

1-1 PREPARATION DRILL, EXERCISE 1, BEND AND REACH

"Demonstrator, POST. I will use the By the Number method of instruction. Exercise 1 of the Preparation Drill is The Bend and Reach." (Demonstrator responds, "The Bend and Reach.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise develops the ability to squat and reach through your legs. It also serves to prepare your spine and extremities for more vigorous movements, moving the hips and spine through full flexion. The Starting Position is, the straddle stance, hips set, abdominals tight and arms fully extended overhead, palms facing inward, fingers and thumbs extended and joined."

Starting position, MOVE." (Demonstrator moves into the starting position.)

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, squat with the heels flat on the ground as the spine rounds forward to allow the straight arms to reach as far as possible between the legs. The neck flexes to allow the gaze to the rear. This brings your head in line with the bend of the trunk."

By-the-numbers," (demonstrator responds, "By-the-numbers"),

"In cadence." (Demonstrator responds "In cadence.")

"EXERCISE." (Demonstrator performs count one.)

"From the starting position, ensure that Soldiers have their hips set, their abdominals tight and their arms fully extended overhead. The neck flexes to allow the gaze to the rear. This brings your head in line with the bend of the trunk. To protect the back, move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back. The heels and feet remain flat on the ground throughout the exercise."

"On count two, return to the starting position without going past the starting point."

"Ready, TWO." (Demonstrator performs count two.)

"On count three, repeat count one."

"Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the starting position without going past the starting point and sound off with the number of repetitions performed. On the last repetition, stop at the starting position."

"Ready, FOUR." (Demonstrator performs count four and states, "ONE.")

"Position of attention, MOVE." (Demonstrator assumes the position of attention.)

"I will lead the demonstrator through three repetitions at a SLOW cadence. The commands and movements are as follows:

The Bend and Reach." (Demonstrator responds, "The Bend and Reach.")

"Starting position, MOVE." (Demonstrator moves into the starting position.)

"Without-the-numbers" (demonstrator responds, "Without- the-numbers.")

"In cadence," (demonstrator responds, "In cadence.")

"EXERCISE, One, Two, Three." (Demonstrator states, "ONE.")

The Drill sergeant will raise the inflection of his voice while counting out the movements of the third repetition and the demonstrator states, HALT upon returning to the starting position.

"Position of attention, MOVE."(Demonstrator assumes the position of attention.)

"AT EASE." (Demonstrator stands at ease.)

"What are your questions pertaining to Exercise 1 of the Preparation Drill, The Bend and Reach when executed in cadence or by-the-numbers?" (Clarify all questions.)

"Demonstrator, ATTENTION. You will be my assistant instructor. FALL OUT."

Note: Lead the class through three repetitions of the Bend and Reach