

8-4      **CONDITIONING DRILL 2, EXERCISE 4, SWIMMER**

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 4 of Conditioning Drill 2 is The Swimmer." (Demonstrator responds, "The Swimmer.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise strengthens the muscles of the low back and shoulders while promoting quadrilateral coordination of the arms and legs. The Starting Position is the prone position with the arms extended, palms facing down, with the feet and knees together, and toes pointed to the rear. The head is in the down position. Maintain tightness in the abdominal and hip muscle throughout the exercise."

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

NOTE: Do not move into counts 1 and 3 with a jerking motion while maintaining tightness in the abdominal and hip muscles.

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, raise the left arm and right leg 4-6 inches off of the ground while arching the back slightly and looking upwards."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On count two, return to the starting position. Ready, TWO." (Demonstrator performs count two.)

"On count three, raise the right arm and left leg 4-6 inches off the ground while arching the back slightly and looking upward. Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the starting position and sound off with the number of repetitions performed. 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 Swimmer." (Demonstrator responds, "The Swimmer.")

"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 PT leader 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 4 of Conditioning Drill 2, The Swimmer 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 Swimmer.