

2-5 RECOVERY DRILL, EXERCISE 5, SINGLE LEG-OVER

"Demonstrator, POST. (The demonstrator posts in front of the formation.) I will use the talk through method of instruction. Exercise 5 of The Recovery Drill is The Single Leg-Over." (The demonstrator responds, "The Single Leg-Over.") The purpose of the Single Leg Over is to stretch the IT Band, glute and lower back muscles. Hold this stretch for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE, assumes the supine position with the arms sideward, palms down, feet together, and head on the ground." (The demonstrator assumes the starting position.)

"On the command of execution STRETCH of Ready, STRETCH, turn the body to the right, bend the left knee to 90- degrees, and grasp the outside of the left knee with the right hand pulling and rotating the lower body toward the right, keeping the opposite side shoulder blade on the ground." (The demonstrator performs the movements as the PT leader describes them.) "Hold this position for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE, return to the starting position." (The demonstrator moves into the starting position.)

"On the command of execution STRETCH of Change Position, Ready, STRETCH, turn the body to the left, bend the right knee to 90- degrees, and grasp the outside of the right knee with the left hand and pull to the left, keeping the opposite side shoulder blade on the ground." (The demonstrator performs the movements as the PT leader describes them.) "Hold this position for 20-30 seconds."

"Starting Position, MOVE." (The demonstrator moves into the starting position.) "Position of Attention, MOVE." (The demonstrator assumes the position of attention.) "AT EASE." (The demonstrator stands at ease.)

"What are your questions pertaining to Exercise 5 of The Recovery Drill, The Single Leg-Over?" (Clarify all questions.)

"Demonstrator, ATTENTION." (The demonstrator assumes the position of attention.) "You will be my assistant instructor. FALL OUT."