

HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

ATP 7-22.02

MUTA 4 Drill PT



SOLDIER
READINESS SYSTEM



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 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

(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/>



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.

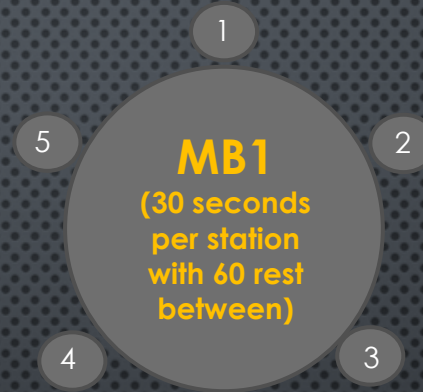
Modified preparation drills and exercises are available.



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

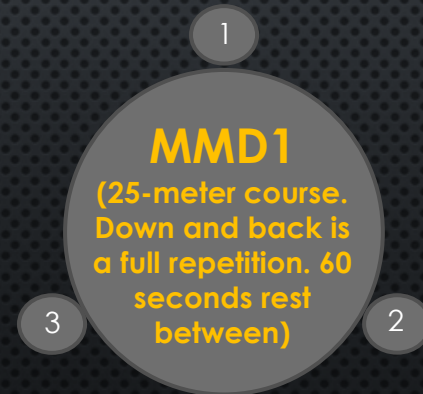
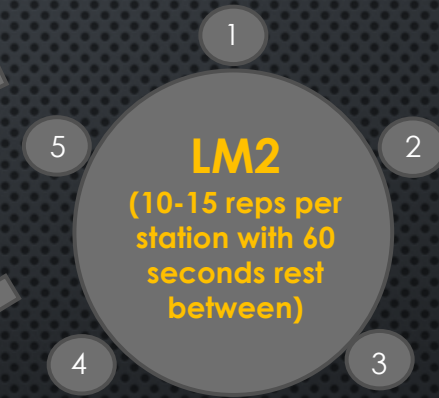
*Adjust formations within the confines of your training environment, equipment available and size of group being trained.

- 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: Example

MUTA 4 Training Program

- **Note:** If no Physical Training has been performed with this unit it is a good idea to familiarize yourself with the Beginning Assessment Drill located on the next slide of this program. The exercises themselves if you are not familiar with these routines can be found on this site under ATP 7-22.02 Workouts.

Equipment will be required for both exercises. If equipment is unavailable, refer to Unequipped Exercises.

Day 1: [Functional Training Series 1 \(FTS1\)](#)

Day 1 Unequipped: [Functional Training Series 2 \(FTS2\)](#)

Day 2: [Strength Training Series 1 \(STS1\)](#)

Day 2 Unequipped: [Run Conditioning \(RC\)](#)



Health and Holistic Fitness

Exercise Focus: **Beginning Assessment**

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

*** This program can be found in ATP 7-22.02 Workouts section of this site.**

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



Day 1

**This is an example of pulling straight
from the ATP 7-22.02**



Health and Holistic Fitness: Equipment Required Exercises

Exercise focus: Functional Training 1

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 1 (MMD1)

Cool down: Recovery Drill



Health and Holistic Fitness: Unequipped Exercise

Exercise focus: Functional Training 2

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

Day 2



Health and Holistic Fitness: Equipment Required Exercises

Exercise focus: Strength Training 1

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: Unequipped Exercise

Exercise focus: Run Conditioning

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



Index

FTS1

FTS2

STS1

RC

PREPARATION DRILLS



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.





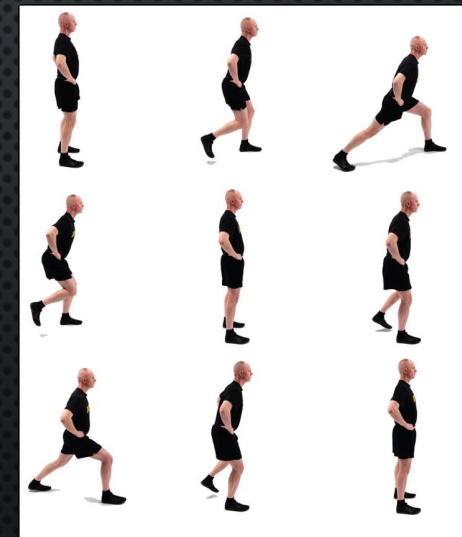
Health and Holistic Fitness: REAR LUNGE

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

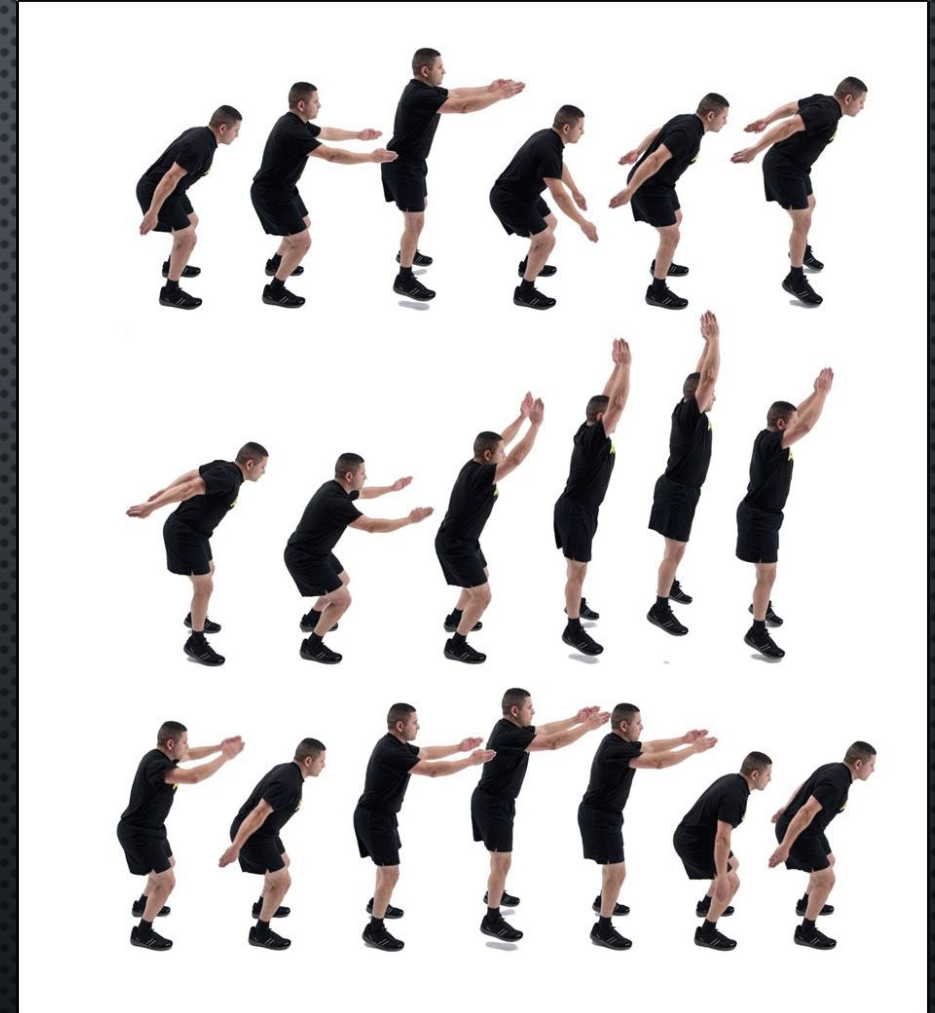


Health and Holistic Fitness: HIGH JUMPER

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.

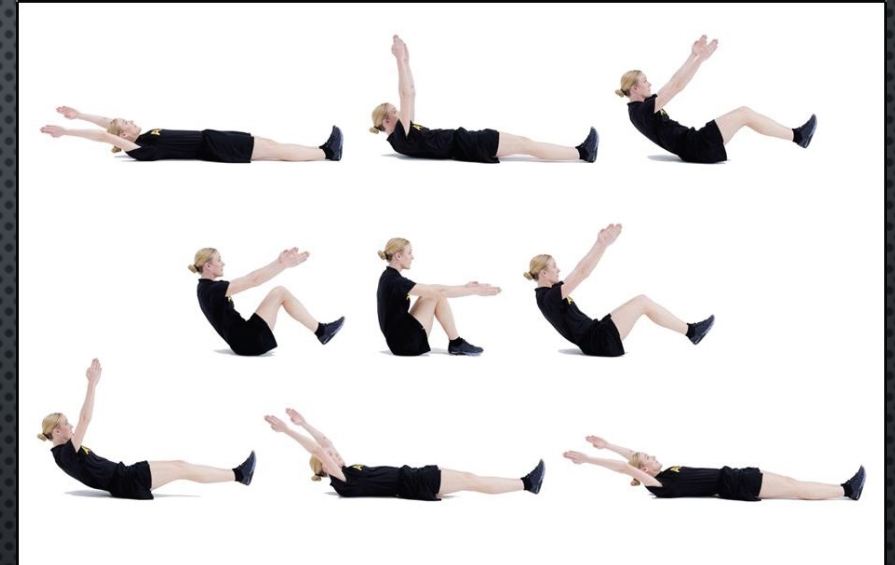




Health and Holistic Fitness: ROWER

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



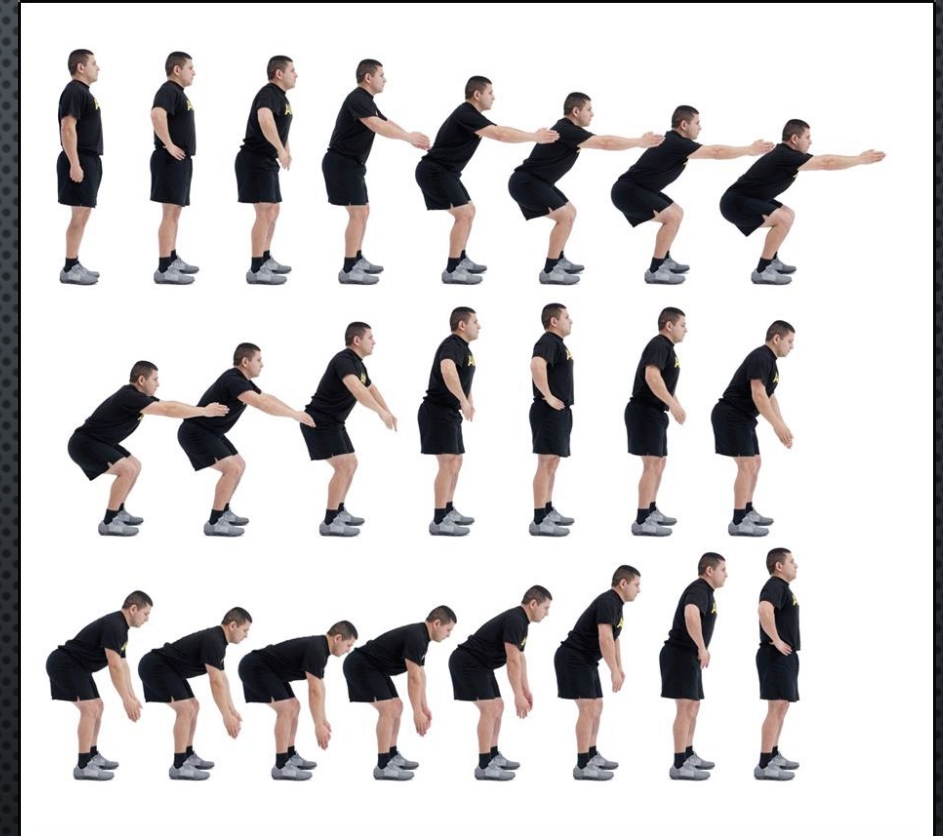
Rower



Health and Holistic Fitness: SQUAT BENDER

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





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

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.

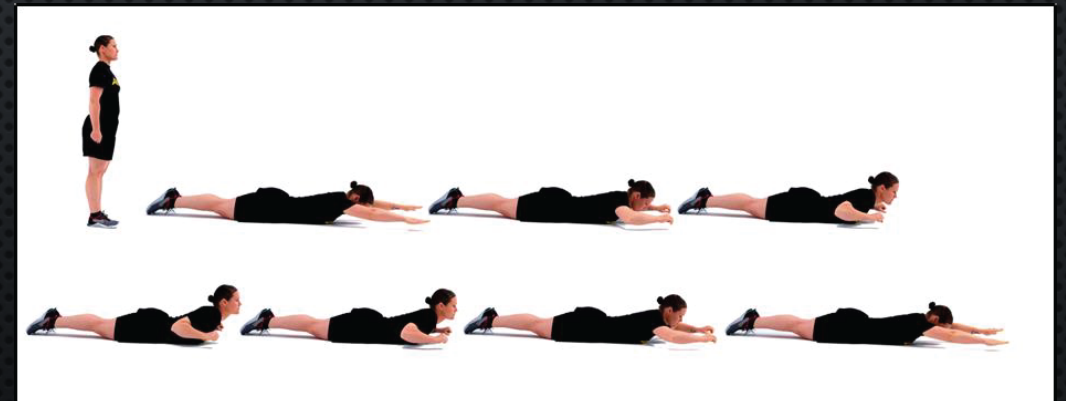




Health and Holistic Fitness: PRONE ROW

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.

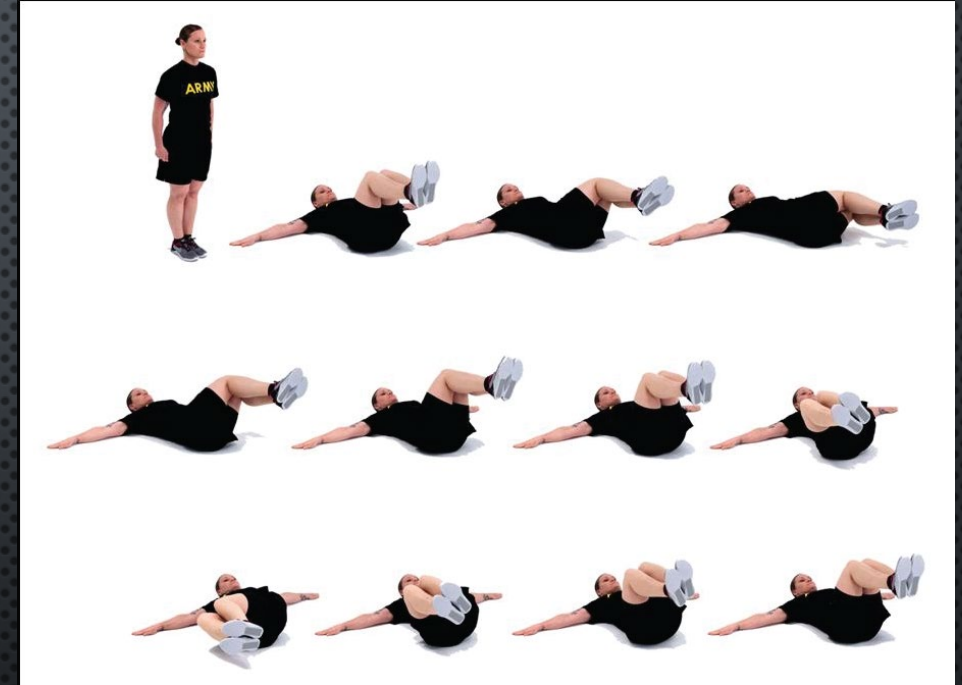




Health and Holistic Fitness: BENT-LEG BODY TWIST

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.

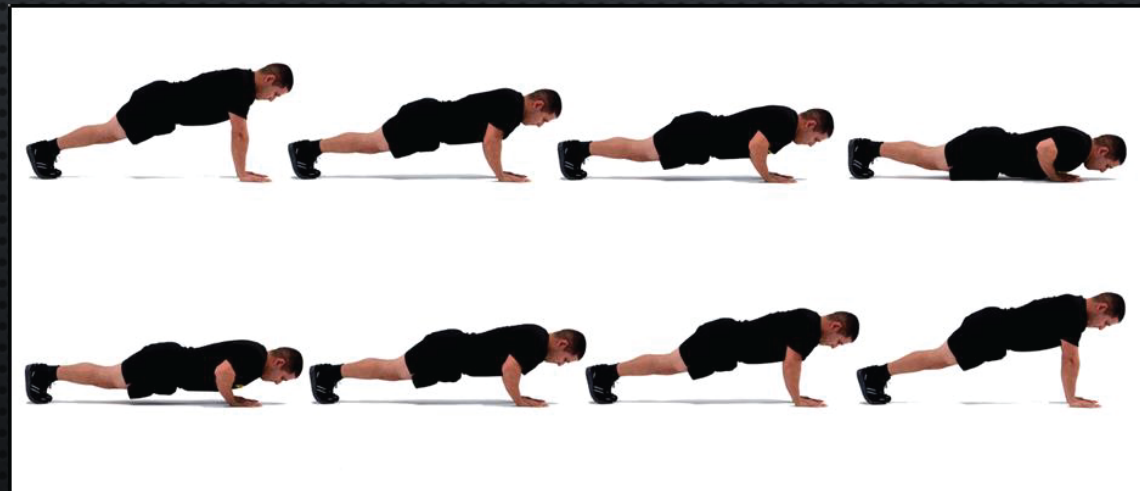




Health and Holistic Fitness: PUSH UP

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.





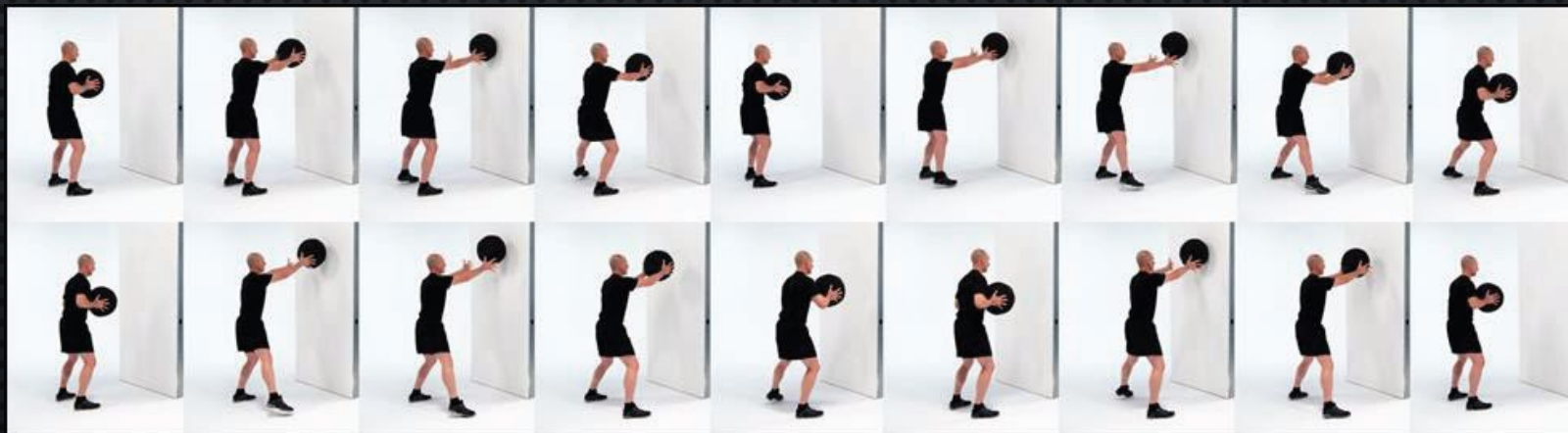
MEDICINE BALL DRILL 1: (MB1)



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.





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.





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.

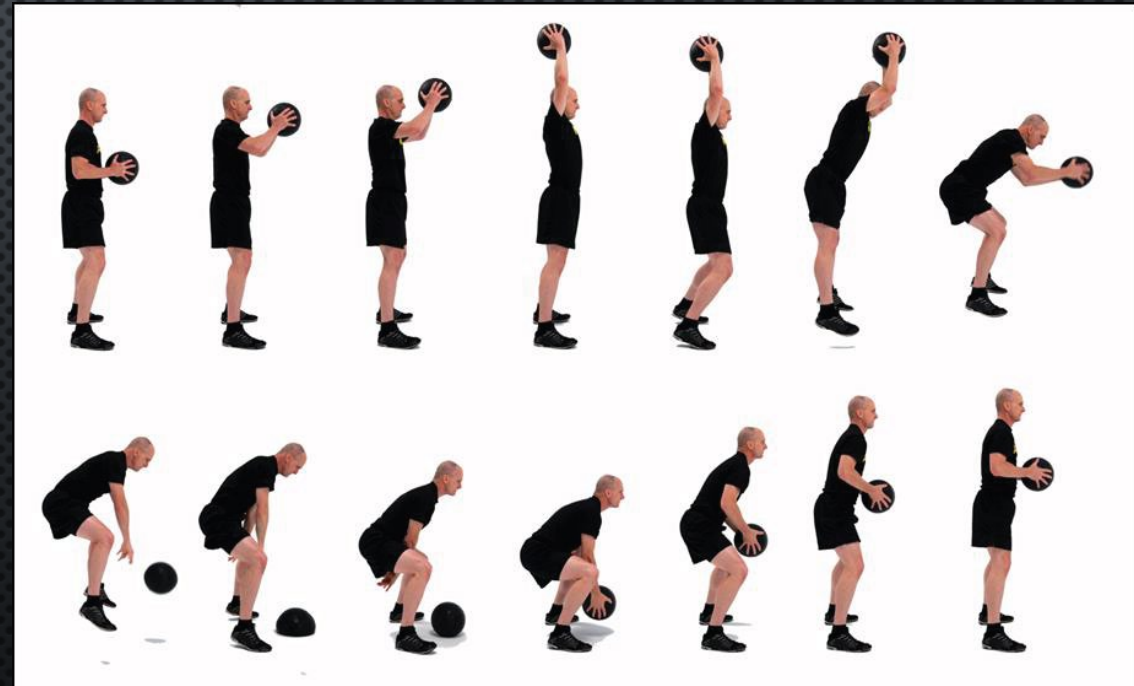




Health and Holistic Fitness: SLAM

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.

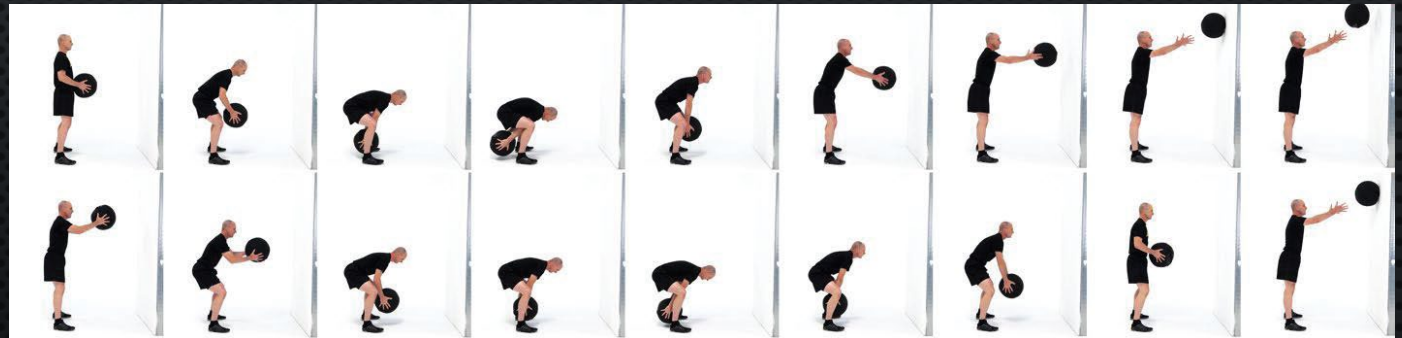




Health and Holistic Fitness: UNDERHAND WALL THROW

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.





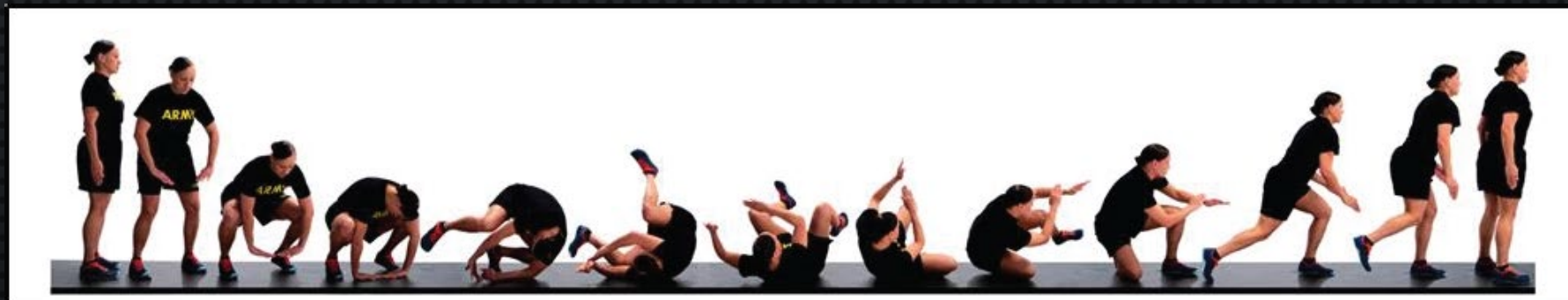
Guerilla Drill



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

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.

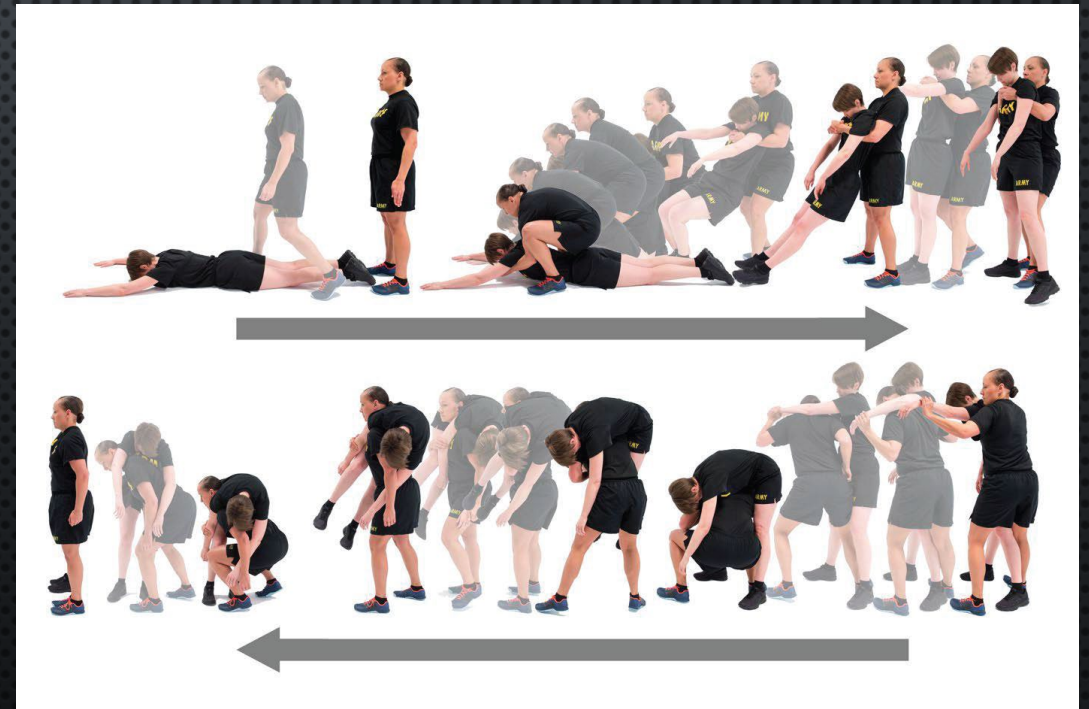




Health and Holistic Fitness: SOLDIER CARRY

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.





MOVEMENT DRILL 1: (MMD1)



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.





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.





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.





Health and Holistic Fitness: RECOVERY DRILLS

Index

FTS1

FTS2

STS1

RC

Recovery Drills



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.

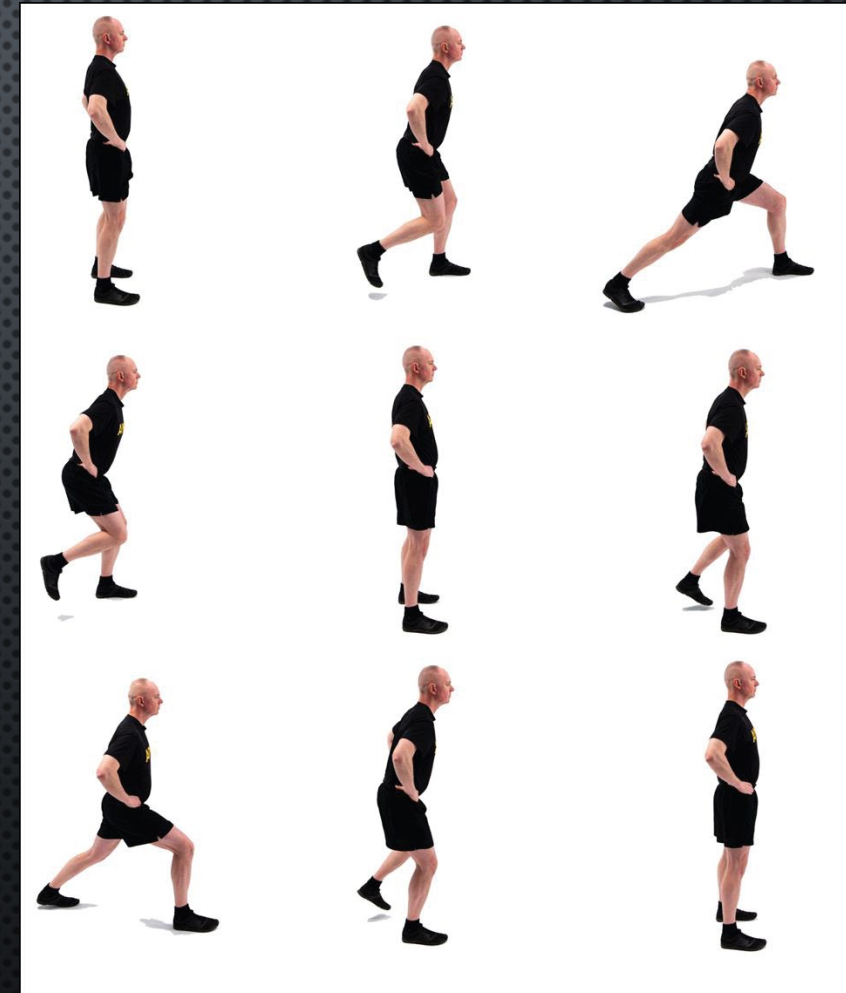




Health and Holistic Fitness: REAR LUNGE

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.





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.





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.

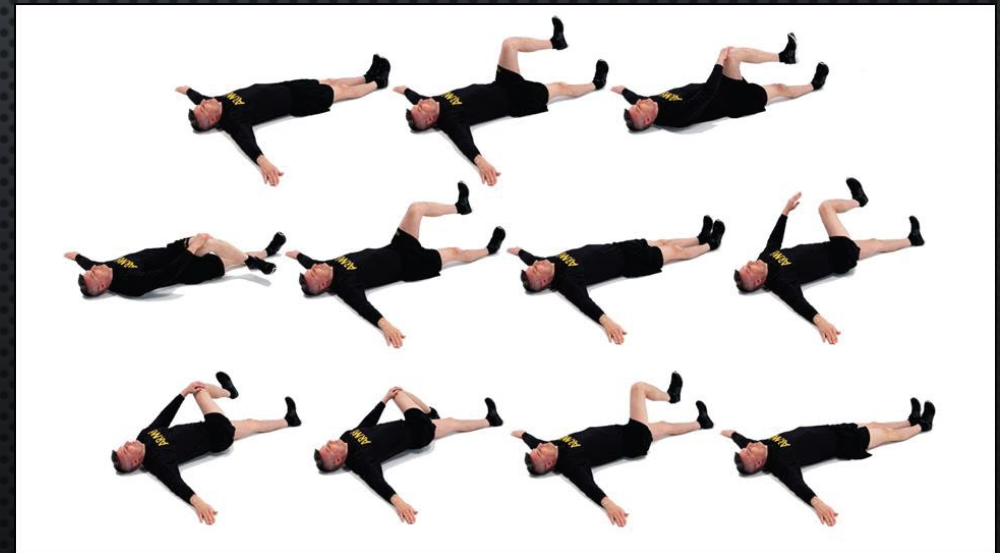




Health and Holistic Fitness: SINGLE-LEG OVER

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.

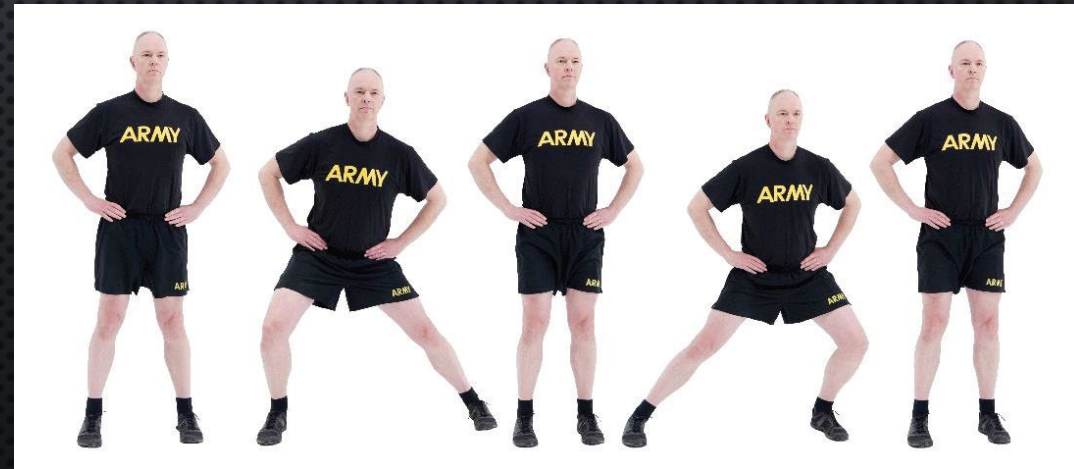




Health and Holistic Fitness: GROIN STRETCH

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.





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.





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.





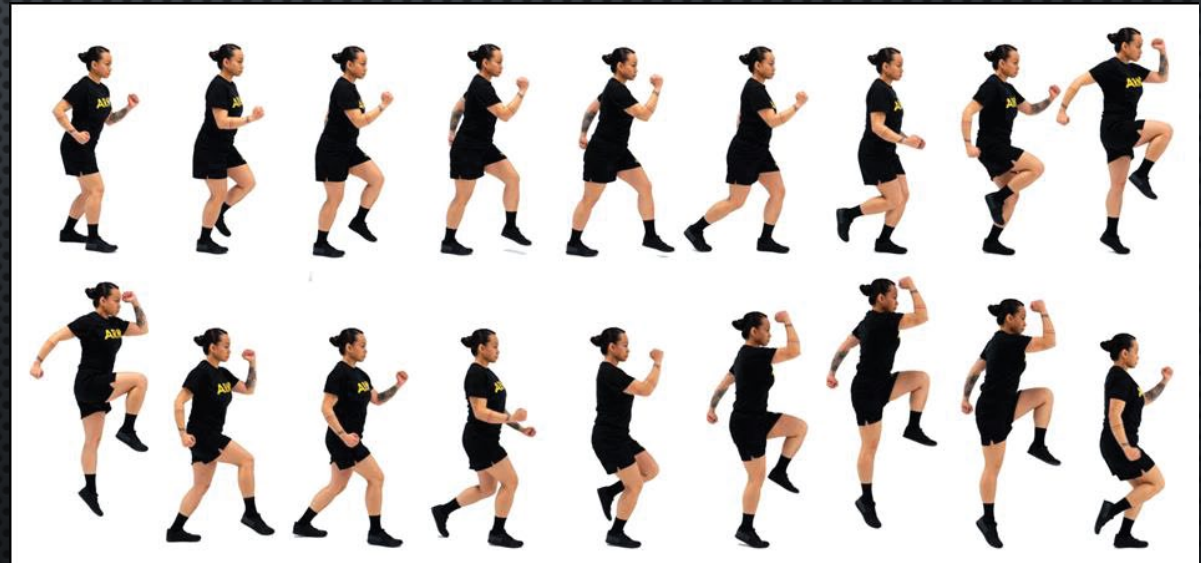
MOVEMENT DRILL 2: (MMD2)



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.





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.

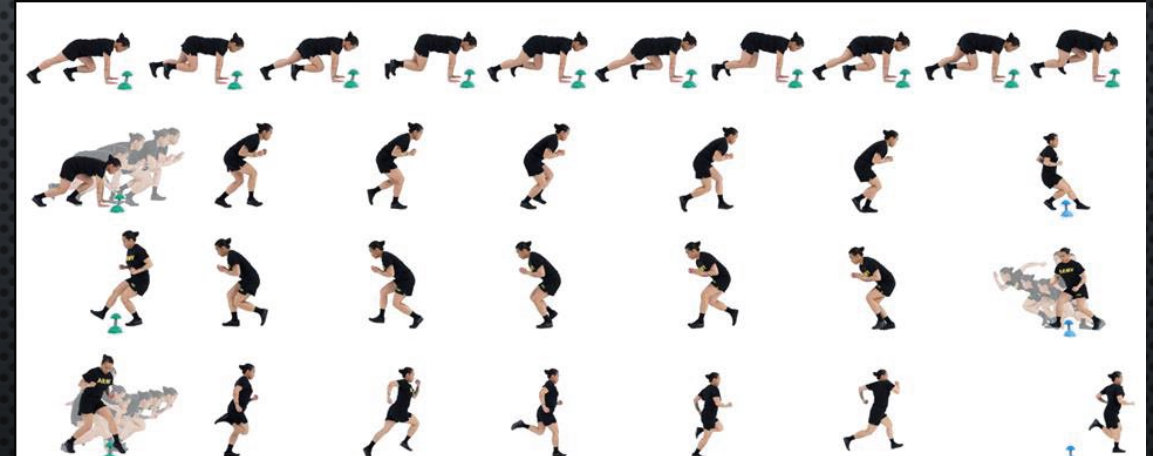




Health and Holistic Fitness: : CROUCH RUN

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.





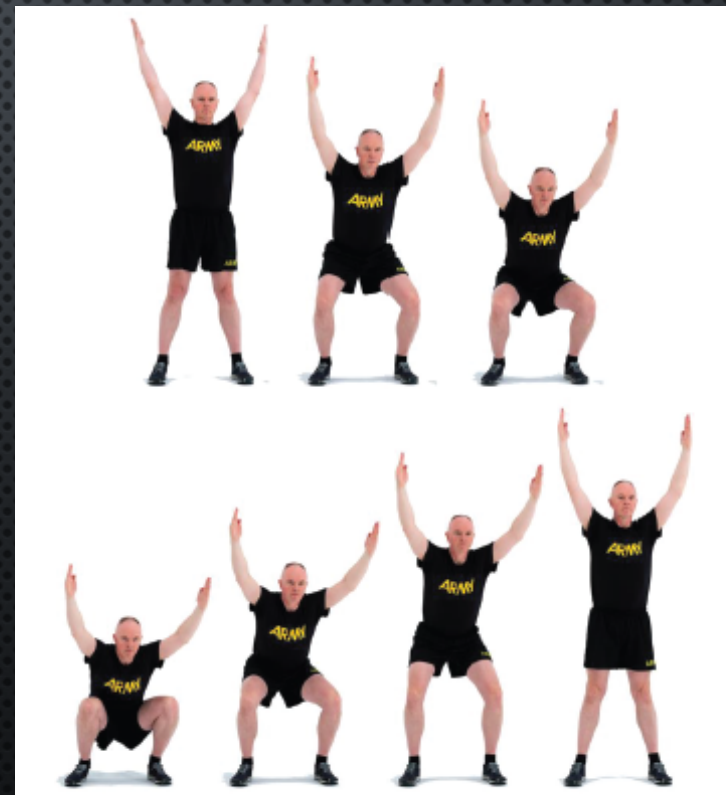
CONDITIONING DRILLS 3 (CD3)



Health and Holistic Fitness: Y SQUAT

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.

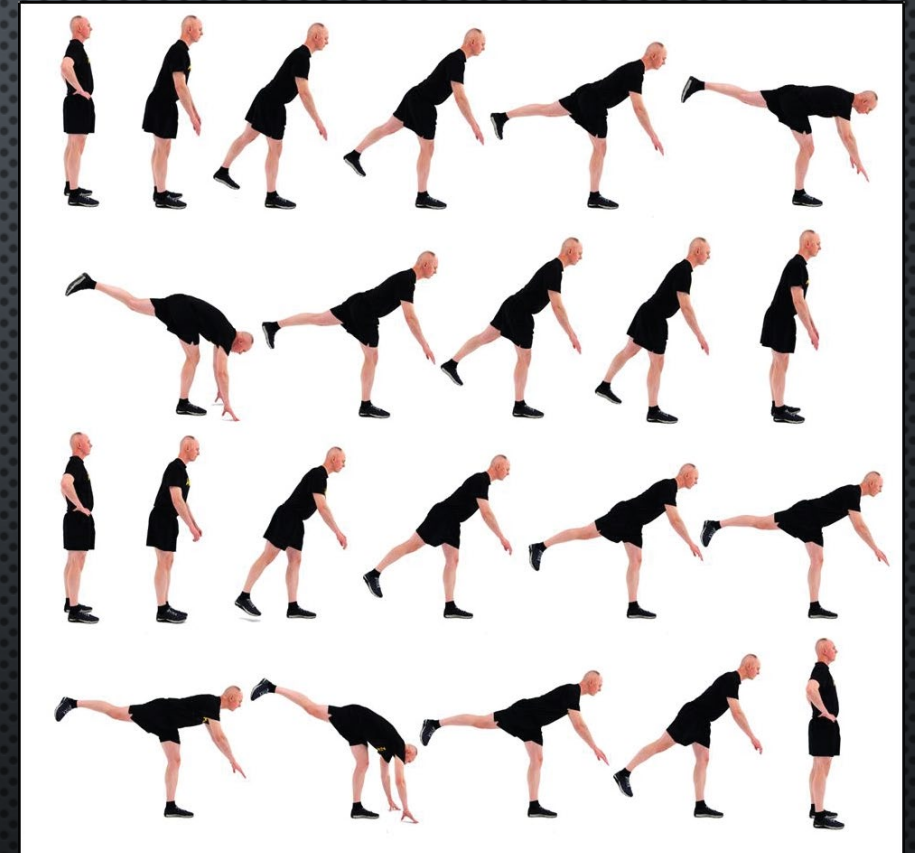




Health and Holistic Fitness: SINGLE-LEG DEADLIFT

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.





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.





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.





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.





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.

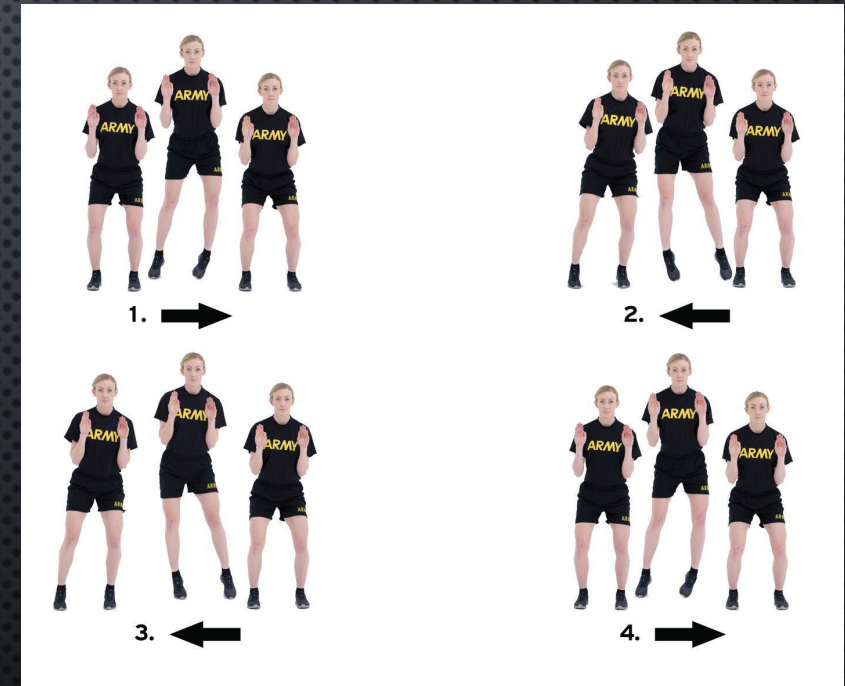




Health and Holistic Fitness: HALF-SQUAT LATERALS

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.

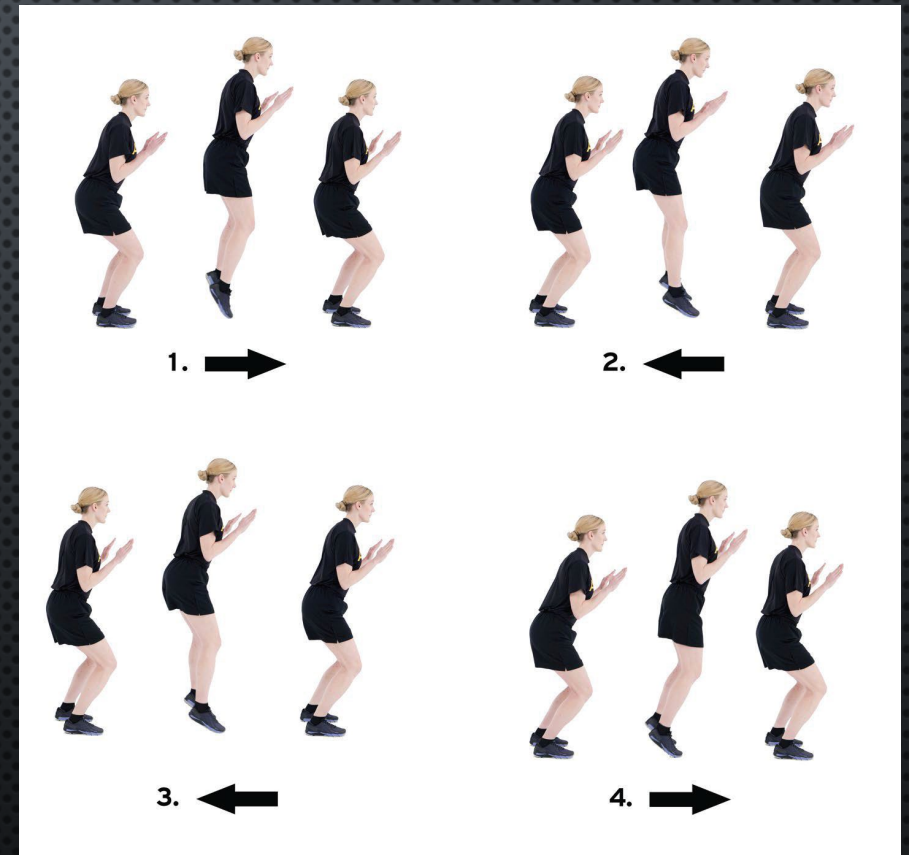




Health and Holistic Fitness: FROG JUMPS FORWARD AND BACKWARD

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

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.

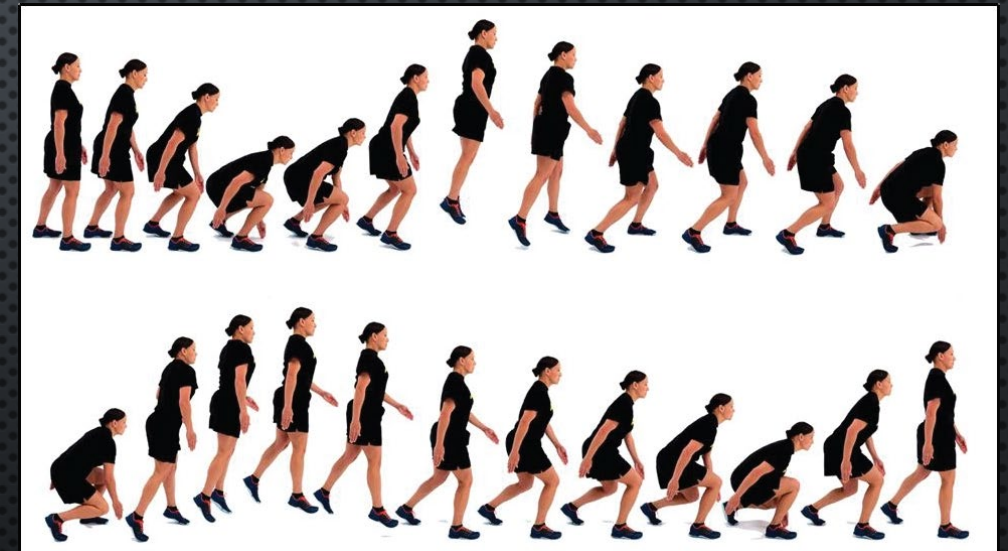




Health and Holistic Fitness: ALTERNATE STAGGERED SQUAT JUMP

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.





RUNNING DRILL 6: COMBONATIONS (RUD6)



Health and Holistic Fitness: CHANGE OF SUPPORT

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.

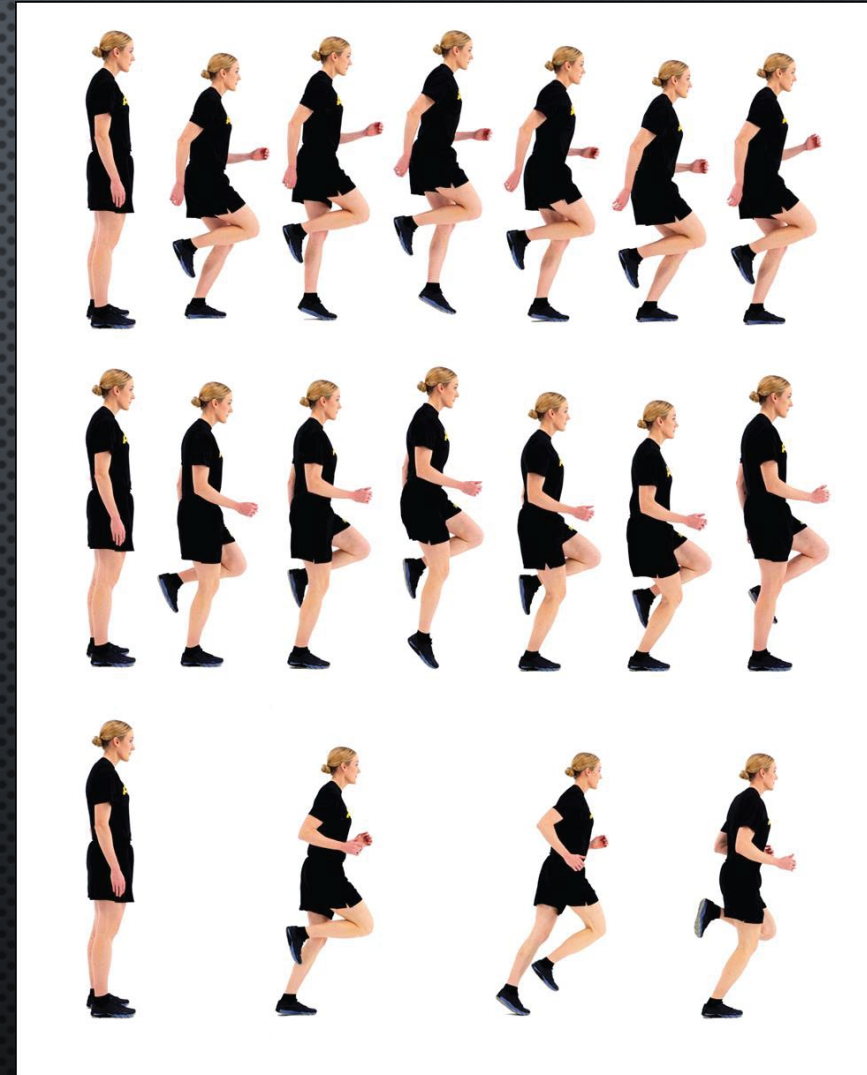




Health and Holistic Fitness: HOP IN PLACE

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.

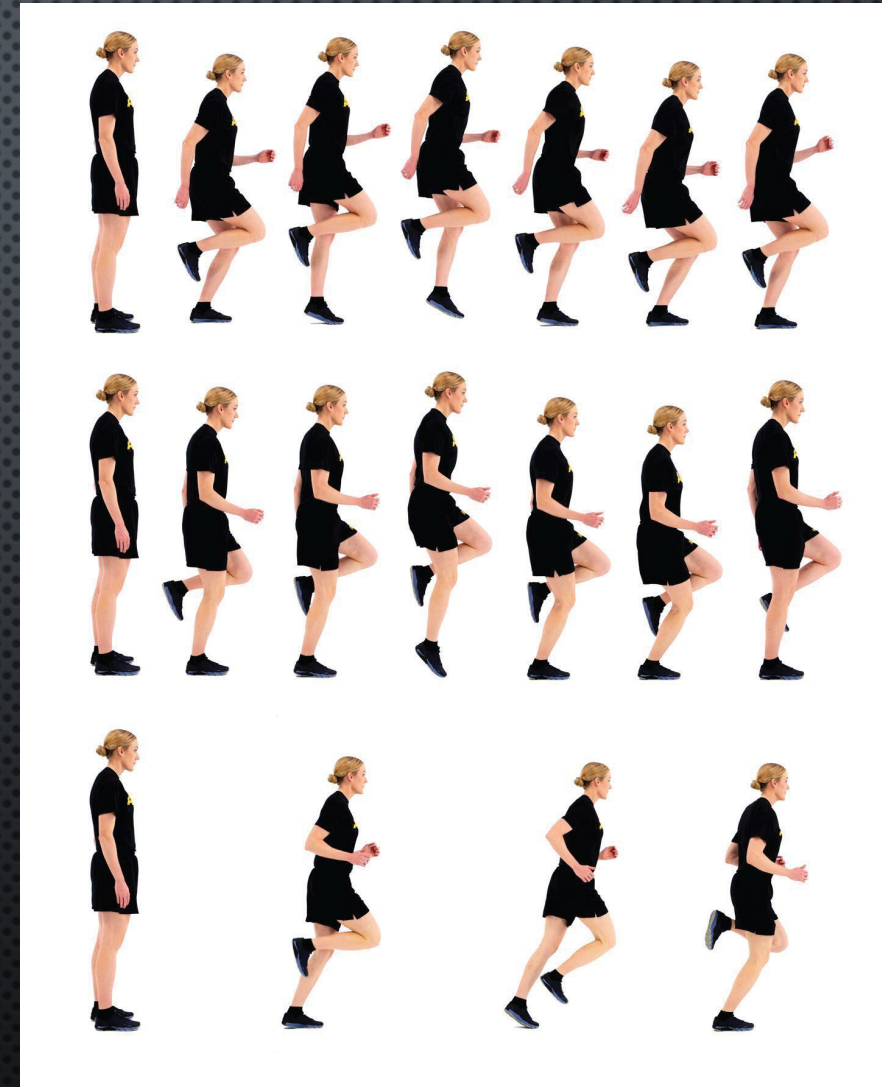




Health and Holistic Fitness: HOP FORWARD

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

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.





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.





MEDICINE BALL DRILL 2: (MB2)



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.





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.

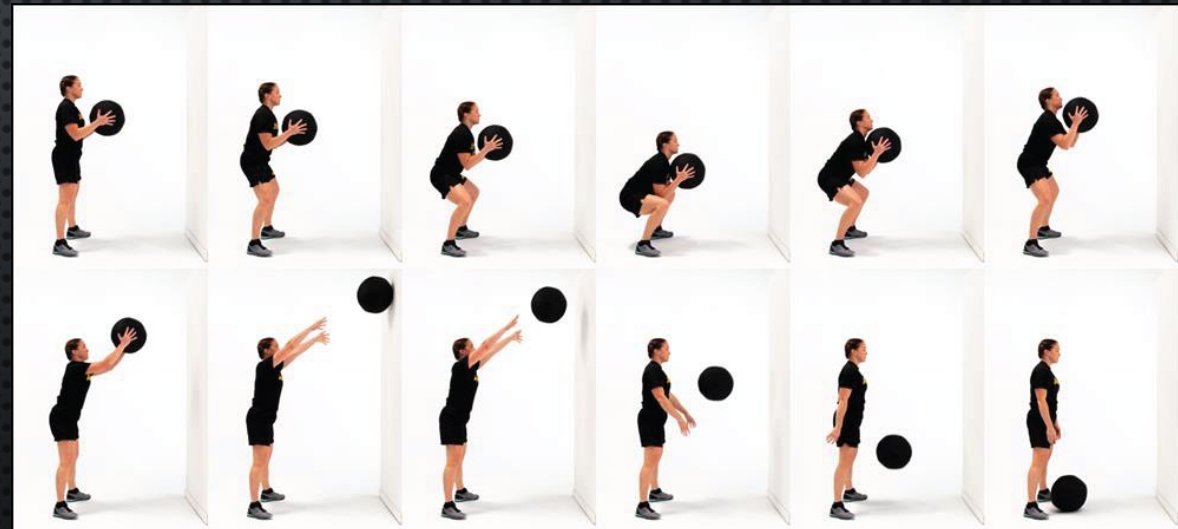




Health and Holistic Fitness: SUMO WALL THROW

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.

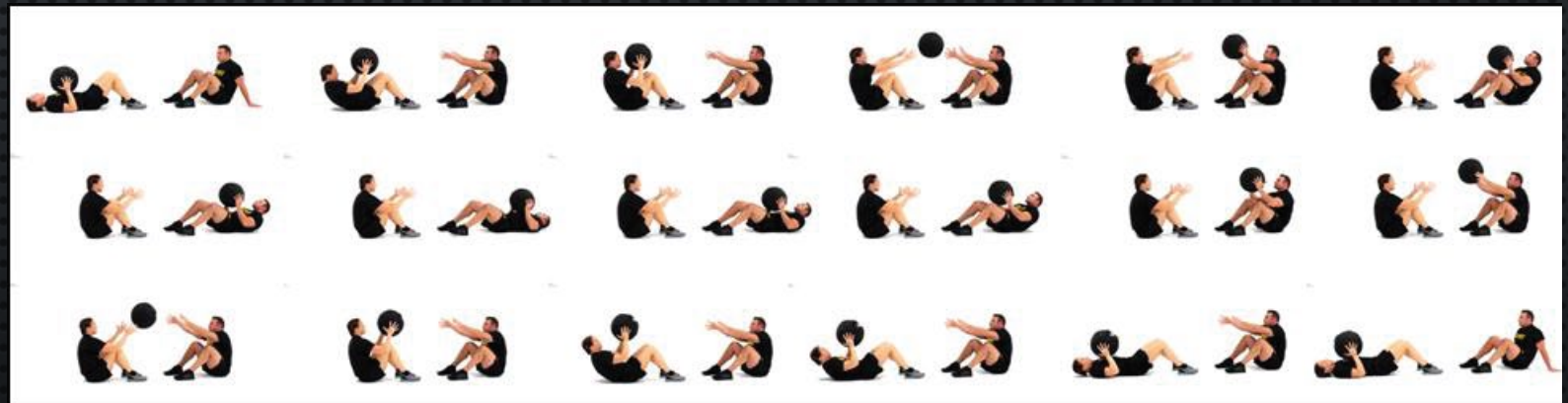




Health and Holistic Fitness: SIT-UP THROW

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.





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.





[Index](#)

FREE WEIGHT TRAINING

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



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

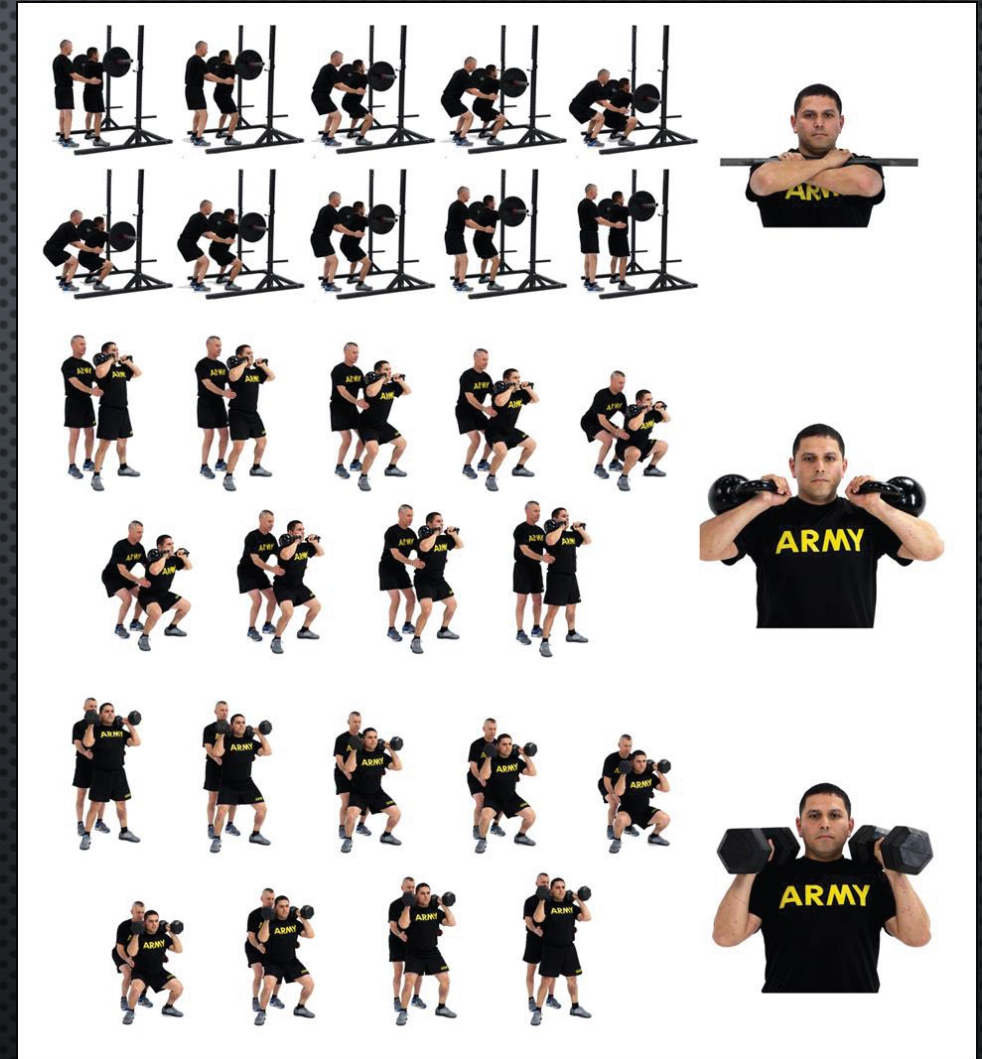
- Do not round out the upper back.
- The knees stay aligned over the feet and the heels stay on the ground.
- Progress to deeper squat positions as strength improves.
- Always lift a weight that can be controlled throughout the range of motion.



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.





Health and Holistic Fitness: SUMMO DEADLIFT

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

- 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.

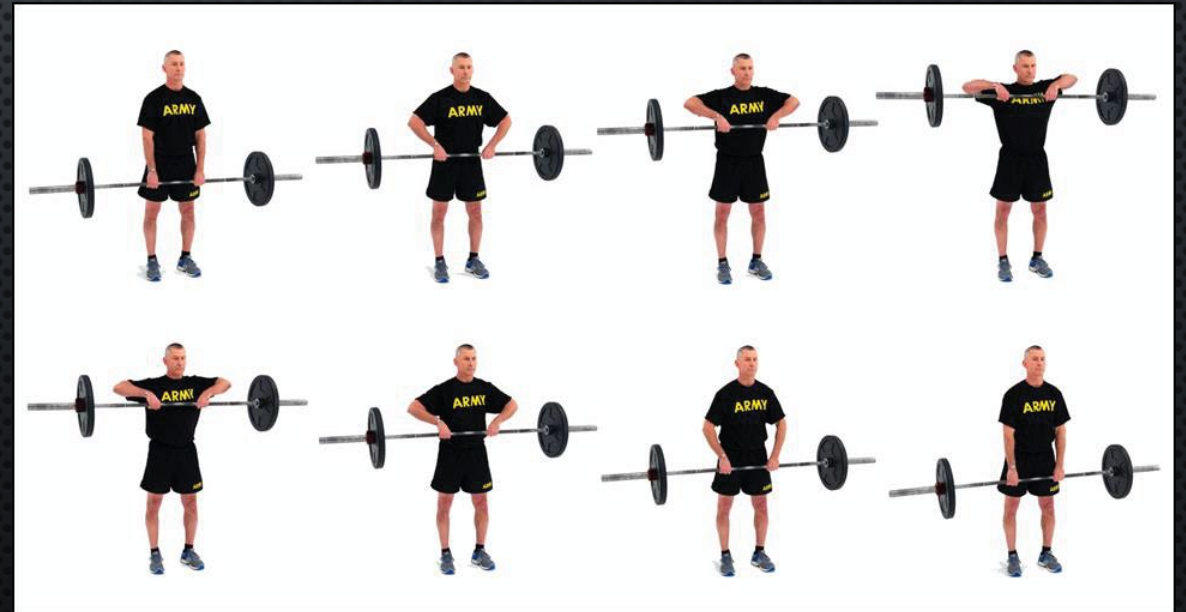




Health and Holistic Fitness: UPRIGHT ROW

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





Health and Holistic Fitness: BENT-OVER ROW

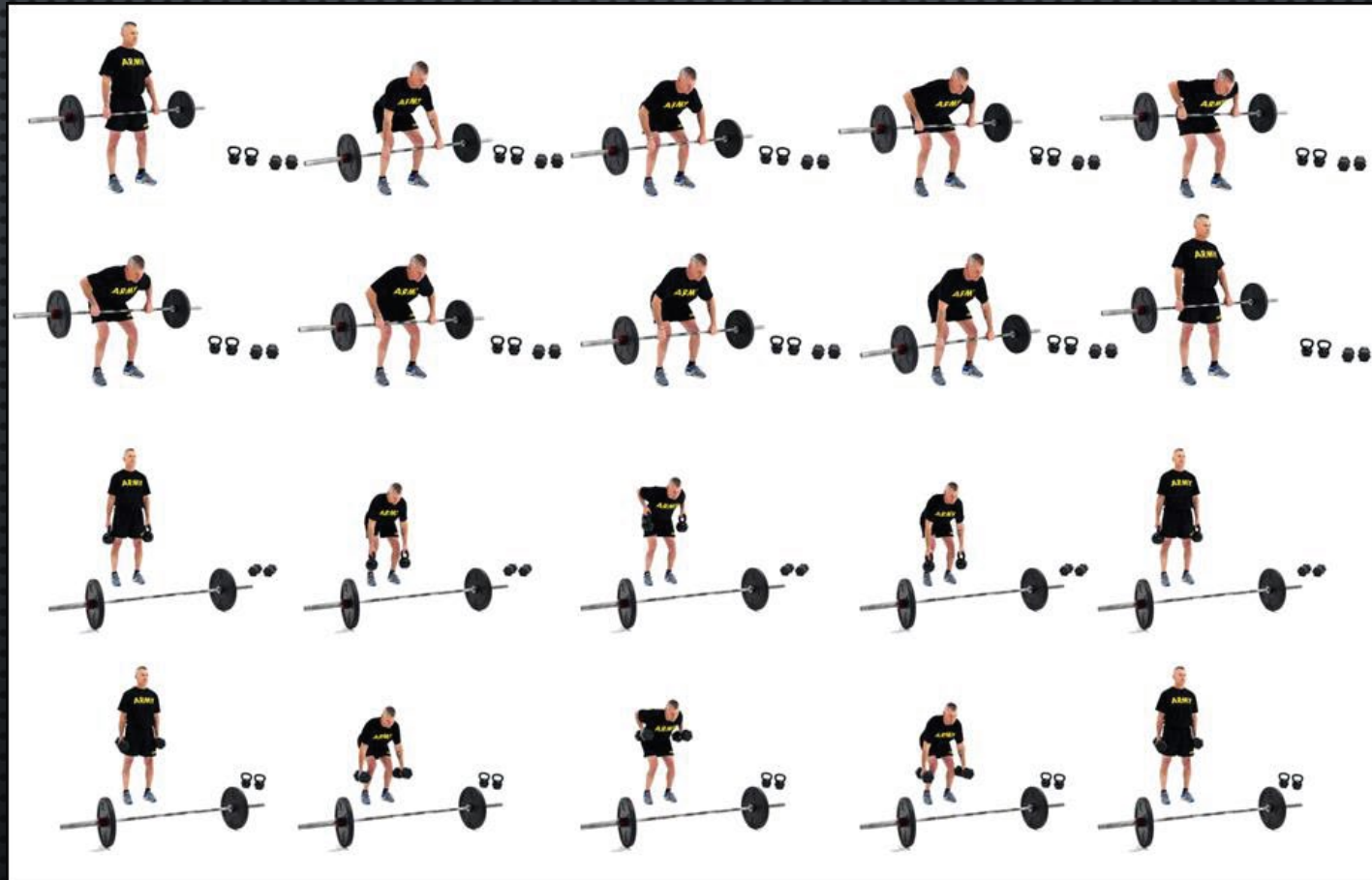
The Bent-Over Row is a free-weight exercise performed throughout a Soldier's career to improve upper back strength and endurance. When conducted with free weights, it supports other core exercises like the Deadlift. It can be varied by changing the equipment or by isolating to just one arm. Figure on 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.



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.

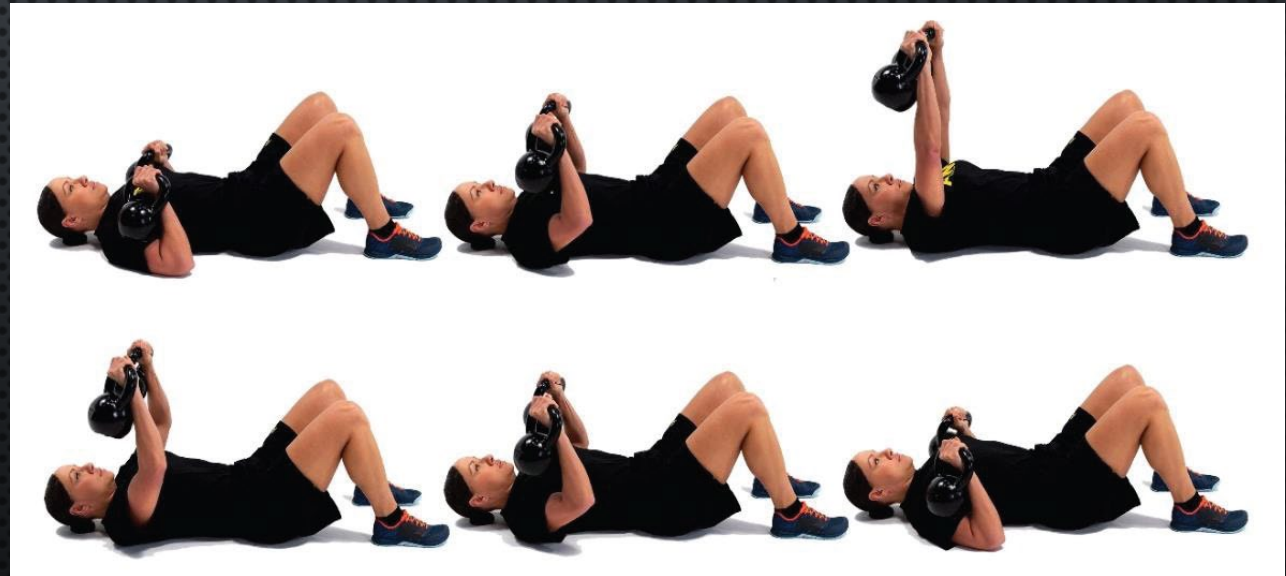




Health and Holistic Fitness: SUPINE CHEST PRESS

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.





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.





RUNNING DRILL 6: COMBONATIONS (RUD6)



Health and Holistic Fitness: CHANGE OF SUPPORT

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.

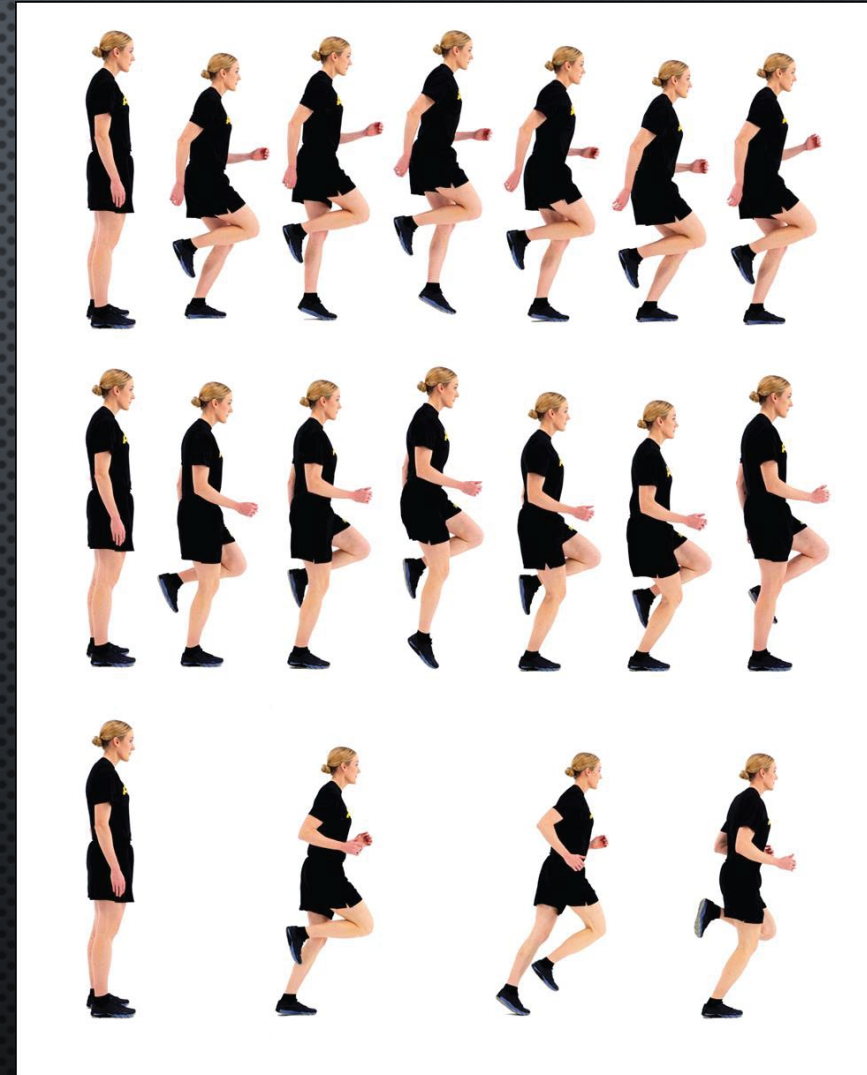




Health and Holistic Fitness: HOP IN PLACE

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.

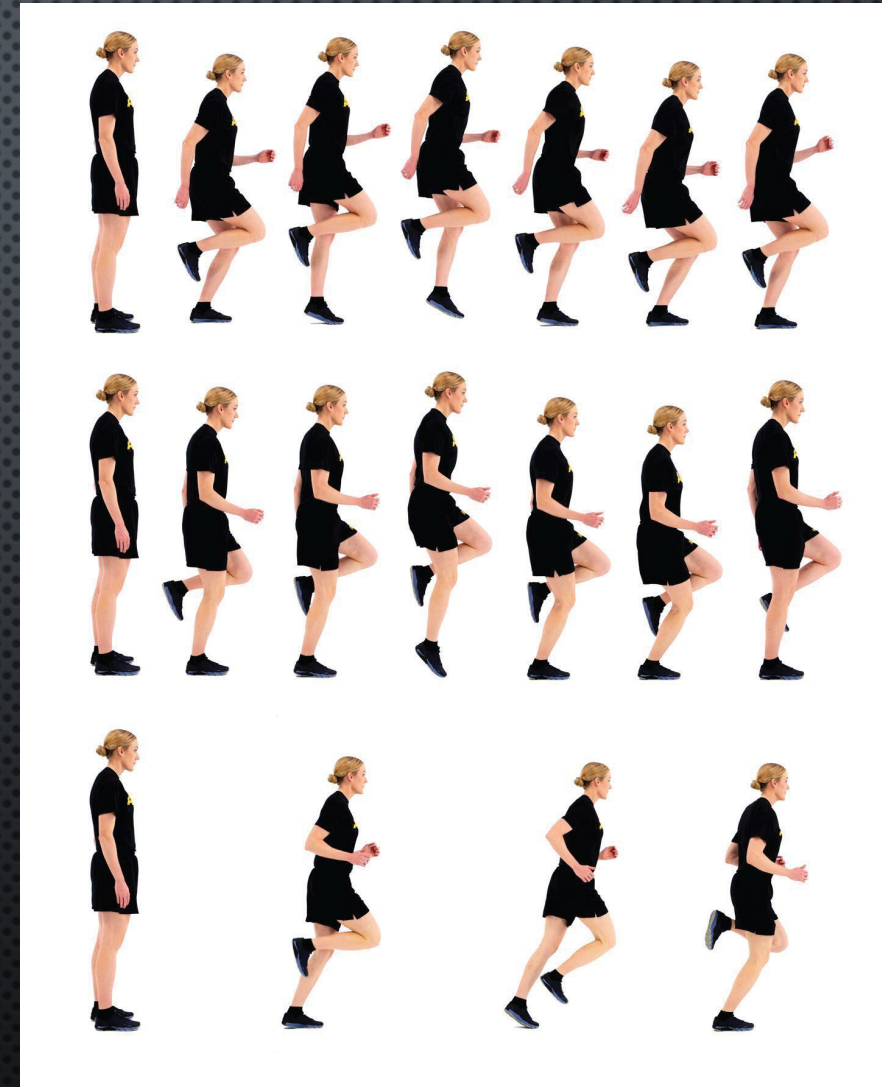




Health and Holistic Fitness: HOP FORWARD

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.

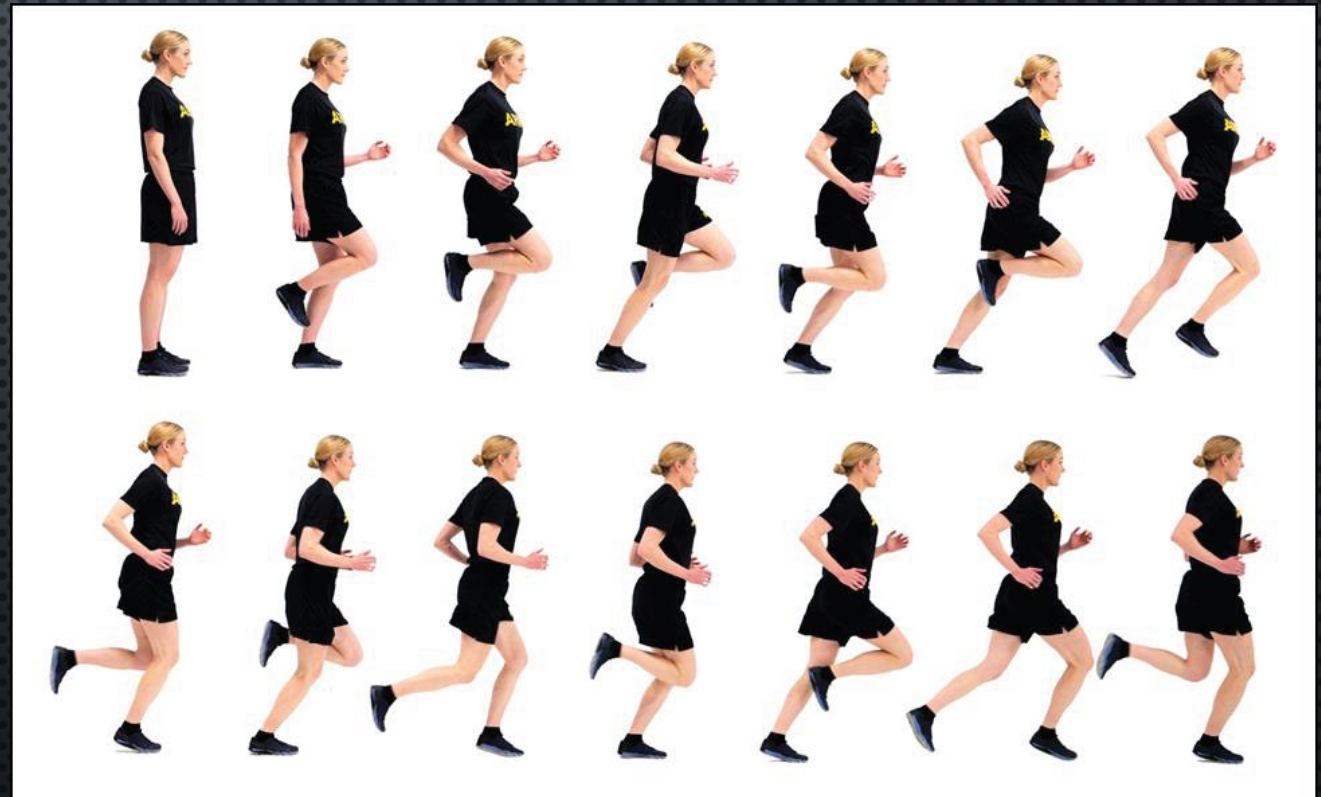




Health and Holistic Fitness: RUN IN POSE

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.





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.





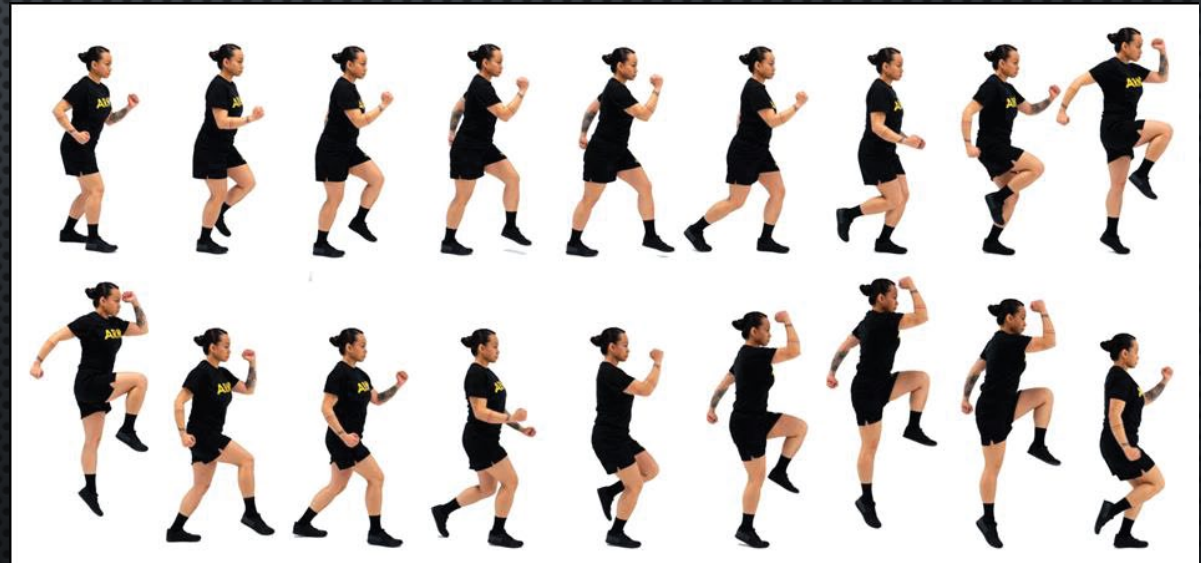
MOVEMENT DRILL 2: (MMD2)



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.





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.

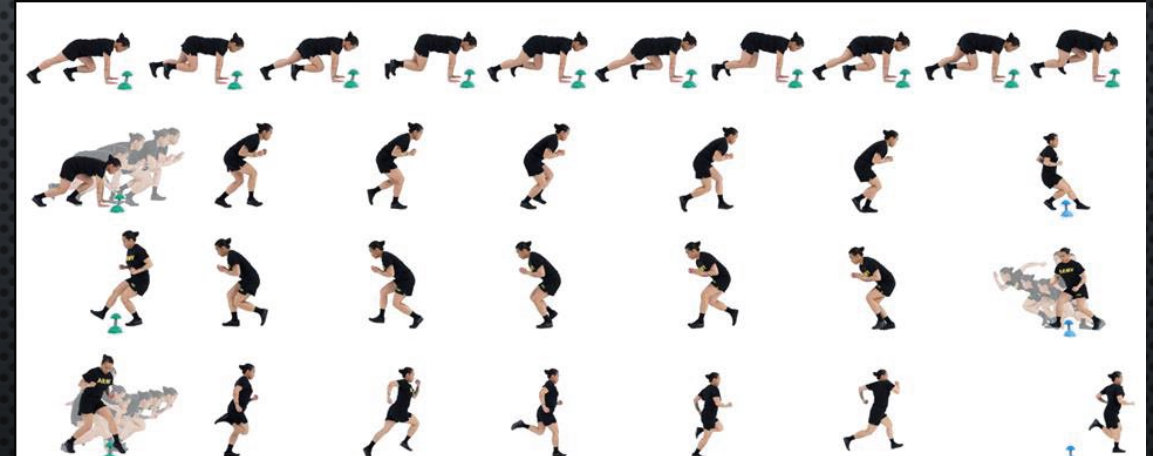




Health and Holistic Fitness: : CROUCH RUN

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.





CONDITIONING DRILL 1 (CD1)



Health and Holistic Fitness: POWER JUMP

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.

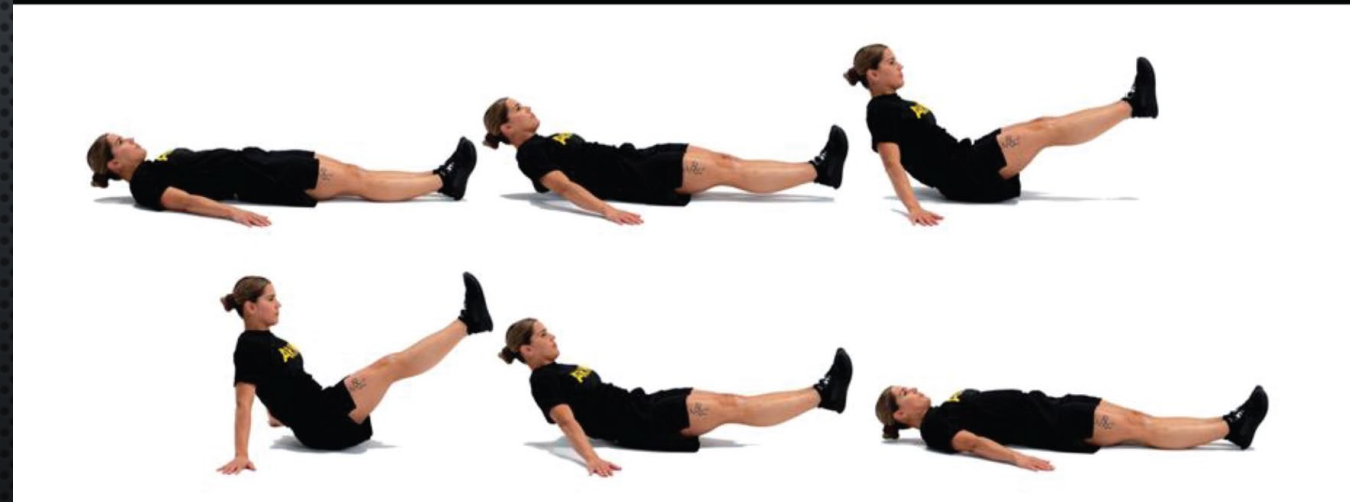




Health and Holistic Fitness: V-UP

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

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.

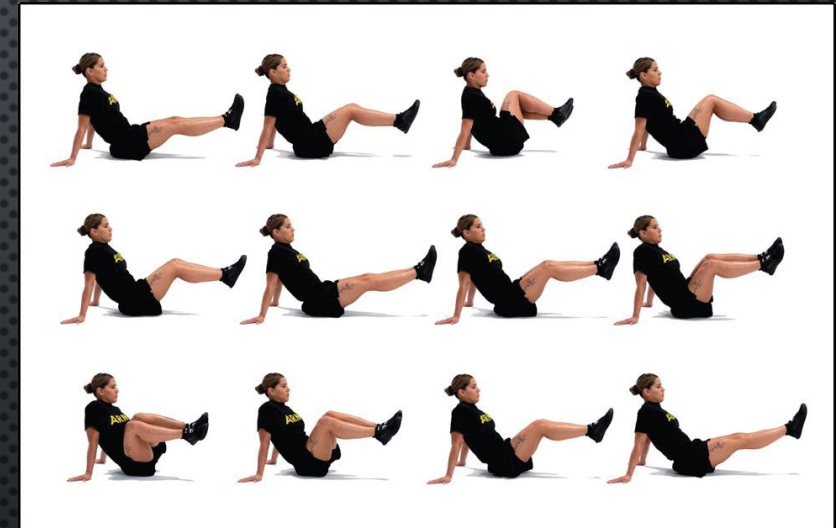




Health and Holistic Fitness: LEG-TUCK AND TWIST

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.

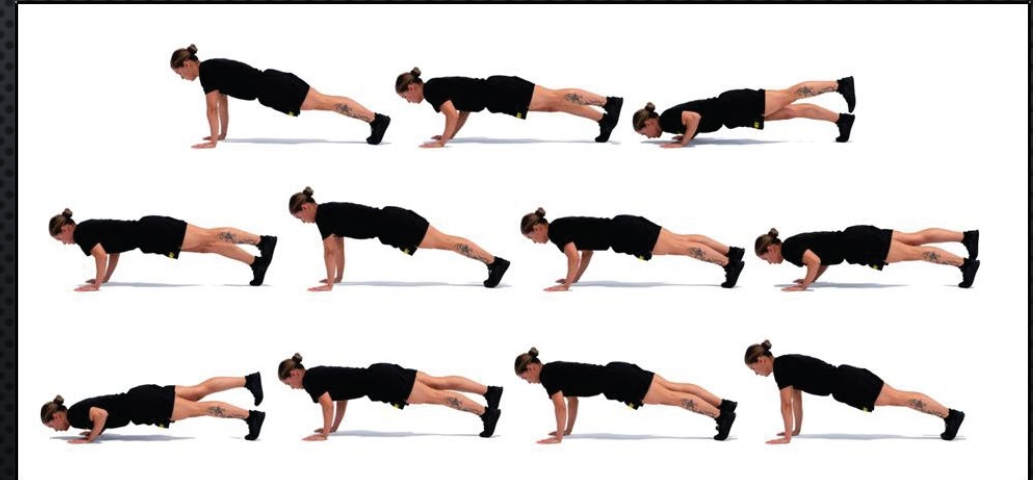




Health and Holistic Fitness: SINGLE-LEG PUSH-UP

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.





Health and Holistic Fitness: Recovery Drills

Recovery Drills:

Recovery drills should be performed in its entirety after every PT session. This will allow soldiers to self-access things like:

- Physical discomfort or injury
(Discomfort vs. Pain)
- Muscular imbalance
(Over focused muscle group)
- Form and Function
(Everyone should be feeling similar.
If not, what's the difference.)

Performing these functions will reduce musculoskeletal injuries, greatly contributing to the overall success of the mission.



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:

it the sides and palms on the



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 feet, grasping the feet,
inch position for 20-30

on.

- The starting position
- On the command, "READY, STRETCH,"
- On the command, "MOVE,"
- On the command, "STARTING POSITION, MOVE,"



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:

straight out to the
Feet are together



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 right leg and
keep the left shoulder

- 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,"
- On the command, "MOVE,"
- On the command, "STARTING POSITION, MOVE,"



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:

pping in the middle
is creates a stretch
elaxed with toes on the



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 16-6 shows the movement as Soldiers conduct it in a formation:

ition.

- The starting position
- On the command, "READY, STRETCH,"
- On the command, "MOVE,"
- On the command, "STARTING POSITION, MOVE,"



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:

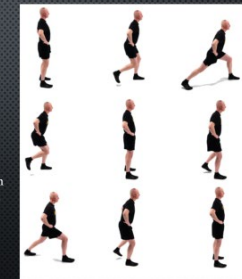


Health and Holistic Fitness: REAR LUNGE

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

with hands on hips,
above the left elbow with
ation should be felt in the

- 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.



ition.
vement on the right side.
ition.



Health and Holistic Fitness:

End of Session

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Health and Holistic Fitness

Exercise Focus: Beginning Assessment

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

* [This program can be found in ATP 7-22.02 Workouts section of this site.](#)

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: References

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

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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. (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.)

Medical Readiness Portal.

<HTTPS://MEDPROS.MODS.ARMY.MIL/EPROFILE/DEFAULT.ASPX?RETURNURL=%2FEPROFILE%2FADMIN%2FUSERSMANAGER.ASPX>.

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This section contains no entries.

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Health and Holistic Fitness:

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