

## 2-3 RECOVERY DRILL, EXERCISE 3, EXTEND AND FLEX

"Demonstrator, POST. (The demonstrator posts in front of the formation.) I will use the talk through method of instruction. Exercise 3 of The Recovery Drill is The Extend and Flex." (The demonstrator responds, "The Extend and Flex.") The purpose of the Extend and Flex is to stretch the calf, hamstring, glute, and abdominal muscles. Hold this stretch for 20-30 seconds."

"On the command of execution MOVE of Starting Position, MOVE, Assume the front leaning rest position." (The demonstrator moves into the starting position.)

"On the command of execution STRETCH of Ready, STRETCH, lower the body, sagging in the middle, keeping the arms straight and looking upward. The thighs and pelvis resting on the ground. Relax the back muscles while bearing the body weight through the straight arms. Toes point to the rear." (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, slightly bend the knees and raise the hips upward. Straighten the legs and attempt to touch the ground with the heels. Move the head in line with the arms, forming an "A" with the body. Keep the feet together. Try not to round the shoulders. Do not move the hands more than 6-10 inches from their original position." (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 3 of The Recovery Drill, The Extend and Flex?" (Clarify all questions.)

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

## 2-4 RECOVERY DRILL, EXERCISE 4, THIGH STRETCH

"Demonstrator, POST. (The demonstrator posts in front of the formation.) I will use the talk through method of instruction. Exercise 4 of The Recovery Drill is The Thigh Stretch." (The demonstrator responds, "The Thigh Stretch.") The purpose of the Thigh Stretch is to stretch the quadriceps and hip-flexor muscles."

"On the command of execution MOVE of Starting Position, MOVE, assume the seated position with legs straight to the front, feet together and the hands to the side, palms flat on the ground." (The demonstrator moves into the starting position.)

NOTE: Face to the front of the formation, maintaining a generally straight line with the body with the hips forward and shoulders back so as to not arch the back or sag in the middle.

"On the command of execution STRETCH of Ready, STRETCH, roll onto the right side and place the right forearm on the ground, perpendicular to the chest. With the right hand, make a fist on the ground with the thumb up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks while pulling the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot by placing it just above the knee." (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, lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks while pulling the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot by placing it just above the knee." (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 4 of The Recovery Drill, The Thigh Stretch?" (Clarify all questions.)

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