

805P-COM-1104
Perform the Hip Stability Drill (HSD)
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 Hip Stability Drill (HSD) consists of five exercises designed to improve the flexibility and muscular endurance of the leg and hip muscles. 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 Hip Stability Drill (HSD) 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 Hip Stability Drill (HSD) consists of five exercises designed to improve the flexibility and muscular endurance of the leg and hip muscles. The Hip Stability Drill exercises are the Lateral Leg Raise, Medial Leg Raise, Bent-Leg Lateral Raise, Single-Leg Tuck, and Single Leg Over.

(2) All exercises in the Hip Stability Drill (HSD) can be viewed on YouTube using the following links:

HSD-1: <https://www.youtube.com/watch?v=OqoMSPjQxps>

HSD-2: <https://www.youtube.com/watch?v=hEqaiKaLND0>

HSD-3: <https://www.youtube.com/watch?v=iWhixRiVunE>

HSD-4: <https://www.youtube.com/watch?v=IAbxdsTeWPk>

HSD-5: <https://www.youtube.com/watch?v=QePHXo6Vptg>

Performance Steps

1. Perform the Lateral Leg Raise.

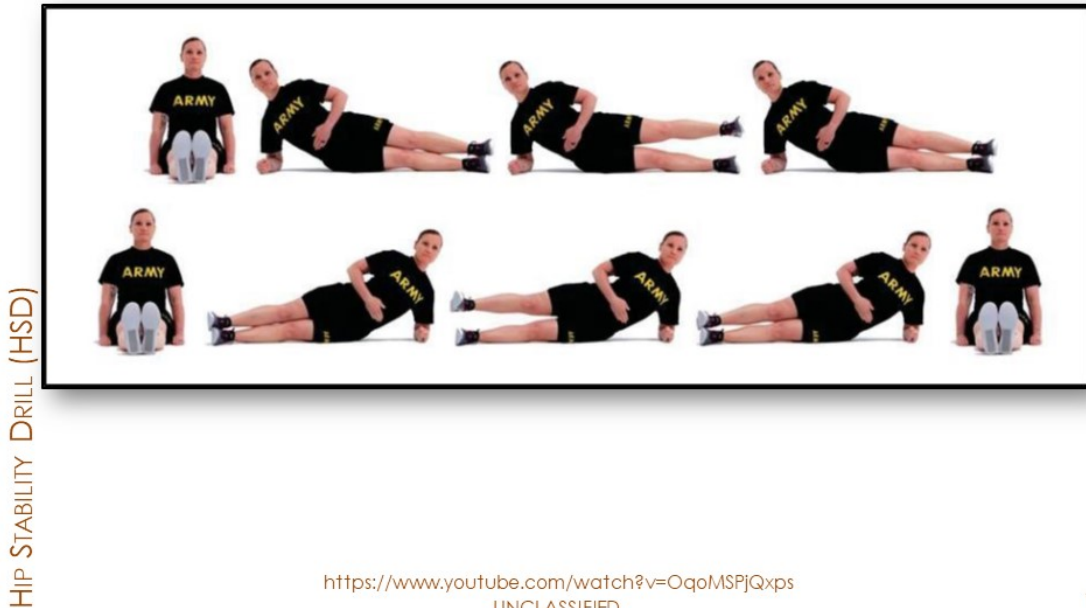
Note:

- (1) The first exercise in the Hip Stability Drill is the Lateral Leg Raise.
- (2) Video of Hip Stability Drill (HSD), Exercise 1: <https://www.youtube.com/watch?v=OqoMSPjQxps>



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Lateral Leg Raise



Exercise 1 Hip Stability Drill (HSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Sitting position. Soldier moves to a right side-lying position, with legs extended together, left leg on top of the right. Support trunk off the ground with the right elbow. Bend the elbow to 90 degrees and place it directly below the shoulder. Make a fist with the right hand and rest it on the ground, thumb up. Place the left hand across the stomach.

b. Count 1: Raise the left leg a short distance above the right leg. Control the movement to the end point where the left foot will be 6-8 inches above the right foot.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the first starting position.

f. Repeat 5-10 times.

g. On the command, "Change Position, MOVE," swing the legs toward the front of the formation, swiveling on the buttocks into the second starting position-the left side-lying position-with the trunk supported on the left elbow.

h. Complete the same series of repetitions with the right leg and hip.

2. Perform the Medial Leg Raise.

Note:

- (1) The second exercise in the Hip Stability Drill is the Medial Leg Raise.
- (2) Video of Hip Stability Drill (HSD), Exercise 2: <https://www.youtube.com/watch?v=hEqaiKaLND0>

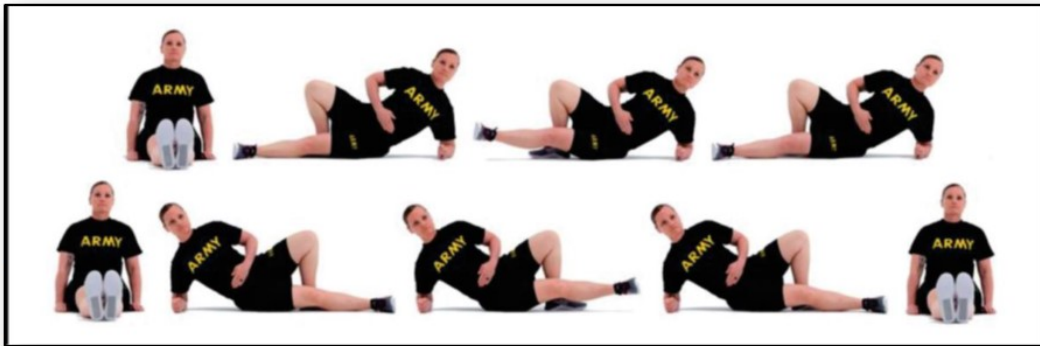


Medial Leg Raise

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Medial Leg Raise

HIP STABILITY DRILL (HSD)



<https://www.youtube.com/watch?v=hEqaiKaLND0>

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Exercise 2

Hip Stability Drill (HSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Sitting position. Soldiers move to the left side lying position, with the left leg extended and the right leg bent at the knees and rotated so that the right foot rests on the ground behind the left knee, foot pointing away from the body.

Note: Support the trunk off the ground with the left elbow. Bend the elbow to 90 degrees, placing it directly below the shoulder. Make the left hand in a fist and rest it on the ground, thumb up. Place the right hand across the stomach.

b. Count 1: Raise the left leg a short distance from the ground. Control the movement to the end point where the left foot will be 6 to 8 inches above the ground.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1

e. Count 4: Return to the starting position.

f. Repeat 5-10 times

g. On the command, "Change Position, MOVE," swing the legs toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the right elbow.

h. Complete the same series of repetitions for the right leg and hip.

3. Perform the Bent-Leg Lateral Raise.

Note:

- (1) The third exercise in the Hip Stability Drill is the Bent-Leg Lateral Raise.
- (2) Video of Hip Stability Drill (HSD), Exercise 3: <https://www.youtube.com/watch?v=iWhixRiVunE>



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Bent-Leg Lateral Raise



Exercise 3 Hip Stability Drill (HSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Sitting position. Soldiers move to a side-lying position, with legs together, knees bent to 90 degrees and, left leg on top of the right. The thighs and trunk form a straight line.

Note: Support the trunk off the ground with the right elbow. Bend the elbow to 90 degrees, and place it directly below the shoulder. Fist the right hand and rest it on the ground, thumb up. Place the left hand across the stomach.

b. Count 1: Raise the left knee a short distance above the right leg. Feet remain together. Control the movement to the end point where the left knee will be 6-8 inches above the right knee.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. On the command "Change Position, MOVE," assume the correct starting position: (Starting Position 2): lay on the left side with the legs bent at 90 degrees and feet together with toes pointing straight ahead. Support the upper body with the left elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground, and the left hand makes a fist vertical to the ground.

g. On the command, "Change Position, MOVE," swing the legs toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the left elbow.

h. Complete the same series of repetitions for the right leg and hip.

4. Perform the Single-Leg Tuck.

Note:

- (1) The fourth exercise in the Hip Stability Drill is the Single-Leg Tuck.
- (2) Video of Hip Stability Drill (HSD), Exercise 4: <https://www.youtube.com/watch?v=IAbxdsTeWPk>

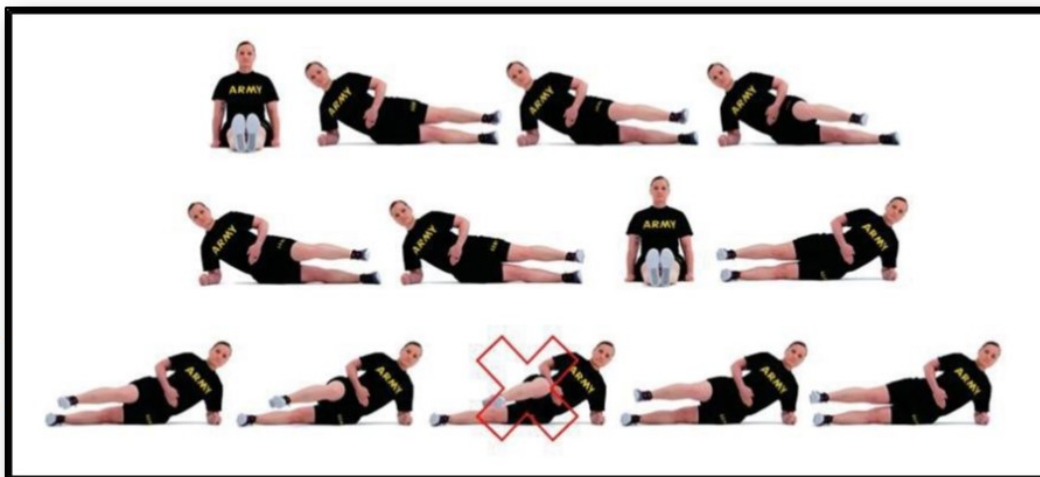


Single-Leg Tuck

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Single-Leg Tuck

HIP STABILITY DRILL (HSD)



<https://www.youtube.com/watch?v=IAbxdsTeWPk>
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Exercise 4 Hip Stability Drill (HSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Sitting position. Soldiers move to a side lying position, with legs extended, the left leg is held 6-8 inches above the right

Note: Support the trunk off the ground with the right elbow. Bend the elbow to 90 degrees and place it directly below the shoulder. Fist the right hand and rest it on the ground, thumb up. Place the left hand across the stomach.

b. Count 1: Bend the left knee and hip to 90 degrees, holding the leg and foot in the same plane throughout the movement. Control the movement to the end point. The left foot and knee should be the same height from the ground to work the correct muscles in the hip. Do not let the foot drop to the ground.

c. Count 2: Return to the starting position.

d. Count 3: On count 3, repeat count 1.

e. Count 4: Return to the first starting position.

f. Repeat 5-10 times.

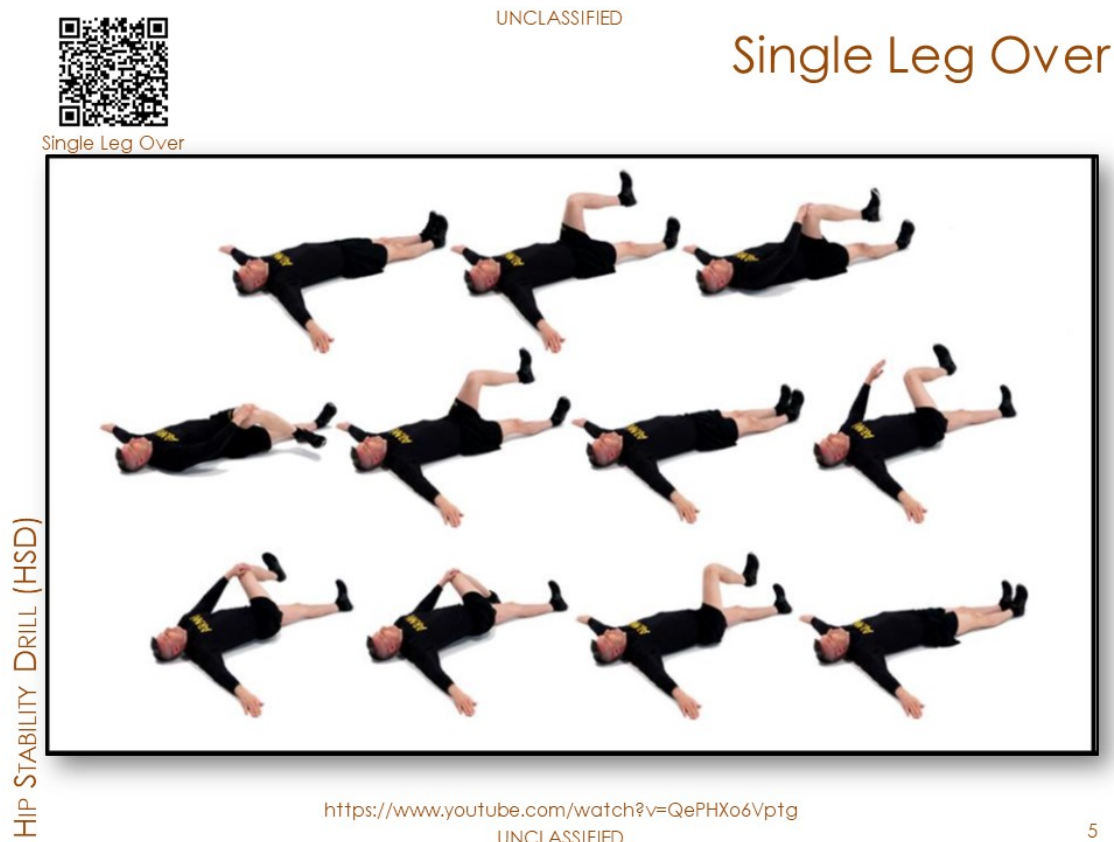
g. On the command, "Change Position, MOVE," Swing the legs together toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the left elbow.

h. Complete the same series of repetitions for the right leg and hip.

5. Perform the Single-Leg Over.

Note:

- (1) The fifth exercise in the Hip Stability Drill is the Single Leg Over.
- (2) Video of Hip Stability Drill (HSD), Exercise 5: <https://www.youtube.com/watch?v=QePHXo6Vptg>



Exercise 5
Hip Stability Drill (HSD)

- a. On the command, "Starting Position, MOVE," assume the correct starting position: Supine position with arms straight out to the side on ground with palms down with fingers and thumbs extended and joined. Feet are together on the ground. The head is on the ground.
- b. On the command, "Ready, STRETCH," bend the left knee to 90 degrees over the right leg and grasp the outside of the left knee with the right hand pulling toward the right. Keep the left shoulder and arm on the ground. Hold this position for 20-30 seconds.
- c. On the command, "Starting Position, MOVE," assume the starting position.
- d. On the command, "Change Position, Ready, STRETCH," bend the right knee to 90 degrees over the left leg and grasp the outside of the right knee with the left hand pulling toward the left. Keep the right shoulder and arm on the ground. Hold this position for 20-30 seconds.
- e. On the command, "Starting Position, MOVE," return to the starting position, and then 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 the Hip Stability Drill (HSD). The uniform should be appropriate for the activity that follows the Hip Stability Drill (HSD). 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 Lateral Leg Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Sitting position. Soldier moved to a right side-lying position, with legs extended together, left leg on top of the right. Supported trunk off the ground with the right elbow. Bent the elbow to 90 degrees and placed it directly below the shoulder. Made a fist with the right hand and rested it on the ground, thumb up. Placed the left hand across the stomach.			
b. Count 1: Raised the left leg a short distance above the right leg. Controlled the movement to the end point where the left foot was 6-8 inches above the right foot.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the first starting position.			
f. Repeated 5-10 times.			
g. On the command, "Change Position, MOVE," swung the legs toward the front of the formation, swiveling on the buttocks into the second starting position-the left side-lying position-with the trunk supported on the left elbow.			
h. Completed the same series of repetitions with the right leg and hip.			
2. Performed the Medial Leg Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Sitting position. Soldier moved to the left side lying position, with the left leg extended and the right leg bent at the knees and rotated so that the right foot rested on the ground behind the left knee, foot pointing away from the body.			
b. Count 1: Raised the left leg a short distance from the ground. Controlled the movement to the end point where the left foot was 6 to 8 inches above the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Repeated 5-10 times.			
g. On the command, "Change Position, MOVE," swung the legs toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the right elbow.			
h. Completed the same series of repetitions for the right leg and hip.			
3. Performed the Bent-Leg Lateral Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Sitting position. Soldier moved to a side-lying position, with legs together, knees bent to 90 degrees and, left leg on top of the right. The thighs and trunk formed a straight line.			
b. Count 1: Raised the left knee a short distance above the right leg. Feet remained together. Controlled the movement to the end point where the left knee was 6-8 inches above the right knee.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Repeated 5-10 times.			
g. On the command, "Change Position, MOVE," swung the legs toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the left elbow.			
h. Completed the same series of repetitions for the right leg and hip.			
4. Performed the Single-Leg Tuck.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Sitting position. Soldier moved to a side lying position, with legs extended, the left leg was held 6-8 inches above the right.			
b. Count 1: Bent the left knee and hip to 90 degrees, holding the leg and foot in the same plane throughout the movement. Controlled the movement to the end point. The left foot and knee was the same height from the ground to work the correct muscles in the hip. Did not let the foot drop to the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: On count 3, repeated count 1.			
e. Count 4: Returned to the first starting position.			
f. Repeated 5-10 times.			
g. On the command, "Change Position, MOVE," Swung the legs together toward the front of the formation, swiveling on the buttocks into the second starting position with the trunk supported on the left elbow.			
h. Completed the same series of repetitions for the right leg and hip.			
5. Performed the Single-Leg Over.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Supine position with arms straight out to the side on ground with palms down with fingers and thumbs extended and joined. Feet were together on the ground. The head was on the ground.			
b. On the command, "Ready, STRETCH," bent the left knee to 90 degrees over the right leg and grasped the outside of the left knee with the right hand pulling toward the right. Kept the left shoulder and arm on the ground. Held this position for 20-30 seconds			
c. On the command, "Starting Position, MOVE," assumed the starting position.			

d. On the command, "Change Position, Ready, STRETCH," bent the right knee to 90 degrees over the left leg and grasped the outside of the right knee with the left hand pulling toward the left. Kept the right shoulder and arm on the ground. Held this position for 20-30 seconds.			
e. On the command, "Starting Position, MOVE," returned to the starting position, and then 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 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-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-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Approved

805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1138	Perform The Recovery Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-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-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0133	Hip Stability Drill (HSD)
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
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-0129	Perform Hip Stability Drill (HSD)

ICTL Data : None