

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 3 of Climbing Drill 1 is The Pull-up." (Demonstrator responds, "The Pull-up.") "This is a two-count exercise that is always performed at a MODERATE cadence for 5-10 repetitions. On the command of execution MOVE, of Starting position, MOVE, The first Soldier will pass beneath the bar and turn around executing an About Face and assume the forward safety position. Which is the staggered stance with the palms facing forward with the fingers and thumbs extended and joined. The demonstrator assumes the extended hang using the overhand grip or true grip with the palms facing forward, thumbs around the bar, keeping the arms shoulder width apart. The next Soldier in line, assumes the rear safety position, in the same stance as the forward safety position" Starting position, MOVE." (Demonstrator moves into the starting position.)

NOTE: Spotters stand to the front and rear of the exerciser and are used to ensure precision and safety by assisting soldiers when fatigued or unable to properly execute the desired number of repetitions. As soldiers become more proficient, they will need less assistance and will eventually be able to perform the exercises unassisted. Spotters must provide as much or as little assistance as needed so that the exercise is performed with precision.

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, initiate the movement, keep the body straight, pull upward with the arms until the chin is above the bar. Throughout the exercise, keep the feet together not crossed."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On the command of UP, thus terminating the upward movement, slowly lower the body down returning to the starting position, this being count two, "UP."

"On the command of DOWN, thus terminating the downward movement, sound off with the number of repetitions performed. On the last repetition stop at the starting position. " DOWN" (Demonstrator performs count two and sounds off with ONE)

"On the command of Dismount. The two safeties maintain their hands in a relative position to the exerciser to potentially prevent a fall or injury until the exerciser's feet are on the ground. The exerciser dismounts the bar utilizing the footsteps or pegs. "DISMOUNT"

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

"I will lead the demonstrator through three repetitions at a MODERATE cadence. The commands and movements are as follows: The Pull-up." (Demonstrator responds, "The Pull-up.") "Starting position, MOVE." (Demonstrator moves into the starting position.) "Without-the-numbers" (demonstrator responds, "Without- the-numbers.") "In cadence" (demonstrators will respond with In cadence), "EXERCISE", "UP", "DOWN", (Demonstrator states, "ONE.") The PT leader will raise the inflection of his voice while counting out the movements of the third repetition and the demonstrators state, HALT upon returning to the starting position.

"DISMOUNT." (Demonstrator dismounts the bar utilizing the footsteps.)

"Position of attention, MOVE."(Demonstrator assumes the position of attention.) "AT EASE." (Demonstrator stands at ease.)

"What are your questions pertaining to Exercise 3 of Climbing Drill 1, The Pull-up when executed in cadence or by- the-numbers?" (Clarify all questions.)

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