

805P-COM-1103
Perform Four for the Core (4C)
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: Regular performance of Four for the Core (4C) provides a foundation of good stability for all physical readiness exercises. The Soldier is provided a PRT area IAW ATP 7-22.02, 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 Four for the Core (4C) drill 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) The core of the body consists of the abdomen, the pelvis and lower or lumbar spine. The muscles that originate in the core provide stability and motion for the limbs and trunk. Regular performance of Four for the Core (4C) provides a foundation of good stability for all physical readiness exercises. Returning to the position of attention between exercises provides a moment to reset posture and check the improvement these exercises

provide for moving to and from the ground.

(2) All exercises in the Four for the Core (4C) can be viewed on YouTube using the following links:

4C-1: <https://www.youtube.com/watch?v=AILxeah6aeE>

4C-2: <https://www.youtube.com/watch?v=xc8RCfTteu0>

4C-3: <https://www.youtube.com/watch?v=Lm3vN7xq8B4>

4C-4: <https://www.youtube.com/watch?v=LHIZxvSMLXU>

Performance Steps

1. Perform the Bent-Leg Raise.

Note:

(1) The Bent-Leg Raise is the first exercise in Four for the Core (4C). This exercise improves awareness of spinal control while moving the legs. The hand position under the back and not the pelvis, places heavy emphasis on the strength of the core muscles of the abdomen, not the hip flexor muscles.

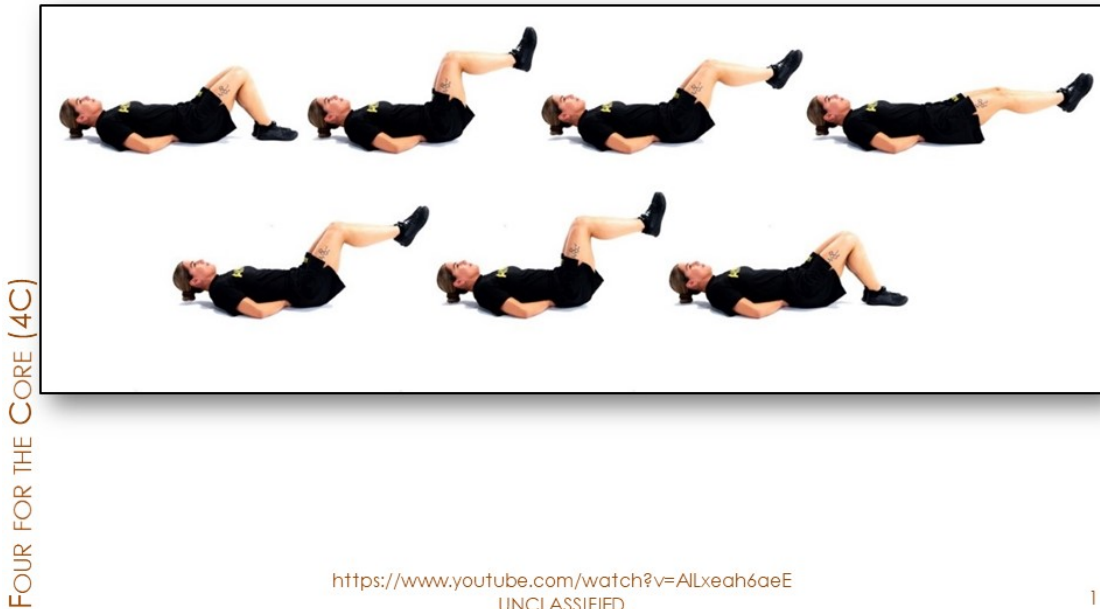
(2) Video of Four for the Core (4C), Exercise 1: <https://www.youtube.com/watch?v=AILxeah6aeE>



Bent-Leg Raise

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Bent-Leg Raise



<https://www.youtube.com/watch?v=AILxeah6aeE>
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1

Exercise 1

Four for the Core (4C)

a. On the command "Starting Position, MOVE," assume the correct starting position: Lay in the starting position for the sit-up, place the fingers of both hands underneath the small of the back.

b. On the command, "Ready, EXERCISE," raise the feet off of the ground until both the hips and knees flex to 90 degrees. Contract the abdominals as if preparing for a blow to the stomach. Maintain the same degree of pressure while slowly straightening the legs. As soon as you can no longer maintain the same degree of pressure on the fingers, bring his legs back to the 90-degree position and repeat until one minute has elapsed.

c. On the command, "Starting Position, MOVE," return to the starting position.

d. On the command, "Position of Attention, MOVE," assume the position of attention.

2. Perform the Side Bridge.

Note:

(1) The Side Bridge is the second exercise in Four for the Core (4C). This exercise isolates one side of the trunk at a time. It strengthens all the muscles on the side nearest the ground - from the spine to the side of the trunk and pelvis. It is a safe way to contract the obliques and the hip abductors without compressing or loading the spine.

(2) Video of Four for the Core (4C), Exercise 2: <https://www.youtube.com/watch?v=xc8RCfTteu0>



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Side Bridge



<https://www.youtube.com/watch?v=xc8RCfTteu0>
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2

Exercise 2 Four for the Core (4C)

- a. On the command, "Starting Position, MOVE," assume the correct starting position: Lay on either side with the upper body off the ground, supported by the elbow, forearm, and fist. Cross the bottom leg in front of the top leg, keep the feet together.
- b. On the command, "Ready, EXERCISE," firmly press into the ground with the supporting arm, and then raise the trunk and pelvis straight upward until they form a straight line with the legs and knees. Hold this position while continuing to breathe.
- c. On the command, "Starting Position, MOVE," return to the starting position.
- d. On the command, "Change Position, MOVE," switch to the other side after one minute. (If Soldier cannot hold for one minute, lower, rest briefly, then repeated until one minute elapses.)
- e. On the command, "Starting Position, MOVE," return to the starting position.
- f. On the command, "Position of Attention, MOVE," assume the position of attention.

3. Perform the Back Bridge.

Note:

- (1) The Back Bridge is the third exercise in Four for the Core (4C). This exercise strengthens the muscles on the spine, buttocks, and hamstrings – the posterior chain.
- (2) Video of Four for the Core (4C), Exercise 3: <https://www.youtube.com/watch?v=Lm3vN7xq8B4>



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Back Bridge



<https://www.youtube.com/watch?v=Lm3vN7xq8B4>
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3

Exercise 3 Four for the Core (4C)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Lay on the back with knees bent at 90 degrees, arms extended sideward at 45 degrees and feet on the marching surface, perform the drawing-in maneuver.

b. On the command, "Ready, EXERCISE," raise the hips off of the ground until the trunk and thighs form a generally straight line. The spine must not arch to achieve this position. With the buttocks still up, straighten the left leg until it aligns with the trunk and thigh. Don't let the trunk and pelvis sag on the unsupported side. Hold five seconds, and then switch to the other leg. Repeat for one minute.

c. On the command, "Starting Position, MOVE," return to the starting position.

d. On the command, "Position of Attention, MOVE," assume the position of attention.

4. Perform the Quadruplex.

Note:

(1) The Quadruplex is the final exercise in Four for the Core (4C). This exercise improves balance, coordination and strength of core muscles in the posterior chain.

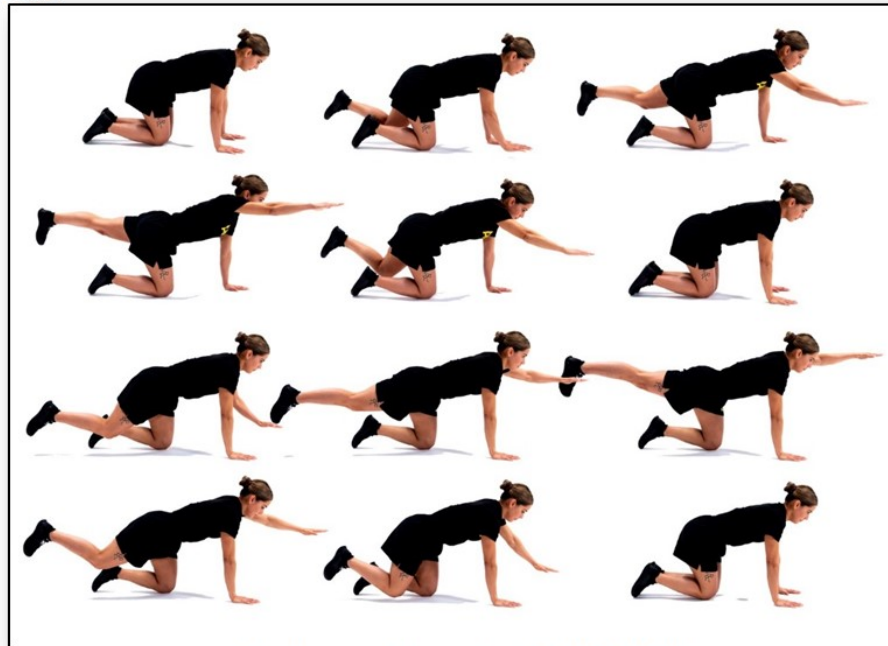
(2) Video of Four for the Core (4C), Exercise 4: <https://www.youtube.com/watch?v=LHIZxvSMLXU>



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Quadraplex

FOUR FOR THE CORE (4C)



<https://www.youtube.com/watch?v=LHIZxvSMLXU>
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4

Exercise 4 Four for the Core (4C)

- On the command, "Starting Position, MOVE," assume the correct starting position: The starting position is on the hands and knees with the back flat.
 - On the command, "Ready, EXERCISE," contract the abdominal muscles as described in the bent-leg raise. Without rotating the trunk or sagging or arching the spine, straighten the left leg to the rear and the right arm to the front. Hold for at least 5 seconds.
 - On the command, "Starting Position, MOVE," recover to the starting position.
 - On the command, "Change Position, MOVE, prepare to exercise alternate leg and arm.
 - On the command, "Ready, EXERCISE," alternate the arm and leg movements, repeating for one minute. The goal is to hold each quadraplex position (left and right) for 60 seconds each.
- NOTE: The key to this exercise is controlled lowering and raising of the opposite arm and leg while keeping the rest of the body aligned and still.
- On the command, "Starting Position, MOVE," return to the starting position.
 - On the command, "Position of Attention, MOVE," assume the position of attention.

(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 Four for the Core (4C). The Soldier should wear APFU. The uniform should be appropriate for the activity that follows Four for the Core (4C). 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 Bent-Leg Raise.			
a. On the command "Starting Position, MOVE," assumed the correct starting position: Laid in the starting position for the sit-up, placed the fingers of both hands underneath the small of the back.			
b. On the command, "Ready, EXERCISE," raised the feet off of the ground until both the hips and knees flex to 90 degrees. Contracted the abdominals as if preparing for a blow to the stomach. Maintained the same degree of pressure while slowly straightening the legs. As soon as the Soldier can no longer maintain the same degree of pressure on his fingers, he brings his legs back to the 90-degree position and repeat until one minute has elapsed.			
c. On the command, "Starting Position, MOVE," returned to the starting position.			
d. On the command, "Position of Attention, MOVE," assumed the position of attention.			
2. Performed the Side Bridge.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Laid on either side with the upper body off the ground, supported by the elbow, forearm, and fist. Crossed the bottom leg in front of the top leg, kept the feet together.			
b. On the command, "Ready, EXERCISE," firmly pressed into the ground with the supporting arm, and then raised the trunk and pelvis straight upward until they formed a straight line with the legs and knees. Held this position while continuing to breathe.			
c. On the command, "Starting Position, MOVE," returned to the starting position.			
d. On the command, "Change Position, MOVE," switched to the other side after one minute. (If Soldier couldn't hold for one minute, lowered, rested briefly, then repeated until one minute had elapsed.)			
e. On the command, "Starting Position, MOVE," returned to the starting position.			
f. On the command, "Position of Attention, MOVE," assumed the position of attention.			
3. Performed the Back Bridge.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Laid on the back with knees bent at 90 degrees, arms extended sideward at 45 degrees and feet on the marching surface, performed the drawing-in maneuver.			
b. On the command, "Ready, EXERCISE," raised the hips off of the ground until the trunk and thighs form a generally straight line. The spine must not arch to achieve this position. With the buttocks still up, straightened the left leg until it aligns with the trunk and thigh. Didn't let the trunk and pelvis sag on the unsupported side. Held five seconds, and then switched to the other leg. Repeated for one minute.			
c. On the command, "Starting Position, MOVE," returned to the starting position.			
d. On the command, "Position of Attention, MOVE," assumed the position of attention.			
4. Performed the Quadruplex.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: the starting position is on the hands and knees with the back flat.			
b. On the command, "Ready, EXERCISE," contracted the abdominal muscles as described in the bent-leg raise. Without rotating the trunk or sagging or arching the spine, straightened the left leg to the rear and the right arm to the front. Held for at least 5 seconds.			
c. On the command, "Starting Position, MOVE," recovered to the starting position.			
d. On the command, "Change Position, MOVE, prepared to exercise alternate leg and arm.			
e. On the command, "Ready, EXERCISE," alternated the arm and leg movements, repeating for one minute. Held each quadruplex position (left and right) for 60 seconds each.			
f. On the command, "Starting Position, MOVE," returned to the starting position.			
g. On the command, "Position of Attention, MOVE," assumed the position of attention.			

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 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 :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	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-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	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-1121	Perform Conditioning Drill 1 (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	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-0112	Army PRT Related Policies and Regulations
805P-K-0111	Army Terminology and Acronyms

Skills :

Skill ID	Skill Name
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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-0128	Perform Four for the Core (4C)

ICTL Data : None