

7-2 **CONDITIONING DRILL 1, EXERCISE 2, V-UP**

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 2 of Conditioning Drill 1 is The V-up." (Demonstrator responds, "The V-up.") "This is a four-count exercise that is always performed at a MODERATE cadence. This exercise develops the abdominal and hip flexor muscles while enhancing balance. The Starting Position is the supine position, arms on ground facing 45- degrees to the side, palms down. The legs are straight on the ground with the knees and feet together. The chin is tucked and the head is 1-2 inches off the ground. Tighten your abdominal muscles to tilt your pelvis and your lower back toward the ground."

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

NOTE: To protect the spine, do not jerk the legs and trunk to rise to the V-position.

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, raise the legs straight up and the trunk to form a V-position using the arms as needed. The knees and trunk are straight with the head in line with the truck."

"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. Lower the legs to the ground in a controlled manner so as not to injure the feet. Ready, TWO." (Demonstrator performs count two.)

"On count three, repeat count one. 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.)

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

"The V-up." (Demonstrator responds, "The V-up.")

"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 2 of Conditioning Drill 1, The V-up 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 V-Up.