

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 3 of Conditioning Drill 1 is The Mountain Climber." (Demonstrator responds, "The Mountain Climber.") "This is a four-count exercise that is always performed at a MODERATE cadence. This exercise develops the ability to quickly move your legs to power out of the front leaning rest position." The Starting Position is the front leaning rest position with your left foot below the chest and between the arms. The hands are directly below your shoulders with your fingers spread (middle fingers pointing straight ahead), with your elbows straight but not locked."

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

NOTE: "To prevent the trunk from sagging, contract and hold your abdominals throughout the exercise. Do not raise the hips and buttocks when moving throughout the exercise. Align the head with the spine and directed the eyes to a point about two feet in front of the body. Throughout the exercise remain on the balls of the feet. Move the legs straight forward and backward, not at angles."

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, push upward with the feet and quickly change positions of the legs."

"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. Ready, TWO." (Demonstrator performs count two.)

"On count three repeat count one with the other leg. 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 Mountain Climber." (Demonstrator responds, "The Mountain Climber.")

"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 3 of Conditioning Drill 1, The Mountain Climber 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 Mountain Climber.