

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 5 of Conditioning Drill 1 is the Single-leg Push-up." (Demonstrator responds, "The single-leg Push-up.") "This is a four-count exercise that is always performed at a MODERATE cadence. This exercise strengthens muscles of your chest, shoulders, arms and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise. The Starting Position is front leaning rest position. The fingers should be extended and spread so the middle fingers point straight ahead and are directly in-line with the shoulders. Keep the body straight from head to heels. Support the body weight on the hands and balls of the feet."

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

NOTE: "To keep the trunk from sagging tighten your abdominal muscle while in the starting position and maintain this contraction throughout the exercise. Do not jerk the leg being raised. Also do not raise the leg higher than straight alignment with the trunk, as this may place undue stress on the back."

"Perform a squat thrust to move into the front leaning rest. Keep the body straight from head to heels. Support the body weight on the hands and balls of the feet. The fingers should be extended and spread so the middle fingers point straight ahead and are directly in-line with the shoulders. On counts 1 and 3, the upper arms stay close to your trunk. On counts 2 and 4, straighten but do not lock your elbows. On counts 1 and 3, the raised leg is straight and aligned with your trunk. To keep the trunk from sagging, tighten your abdominal muscles while in the starting position and maintain this contraction throughout the exercise."

"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 parallel with the ground while raising the left leg (Keeping it straight) 8-10 inches off the ground. The upper arms stay close to your trunk."

"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 but bring your right leg (keeping the leg straight) 8-10 inches off 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." (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 Single-leg Push-up." (Demonstrator responds, "The Single-leg 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 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 5 of Conditioning Drill 1, The Single-leg 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 Single Leg Pushup.