

1-10 PREPARATION DRILL, EXERCISE 10, PUSH-UP

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 10 of the Preparation Drill is The Push-up." (The demonstrator responds, "The Push-up.") "This is a four-count exercise that is always performed at a MODERATE cadence. This exercise strengthens the muscles of your chest, shoulders, arms and trunk. The Starting Position is the front leaning rest position. The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead)."

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

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, bend the elbows, lowering the body until the upper arms are at least parallel to the ground. The upper arms stay close to the trunk, elbows pointing rearward." "

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.) The elbows straighten, but do not lock. The trunk should not sag. To prevent this, tighten the abdominal muscle while in the starting position and maintain this contraction throughout the exercise.

"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. On the last repetition, stop at the starting position. 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 MODERATE cadence. The commands and movements are as follows:

"The Push-up." (Demonstrator responds, "The Push-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 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 10 of the Preparation Drill, The Push-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 Push Up.