

1-5 PREPARATION DRILL, EXERCISE 5, SQUAT BENDER

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 5 of the Preparation Drill is The Squat Bender." (The demonstrator responds, "The Squat Bender.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise develops strength, endurance and flexibility of the lower back and lower extremities. The Starting Position is the straddle stance with hands on hips."

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

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground, palms facing inward. The shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight."

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

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

"EXERCISE." (Demonstrator performs count one.)

"At the end of count 1, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight. On count 3, bend forward, keeping your head aligned with your spine and the knees slightly bent. Attempt to keep the back flat and parallel to the ground. Allowing the knees to go beyond the toes on count 1 increases stress to the knees."

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

"On count three, bend forward and reach toward the ground with both arms extended and palms inward, keeping the head aligned with the spine and the knees slightly bent. Attempt to keep the back flat and parallel to the ground. 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." (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 Squat Bender." (Demonstrator responds, "The Squat Bender.")

"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 5 of the Preparation Drill, The Squat Bender when executed in cadence or by-the-numbers?" (Clarify all questions.)

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