

1-8 PREPARATION DRILL, EXERCISE 8, PRONE ROW

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 8 of the Preparation Drill is The Prone Row." (The demonstrator responds, "The Prone Row.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise develops strength of the back and shoulders. The Starting Position is the prone position with the arms extended overhead, palms down, fingers and thumbs extended and joined, hand 1-2 inches off the ground, and toes pointed to the rear. The abdominal muscles are tight and your head is in line with your spine."

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

"Perform this exercise slowly to prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise. Throughout the exercise, your legs and toes remain in contact with the ground."

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders. The forearms are parallel to the ground, slightly higher than the trunk. Your head is raised to look forward but not skyward. Throughout the exercise, the legs and toes remain in contact with the ground."

"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 repeat count one. 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." (The 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 Prone Row." (Demonstrator responds, "The Prone Row.")

"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 8 of the Preparation Drill, The Prone Row 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 Prone row