Report Date: 14 Jan 2021

805P-COM-1102 Perform the Recovery Drill (RD) 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: The Recovery Drill (PD) is conducted to gradually and safely tapers off activities to bring the body back to its pre-exercise state.. The Soldier is provided a PRT area, 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 the Recovery Drill (PD) 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: None

Performance Steps

1. Exercise 1: Perform the Overhead Arm Pull.

Note: VIDEO: Recovery Drill (RD), Exercise 1: https://www.youtube.com/watch?v=zGKZ6Ch1AKk



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Overhead Arm Pull



RECOVERY DRILL (RD

https://www.youtube.com/watch?v=zGKZ6Ch1AKk UNCLASSIFIED

> Exercise 1 Recovery (RD)

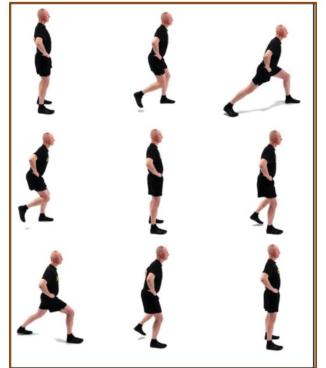
- a. Assume the correct starting position: Straddle stance with hands on hips.
- b. Position 1: On the command, "Ready, STRETCH," raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20-30 seconds.
 - c. Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for 20-30 seconds.
 - e. Starting Position: On the command "Starting Position, MOVE," return to the starting position.
- 2. Exercise 2: Perform the Rear Lunge.

Note: VIDEO: Recovery Drill (RD), Exercise 2: https://www.youtube.com/watch?v=-iCk-buJPOY



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Rear Lunge



RECOVERY DRILL (RD)

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2

Exercise 2 Recovery Drill (RD)

- a. Assume the correct starting position: Straddle stance, hands on hips.
- b. Position 1: On the command "Ready, STRETCH," take an exaggerated step backward with the left leg, touch down with the ball of the foot. Hold this position for 20-30 seconds.
 - c. Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," take an exaggerated step backward with the right leg, touch down with the ball of the foot. Hold this position for 20-30 seconds.
 - e. Starting Position: On the command "Starting Position, MOVE," return to the starting position.
- 3. Exercise 3: Perform the Extend and Flex.

Note: VIDEO: Recovery Drill (RD), Exercise 3: https://www.youtube.com/watch?v=H_nsHcCAlog

Extend and Flex



RECOVERY DRILL (RD)

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3

Exercise 3 Recovery Drill (RD)

- a. Assume the correct starting position: The front leaning rest position.
- b. Position 1: On the command "Ready, STRETCH," lower the body, sag in the middle, keep the arms straight and look upward. Hold this position for 20-30 seconds.
 - c. Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bend the knees and raise the hips upward. Straighten the legs and try to touch the ground with the heels. Move the head in line with the arms, forming an "A" with the body. Keep the feet together and hold this position for 20-30 seconds.
 - e. Starting Position: On the command "Starting Position, MOVE," return to the starting position.
- 4. Exercise 4: Perform the Thigh Stretch.

Note: VIDEO: Recovery Drill (RD), Exercise 4: https://www.youtube.com/watch?v=Rm0qvJo4l_U



Thigh Stretch



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https://www.youtube.com/watch?v=Rm0qvJo4l_U UNCLASSIFIED

Exercise 4 Recovery Drill (RD)

- a. Assume the correct starting position: Seated position, arms at sides and palms on the floor.
- b. Position 1: On the command "Ready, STRETCH," roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the heel of the right foot. Hold this position for 20-30 seconds.
 - c. Starting Position: On the command, "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks pulling the entire leg rearward. Push the right thigh further to the rear with the heel of the left foot. Hold this position for 20-30 seconds.
 - e. Starting Position: On the command, "Starting Position, MOVE," return to the starting position.
- 5. Exercise 5: Perform the Single-Leg Over.

Note: VIDEO: Recovery Drill (RD), Exercise 5: https://www.youtube.com/watch?v=WYQnRdcAYrY

Single-Leg Over



Exercise 5
Recovery Drill (RD)

- a. Assume the correct starting position: Supine position with arms sideward, palms down, and feet together.
- b. Position 1: On the command, "Ready, STRETCH," turn the body to the right, bend the left knee to 90-degrees over the right leg, and grasp the outside of the left knee with the right hand and pull toward the right. Hold this position for 20-30 seconds.
 - c. Starting Position: On the command, "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command, "Change Position, Ready, STRETCH," turn the body to the left, bend the right knee to 90-degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20-30 seconds.
 - e. Starting Position: On the command, "Starting Position, MOVE," return to the starting position.
- 6. Exercise 6: Perform the Groin Stretch

Note: VIDEO: Recovery Drill (RD), Exercise 6: https://www.youtube.com/watch?v=84HorhiBlsc



Groin Stretch



RECOVERY DRILL (RD)

https://www.youtube.com/watch?v=84HorhiBlsc UNCLASSIFIED

Exercise 6 Recovery Drill (RD)

- a. Assume the correct starting position: Straddle stance with hands on hips.
- b. Position 1: On the command, "Ready, STRETCH," take an exaggerated step with the right leg to the right side bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20-30 seconds.
 - c. Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," take an exaggerated step to the left with the left leg bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold the position or continue into a deeper lunge to stretch the inside of the right thigh for 20-30 seconds.
 - e. Starting Position: On the command "Starting Position, MOVE," return to the starting position.
- 7. Exercise 7: Perform the Calf Stretch

Note: VIDEO: Recovery Drill (RD), Exercise 7: https://www.youtube.com/watch?v=PYwXfuxA4II





RECOVERY DRILL (RD)

https://www.youtube.com/watch?v=PYwXfuxA4II UNCLASSIFIED

7

Exercise 7 Recovery Drill (RD)

- a. Assume the correct starting position: Straddle stance with hands on hips.
- b. Position 1: On the command, "Ready, STRETCH," take a step backward with the left leg, placing the foot flat on the ground 1-2 feet behind its starting position. Keeping the left heel on the ground, bend both knees until a stretch is felt in the left Achilles tendon.
 - c. Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," repeat the stretch with the right leg. Increase the stretch sensation in the right calf muscle by stepping further back with the right foot and locking the right knee. Keep the right foot pointing forward throughout the stretch. Hold either stretch position for 20-30 seconds.
 - e. Starting Position: On the command "Starting Position, MOVE," return to the starting position.
- 8. Exercise 8: Perform the Hamstring Stretch

Note: VIDEO: Recovery Drill (RD), Exercise 8: https://www.youtube.com/watch?v=zo35p9UZGr0



Hamstring Stretch



RECOVERY DRILL (RD)

https://www.youtube.com/watch?v=zo35p9UZGr0 UNCLASSIFIED

8

Exercise 8 Recovery Drill (RD)

- a. Assume the correct starting position: Sitting position with arms at the sides and palms on the floor.
- b. Position 1: On the command, "Ready, STRETCH," reach forward with both hands toward the feet, grasping the feet, ankle or lower legs. Keep the knees straight without locking them. Hold this stretch position for 20-30 seconds.
 - c. Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- d. Position 2: On the command "Change Position, Ready, STRETCH," repeat the first stretch position reaching slightly further. Hold this stretch position for 20-30 seconds.
 - e. Starting Position: On the command "Starting Position, MOVE," return to the starting position.

(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 the Recovery Drill. The Soldier should wear APFU. The uniform should be appropriate for the activity that precedes the Recovery (RD). For example, when the activity was Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

a. Assumed the correct starting position: straddle stance with hands on hips. b. Position 1: On the command, "Ready, STRETCH," raised the left arm overhead and placed the left debrind. Pread, Grasped above the left ebbow with the right hand and pulled to the right, learning the body to the th. Held this position for 20-30 seconds. c. Starting Position On the command "Starting Position, MOVE", "assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," maked the right arm overhead placed the right and plant of the left hand and pulled to the present plant of the plant plant of the plant plant of the plant pl	PERFORMANCE MEASURES	GO	NO-GO	N/A
b. Peakint n: Con the command. 'Ready, STRETCH,' raised the left arm overhead and placed the left in debrind in behalf. Grasped above the left above with the right hand and pulled to the right, learning the body to the liked this position. On the command.' Starting Position, MOVE, 'assumed the starting position. 6. Starting Position. On the command 'Starting Position, MOVE, 'assumed the starting position. 7. Bearing the body to the left. Held this position for 28-39 seconds. 8. Starting Position Con the command 'Starting Position, MOVE,' returned to the starting position. 8. Starting Position Con the command 'Starting Position, MOVE,' returned to the starting position. 8. Assumed the Correct starting position: stratified starce, hands on hips. 9. Position 1: On the command 'Ready, STRETCH,' took an exaggerated step backward with the left. 9. Starting Position: On the command 'Starting Position, MOVE,' returned to the starting position. 9. Starting Position: On the command 'Starting Position, MOVE,' sassumed the starting position. 9. Starting Position: On the command 'Starting Position, MOVE,' assumed the starting position. 9. Starting Position: On the command 'Starting Position, MOVE,' returned to the starting position. 9. Starting Position on the command 'Starting Position, MOVE,' returned to the starting position. 9. Starting Position on the command 'Starting Position, MOVE,' returned to the starting position. 9. Starting Position on the command 'Starting Position on Kove,' returned to the starting position. 9. Position 2: On the command 'Ready, STRETCH,' whereas the starting position. 9. Position 2: On the command 'Starting Position, MOVE,' assumed the starting position. 9. Assumed the correct starting position: the front learning rest position. 9. Desition 1: On the command 'Ready, STRETCH,' whereas the best position for 20-30 seconds. 9. Starting Position on the command 'Starting Position, MOVE,' assumed the starting position. 9. Castraing Position on the command 'Starting Position, MOVE	Performed the Overhead Arm Pull.			
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III. Held this position for 20-30 seconds. C. Starting Position? On the command "Starting Position, MOVE," assumed the starting position. d. Position 2. On the command "Change Position, Ready, STRETCH," raised the right arm overhead placed the right hard behind the head. Grasped about the right hard with the left hand and pulled the left, tearing the body to the left. Held this position for 20-30 seconds. S. Starting Position On the command "Starting Position, MOVE," returned to the starting position. Performed the Rear Lunge. 8. Assumed the correct starting position: straddle stance, hands on hips. 9. Position 1: On the command "Ready, STRETCH," took an exaggerated step backward with the left touching down with the ball of the bot Held this position for 20-30 seconds. 9. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. 9. Command Position: On the command "Starting Position, MOVE," assumed the starting position. 9. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. 9. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. 9. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. 9. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. 9. Position 1: On the command "Starting Position, MOVE," assumed the starting position. 9. Position 1: On the command "Starting Position, MOVE," assumed the starting position. 9. Position 2: On the command "Starting Position, MOVE," assumed the starting position. 9. Position 2: On the command "Starting Position, MOVE," assumed the starting position. 9. Position 3: On the command "Starting Position, MOVE," returned to the starting position. 9. Position 2: On the command "Starting Position, MOVE," returned to the starting position. 9. Position 2: On the command "Starting Position, MOVE," returned to the starting position. 9. Position 3: On the command "St	b. Position 1: On the command, "Ready, STRETCH," raised the left arm overhead and placed the left hand behind			
d. Position 2: On the command 'Change Position. Ready, STRETCH.' raised the right arm overhead placed the right hand behind the head. Grasped above the right allow with the left hand and pulled the left, leaning the body to the left. Held this position for 20-30 seconds. 8. Starting Position: On the command 'Starting Position, MOVE', 'returned to the starting position. 9. Assumed the corners starting position: straddle stance, hands on hips. 9. Assumed the command 'Ready, STRETCH,' took an exaggerated step backward with the left the took Held this position for 20-30 seconds. 9. C. Starting Position: On the command 'Starting Position, MOVE', 'returned to the starting position. 9. C. Starting Position: On the command 'Starting Position, MOVE', returned to the starting position. 9. Starting Position: On the command 'Starting Position, MOVE', returned to the starting position. 9. Starting Position: On the command 'Starting Position, MOVE', returned to the starting position. 9. Starting Position: On the command 'Starting Position, MOVE', returned to the starting position. 9. Starting Position: On the command 'Starting Position, MOVE', returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'sastumed the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'returned to the starting position. 10. Position: 1: On the command 'Starting Position, MOVE', 'sesumed the carting position	the head. Grasped above the left elbow with the right hand and pulled to the right, leaning the body to the right. Held this position for 20-30 seconds.			
d placed the right hand behind the head. Grasped above the right eblow with the left fhand and pulled he left, liaming the body to the left. Held this position for 20-30 seconds. e. Starting Position: On the command 'Starting Position, MOVE,' returned to the starting position. Performed the Rear Lunge. a. Assumed the correct starting position: straddle stance, hands on hips. b. Position 1: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE, assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. e. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Starting Position, MOVE," assumed the starting position. b. Position 1: On the command "Starting Position, MOVE," assumed the starting position. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 1: On the command "Starting Position, MOVE," assumed the starting position. d. Position 1: On the command "Starting Position, MOVE, assumed the starting position. d. Position 1: On the command "Starting Position, MOVE," assumed the starting position. d. Position 1: On the command "Starting Position, MOVE, assumed the starting position. d. Position 1: On the command "Starting Position, MOVE, assumed the starting position. d. Position 1: On the command "Starting Position, MOVE, assumed the starting position. e. Starting Position: On the command "Starting Position, MOVE, assumed to the starting position. e. Starting Position 1: O	c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position.			
Performed the Roar Lunge. A Assumed the correct starting position: straddle stance, hands on hips. b. Position 1- On the command "Ready, STRETCH," took an exaggerated step backward with the left it, touching down with the ball of the foot. Held this position for 23-03 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step xward with right leg, touching down with the ball of the foot. Held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Extend and Flex. A. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the is straight and looked upward. Held this position for 20-30 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 1: On the command "Change Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MoVE," assumed the head in line with arms, forming an "A" with the body, Kept the legt together and held this position for 20-30 seconds. c. Starting Position: On the command "Starting Position, MoVE," returned to the starting position. d. Position 2: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, as at sides and palms on the floor. b. Position 1: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, as at sides and palms on the floor. b. Position 1: On the command "Starting Position, MOVE," returned to the starting position. d. Position 2: On the command, "Starting Position, MOVE," assume the starting position. d. Positio	d. Position 2: On the command "Change Position, Ready, STRETCH," raised the right arm overhead and placed the right hand behind the head. Grasped above the right elbow with the left hand and pulled to the left, leaning the body to the left. Held this position for 20-30 seconds.			
a. Assumed the cornect starting position: straddle stance, hands on hips. b. Position 1-0 he command "Starting position to the starting position. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step right leg, fourthing down with the ball of the foot. Held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the starting position. D. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," returned to the starting position. Positing Position: On the command "Starting Position, MOVE," returned to the starting position. Position 2: On the command "Ready, STRETCH," rolled onto the right side and placed the right sarm on the floor. a. Assumed the correct starting position: seated position, arms at sides and plams on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right sarm on the floor. D. Position 1: On the command, "Starting Position, MoVE," assumed the starting position. Position on the command, "Starting Position, MoVE," assumed the starting position and the same on the ground with the heart with the held the	e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.			
b. Position 1: On the command "Ready, STRETCH," took an exaggerated step backward with the left the foot. Held this position for 20-50 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step starting the starting position on the command "Starting Position, MOVE," assumed the starting position. Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. B. Position 1: On the command "Starting Position, MOVE," returned to the starting position. B. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the starting Position 1: On the command "Starting Position, MOVE," assumed the starting position. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," returned to the starting position. d. Position 2: On the command "Starting Position, MOVE," returned to the starting position. S. Starting Position On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right samm on the under the starting position of the command "Ready, STRETCH," rolled onto the right side and placed the right samm on the under the starting position of the starting position. 3. Assumed the correct starting position: seated position, MOVE, "returned to the starting position. d. Position 1: On the command "Ready, STRETCH," flumed			+	
, touching down with the ball of the foot. Held this position for 20-30 seconds. c. Starting Position. On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step kward with right leg, touching down with the ball of the foot. Held this position for 20-30 seconds. e. Starting Position. On the command "Starting Position, MOVE," returned to the starting position. Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the sis straight and looked upward. Held this position for 20-30 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and sed the hips ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with arms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds. c. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the ThipS Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right sam on the starting position. Performed the ThipS Stretch. a. Assumed the eleft high further to the rear with the held toward the buttocks and pulled the entire leg rearward. Shed this left than and pulled the left heel toward the buttocks and pulled the entire leg rearward. Shed this left thing hurther to the rear with the held to the right sould not he left side and placed the right sam on the ground, perpendicular to the chest. The left hand made a list on the ground perpendicular to the chest. The left hand made a list on the ground perpendicular to the ches	<u> </u>			
d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step kward with right leg, touching down with the bail of the foot. Held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the starting position. On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and sed the hips ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with arms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the ThipS Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right samm on the starting position. Seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right samm on the starting position. The command "Ready, STRETCH," solid onto the right side and placed the right samm on the starting position. d. Position 2: On the command "Ready, STRETCH," solid onto the right side and placed the right samm on the starting position. On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command, "Starting Position, MOVE, assumed the starting position. e. Starting Position: On the command, "Starting Position, MOVE, assumed the starting position. e. Island the position of	b. Position 1: On the command "Ready, STRETCH," took an exaggerated step backward with the left leg, touching down with the ball of the foot. Held this position for 20-30 seconds.			
inghi led, touching down with the ball of the foot. Held this position for 20-30 seconds. s. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the starting position of 10-00 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Starting Position, MOVE," assumed the starting position. d. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. s. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right sarm on the starting position and the starting position for 20-30 seconds. c. Starting Position the command "Starting Position, MOVE," assumed the starting position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position of 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command, "Starting Position, MOVE," returned to the starting position. d. Position 2:	c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position.			
e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Extend and Flex. A Sasumed the correct starting position: the front leaning rest position. B. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the sartingth position of 20-30 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and set the high starting the ground with the heals. Moved the heads in line with same, forming an "A" with the body. Kept the feet logether and held this position for 20-30 seconds. e. Starting Position. On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right same onto the command "Ready, STRETCH," rolled onto the right side and placed the right same onto the command "Ready, STRETCH," rolled onto the right side and placed the right same onto the command "Ready, STRETCH," rolled onto the right side and placed the right same onto the command "Change Position, MOVE," assumed the starting position. c. Starting Position: On the command "Change Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left frower on the ground, perpendicular to the chest. The left hand diade als fis on the ground with the through side up the entire leg rearward. Pushed the right flood the right on the left side and placed left forear on the ground, perpendicular to the chest. The left hand diade als fis on the ground with the side of the entire leg rearward. Pushed the right flood the right hand and placed left forear on the ground perpendicular to the chest. The left hand diade also t	d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step backward with			
Performed the Extend and Flex. a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the straining took of the position of the position for 20-30 seconds. c. Starting Position: On the command "Starting Position, MoVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and sed the hips ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with arms, forming an "A" with the body, Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and placed the right arms on the arms of the starting position and the properties of the position of the command "Ready, STRETCH," rolled onto the right side and placed the right arms on the sund, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. sisped the side than a pulled the left heel toward the buttocks and pulled the entire leg rearward, shed the left thand and pulled the left heel toward the buttocks and pulled the entire leg rearward, shed the left thigh further to the rear with the heel of the right floot. Held this position for 20-30 seconds. d. Starting Position: On the command, "Starting Position, MoVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with thumb side up. Grasped the right and with the right hand and pulled the right the left was the without the left had the with the left hand made a fist on the ground with them the side and placed left forearm on the ground, perpendicular to the chest. The left hand made a f	he right leg, touching down with the ball of the foot. Held this position for 20-30 seconds.		1	
a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the se straight and looked upward. Held this position for 20-30 seconds. c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and sward. Straightened the legs and ried to touch the ground with the heels. Moved the head in line with arms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right sam on the unund, perpendicular to the chest. The right hand made a fits on the ground with the thumb side up. specified the arms to the starting position or 20-30 seconds. c. Starting Position: On the command "Ready, STRETCH," rolled the position for 20-30 seconds. c. Starting Position: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forear mon the ground, perpendicular to the chest. The left thand made a fits on the ground personal command. "Starting Position, Ready, STRETCH," laid on the left side and placed left forear mon the ground, perpendicular to the chest. The left hand made a fits on the ground with the side and placed left forear mon the ground, perpendicular to the chest. The left hand made a fits on the ground with the side position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, Ready, STRETCH," turned the body to the left the total the left knee to degrees and the starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Ready, STRETCH	e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.			
b. Position 1: On the command 'Ready, STRETCH,' lowered the body, sagged in the middle, kept the ins straight and looked upward. Held this position for 20-30 seconds. c. Starting Position: On the command 'Starting Position, MOVE,' assumed the starting position. d. Position 2: On the command 'Change Position, Ready, STRETCH,' slightly bent the knees and sed the hips ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with arms, forming an 'A' with the body. Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command 'Starting Position, MOVE,' returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command 'Ready, STRETCH,' rolled onto the right side and placed the right samm on the und, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. saped the ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward. shed the left high further to the rear with the heel of the right toot. Held this position for 20-30 seconds. c. Starting Position: On the command. 'Starting Position, MOVE,' assumed the starting position. c. Starting Position: On the command. 'Starting Position, MOVE,' assumed the starting position. d. Position 2: On the command 'Change Position, Ready, STRETCH,' lad not hel this dea and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with thumb side up. Grasped the right ankle with the right hand and pulled the right heel toward the the the tokes pulling the entire leg rearward. Pushed the right high further to the rear with the heel of the left the Held then be starting position. Performed the Single-Leg Over. a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Ready, STRE	3. Performed the Extend and Flex.			
c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and seed the hips ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with arms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right earn on the sum, perpendicular to the chest. The right hand a fist on the ground with the thumb side up., speed the ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward, shed the left thigh further to the rear with the heel of the right tools. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," said on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with thumbs due to prepare the starting Position. Part of the starting Position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command" Change Position, Ready, STRETCH," sturned to the starting position. e. Starting Position: On the command, "Starting Position, MOVE," returned to the starting position. Performed the Single-Leg Over. a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Starting Position, MOVE," assume the starting position. d. Position 2: On the command, "Starting Position, Rove," sasume the starting position. d. Position 2: On the command, "Starting Position, Rove," sasume the st	a. Assumed the correct starting position: the front leaning rest position. b. Position 1: On the command "Ready, STRETCH," lowered the body, sagged in the middle, kept the			
d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and sed the higs sed the higs sed the higs sed the higs ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with larms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right earm on the und, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. asped the anishe with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward. ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward. Shed the left thigh further to the rear with the heel of the right foot. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, New Yet," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with thumb side up. Grasped the right ankle with the right hand and pulled the right hele toward the tocks pulling the entire leg rearward. Pushed the right hand and pulled the right hele toward the tocks pulling the entire leg rearward. Pushed the right high further to the rear with the heel of the left to the the starting position: Deformed the Single-Leg Over. a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Ready, STRETCH," turned the body to the left, the right leg, and grasped the outside of the left knee with the right hand and				
ward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with arms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds. e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position. Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right sarm on the und, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. Starting Position and pulled the left heel toward the buttocks and pulled the entire leg rearward. Shed the left thigh further to the rear with the heel of the right foot. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground perpendicular to the chest. The left hand made a fist on the ground with the this bide up. Grasped the right hankle with the right hand and pulled the right heel toward the tocks pulling the entire leg rearward. Pushed the right hand and pulled the right heel of the left the left the stretch of the chest. The left hand made a fist on the ground with the thin the side up. Grasped the right ankle with the right hand and pulled the right heel toward the tocks pulling the entire leg rearward. Pushed the right hand and pulled the right heel toward the tocks pulling the entire leg rearward. Pushed the right hand and pulled toward the left the left the left the left the sociation. Performed the Single-Leg Over. a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Ready, STRETCH," turned the body to the right, bent the left knee to degrees or the right leg, and grasped the outside	d. Position 2: On the command "Change Position, Ready, STRETCH," slightly bent the knees and			
Performed the Thigh Stretch. a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right earm on the und, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. asped the ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward, shed the left thigh further to the rear with the heel of the right foot. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the thumb side up. Grasped the right ankle with the right hand and pulled the right heel toward the tocks pulling the entire leg rearward. Pushed the right thigh further to the rear with the heel of the left the text. Held this position for 20-30 seconds. e. Starting Position: On the command, "Starting Position, MOVE," returned to the starting position. Performed the Single-Leg Over. a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Ready, STRETCH," turned the body to the right, bent the left knee to degrees at the right leg, and grasped the outside of the left knee with the right hand and pulled toward the right. In the right leg and grasped the outside of the left knee with the right knee with the left hand and lelet toward the left. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assume the starting position. d. Position 2: On the command, "Change Position, Ready, STRETCH," turned to the starting position. Performed the left. Held this position for 20-30 seconds. e. Starting Position: On the command, "Starting Positio	raised the hips upward. Straightened the legs and tried to touch the ground with the heels. Moved the head in line with the arms, forming an "A" with the body. Kept the feet together and held this position for 20-30 seconds.			
a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right samm on the pund, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. asped the ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward, shed the left thigh further to the rear with the heel of the right foot. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left there is the proper to the ground with the starting position. d. Position 1: On the command, "Starting Position, MOVE," returned to the starting position. D. Position 1: On the command, "Ready, STRETCH," turned the body to the right, bent the left knee to degrees er the right leg, and grasped the outside of the left knee with the right hand and pulled toward the right. In the right leg, and grasped the outside of the left knee with the starting position. d. Position 2: On the command, "Starting Position, MOVE," assume the starting position. d. Position 2: On the command, "Starting Position, MOVE," assume the starting position. d. Position 1: On the command, "Starting Position, MOVE," returned to the starting position. D. Position 1: On the command, "Starting Position, MOV	e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.			
a. Assumed the correct starting position: seated position, arms at sides and palms on the floor. b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right samm on the pund, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. asped the ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward, shed the left thigh further to the rear with the heel of the right foot. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with the left there is the proper to the ground with the starting position. d. Position 1: On the command, "Starting Position, MOVE," returned to the starting position. D. Position 1: On the command, "Ready, STRETCH," turned the body to the right, bent the left knee to degrees er the right leg, and grasped the outside of the left knee with the right hand and pulled toward the right. In the right leg, and grasped the outside of the left knee with the starting position. d. Position 2: On the command, "Starting Position, MOVE," assume the starting position. d. Position 2: On the command, "Starting Position, MOVE," assume the starting position. d. Position 1: On the command, "Starting Position, MOVE," returned to the starting position. D. Position 1: On the command, "Starting Position, MOV	4. Performed the Thigh Stretch.			
b. Position 1: On the command "Ready, STRETCH," rolled onto the right side and placed the right sam on the und, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. asped the ankle with the left thigh further to the rear with the heel of the right foot. Held this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assumed the starting position. d. Position 2: On the command "Change Position, Ready, STRETCH," laid on the left side and placed left forearm on the ground, perpendicular to the chest. The left hand made a fist on the ground with thumb side up. Grasped the right ankle with the right hand and pulled the right hele toward the tokes pulling the entire leg rearward. Pushed the right hand and pulled the right hele toward the tokes pulling the entire leg rearward. Pushed the right hand and pulled the right hele toward the tokes pulling the entire leg rearward. Pushed the right hand and pulled the right hele toward the tokes pulling the entire leg rearward. Pushed the right hand and pulled the right hele toward the tokes pulling position: On the command, "Starting Position, MOVE," returned to the starting position. Performed the Single-Leg Over. a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet either. b. Position 1: On the command, "Ready, STRETCH," turned the body to the right, bent the left knee to degrees er the right leg, and grasped the outside of the left knee with the right hand and pulled toward the right. Id this position for 20-30 seconds. c. Starting Position: On the command, "Starting Position, MOVE," assume the starting position. d. Position 2: On the command, "Starting Position, MOVE," returned to the starting position. d. Position 2: On the command, "Starting Position, MOVE," returned to the starting position. Performed the Groin Stretch. a. Assumed the correct starting position: Straddle stance with hands on hips. b. Position 1: On the command, "Ready,				
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	e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.		+	

7. Performed the Calf Stretch.		
a. Assumed the correct starting position: Straddle stance with hands on hips.		
b. Position 1: On the command, "Ready, STRETCH," took a step backward with the left leg, placing the foot flat on the ground 1-2 feet behind its starting position. Keeping the left heel on the ground, bent both knees until a stretch was felt in the left Achilles tendon.		
c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position.		
d. Position 2: On the command "Change Position, Ready, STRETCH," repeated the stretch with the right leg. Increased the stretch sensation in the right calf muscle by stepping further back with the right foot and locking the right knee. Kept the right foot pointing forward throughout the stretch. Held either stretch position for 20-30 seconds.		
e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.		
8. Performed the Hamstring Stretch.		
a. Assumed the correct starting position: Sitting position with arms at the sides and palms on the floor.		
b. Position 1: On the command, "Ready, STRETCH," reached forward with both hands toward the feet, grasping the feet, ankle or lower legs. Kept the knees straight without locking them. Held this stretch position for 20-30 seconds.		
c. Starting Position: On the command "Starting Position, MOVE," assumed the starting position.		
d. Position 2: On the command "Change Position, Ready, STRETCH," repeated the first stretch position reaching slightly further. Held this stretch position for 20-30 seconds.		
e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.		

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 i	tems 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 conditions (if applicable)

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: None

Supporting Individual Tasks:

Task Number	Title	Proponent	Status
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1117	Perform 30:60s and 60:120s	805P - Physical Readiness (Individual)	Approved
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks:

Task Number	Title	Proponent	Status
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Analysis

Supported Collective Tasks: None

Knowledges:

Knowledge ID	Knowledge Name
805P-K-0124	Preparation Drill (PD)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms

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)

ICTL Data: None