

805P-COM-1107
Perform the Push-Up and Sit-Up Drill (PSD)
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 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 Push-Up and Sit-Up Drill (PSD) 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 FM 7-22, "Holistic Health and Fitness."

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 FM 7-22 and 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) Push-ups and sit-ups build upper body and trunk muscular strength and endurance by challenging control of body weight. The PSD promotes muscular endurance without the repetitive motions that often lead to overuse injuries. They improve mobility by progressively moving the major joints through a full, controlled range of motion.

(2) All exercises in the Push-Up and Sit-Up Drill (PSD) can be viewed on YouTube using the following link:

<https://www.youtube.com/watch?v=UxMhMqxum9E>

Performance Steps

1. Perform the Push-Up Drill.

Note:

CHECK POINT 1: Keep the hands directly below the shoulders with fingers spread (middle fingers pointed straight ahead).

CHECK POINT 2: On counts 1 and 3, the upper arms stay close to the trunk, elbows pointing rearward.

CHECK POINT 3: On counts 2 and 4, the elbows straighten but do not lock.

CHECK POINT 4: Tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

- a. Assume correct starting position: front leaning rest position.
- b. Count 1: Bend the elbows, lowering the body until the upper arms are parallel with the ground.
- c. Count 2: Return to the starting position.
- d. Count 3: Repeat count 1.
- e. Count 4: Return to the starting position.

2. Perform the Sit-Up Drill.

Note:

CHECK POINT 1: At the end of each repetition, the Soldier counting will state the number of sit-ups correctly performed.

a. Assume the correct starting position: Lying on your back with your knees bent at a 90-degree angle. Your feet may be together or up to 12 inches apart (measured between the feet). The heel is the only part of your foot that must stay in contact with the ground. Your fingers must be interlocked behind your head and the backs of your hands must touch the ground. Your arms and elbows need not touch the ground.

b. Count 1: Raise your upper body forward to, or beyond, the verticle position. The verticle position means the base of your neck is above the base of your spine.

c. Count 2: After you have reached the verticle position, lower your upper body until the bottom of your shoulder blades touch the ground. Your head, hands, arms, or elbows do not have to touch the ground.

- d. Count 3: Repeat count 1.
- e. Count 4: Repeat count 2.

(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 Push-Up and Sit-Up Drill (PSD). The uniform should be appropriate for the activity that follows the Push-Up and Sit-Up Drill (PSD). For example, when the activity includes Climbing Drill 2 (CL2) or the Guerilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed Push-Up Drill			
a. Assumed correct starting position: front leaning rest position.			
b. Count 1: Bent the elbows, lowering the body until the upper arms are parallel with the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
2. Performed Sit-Up Drill			
a. Assumed the correct starting position: Lying on the back with knees bent at a 90-degree angle. The feet were together or up to 12 inches apart (measured between the feet). The heel was the only part of your foot that stayed in contact with the ground. The fingers were interlocked behind the head and the backs of the hands were touching the ground. The arms and elbows need not touch the ground.			
b. Count 1: Raised the upper body forward to, or beyond, the verticle position. The verticle position means the base of the neck is above the base of the spine.			
c. Count 2: Lower the upper body until the bottom of the shoulder blades touch the ground. The head, hands, arms, or elbows did not have to touch the ground.			
d. Count 3: Repeated count 1.			
e. Count 4: Repeated count 2.			

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	No	
	FM 7-22	Holistic Health and Fitness	Yes	Yes	

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 :

Task Number	Title	Proponent	Status
805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1116	Perform the Guerilla Drill (GD)	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-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	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

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-1111	Perform Conditioning Drill 3 (CD3)	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-1105	Perform the Shoulder Stability Drill (SSD)	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-0135	Push-Up and Sit-Up Drill (PSD)
805P-K-0124	Preparation Drill (PD)
805P-K-0140	Climbing Drill 1 (CL 1)
805P-K-0128	Conditioning Drill 1 (CD 1)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms
805P-K-0129	Conditioning Drill 2 (CD 2)

Skills :

Skill ID	Skill Name
805P-S-0131	Perform Push-Up and Sit-Up Drill (PSD)
805P-S-0103	Ability to form and ask questions
805P-S-0120	Perform Preparation Drill (PD)
805P-S-0121	Perform Recovery Drill (RD)

ICTL Data : None