

"Demonstrator, POST. I will use the talk-through method of instruction. Exercise 4 of 4 For the Core is The Quadraplex." (The demonstrator responds, "The Quadraplex.") "This exercise is always performed for 60 seconds. The Starting Position is on the hands and knees, with the back flat and head down. The hands are in-line with the shoulders blades. The knees and feet are together forming a 90 degree angle."

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

NOTE: The key to this exercise is controlled lowering and raising of the opposite arm and leg while keeping the rest of the body aligned and still.

"On the command of execution, EXERCISE of Ready, EXERCISE, (The demonstrator performs the movements as the PT leader describes them.) Without rotating the trunk or sagging or arching the spine, straighten the right leg to the rear and the left arm to the front (quadraplex position). Hold for at least 5 seconds, recover to the starting position if needed, and then return to the quadraplex position. The goal is to hold each quadraplex position (left and right) for 60 seconds each. The key to this exercise is controlled lowering and raising of the opposite arm and leg while keeping the rest of the body aligned and still. Keep the head and neck in-line with the spine. (the PT instructor will count down every five seconds).

"After 60 Seconds has elapsed the Drill Sergeant will command "Starting Position, Move" (Demonstrator moves into the starting position)

"On the command of execution EXERCISE of 'Change Position, Ready, EXERCISE', (The demonstrator performs the movements as the PT leader describes them.) switch to the other arm and leg."

"On the command of execution MOVE of Starting Position, MOVE, return to the starting position." (The demonstrator moves into the starting position.)

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

"I will lead the demonstrator through the exercise for 10 seconds on each side. The commands and movements are as follows:

"The Quadraplex" (Demonstrator responds, "Quadraplex.")

"Starting position, MOVE."

"Ready, EXERCISE (Demonstrator assumes the starting position and executes the exercise.)

"Starting Position, MOVE." (After 10 Seconds)

"Change Position, Ready, EXERCISE"

"Starting Position, MOVE" (The demonstrator moves into the starting position.)

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

"What are your questions pertaining to Exercise 4 of 4 For the Core, The Quadraplex when executed using the talk through method of instruction?" (Clarify all questions.)

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