulder extension does not work, try repeated movements into the parade rest position, pulling the wrist with the opposite hand (see figure on bottom).
- If there is any pain, seek help from performance readiness experts in the unit.





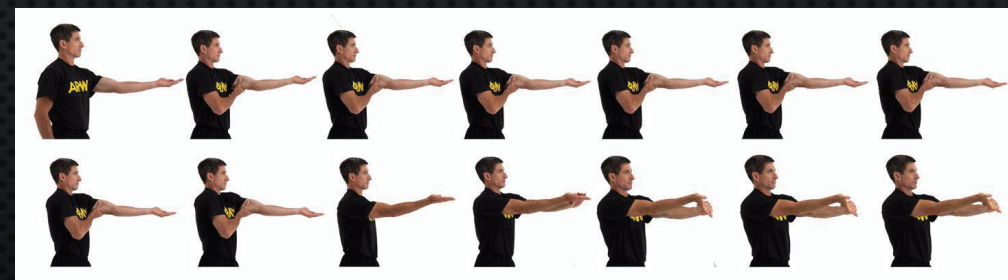
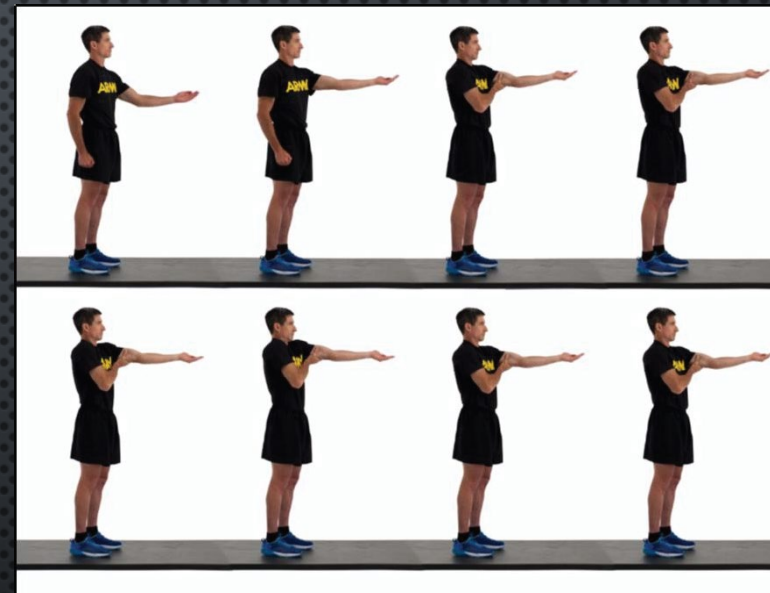


## Index

# Health and Holistic Fitness: ARM

The Arm exercise mobilizes the joints and muscles around the wrist and elbow. Soldiers can use it to check for pain and restricted flexibility and to self-treat for those issues. Soldiers perform the exercise on both arms to check and compare for pain or stiffness. Figures shown break down the exercise as it would be performed on the left arm:

- The starting position for the Arm exercise is the Straddle Stance position.
- For the elbow—
  - Support the arm with the opposite hand while straightening the elbow as far as possible (see figure 17-14).
  - If the hand can be braced against a wall or other stable object, push the elbow up by the opposite hand to increase the end-range motion.
- For the wrist, keep the elbow straight while using the opposite hand to pull the fingers and hand into extension—the palm will face away from the Soldier (see figure below).
- Return to the starting position before repeating the movement 5 times.
- Perform more repetitions if the movement improves the range of motion in the elbow and wrist.
- If repeated elbow extension does not work, try repeated elbow flexion. The same principle applies to the wrist.
- If there is any pain, seek help from performance readiness experts in the unit.







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TC 3-21.5. *Drill and Ceremonies*. 20 January 2012.

## **WEBSITES**

Army Combat Fitness Test website. <https://www.army.mil/acft/>.

Central Army Registry's Holistic Health and Fitness videos.

[https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT). (Copy and paste this address after accessing the Central

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## **PRESCRIBED FORMS**

This section contains no entries.

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## Health and Holistic Fitness:

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