

**A2F**

# HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

ATP 7-22.02



PREGNANCY AND POSTPARTUM PHYSICAL TRAINING



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 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

Pregnancy and Postpartum Physical Training (known as P3T) programs enable Soldiers to maintain their physical health and fitness through the three trimesters of pregnancy and postpartum period. To maintain readiness, Soldiers exercise three to five times per week for 60–90 minutes per session. Exercise sessions should follow the same principles outlined in this publication but with modifications to accommodate the changes in the pregnant Soldier’s fitness and fatigue levels, directives from medical providers, and the Soldier’s motivation to train. Otherwise-healthy, postpartum Soldiers may resume core strengthening exercises within a short period after giving birth. Modifications to core and hip strengthening exercises may be necessary at first, but as Soldiers progress, standard movements become easier to execute safely.

The six exercises in the Pregnancy and Postpartum Physical Training Drill are specific for pregnant and postpartum Soldiers. Paragraphs 12-3 through 12-10 (ATP 7-22.02) list them for easy reference. The Army Combat Fitness Test website at <https://www.army.mil/acft/> has more support for H2F test events and exercises. See demonstration videos for Pregnancy and Postpartum Physical Training Drill exercises at:

[https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms)

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



### 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.

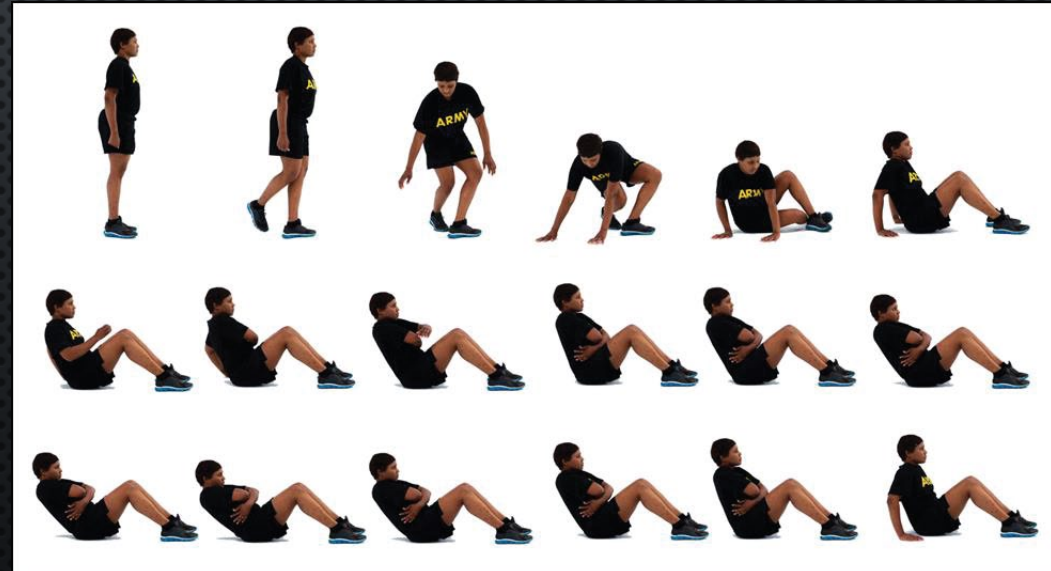
Modified preparation drills are available.



## Health and Holistic Fitness: REVERSE SIT-UP

The Reverse Sit-Up is a modification of the Sit-Up specifically for pregnant or postpartum Soldiers. This exercise safely challenges the abdominal muscles. It can be practiced during the second and third trimesters and in the initial postpartum period. Figure below illustrates a breakdown of the exercise a Soldier moving at her own pace conducts it:

- The starting position is Sitting position with knees bent, feet on the floor, and hands and forearms crossed over the front of the abdomen and pulling the sides inward. This creates support to reduce the work of the abdominal muscles.
- From the starting position, lower the trunk as far as comfortable toward the ground while keeping the feet on the ground throughout the movement.
- Return to the sitting position.
- Progress to lower drops as skill improves, keeping feet on the ground throughout the movement.
- Repeat this exercise up to 10 times.

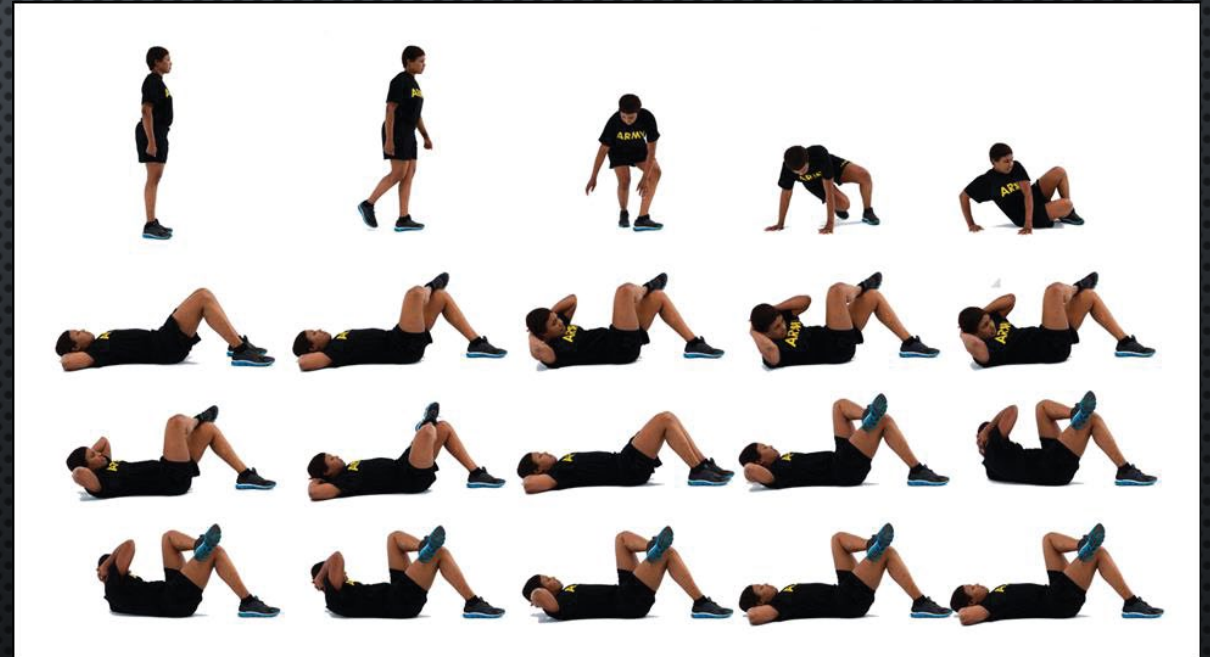




## Health and Holistic Fitness: OBLIQUE SIT-UP

The Oblique Sit-Up is a modification of the Sit-Up specifically for pregnant or postpartum Soldiers. This exercise safely challenges the oblique muscles of the abdomen. It can be practiced during the first trimester and postpartum period by Soldiers who have no rectus diastasis or no diastasis wider than two fingers. Figure shown shows a breakdown of the exercise as a Soldier moving at her own pace conducts it:

- The starting position is the Supine position with knees bent, and feet, trunk, and head on the floor. Fingers are locked together behind the head.
- From the starting position, cross the right leg over the left knee before raising the head and left shoulder and arm up toward the right knee.
- If necessary, keep the right shoulder and upper arm on the ground to support the movement. Pause before lowering back the starting position.
- Repeat this exercise up to 10 times before performing the same movement on the opposite side.





## Health and Holistic Fitness: MODIFIED SIT-UP

The Modified Sit-Up is a modification of the Sit-Up specifically for pregnant or postpartum Soldiers. This exercise safely challenges the muscles of the abdomen. It can be practiced through the first trimester and postpartum period by all Soldiers who have no rectus diastasis or no diastasis wider than two fingers. Figures 1 & 2 show a breakdown of the exercise as a Soldier moving at her own pace conducts it:

- The starting position is the Supine position with knees bent, feet, trunk and head on the floor. Arms are crossed over the abdomen with hands holding the sides to splint the abdominal muscles.
- From the starting position, lift the head, shoulders, and chest toward the thighs while continuing to splint the abdomen.
- Pause before lowering back to the starting position.
- Reduce the difficulty of the exercise by only lifting the head or just the shoulders from the ground
- Repeat this exercise up to 10 times.



Figure 1

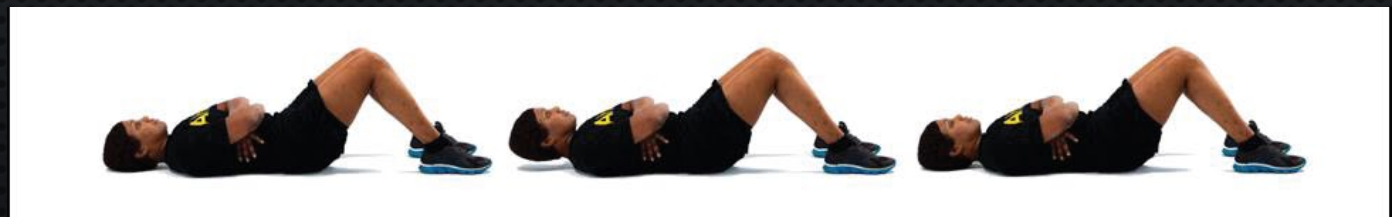


Figure 2





## Health and Holistic Fitness: STANDING TRUNK CURVE

The Standing Trunk Curve is an exercise specifically for pregnant or postpartum Soldiers. This exercise safely challenges control of the muscles of the abdomen and pelvis. It can be practiced through the third trimester and postpartum period by all Soldiers. Figure 1 & 2 show a breakdown of the exercise as a Soldier moving at her own pace conducts it:

- The starting position is the Straddle stance position with hands on hips.
- From the starting position, raise the arms up and out from the shoulders at 45 degrees while taking a deep breath in. Simultaneously draw the waistline in and up. Exhale but hold the curve in the abdomen created by this procedure.
- Relax and return to the starting position.

To modify the Standing Trunk Curve—

- Increase difficulty by taking a second inhalation, drawing the abdomen further in and staying tall in the spine and upper chest.
- Decrease difficulty by performing it in a Sitting position with hands on knees and elbows out.
- Take a few normal breaths between repetitions.
- Repeat this exercise up to 10 times at own pace.

Figure 1

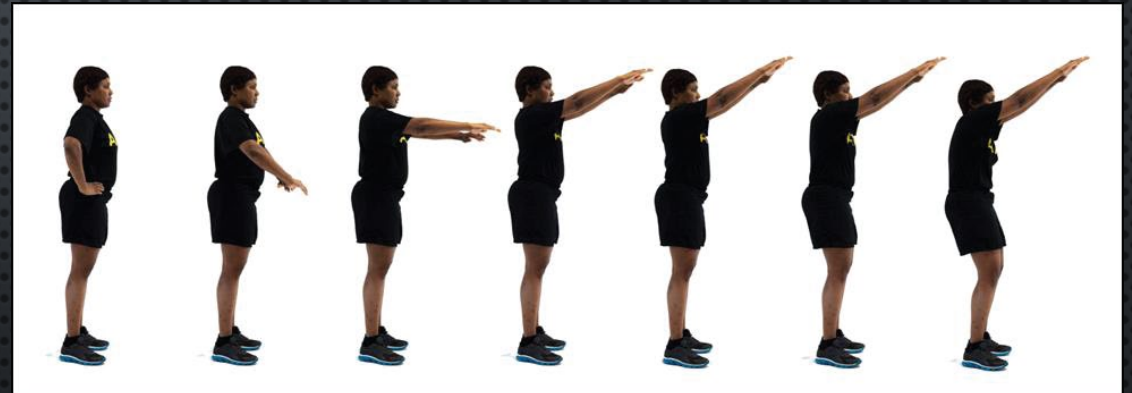


Figure 2





## Health and Holistic Fitness: DEEP SUMO SQUAT

The Deep Sumo Squat is an exercise specifically for pregnant or postpartum Soldiers (see figure 1, 2 & 3). This exercise safely helps to prepare Soldiers for delivery of their babies. It challenges balance and hip mobility and prepares for a return to similar movements with free weights in the postpartum and reconditioning periods after pregnancy. The standing version of this exercise should not be performed until pelvic floor muscles have regained their strength after pregnancy. The Soldier conducts the exercise moving at her own pace with the following movements:

- The starting position is the Sitting position with hands on the ground at the sides.
- From the starting position, bend the knees to draw both feet up to either the left or right side of the body.
- Move both hands to the ground.
- Use the arms to support the movement into a squat with the feet and knees turned out to open the pelvic floor.
- Support the position with hands on the ground, elbows between the knees.
- Relax in this position for 30–60 seconds or to tolerance before return to the starting position.
- To modify the Deep Sumo Squat, hold a small weight (kettlebell or dumbbell) in front of the body to assist with balance.
- Repeat 2–3 times at own pace.

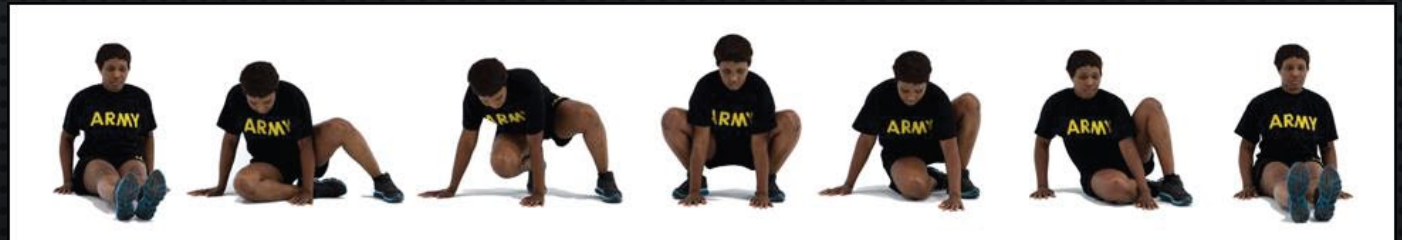


Figure 1



## Health and Holistic Fitness: DEEP SUMO SQUAT

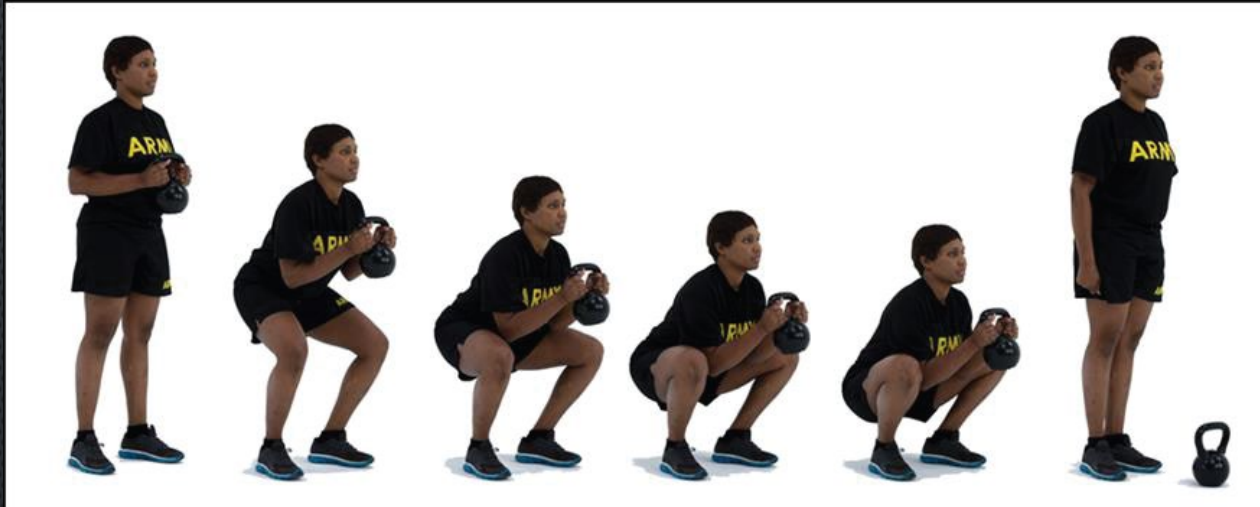


Figure 2  
Deep Sumo Squat—weight-assisted

Increase the level of difficulty by moving to the Deep Sumo Squat from the standing position without placing the hands on the ground.



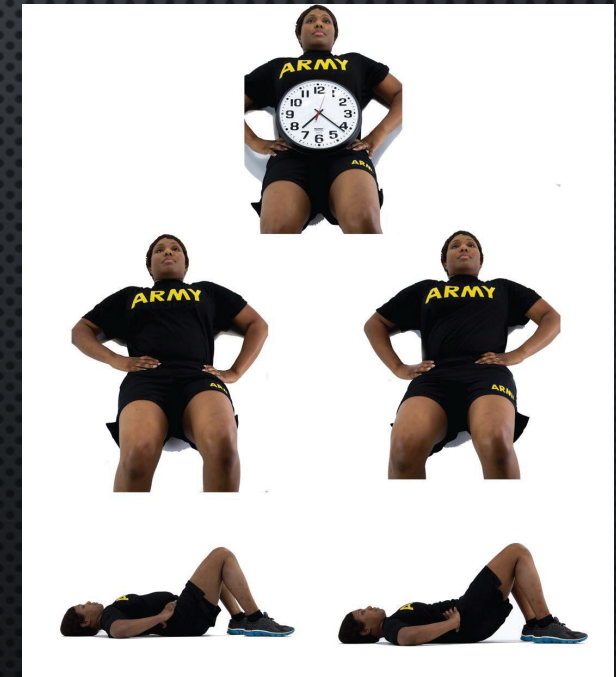
Figure 3  
Deep Sumo Squat—from Standing position without weight



## Health and Holistic Fitness: PELVIC CLOCK

The Pelvic Clock is an exercise specifically for pregnant or postpartum Soldiers. This exercise safely challenges the Soldier's muscular control and the mobility of her pelvis and lumbo-sacral region. It can be practiced through the third trimester and postpartum period. Figure below shows the exercise as a Soldier moving at her own pace conducts it:

- The starting position is the Supine position with knees bent, feet, trunk and head on the floor. Hands are placed on the bony prominences on the front of the pelvis below the waistline.
- It may help the Soldier to imagine a clock resting on the front of the pelvis. 12 is toward the head.
- From the starting position, flatten the low back against the ground. The hands will move down to the ground. Consider this as movement “toward 12 o’clock.” Hold for 5 seconds.
- From this position, move back through the starting position to rotate the pelvis up—“movement toward 6 o’clock.” Hold for 5 seconds.
- As skill improves, move to other positions on the clock—left side up as right side of the pelvis moves down is “movement to 3 o’clock.”
- “Movement to 9 o’clock” is created by tilting the pelvis up on the right and down on the left.
- Pause for 5 seconds in each position before moving around the clock.
- If the Soldier moves around the 12 positions on the clock, it would take one minute to complete.





# Health and Holistic Fitness: References

All URLs accessed on 31 August 2020.

## **REQUIRED PUBLICATIONS**

These documents must be available to intended users of this publication.

*DOD Dictionary of Military and Associated Terms*. June 2020. <https://www.jcs.mil/Doctrine>.

ATP 7-22.01. *Holistic Health and Fitness Testing*. 01 October 2020.

FM 1-02.1 *Operational Terms*. 21 November 2019.

FM 7-22. *Holistic Health and Fitness*. 01 October 2020.

## **RELATED PUBLICATIONS**

These documents are referenced in this publication and contain relevant supplemental information.

Most Army doctrinal publications and Army regulations are available online:

<https://armypubs.army.mil/>.

FM 6-27/MCTP 11-10C. *The Commander's Handbook on the Law of Land Warfare*. 08 July 2019.

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

## **WEBSITES**

Army Combat Fitness Test website. <https://www.army.mil/acft/>.

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](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.

Medical Readiness Portal.

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

Pose Method. Pose Method, Inc. [www.PoseMethod.com](http://www.PoseMethod.com).

## **PRESCRIBED FORMS**

This section contains no entries.

## **REFERENCED FORMS**

Unless otherwise indicated, DA forms are available on the Army Publishing Directorate (APD) Web site at <https://armypubs.army.mil/>.

DA Form 2028. *Recommended Changes to Publications and Blank Forms*.

DA Form 3349. *Physical Profile*. (Accessible through the Medical Readiness Portal.)



## Health and Holistic Fitness:

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