

FOR THE CORE, EXERCISE 2, SIDE BRIDGE

"Demonstrator, POST. I will use the talk-through method of instruction. Exercise 2 of 4 For the Core is The Side Bridge." (The demonstrator responds, "The Side Bridge.") "This exercise is always performed for 60 seconds. To assume the starting position, lay on your side with your upper body off the ground, supported by the elbow, forearm and fist. Cross the bottom leg in front of the top leg, keeping the feet together. The legs may also be positioned with the knees together and bent 90 degrees."

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

NOTE: Face to the front of the formation, maintaining a generally straight line with the body with the hips forward and shoulders back so as to not arch the back throughout the exercise. The modified position for this exercise is with the legs bend rearward at a 90 degree angle. (Demonstrator shows the modified position)

"On the command of execution, EXERCISE of Ready, EXERCISE, firmly press into the ground with the supporting arm, and then raise the trunk and pelvis straight upward until they form a straight line with the legs and knees. Hold this position while continuing to breathe. If you cannot hold for one minute, lower, rest briefly, then repeat until one minute has elapsed." (The demonstrator performs the movements as the PT leader describes them.)

"Starting Position, Move," (Demonstrator moves into the starting position)

"On the command of execution of MOVE, of Change Position, MOVE lay on the right side with the legs and body straight, hips forward, and shoulders back. The right foot is placed on top of the left foot, toes point forward. The right forearm is perpendicular to the body with the right elbow bent at a 90 degree angle, just below the right shoulder. The right hand makes a fist with thumb up. The left hand is placed on top of the stomach throughout the exercise." (The demonstrator performs the movements as the PT leader describes them.)

"On the command of execution, EXERCISE of Ready, EXERCISE, firmly press into the ground with the supporting arm, and then raise the truck and pelvis straight upward until they form a straight line with the legs and knees. Hold this position while continuing to breathe. If you cannot hold for one minute, lower, rest briefly, then repeat until one minute has elapsed." (The demonstrator performs the movements as the PT leader describes them.)

"On the command of execution MOVE of Starting Position, MOVE, return to the starting position." (The demonstrator moves into the starting position.)

"Position of attention, MOVE." (Demonstrator assumes the position of attention.)

"I will lead the demonstrator through the exercise for 10 seconds on each side. The commands and movements are as follows:

"The Side Bridge" (Demonstrator responds, "The Side Bridge.")

"Starting position, MOVE."

"Ready, EXERCISE." (Demonstrator assumes the starting position and executes the exercise.)

"Starting Position, Move," (Demonstrator moves into the starting position)

"Change Position, MOVE. "Ready, EXERCISE"

"Starting Position, MOVE," (The demonstrator moves into 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 4 For the Core, The Side Bridge when executed using the talk through method of instruction?" (Clarify all questions.)

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