

4-1 4 FOR THE CORE, EXERCISE 1, BENT-LEG RAISE

"Demonstrator, POST. I will use the talk through method of instruction. Exercise 1 of 4 For the Core is The Bent- Leg Raise." (The demonstrator responds, "The Bent-Leg Raise.") "This exercise is always performed for 60 seconds. The Starting Position is supine position with the legs bent at a 90 degree angle, feet flat on the ground; place the fingers of both hands in the small of the back. The head is off the ground with the chin tucked."

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

"On the command of execution, EXERCISE of Ready, EXERCISE, raise the feet off of the ground until both the hips and knees flex to 90 degrees. Contract the abdominals as if you are preparing for a blow to the stomach. Another way to perform this drawing in maneuver is to imagine pulling the navel toward your spine. Think about the amount of pressure on your fingers created by the contraction of your abdominals. Maintain the same degree of pressure as you slowly straighten your legs. As soon as you can no longer maintain the same degree of pressure on your fingers, bring your legs back to the 90-degree position and repeat until one minute has elapsed. Keep the feet and legs together throughout the exercise." (The demonstrator performs the movements as the PT leader describes them.)

"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. The commands and movements are as follows:

"The Bent-leg Raise" (Demonstrator responds, "The Bent-leg Raise.")

"Starting position, MOVE." "

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

"Starting Position, MOVE," (The demonstrator moves into 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 1 of 4 For the Core, The Bent-Leg Raise when executed using the talk through method of instruction?" (Clarify all questions.)

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