

8-5      **CONDITIONING DRILL 2, EXERCISE 5, 8-COUNT PUSH-UP**

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 5 of Conditioning Drill 2 is The 8-Count Push-up." (Demonstrator responds, "The 8-Count Push-up.") "This is an eight-count exercise that is always performed at a MODERATE cadence. This exercise combines the functional movements of the squat thrust and push-up to develop total body strength, endurance and mobility. The Starting Position is the Position of Attention."

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

NOTE: Allowing the trunk to sag, especially on count 2, strains the back. Avoid this by maintaining a strong abdominal contraction throughout the exercise. If you cannot perform the push up on counts 2-6 correctly to cadence, quickly assume the 6-point stance before counts 3-5.

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, assume the squat position with the hands directly below the shoulders, with the fingers spread and middle fingers directed straight forward."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On count two, thrust the legs backward to the front leaning rest position. The hands are directly below the shoulders with the fingers spread and the middle fingers directed straight forward. Ready, TWO." (Demonstrator performs count two.)

"On count three, bend the elbows, lowering the body until the upper arms are parallel with the ground, keeping the elbows close to the side and pointing rearward. Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the front leaning rest position. Ready, FOUR." (Demonstrator performs count four.) "On count five repeat count 3, Ready, FIVE." (Demonstrator performs count five.)

"On count six repeat count 4, Ready, SIX." (Demonstrator performs count six.)

"On count seven return to the squat position as in count 1. Ready, SEVEN." (Demonstrator performs count seven.)

"On count eight return to the starting position, Ready, EIGHT." (Demonstrator performs count eight.)

"Position of attention, MOVE." (Demonstrator 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 8-Count Push-up." (Demonstrator responds, "The 8-Count Push-up.")

"Without-the-numbers" (demonstrator responds, "Without-the-numbers.")

"In cadence," (demonstrator responds, "In cadence.")

"EXERCISE, One, Two, Three, Four, Five, Six, Seven, Eight." (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 5 of Conditioning Drill 2, The 8-Count Push-up when executed in cadence or by-the-numbers?" (Clarify all questions.)

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