

1-4 PREPARATION DRILL, EXERCISE 4, ROWER

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 4 of the Preparation Drill is The Rower." (The demonstrator responds, "The Rower.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles. The Starting Position is the supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward, with fingers and thumbs extended and joined."

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

"At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground."

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, arms will be parallel to the ground, palms facing inward, feet are flat and pulled near the buttocks. Your legs stay together throughout the exercise."

"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. 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 Rower." (Demonstrator responds, "The Rower.")

"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 4 of the Preparation Drill, The Rower 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 rower.