

1-9 PREPARATION DRILL, EXERCISE 9, BENT LEG BODY TWIST

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 9 of the Preparation Drill is The Bent Leg Body Twist." (The demonstrator responds, "The Bent Leg Body Twist.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise strengthens trunk muscles and promotes control of trunk rotation. The Starting Position is the supine position with the hips and knees bent to 90 degrees. Arms sideward and palms down with fingers spread, feet and knees are together throughout the exercise. The head should be off the ground with the chin slightly tucked. Tighten the abdominal muscles and maintain this contraction throughout the exercise."

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

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, rotate your legs to the left while keeping the upper back and arms in place. Attempt to rotate your legs to about 8-10 inches off the ground. The opposite shoulder must 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.)

"Do not rotate your legs to a point beyond which your arms and shoulders can no longer maintain contact with the ground. Your head should be off the ground with the chin slightly tucked. Ensure that the hips and knees maintain 90-degree angles. Keep the feet and knees together throughout the exercise."

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

"On count three, repeat count one toward the right side. Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the starting position and sound off 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 Bent Leg Body Twist." (Demonstrator responds, "The Bent Leg Body 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 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 9 of the Preparation Drill, The Bent Leg Body 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 Bent Leg Body Twist.