

7-4      CONDITIONING DRILL 1, EXERCISE 4, LEG TUCK AND TWIST

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 4 of Conditioning Drill 1 is The Leg Tuck and Twist." (Demonstrator responds, "The Leg Tuck and Twist.") "This is a four-count exercise that is always performed at a MODERATE cadence. This exercise develops trunk strength and mobility while enhancing balance. The Starting Position is the seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear with palms down. Legs are straight, extended to the front and 8-12 inches off the ground. Tighten your abdominals to stabilize the trunk."

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

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, raise the legs while rotating on to the left buttock and draw the knees toward the left shoulder. Keep the head and trunk still as the legs move."

"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 to the right side. 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.)

"To protect the back on counts 1 and 3, do not jerk the legs and trunk to achieve the end position. The head and trunk remain still while the legs move. Also on counts 1 and 3, the legs are tucked (bent) and aligned diagonal to the trunk."

"On all counts, keep the legs and knees together."

"I will lead the demonstrator through three repetitions at a MODERATE cadence. The commands and movements are as follows:"

"The Leg Tuck and Twist." (Demonstrator responds, "The Leg Tuck and Twist.")

"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 1, The Leg Tuck and Twist 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 Leg Tuck and Twist.