

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>



Overhead Arm Pull

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Overhead Arm Pull



<https://www.youtube.com/watch?v=zGKZ6Ch1AKk>
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Exercise 1 Recovery (RD)

- Assume the correct starting position: Straddle stance with hands on hips.
- 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.
- Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- 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.
- 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>



Rear Lunge

Rear Lunge

RECOVERY DRILL (RD)



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Exercise 2 Recovery Drill (RD)

- Assume the correct starting position: Straddle stance, hands on hips.
- 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.
- Starting Position: On the command "Starting Position, MOVE," assume the starting position.
- 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.
- 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_nsHcCAl0g



RECOVERY DRILL (RD)

https://www.youtube.com/watch?v=H_nsHcCAl0g
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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



RECOVERY DRILL (RD)

https://www.youtube.com/watch?v=Rm0qvJo4L_U
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Exercise 4 Recovery Drill (RD)

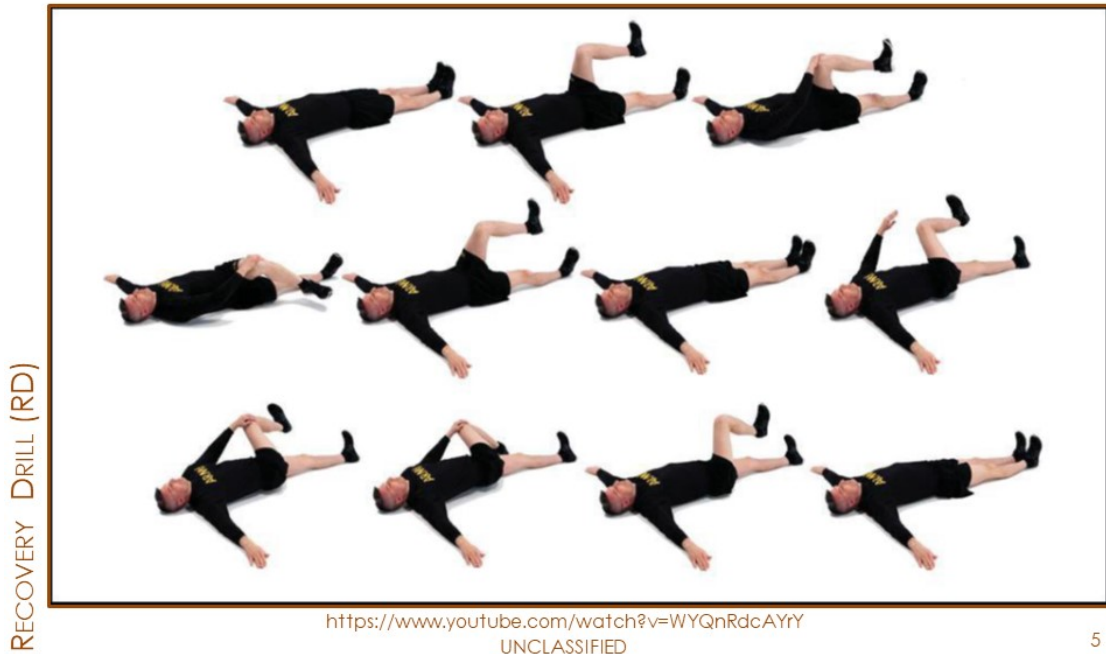
- a. Assume the correct starting position: Seated position, arms at sides and palms on the floor.
 - b. Position 1: On the command "Ready, STRETCH," roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb 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

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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.

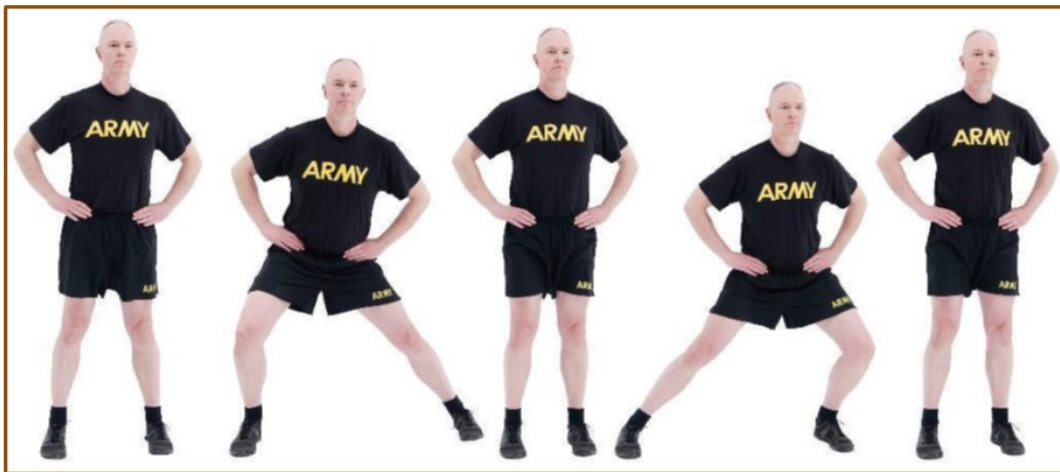
6. Exercise 6: Perform the Groin Stretch

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>
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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>



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

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Hamstring Stretch



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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.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Overhead Arm Pull.			
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 hand behind 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.			
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 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.			
e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.			
2. Performed the Rear 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 leg, 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 backward with the 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.			
3. 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 arms 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 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.			
e. Starting Position: On the command "Starting Position, MOVE," returned to the starting position.			
4. 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 forearm on the ground, perpendicular to the chest. The right hand made a fist on the ground with the thumb side up. Grasped the left ankle with the left hand and pulled the left heel toward the buttocks and pulled the entire leg rearward. Pushed 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 the 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 buttocks pulling the entire leg rearward. Pushed the right thigh further to the rear with the heel of the left foot. Held this position for 20-30 seconds.			
e. Starting Position: On the command, "Starting Position, MOVE," returned to the starting position.			
5. Performed the Single-Leg Over.			
a. Assumed the correct starting position: supine position with arms sideward, palms down, and feet together.			
b. Position 1: On the command, "Ready, STRETCH," turned the body to the right, bent the left knee to 90-degrees over the right leg, and grasped the outside of the left knee with the right hand and pulled toward the right. 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 the body to the left, bent the right knee to 90-degrees over the left leg, and grasped the outside of the right knee with the left hand and pulled toward the left. Held this position for 20-30 seconds.			
e. Starting Position: On the command, "Starting Position, MOVE," returned to the starting position.			
6. Performed the Groin Stretch.			
a. Assumed the correct starting position: Straddle stance with hands on hips.			
b. Position 1: On the command, "Ready, STRETCH," took an exaggerated step with the right leg to the right side bending the right knee into a lateral lunge. Trunk and head continued to face forward. Held 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," assumed the starting position.			
d. Position 2: On the command "Change Position, Ready, STRETCH," took an exaggerated step to the left with the left leg bending the left knee into a lateral lunge. Trunk and head continued to face forward. Held 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," 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 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 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