

HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

ATP 7-22.02

Preparation, Recovery & PMCS Drills





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

(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 fitness routine creation. (How to) should be for MFT or H2F representative.

Pregnancy and postpartum workouts are available.

Modified preparation drills are available.



Health and Holistic Fitness: RECOVERY DRILLS

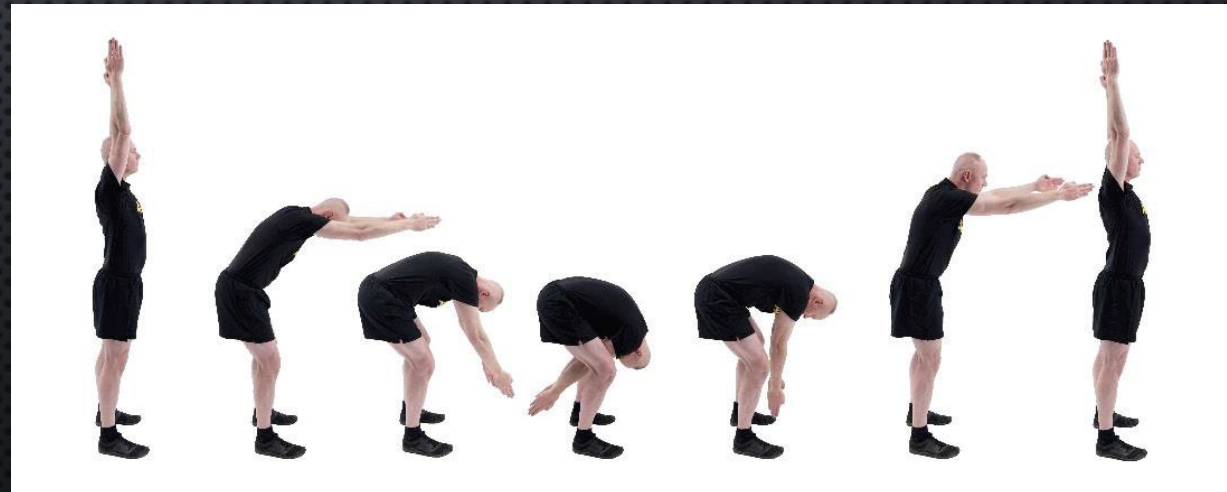
Preparation Drills



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.





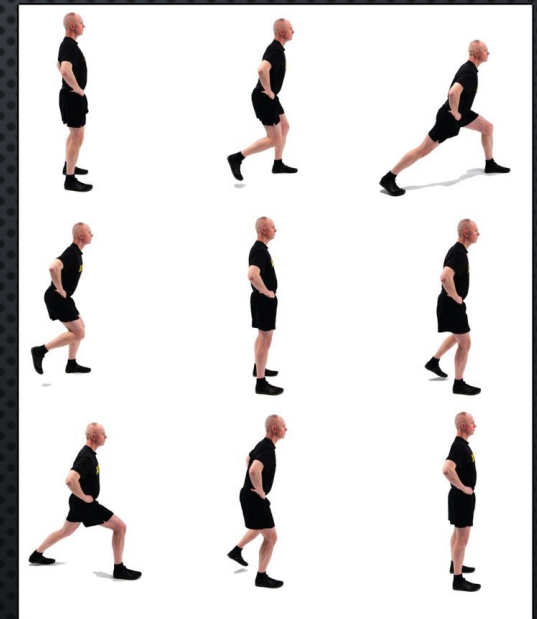
Health and Holistic Fitness: REAR LUNGE

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



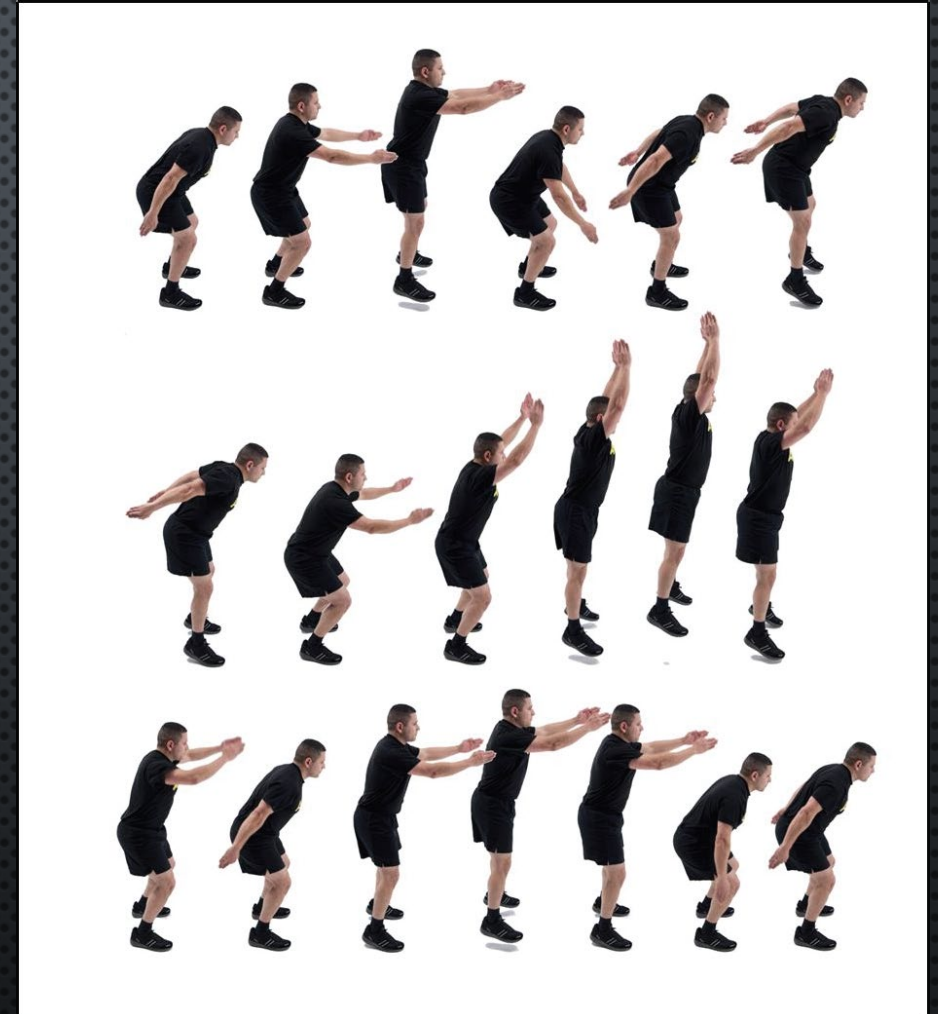
Proper technique to execute the Rear Lunge



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.

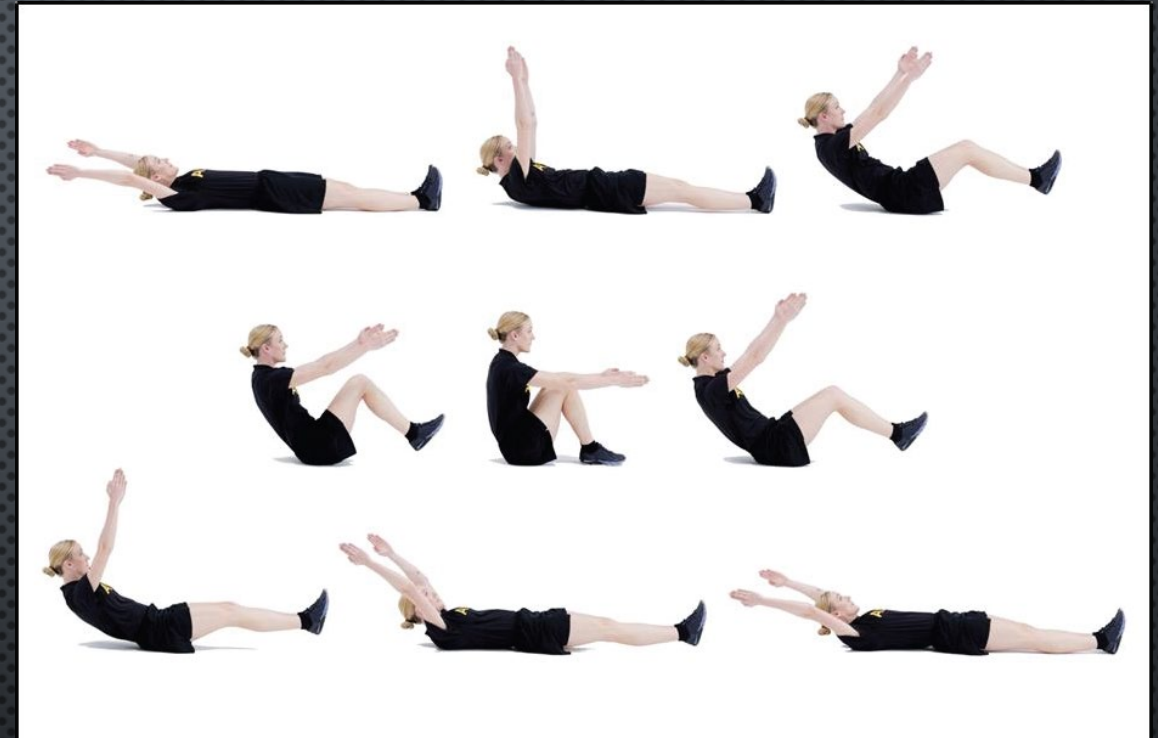




Health and Holistic Fitness: ROWER

The Rower is the fourth exercise in the Preparation Drill. 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



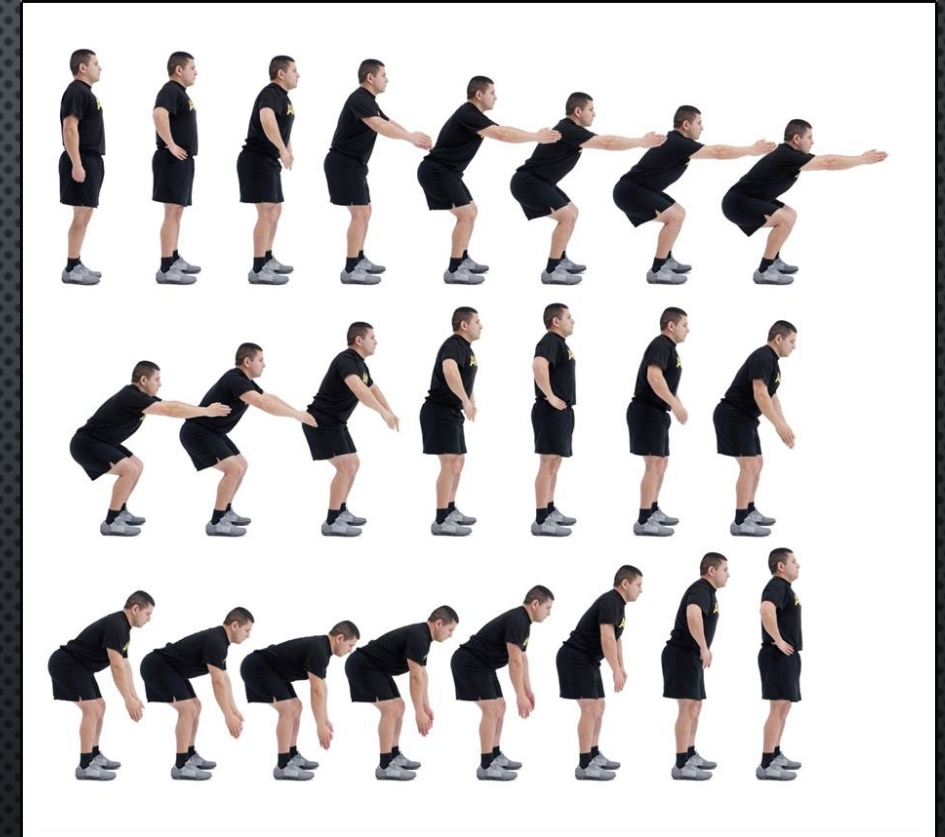
Rower



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



Squat Bender



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.



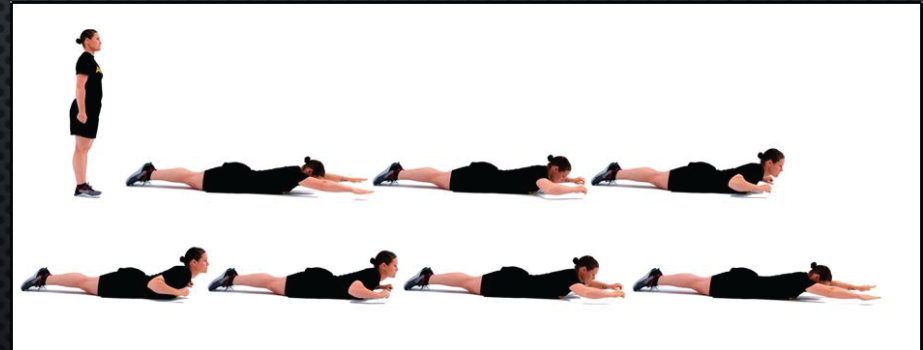
Forward Lunge



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.



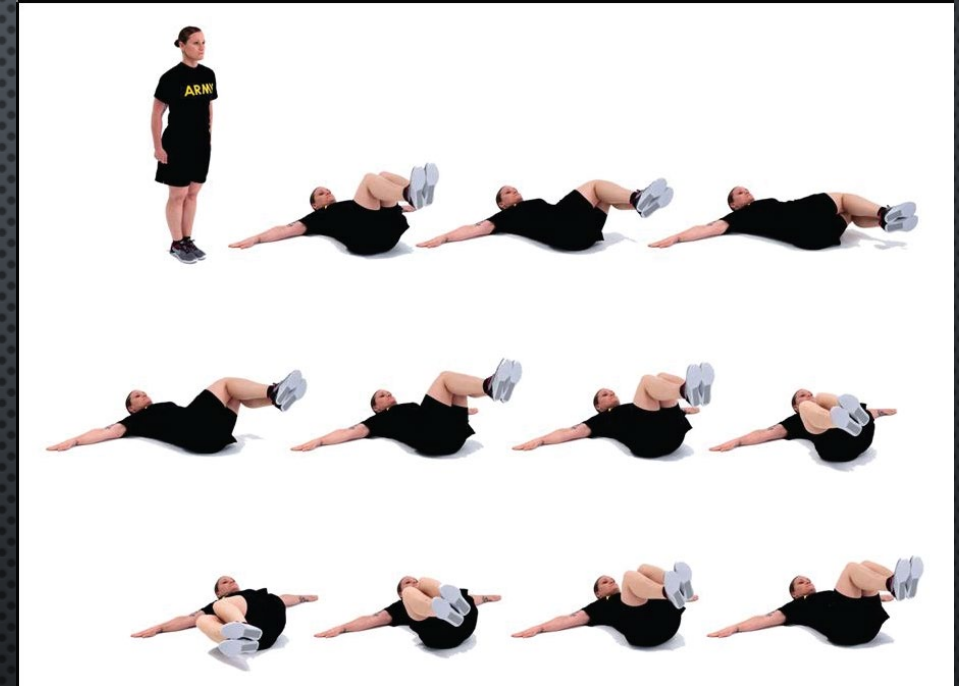
Prone Row



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.



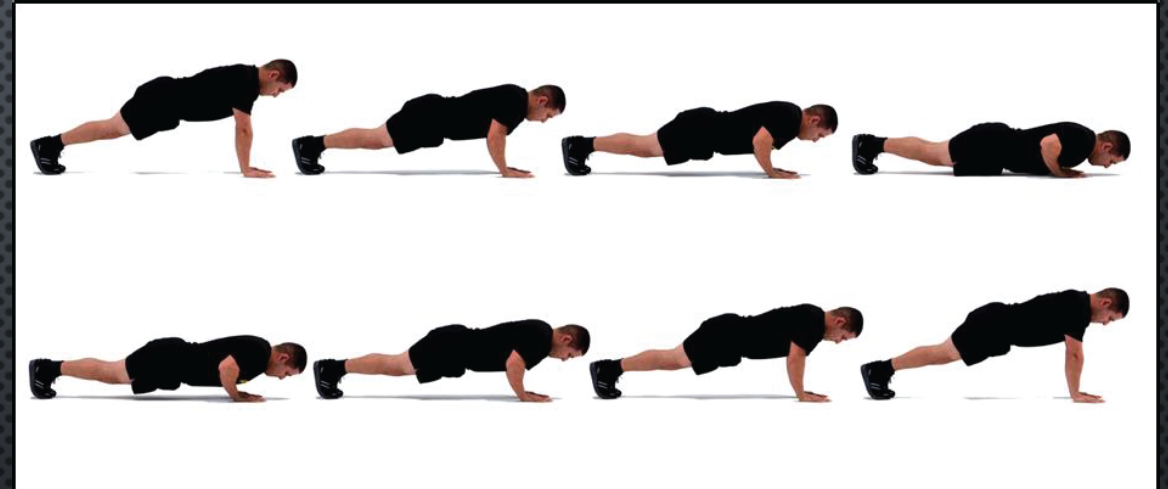
Bent-Leg Body Twist



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.



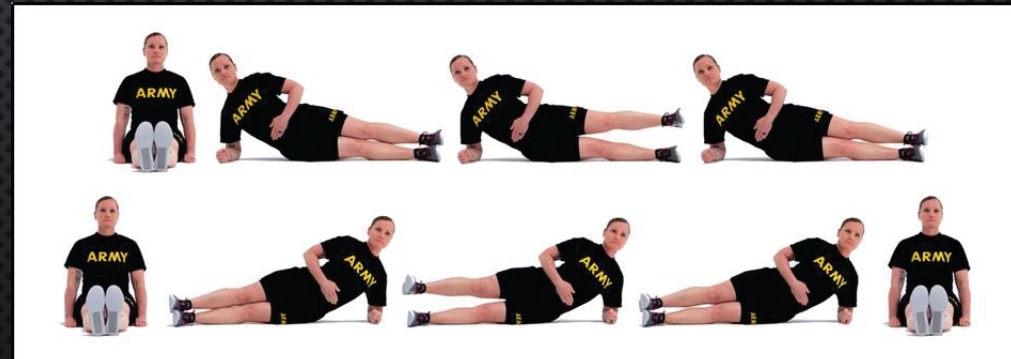
Push-Up



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.





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.

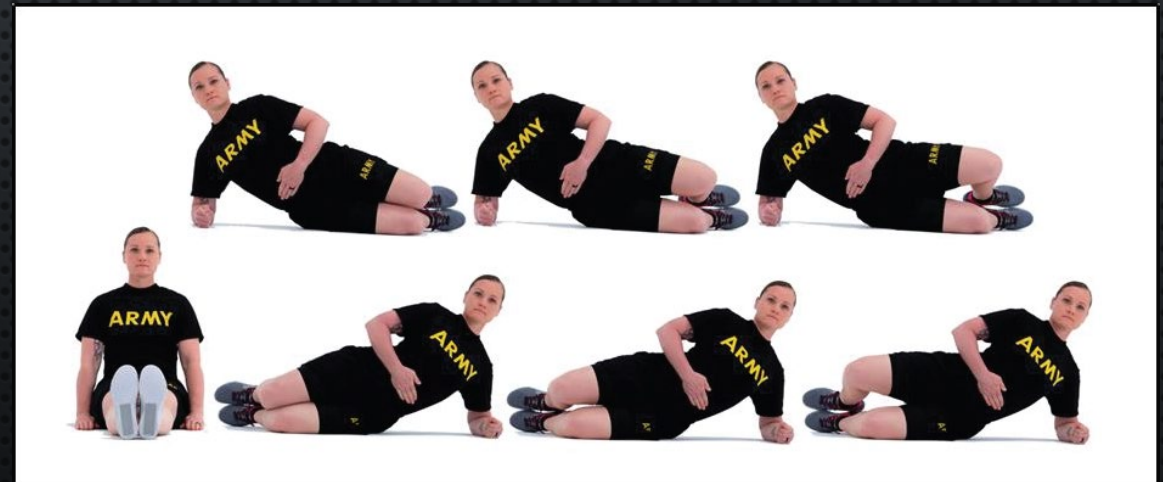




Health and Holistic Fitness: BENT-LEG LATERAL RAISE

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.

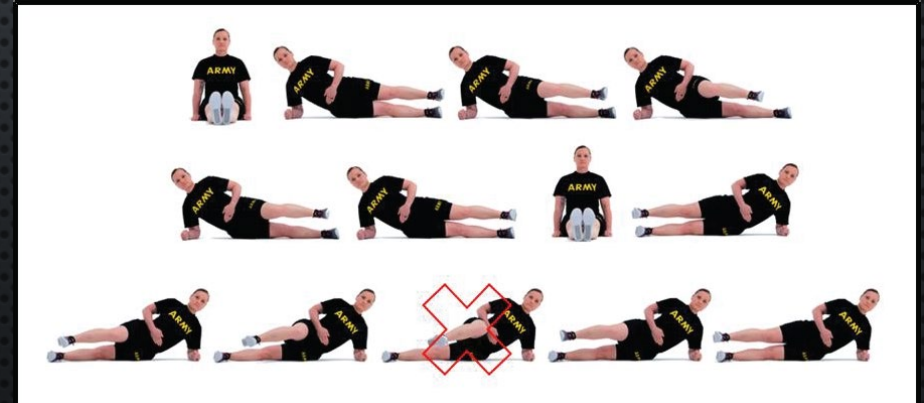




Health and Holistic Fitness: SINGLE-LEG TUCK

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

- 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.

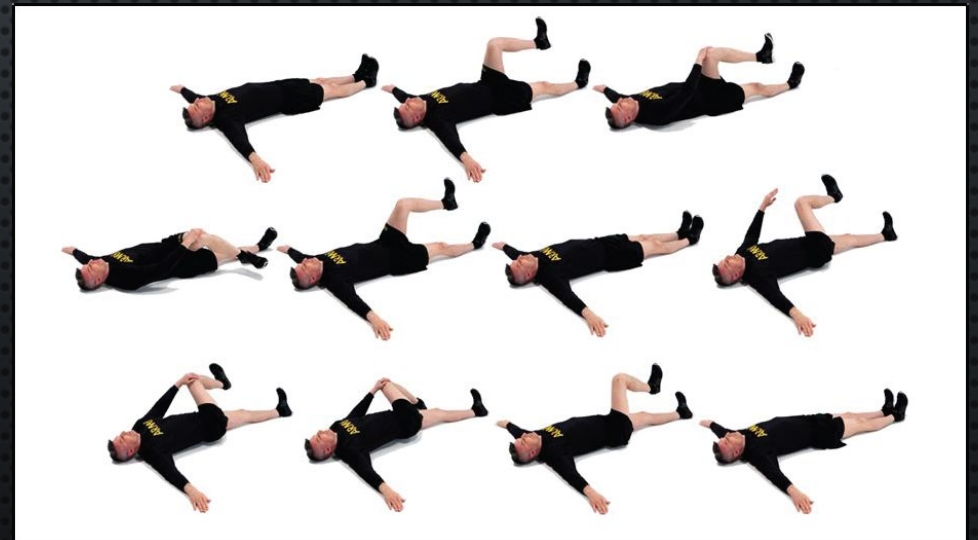




Health and Holistic Fitness: SINGLE LEG OVER

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.





Health and Holistic Fitness: I RAISE

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

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.

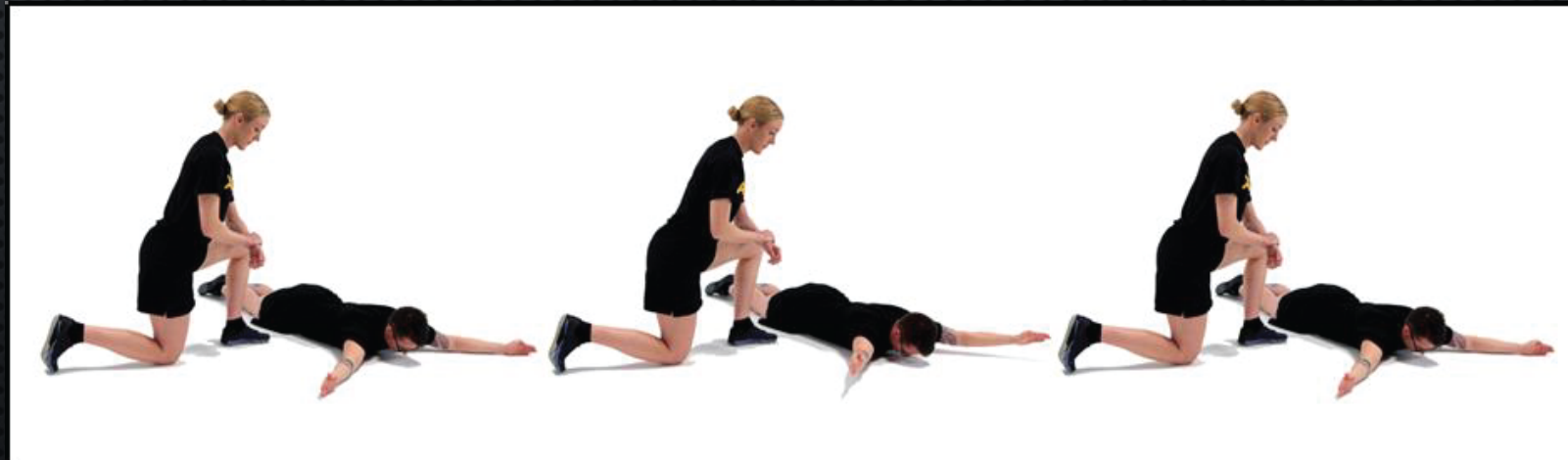




Health and Holistic Fitness: Y RAISE

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

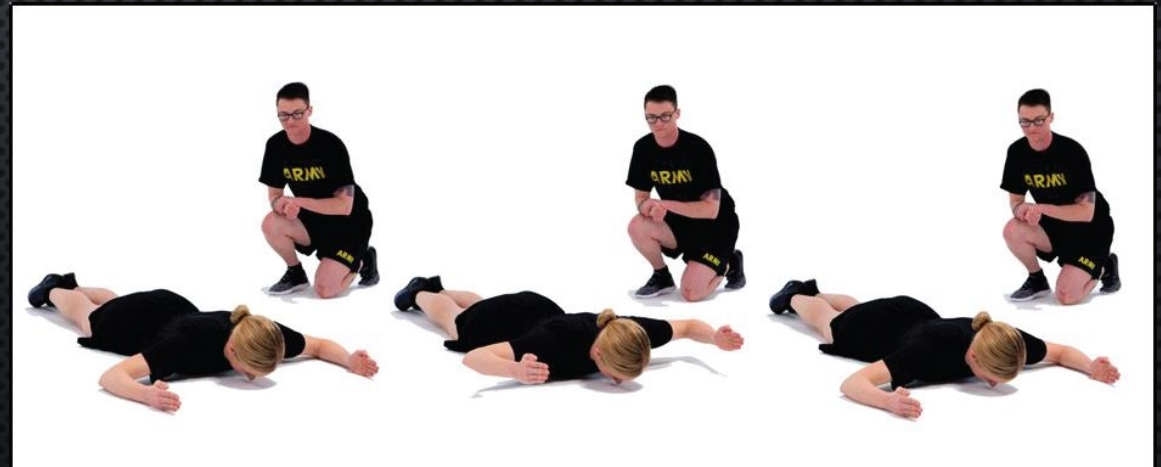




Health and Holistic Fitness: L RAISE

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.





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.



Health and Holistic Fitness: RECOVERY DRILLS

Recovery Drills



Health and Holistic Fitness: Recovery Drills at the end of a PT session



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: 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*," the feet to support raising the hips up and off the ground. Straighten the ground with the heels. Move the head between the arms and look straight. Hold the 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 16-6 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.



AAR: Gather feed back on how the soldiers felt about the PT session. These things will help us to stay connected with how soldiers are adapting to fitness being reintroduced into Drill events. Plus, it serves us to get better knowing our fellow soldiers' strengths and weaknesses.

This is especially important as to keep your soldiers combat effective. Stretching and recovery at the end of a workout will help prevent injury long term.



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.

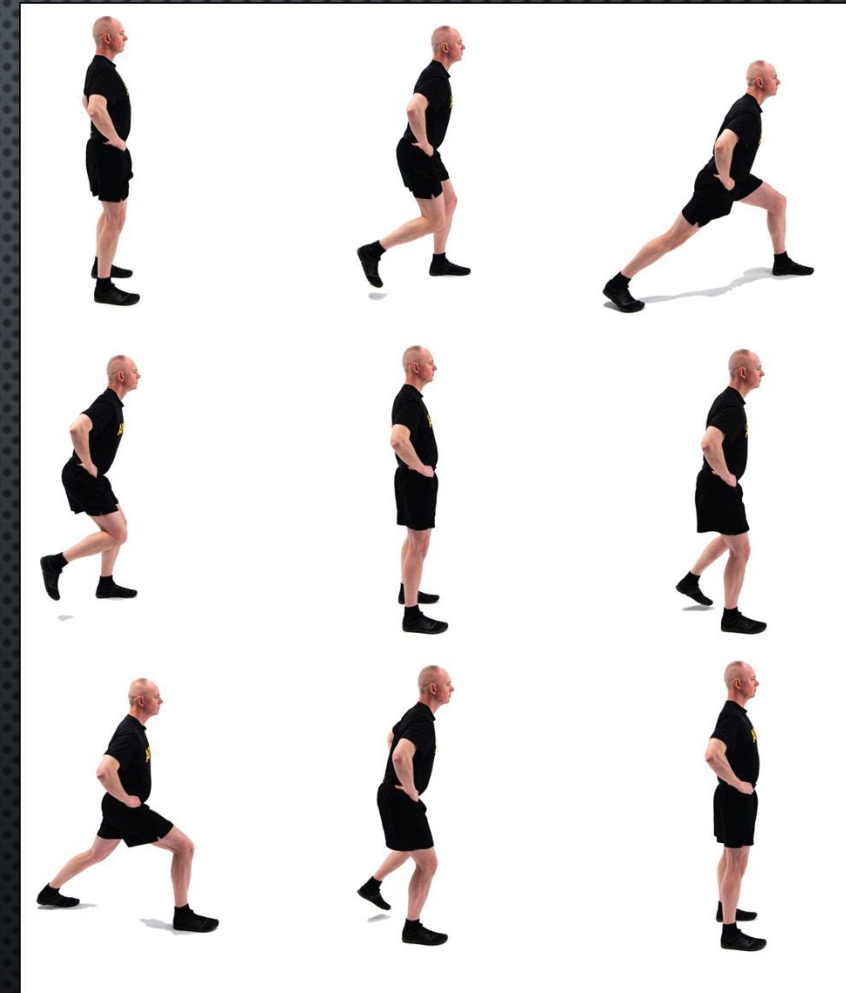




Health and Holistic Fitness: REAR LUNGE

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.

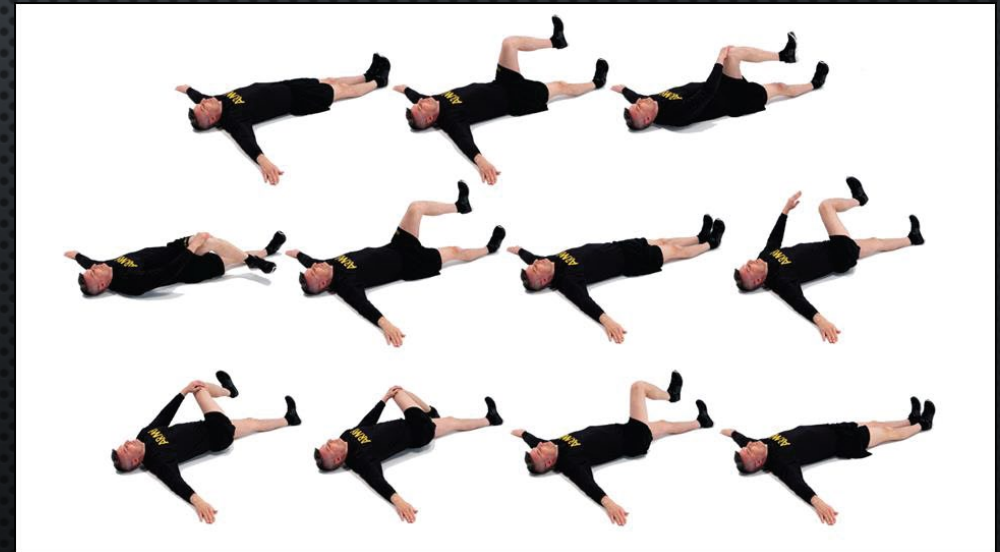




Health and Holistic Fitness: SINGLE-LEG OVER

The Single-Leg Over is the fifth exercise in Recovery Drill. This exercise develops flexibility of the hip and low back. Figure below 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.





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.





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.





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 below 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.





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.

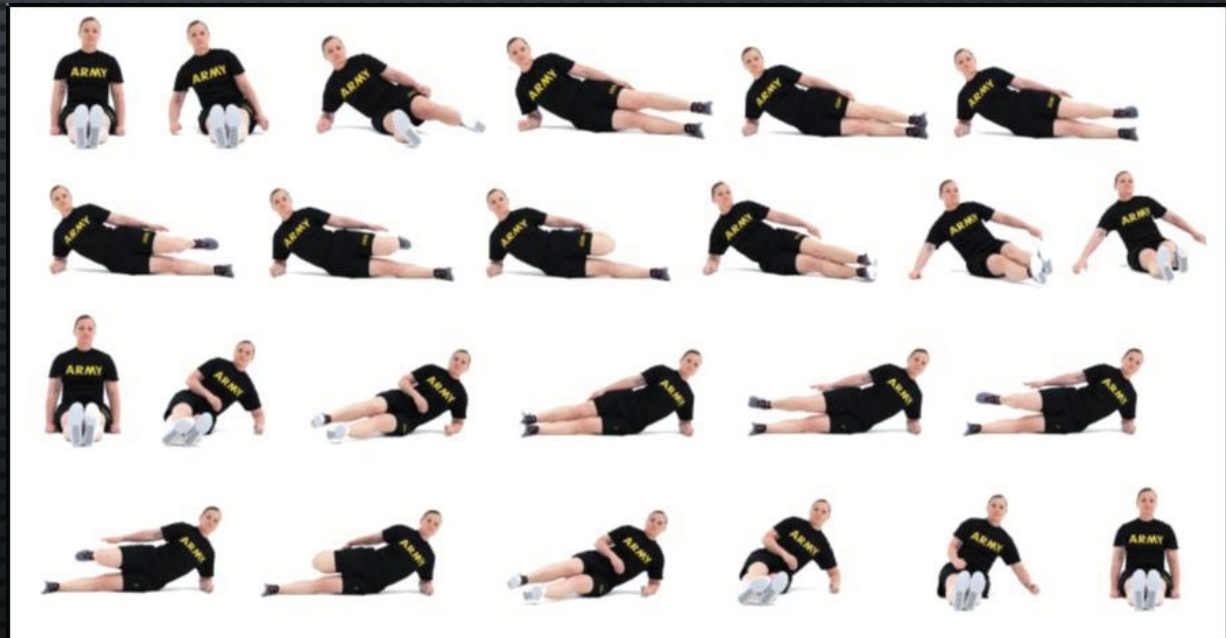




Health and Holistic Fitness: THIGH STRETCH (MODIFIED)

The Thigh Stretch can be modified by reducing the knee range of motion. Figure below 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.

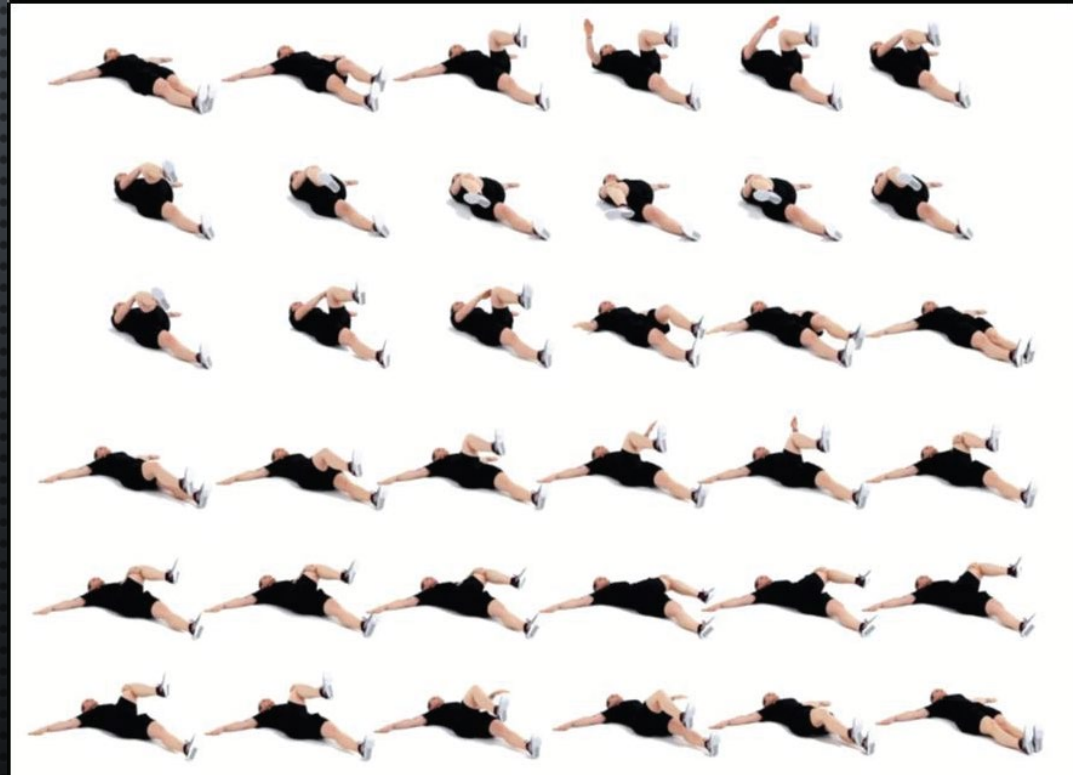




Health and Holistic Fitness: SINGLE-LEG OVER (MODIFIED)

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.





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)

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.





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.





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.



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

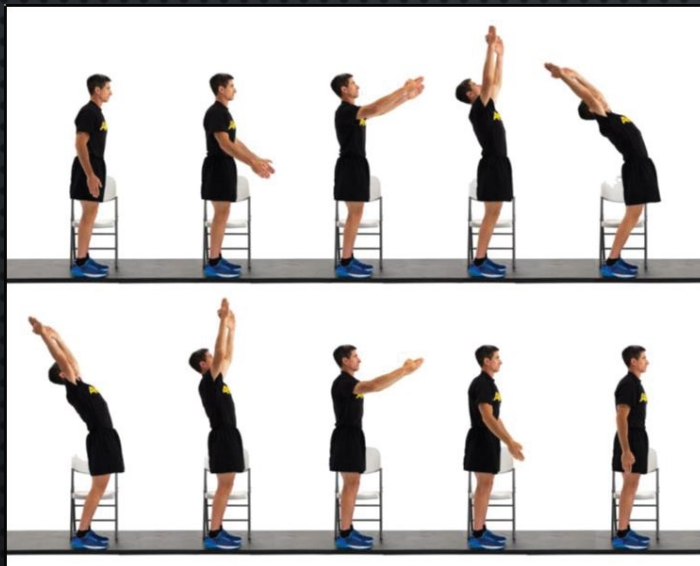
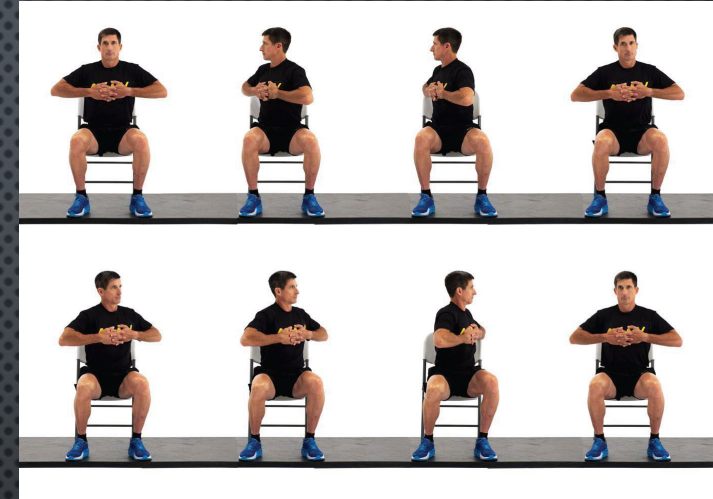
If a Soldier finds an issue in the spine, this must be addressed first before checking the other joints in the body.





Health and Holistic Fitness: SPINE SEATED AND STANDING MOBILITY

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)

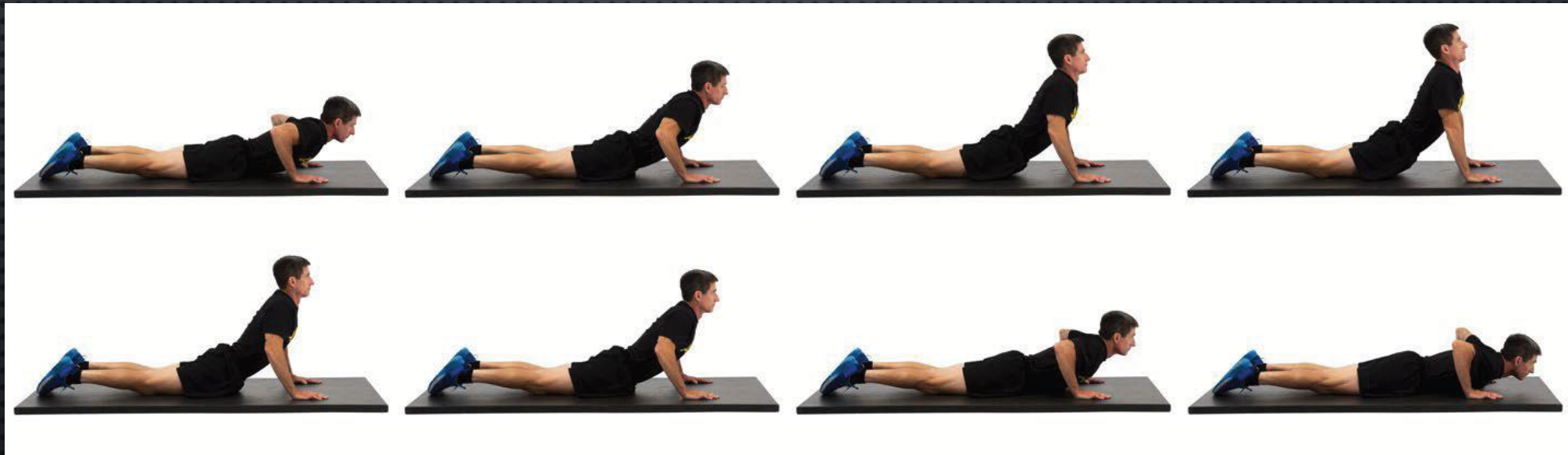
A modified version may be performed from the Prone position by propping the chin on the tips of the fingers and resting in this position for up to 60 seconds (see figure below). Repeat several times if this improves the mid-back issue. If there is any pain, the Soldier seeks help from performance readiness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





Health and Holistic Fitness: SPINE—LOW BACK PRONE

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.

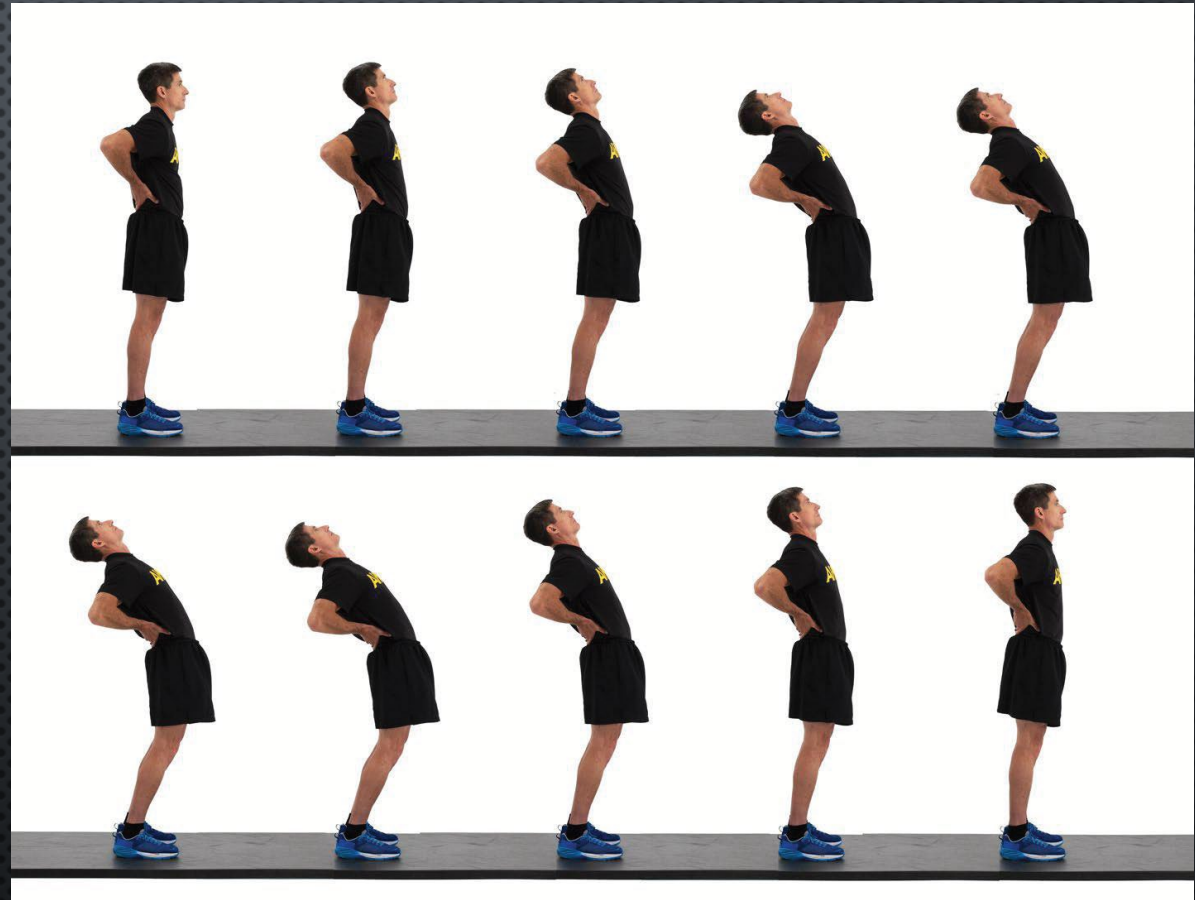




Health and Holistic Fitness: SPINE—LOW BACK (MODIFIED)

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.

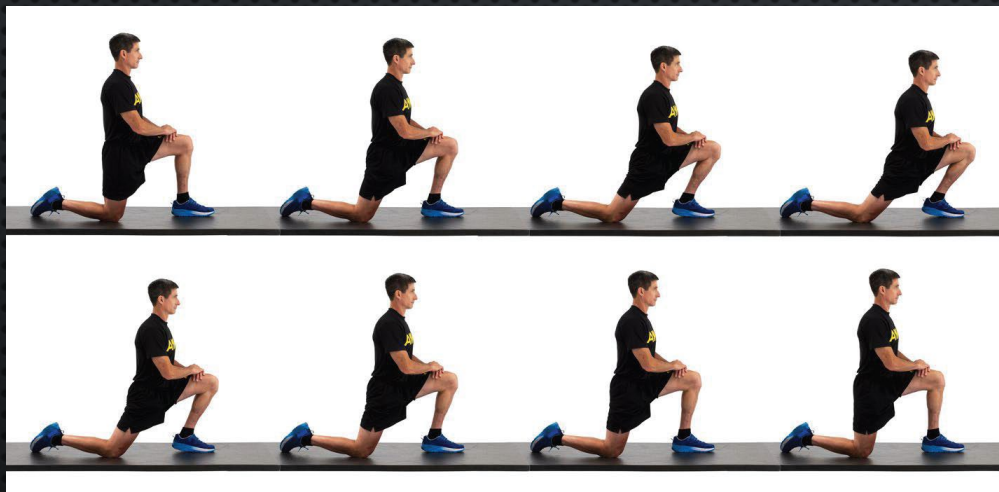




Health and Holistic Fitness: ANKLE

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.

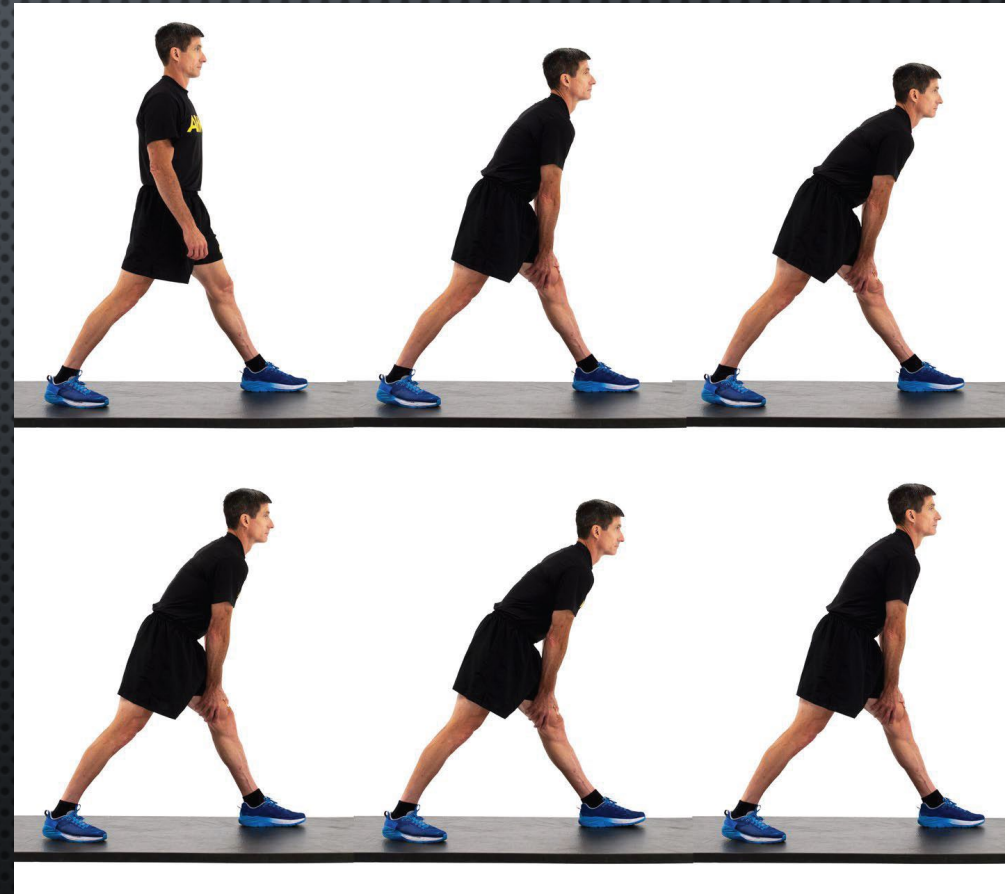




Health and Holistic Fitness: KNEE

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.

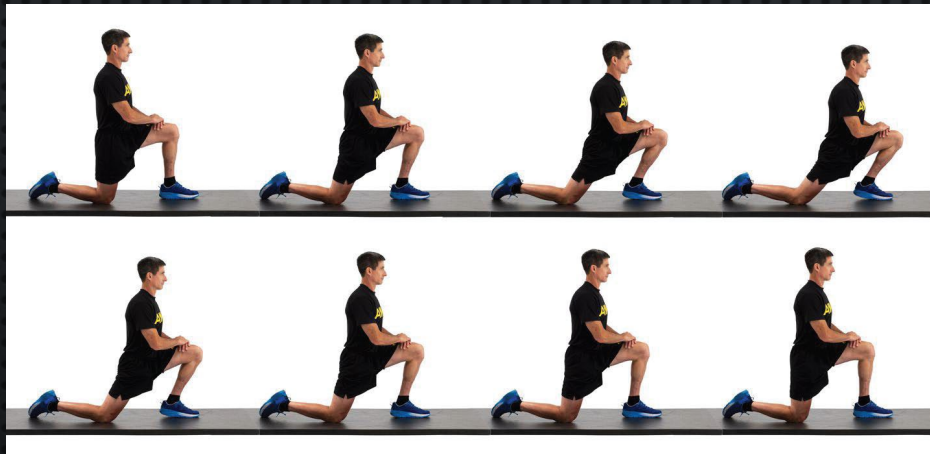




Health and Holistic Fitness: HIP

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.

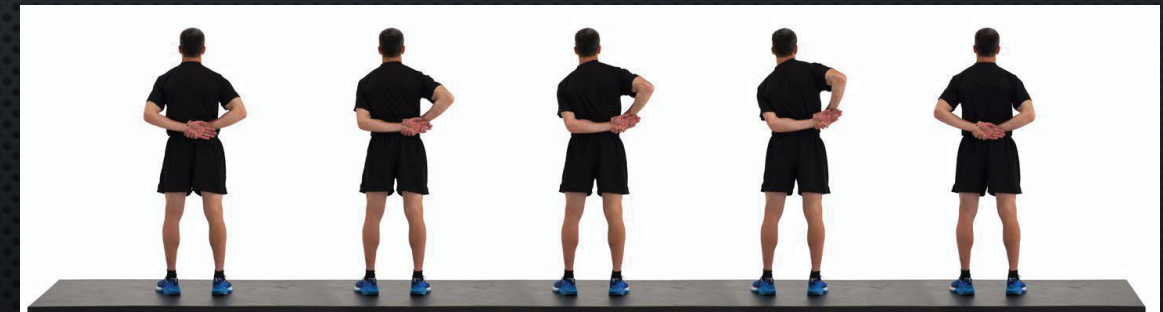




Health and Holistic Fitness: SHOULDER

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.

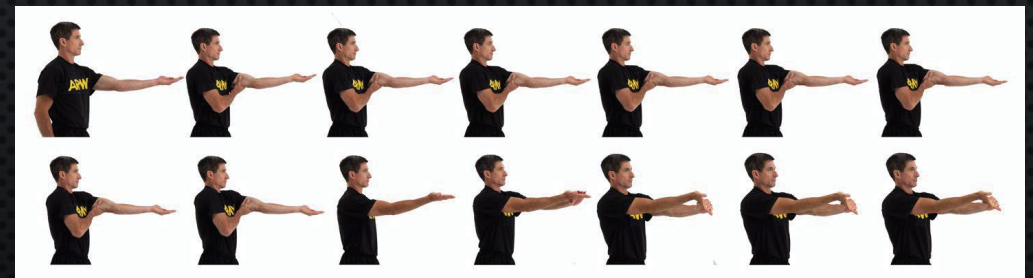
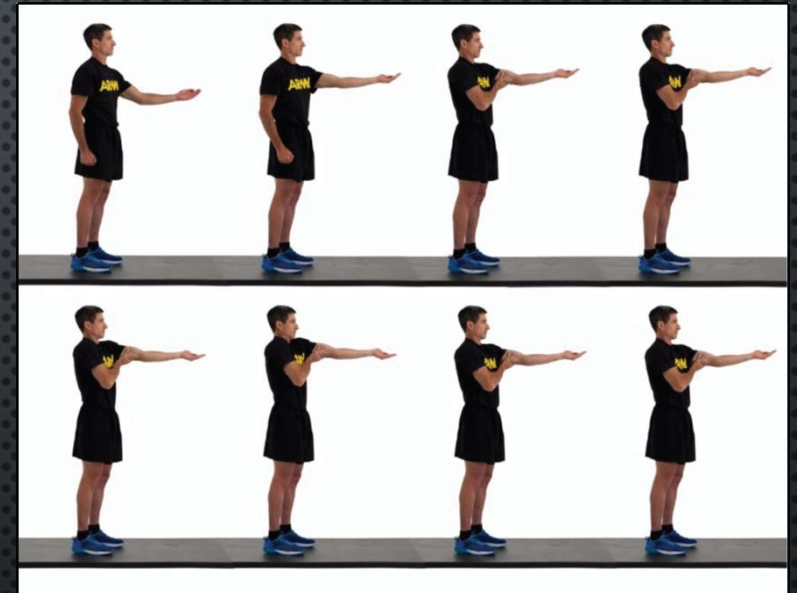




Health and Holistic Fitness: ARM

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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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.)

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This section contains no entries.

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