

805P-COM-1109
Perform Conditioning Drill 1 (CD1)
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: Conditioning Drill 1 (known as CD1) consists of five exercises designed to improve muscular strength and endurance as well as balance and coordination. 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 Conditioning Drill 1 (CD1) 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) Conditioning Drill 1 (known as CD1) consists of five exercises designed to improve muscular strength and endurance as well as balance and coordination. The Conditioning Drill 1 consists of the following exercises: Power Jump, V-Up, Mountain Climber, Leg-Tuck and Twist, and Single-Leg Push-Up.

(2) All exercises in the Conditioning Drill 1 (CD1) can be viewed on YouTube using the following links:

CD1-1: <https://www.youtube.com/watch?v=fy1JRb-e7Gg>

CD1-2: <https://www.youtube.com/watch?v=o2bEiG7LDFg>

CD1-3: <https://www.youtube.com/watch?v=DT51nB9JcaY>

CD1-4: <https://www.youtube.com/watch?v=Dloqz35CcoY>

CD1-5: <https://www.youtube.com/watch?v=jEPzIOB8IXo>

Performance Steps

1. Perform the Power Jump.

Note:

(1) The Power Jump is the first exercise in Conditioning Drill 1. This exercise reinforces correct jumping and landing skill, requires good balance and coordination, and develops explosive strength to move off the ground.

(2) Video of Conditioning Drill 1 (CD1), Exercise 1: <https://www.youtube.com/watch?v=fy1JRb-e7Gg>



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Power Jump

CONDITIONING DRILL 1 (CD1)



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<https://www.youtube.com/watch?v=fy1JRb-e7Gg>

1

Exercise 1

Conditioning Drill 1 (CD1)

- Assume correct starting position: straddle stance with hands on hips.
- Count 1: Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.
- Count 2: Return to the starting position.
- Count 3: Repeat count 1 in the opposite direction.
- Count 4: Return to the starting position.
- Perform the Power Jump using a MODERATE cadence.

2. Perform the V-Up.

Note:

(1) The V-Up is the second exercise in Conditioning Drill 1. This exercise develops the abdominal and hip flexor muscles for more vigorous training and combat tasks such as the leg tuck, rope traverse, and surmounting obstacles.

(2) Video of Conditioning Drill 1 (CD1), Exercise 2: <https://www.youtube.com/watch?v=o2bEiG7LDFg>



V-Up

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V-Up

CONDITIONING DRILL 1 (CD1)



<https://www.youtube.com/watch?v=o2bEIG7LDFg>
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Exercise 2
Conditioning Drill 1 (CD1)

a. Assume correct starting position: supine, arms were on ground 45 degrees to the side, palms faced down. The chin is tucked and the head is 1 to 2 inches off the ground.

b. Count 1: Raise straight legs and trunk to form a V-position, using arms as needed.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

f. Perform the V-Up using a MODERATE cadence.

3. Perform the Mountain Climber.

Note:

(1) The Mountain Climber is the third exercise in Conditioning Drill 1. This exercise develops the ability to quickly power out of the Front Leaning Rest position into a Run or a Crouch Run.

(2) Video of Conditioning Drill 1 (CD1), Exercise 3: <https://www.youtube.com/watch?v=DT51nB9JcaY>



Mountain Climber

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Mountain Climber

CONDITIONING DRILL 1 (CD1)



<https://www.youtube.com/watch?v=DT51nB9JcaY>
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Exercise 3

Conditioning Drill 1 (CD1)

- Assume the correct starting position: front leaning rest position with the left foot below the chest and between the arms.
- Count 1: Push upward with the feet and quickly change the positions of the legs.
- Count 2: Return to the starting position.
- Count 3: Repeat the movements in count 1.
- Count 4: Return to the starting position.
- Perform the Mountain Climber using a MODERATE cadence.

4. Perform the Leg-Tuck and Twist.

Note:

(1) The Leg-Tuck and Twist is the fourth exercise in Conditioning Drill 1. This exercise strengthens the trunk and hip muscle coordination while promoting control of trunk rotation. It is an advanced body weight exercise that prepares for more vigorous training, testing, and combat tasks.

(2) Video of Conditioning Drill 1 (CD1), Exercise 4: <https://www.youtube.com/watch?v=Dloqz35CcoY>

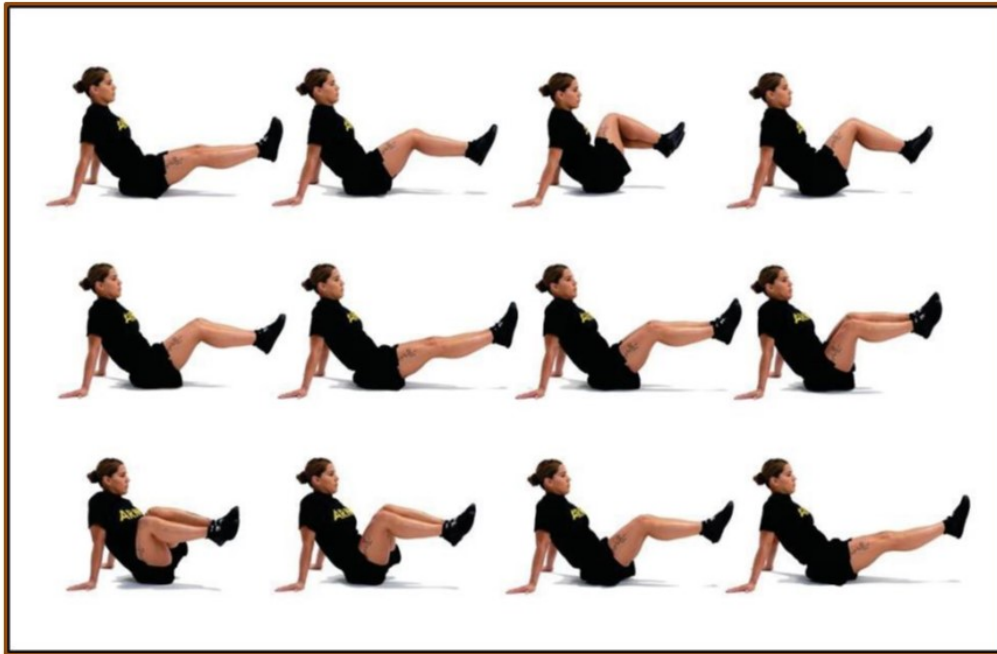


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Leg-Tuck and Twist

Leg-Tuck & Twist

CONDITIONING DRILL 1 (CD1)



<https://www.youtube.com/watch?v=Dloqz35CcoY>

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Exercise 4 Conditioning Drill 1 (CD1)

a. Assume the correct starting position: Seated with trunk straight but leaning backward 45 degrees, arms straight and hands on ground 45 degrees to the rear with palms down. Legs were straight, extended to the front, and 8 to 12 inches off the ground.

b. Count 1: Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1 in the opposite direction.

e. Count 4: Return to the starting position.

f. Perform the Leg-Tuck and Twist using a MODERATE cadence.

5. Perform the Single-Leg Push-Up.

Note:

(1) The Single-Leg Push-Up is the final exercise in Conditioning Drill 1. This exercise strengthens the muscles of the chest and hips as well as increases the challenge to shoulder stability. When conducted to standard, it safely prepares Soldiers for more vigorous pushing motions required in training, testing, and combat tasks.

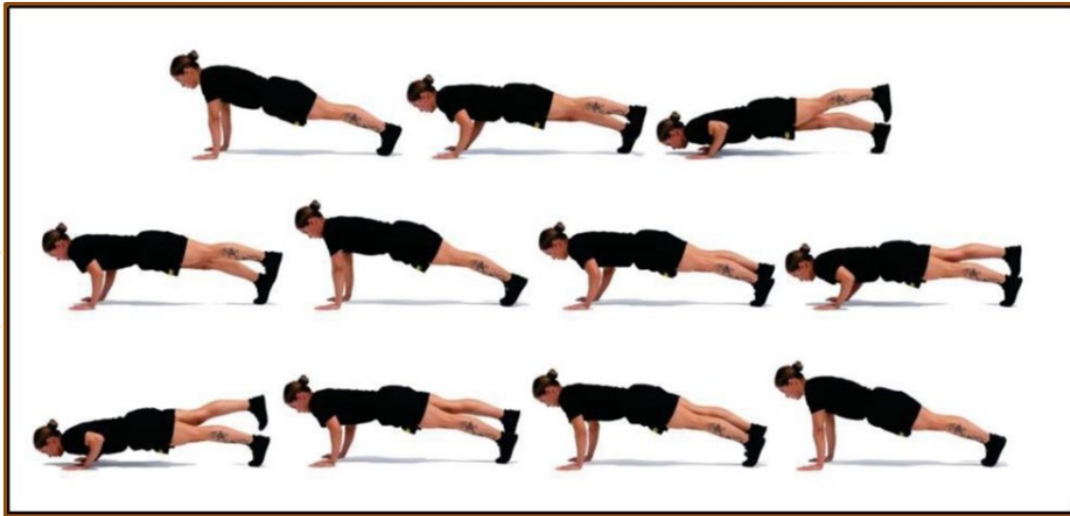
(2) Video of Conditioning Drill 1 (CD1), Exercise 5: <https://www.youtube.com/watch?v=jEPzIOB8IXo>



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Single-Leg Push-Up

CONDITIONING DRILL 1 (CD1)



<https://www.youtube.com/watch?v=jEPziOB8IXo>
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Exercise 5 Conditioning Drill 1 (CD1)

- Assume the correct starting position: front leaning rest position.
- Count 1: Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg 8-10 inches off the ground.
- Count 2: Return to the starting position.
- Count 3: Repeat count 1, brought the right leg to 8-10 inches off the ground.
- Count 4: Return to the starting position.
- Perform the Single-Leg Push-Up using a MODERATE cadence.

(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 Conditioning Drill 1 (CD1). The Soldier should wear APFU. The uniform should be appropriate for the activity that follows Conditioning Drill 1 (CD1). 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 Power Jump.			
a. Assumed correct starting position: straddle stance with hands on hips.			
b. Count 1: Squated with the heels flat as the spine rounded forward to allow the straight arms to reach to the ground, attempting to touch with the palms of the hands.			
c. Count 2: Jumped forcefully in the air, vigorously raising arms overhead, with palms facing inward.			
d. Count 3: Controlled the landing and repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Power Jump using a MODERATE cadence.			
2. Performed the V-Up.			
a. Assumed correct starting position: supine, arms were on ground 45 degrees to the side, palms faced down. The chin was tucked and the head was 1 to 2 inches off the ground.			
b. Count 1: Raised straight legs and trunk to form a V-position, using arms as needed.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the V-Up using a MODERATE cadence.			
3. Performed the Mountain Climber.			
a. Assumed the correct starting position: front leaning rest position with the left foot below the chest and between the arms.			
b. Count 1: Pushed upward with the feet and quickly changed the positions of the legs.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated the movements in count 1.			
e. Count 4: Returned to the starting position.			
f. Performed the Mountain Climber using a MODERATE cadence.			
4. Performed the Leg-Tuck and Twist.			
a. Assumed the correct starting position: Seated with trunk straight but leaning backward 45 degrees, arms straight and hands on ground 45 degrees to the rear with palms down. Legs were straight, extended to the front, and 8 to 12 inches off the ground.			
b. Count 1: Raised legs while rotating on to the left buttock and draw the knees toward the left shoulder.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1 in the opposite direction.			
e. Count 4: Returned to the starting position.			
f. Performed the Leg-Tuck and Twist using a MODERATE cadence.			
5. Performed the Single-Leg Push-Up.			
a. Assumed the 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 while raising the left leg 8-10 inches off the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1, brought the right leg to 8-10 inches off the ground.			
e. Count 4: Returned to the starting position.			
f. Performed the Single-Leg Push-Up using a MODERATE cadence.			

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-1103	Perform Four for the Core (4C)	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-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-1120	Perform Preparation Drill (Modified)	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-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

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-0124	Perform Conditioning Drill 1 (CD 1)
805P-S-0128	Perform Four for the Core (4C)

ICTL Data : None