

805P-COM-1110
Perform Conditioning Drill 2 (CD2)
Status: Approved

Security Classification: U - Unclassified

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Conditions: Conditioning Drill 2 (known as CD2) consists of five exercises designed to develop and improve strength, agility, and mobility. The Soldier is provided an approved PRT plan, a PRT Instructor, and in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standards: Perform Conditioning Drill 2 (CD2) completing all the prescribed exercises as planned so each exercise is performed in the proper sequence, using movements precisely as described. Exercises must be performed without causing injury and without errors, while utilizing the GO & NO-GO criteria, approved PRT plan, and ATP 7-22.02, "Holistic Health and Fitness Drills and Exercises."

Special Conditions: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this drill. It is important that each exercise in this drill be executed IAW ATP 7-22.02.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes:

(1) Conditioning Drill 2 (known as CD2) consists of five exercises designed to develop and improve strength, agility, and mobility. The Conditioning Drill 2 consists of the following exercises: Turn and Lunge, Supine Bicycle, Half Jack, Swimmer, and 8-Count T Push-Up.

(2) All exercises in the Conditioning Drill 2 (CD2) can be viewed on YouTube using the following links:

CD2-1: https://www.youtube.com/watch?v=8TiV-F_duhs

CD2-2: https://www.youtube.com/watch?v=q8e1mADUS_Q

CD2-3: <https://www.youtube.com/watch?v=aZ5f351RRdg>

CD2-4: https://www.youtube.com/watch?v=F93E_tCQzDw

CD2-5: <https://www.youtube.com/watch?v=UqUWxIKTfXY>

Performance Steps

1. Perform the Turn and Lunge.

Note:

(1) The Turn and Lunge is the first exercise in Conditioning Drill 2. This exercise develops the agility needed to rotate, lower, and raise the body for effective changes of direction.

(2) Video of Conditioning Drill 2 (CD2), Exercise 1: https://www.youtube.com/watch?v=8TIV-F_duhs



Turn and Lunge

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Turn and Lunge



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https://www.youtube.com/watch?v=8TIV-F_duhs

CONDITIONING DRILL 2 (CD2)

1

Exercise 1

Conditioning Drill 2 (CD2)

- Assume the correct starting position: straddle stance with hands on hips.
- Count 1: Turn 90-degrees to the left, step with the left foot, and pivot on the ball of the right foot. Perform a forward lunge (facing the left) while reaching toward the ground with the right hand. The left arm swings rearward while the left hand reaches rearward at the left side of the body.
- Count 2: Stood up, rotated to the right, and returned to the starting position, stepping with the right foot and pivoting on the ball of the left foot.
- Count 3: Turn 90-degrees to the right, step with the right foot and pivot on the ball of the left foot. Perform a forward lunge (facing the right) while reaching toward the ground with the left hand. The right arm swings rearward while the right arm reaches rearward at the right side of the body.
- Count 4: Stand up, rotate to the left, and return to the starting position, step with the left foot and pivot on the ball of the right foot.
- Perform the Turn and Lunge using a SLOW cadence.

2. Perform the Supine Bicycle.

Note:

(1) The Supine Bicycle is the second exercise in Conditioning Drill 2. This exercise strengthens the muscles of the abdomen and controls the rotation of the trunk. Hand placement and controlled movement make this a safe way to develop strength and endurance for more vigorous training, testing, and combat tasks.

(2) Video of Conditioning Drill 2 (CD2), Exercise 2: https://www.youtube.com/watch?v=q8e1mADUS_Q



Supine Bicycle

CONDITIONING DRILL 2 (CD2)



https://www.youtube.com/watch?v=q8e1mADUS_Q
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2

Exercise 2 Conditioning Drill 2 (CD2)

- a. Assume the correct starting position: supine position with the fingers interlaced, hands on top of the head. Hips, knees, and ankles are flexed at 90 degrees and lower legs are parallel to the ground. The head is off the ground.
- b. Count 1: Bring the left knee toward the chest while flexing and rotating the trunk to the left, attempt to touch the right elbow with the left thigh. As the left knee rises, the right leg extends.
- c. Count 2: Return to the starting position.
- d. Count 3: Bring the right knee toward the chest while flexing and rotating the trunk to the right, attempt to touch the left elbow with the right thigh. As the right knee rises, the left leg extends.
- e. Count 4: Return to the starting position.
- f. Perform the Supine Bicycle using a SLOW cadence.

3. Perform the Half Jack.

Note:

(1) The Half Jack is the third exercise in Conditioning Drill 2. The purpose of this exercise is to jump and land with the legs apart, controlling the landing while moving the feet laterally. Movement of the arms in the frontal (dividing the front and back) plane to a point parallel to the ground avoids the potential for shoulder impingement caused when the arms repeatedly move higher than shoulder height.

(2) Video of Conditioning Drill 2 (CD2), Exercise 3: <https://www.youtube.com/watch?v=aZ5f351RRdg>



CONDITIONING DRILL 2 (CD2)



<https://www.youtube.com/watch?v=aZ5f351RRdg>
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3

Exercise 3 Conditioning Drill 2 (CD2)

- a. Assume the correct starting position: position of attention.
- b. Count 1: Jump and land with the feet shoulder-width apart and pointed straight ahead. The arms are sideward with palms facing down, thumbs and fingers extended and joined.
- c. Count 2: Jump and return to the starting position.
- d. Count 3: Repeat count 1.
- e. Count 4: Repeat count 2, returning to the starting position.
- f. Perform the Half Jacks using a MODERATE cadence.

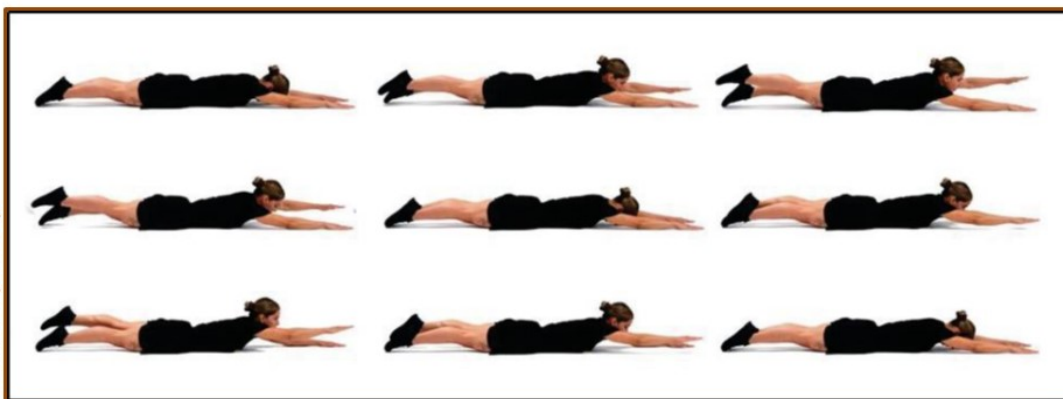
4. Perform the Swimmer.

Note:

- (1) The Swimmer is the fourth exercise in Conditioning Drill 2. This exercise strengthens the back of the shoulder, neck, spine, hips, and legs-often referred to as the posterior chain of muscles. These muscles are used in training and combat tasks such as low crawling, prone firing, and swimming.
- (2) Video of Conditioning Drill 2 (CD2), Exercise 4: https://www.youtube.com/watch?v=F93E_tCQzDw



CONDITIONING DRILL 2 (CD2)



https://www.youtube.com/watch?v=F93E_tCQzDw
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4

Exercise 4 Conditioning Drill 2 (CD2)

- a. Assume the correct starting position: the prone position with the arms extended, palms facing down, and toes pointed to the rear.
- b. Count 1: Raise the left arm and right leg 4 to 6 inches off the ground while arching the back slightly and looking upward.
- c. Count 2: Return to the starting position.
- d. Count 3: Raise the right arm and left leg 4 to 6 inches off the ground, while arching the back slightly and looking upward.
- e. Count 4: Return to the starting position.
- f. Perform the Swimmer using a SLOW cadence.

5. Perform the 8-Count T Push-Up.

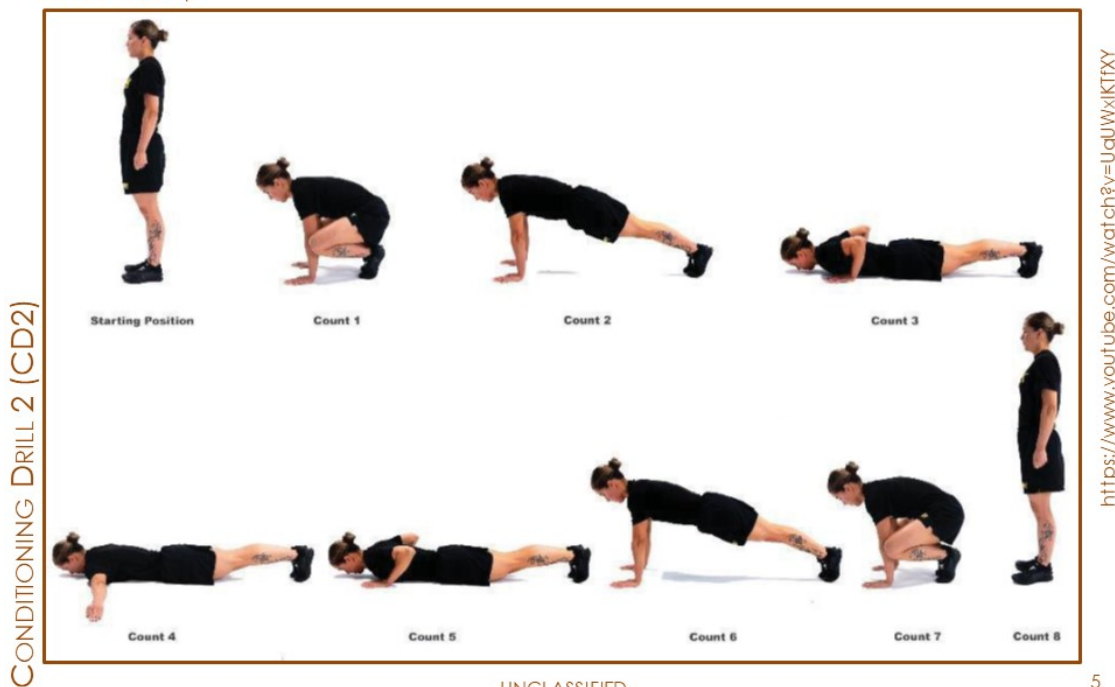
Note:

- (1) The 8-Count T Push-Up is the final exercise in Conditioning Drill 2. This exercise develops total body strength, endurance, and mobility. Releasing the hands from the ground, in addition to moving the arms to the T position, emphasizes full push and reach motions.
- (2) Video of Conditioning Drill 2 (CD2), Exercise 5: <https://www.youtube.com/watch?v=UqUWxIKTfXY>



8-Count T Push-Up

8-Count T Push-up



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5

Exercise 5
Conditioning Drill 2 (CD2)

- a. Assume the correct starting position: position of attention.
- b. Count 1: Assume the squat position.
- c. Count 2: Thrust the legs backward to the front leaning rest position.
- d. Count 3: Bend the elbows, lowering the body to the ground.
- e. Count 4: Release the hands from the ground, moving the arms directly out to the side into the T position-the same position used in the T-Raise exercise. Hands may be on or off the ground in the T position.
- f. Count 5: Place the hands on the ground beneath the shoulders.
- g. Count 6: Perform a push up from the ground into the front leaning rest position. Keep the body in a straight line from the head to the bottom of the heels.
- h. Count 7: Return to the squat position as in count 1.
- i. Count 8: Return to the starting position.
- j. Perform the 8-Count Push-Up using a MODERATE cadence.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier "GO" if all performance measures are passed (P). Score the Soldier "NO GO" if any performance measure is failed (F). If the Soldier scores "NO GO," show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of Conditioning Drill 2 (CD2). The Soldier should wear APFU. The uniform should be appropriate for the activity that follows Conditioning Drill 2 (CD2). For example, when the activity includes Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Turn and Lunge.			
a. Assumed the correct starting position: straddle stance with hands on hips.			
b. Count 1: Turned 90-degrees to the left, stepping with the left foot, and pivoting on the ball of the right foot. Performed a forward lunge (facing the left) while reaching toward the ground with the right hand. The left arm swung rearward while the left hand reached rearward at the left side of the body.			
c. Count 2: Stood up, rotated to the right, and returned to the starting position, stepping with the right foot and pivoting on the ball of the left foot.			
d. Count 3: Turned 90-degrees to the right, stepping with the right foot and pivoting on the ball of the left foot. Performed a forward lunge (facing the right) while reaching toward the ground with the left hand. The right arm swung rearward while the right arm reached rearward at the right side of the body.			
e. Count 4: Stood up, rotated to the left, and returned to the starting position, stepping with the left foot and pivoting on the ball of the right foot.			
f. Performed the Turn and Lunge using a SLOW cadence.			
2. Performed the Supine Bicycle.			
a. Assumed the correct starting position: supine position with the fingers interlaced, hands on top of the head. Hips, knees, and ankles are flexed at 90 degrees and lower legs are parallel to the ground. The head is off the ground.			
b. Count 1: Brought the left knee toward the chest while flexing and rotating the trunk to the left, attempting to touch the right elbow with the left thigh. As the left knee rose, the right leg extended.			
c. Count 2: Returned to the starting position.			
d. Count 3: Brought the right knee toward the chest while flexing and rotating the trunk to the right, attempting to touch the left elbow with the right thigh. As the right knee rose, the left leg extended.			
e. Count 4: Returned to the starting position.			
f. Performed the Supine Bicycle using a SLOW cadence.			
3. Performed the Half Jack.			
a. Assumed the correct starting position: position of attention.			
b. Count 1: Jumped and landed with the feet shoulder-width apart and pointed straight ahead. The arms were sideward with palms facing down, thumbs and fingers extended and joined.			
c. Count 2: Jumped and returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Repeated count 2, returning to the starting position.			
f. Performed the Half Jacks using a MODERATE cadence.			
4. Performed the Swimmer.			
a. Assumed the correct starting position: the prone position with the arms extended, palms facing down, and toes pointed to the rear.			
b. Count 1: Raised the left arm and right leg 4 to 6 inches off the ground while arching the back slightly and looking upward.			
c. Count 2: Returned to the starting position.			
d. Count 3: Raised the right arm and left leg 4 to 6 inches off the ground, while arching the back slightly and looking upward.			
e. Count 4: Returned to the starting position.			
f. Performed the Swimmer using a SLOW cadence.			
5. Performed the 8-Count T Push-Up.			
a. Assumed the correct starting position: position of attention.			
b. Count 1: Assumed the squat position.			
c. Count 2: Thrusted the legs backward to the front leaning rest position.			
d. Count 3: Bent the elbows, lowering the body to the ground.			
e. Count 4: Released the hands from the ground, moving the arms directly out to the side into the T position-the same position used in the T-Raise exercise. Hands were on or off the ground in the T position.			
f. Count 5: Placed the hands on the ground beneath the shoulders.			
g. Count 6: Performed a push up from the ground into the front leaning rest position. Kept the body in a straight line from the head to the bottom of the heels.			
h. Count 7: Returned to the squat position as in count 1.			
i. Count 8: Returned to the starting position.			
j. Performed the 8-Count T Push-Up using a MODERATE cadence.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary	Source Information
	ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	Yes	Yes	
	FM 7-22	Holistic Health and Fitness	Yes	No	

TADSS : None

Equipment Items (LIN): None

Materiel Items (NSN) :

Step ID	NSN	LIN	Title	Qty
No materiel items specified				

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card.

Safety: In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW current CBRN doctrine. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if required)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1138	Perform The Recovery Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0132	Four for the Core (4C)
805P-K-0124	Preparation Drill (PD)
805P-K-0128	Conditioning Drill 1 (CD 1)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms
805P-K-0129	Conditioning Drill 2 (CD 2)

Skills :

Skill ID	Skill Name
805P-S-0103	Ability to form and ask questions
805P-S-0119	Perform basic drill and ceremonies
805P-S-0120	Perform Preparation Drill (PD)
805P-S-0121	Perform Recovery Drill (RD)
805P-S-0124	Perform Conditioning Drill 1 (CD 1)
805P-S-0125	Perform Conditioning Drill 2 (CD 2)
805P-S-0128	Perform Four for the Core (4C)

ICTL Data : None