

Chapter 11

Calisthenic Drills

The term calisthenics originates from the Greek “kalos sthenos”, meaning beautiful strength. Calisthenics are precise exercise movements and postures that provide the foundation for developing the body to its fullest performance potential. Calisthenics have a long history of service to the Army. LTC Herman J. Koehler, Master of the Sword at the U.S. Military Academy from 1885-1923, was the first to systematically apply calisthenics to soldier training. Deriving much of his program from European models of physical culture, where strong, graceful movement was a valued end state, as well as a means to martial readiness, Koehler laid the basis for all military calisthenics to follow.

SECTION I - CALISTHENIC DRILLS

11-1. The purpose of calisthenics is to develop the body management needed for the performance of soldier skills. Calisthenic drills are sets of exercises organized and numbered in a specific pattern. They require no equipment and are readily adaptable to large groups. Calisthenics are the centerpiece of the physical readiness training (PRT) system because they offer the following benefits:

- **Utility:** Calisthenics allow the PRT leader and assistant instructors to train a large number of soldiers in a time-efficient manner. In addition, no other PRT activity develops all three components of readiness to such an equal degree. Calisthenics build strength by challenging control of body weight. They promote 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.
- **Versatility:** The calisthenic drills serve not only as preparation for all PRT activities, but also as a primary PRT activity. Calisthenic Drill 1, combined with Guerrilla Drill 1, prepares the body for any challenge to follow. Performing multiple sets of Calisthenic Drill 1, or combining it with other PRT activities, creates a training effect that promotes strength, endurance, and mobility.
- **Performance Oriented Training:** Soldiers must be proficient in the basic skills required to perform their duties. Calisthenics incorporate functional movements that prepare soldiers to accomplish physically challenging tasks. The calisthenic drills develop the ability to squat, reach, twist, lunge, jump, land, push, and get up and down. These are the type of movements demanded of soldiers negotiating obstacles, unloading for deployment, and getting in and out of vehicles, etc.

- **Discipline:** As with all PRT drills performed to cadence, calisthenics demand attention to detail. Placing soldiers in formation and performing the exercises to a specific cadence allows PRT leader to observe all soldiers. PRT leaders are trained in the basic body mechanics of each exercise and can quickly look down a rank of soldiers and correct deficiencies.
- **Body Management:** This benefit of calisthenics is closely tied to disciplined execution. When soldiers are held accountable for the execution of each exercise, they gradually become aware of the component actions that must blend smoothly into a complex act such as a lunge and reach. By watching the skillful execution of the PRT leader and hearing the rhythm of the cadence, they gradually develop a sense of timing and grace.
- **Effect of the Mass:** A formation of soldiers bellowing the number of repetitions, with their movements and voices in unison, is an impressive display when viewed both within and outside the formation. It conveys physical readiness, discipline, and spirit - essential attributes of the warrior.

TRAINING AREA

11-2. Any level area of adequate size is satisfactory for conduct of calisthenic drills.

UNIFORM

11-3. Soldiers will wear BDUs and boots or the PFU. BDUs and boots will be worn when performing the calisthenic drills in combination with Guerrilla Drill 2.

EQUIPMENT

11-4. N/A.

FORMATION

11-5. For the most efficient instruction, the unit size should be limited to one platoon. Larger units up to a battalion can successfully perform these drills if properly taught and mastered at the small unit level. The extended rectangular formation is prescribed.

LEADERSHIP

INSTRUCTION AND EXECUTION

11-6. A PRT leader and assistant instructor (AI) are required to instruct and lead the calisthenic drills. The instructor must be familiar with the method of teaching these exercises, commands, counting cadence, cumulative count, formations, starting positions, and utilization of AI(s) as described in Chapter 6. Soldiers should memorize the exercises by name and movement. The exercises are always given in cadence. Soldiers begin and terminate each exercise at the position of attention. The goal is to be able to complete the

entire drill with only enough pause between exercises for the instructor to indicate the next one by name. This continuous method of conducting calisthenics intensifies the workload and conserves time. Considerable time and effort must be expended during the early stages to teach exercises properly to all soldiers. Teach and practice exercises using a slow cadence (1.5 seconds per count) until correct form in executing each exercise is achieved. **Calisthenic Drill 1 is always a part of Preparation and is also used as a PRT activity. During Preparation, Calisthenic Drill 1 is performed at a slow cadence (1 count per 1.5 seconds) with the exception of the High Jumper and Push-up which are performed at a moderate cadence (1 count per second).**

PRECISION

11-7. Calisthenics lose much of their value unless performed exactly as prescribed. Precision should never be compromised for quantity of repetitions or speed of movement. A cadence that is too fast will not allow soldiers to achieve a full range of movement.

PROGRESSION

11-8. Soldiers perform no more than five repetitions of each exercise while learning and practicing calisthenic drills. **During Preparation, soldiers always perform five repetitions of Calisthenic Drill 1.**

11-9. In the toughening phase, Calisthenic Drill 1 is also performed during the activity part of the PRT session. Soldiers will perform 10 repetitions of each exercise in the drill. Calisthenic Drill 1 can be performed at the faster cadence listed for each exercises (moderate is 1 count per second, fast is 1 count per $\frac{1}{2}$ second). **However, The Bend and Reach, The Rear Lunge and Reach, and the Bent-leg Body Twist will always be performed at a slow cadence (1 count per 1.5 seconds).**

11-10. In the sustaining phase, Calisthenic Drill 1 and/or 2 are performed during the activity part of the PRT session. Soldiers will perform 10 repetitions of each exercise. When performing Calisthenic Drill 2, the ten repetitions are divided between two sets (Soldiers perform 5 repetitions of each exercise in the drill and repeat for a second set). Calisthenic Drill 2 is performed only in the sustaining phase. **Do not exceed 10 repetitions of each exercise when conducting Calisthenic Drill 1 or five repetitions when performing Calisthenic Drill 2, instead perform additional sets of the entire drill.**

INTEGRATION

11-11. The calisthenic drills integrate the components of strength, endurance, and mobility. Calisthenics build strength by challenging control of body weight. They promote 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.

COMMANDS

11-12. Calisthenic Drill 1 consists of ten, 4-count exercises. Calisthenic Drill 2 consists of nine, 4-count exercises and one 8-count exercise.

BEGINNING CALISTHENIC EXERCISES TO CADENCE

11-13. Once soldiers have learned the exercises by the numbers, the PRT leader merely needs to indicate the name of the exercise, command the soldiers to assume the starting position, and start them exercising to cadence. This is how the PRT leader begins Exercise 1 of Calisthenic Drill 1, The Bend and Reach to cadence:

- The PRT leader states, **“The Bend and Reach.”**
- The Soldiers respond, **“The Bend and Reach.”**
- The PRT leader commands, **“Starting Position, MOVE.”** The soldiers assume the starting position.
- The PRT leader commands, **“In Cadence,”** (soldiers respond, “In Cadence), **“EXERCISE, ONE, TWO, THREE.”**
- The Soldiers state, **“ONE.”**

COUNTING CADENCE

11-14. Counting cadence ensures that exercises are performed at the appropriate speed. The cumulative count is a method of indicating the number of repetitions of an exercise on the fourth number of a 4-count exercise. The use of the cumulative count is required for the following reasons:

- It provides the PRT leader with an excellent method of counting the number of repetitions performed.
- It serves as motivation. Soldiers like to know the number of repetitions they are expected to perform.
- It prescribes an exact amount of exercise for any group.

11-15. The PRT leader counts out the movements of each exercise and the soldiers state the number of repetitions performed on count four. A 4-count exercise is counted as follows:

- The PRT leader counts, **“ONE, TWO, THREE.”**
- The soldiers respond, **“ONE.”**
- The PRT leader counts, **“ONE, TWO, THREE.”**
- The soldiers respond, **“TWO.”**
- The PRT leader counts, **“ONE, TWO, THREE.”**
- The soldiers respond, **“THREE,”** etc.

11-16. An 8-count exercise is counted as follows:

- The PRT leader counts, **“ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.”**
- The soldiers respond, **“ONE.”**
- The PRT leader counts, **“ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.”**

- The soldiers respond, “**TWO.**”
- The PRT leader counts, “**ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.**”
- The soldiers respond, “**THREE,**” etc.

TERMINATING CALISTHENIC EXERCISES TO CADENCE

11-17. To terminate an exercise, the PRT leader will raise the inflection of his voice while counting out the cadence of the last repetition. The soldiers and PRT leader respond with **HALT** upon returning to the starting position. A 4-count exercise is terminated as follows:

- The PRT leader counts, “**ONE, TWO, THREE.**”
- The soldiers respond, “**NINE.**”
- The PRT leader counts, “**ONE, TWO, THREE.**” (with voice inflection).
- The soldiers and PRT leader respond, “**HALT.**”
- The PRT leader commands, “***Position of Attention*, MOVE.**” Soldiers assume the position of attention.

11-18. An 8-count exercise is terminated as follows:

- The PRT leader counts, “**ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.**”
- The soldiers respond, “**NINE.**”
- The PRT leader counts, “**ONE, TWO, THREE, FOUR, FIVE, SIX, SEVEN.**” (with voice inflection on counts five, six, and seven).
- The soldiers and PRT leader respond, “**HALT.**”
- The PRT leader commands, “***Position of Attention*, MOVE.**” Soldiers assume the position of attention.

SECTION II - CALISTHENICS FOR PREPARATION AND CONDITIONING

11-19. Calisthenic Drill 1 is an organized sequence of exercises that prepare and condition the body for successful performance of soldier skills. This drill should be performed at the beginning of each PRT session (five repetitions of each exercise, using the slower cadences listed) as preparation for other PRT activities. When performed continuously without rest in between exercises, in multiple sets, and/or using the faster cadence listed for each exercise, Calisthenic Drills 1 and 2 are excellent conditioning activities for developing strength, endurance, and mobility. **Never sacrifice precision of movement for increased numbers of repetitions or cadence speed.**

SECTION III - CALISTHENIC DRILL 1

11-20. Calisthenic Drill 1 provides the foundation for improved body management. The exercises require movement in and out of a variety of positions while maintaining balance and stability with some body parts and

demanding strength, endurance, and mobility from others. **Calisthenic Drill 1 is always performed in its entirety. The entire drill is repeated if more repetitions are desired.** As mentioned previously, start by using the slower cadence recommended for each exercise. Soldiers perform no more than five repetitions of each exercise while learning and practicing the drill. **During Preparation, soldiers always perform five repetitions of Calisthenic Drill 1.** In the toughening phase, Calisthenic Drill 1 is also performed during the activity part of the PRT session. Soldiers will perform 10 repetitions of each exercise in the drill.

Calisthenic Drill 1; Exercise 1

The Bend and Reach

Purpose: This exercise develops the ability to squat and reach through the legs. It is a lead-up exercise for the shoulder roll. It also serves to prepare the back and extremities for more vigorous movements. From a flexibility perspective, it takes the hips and back through full flexion.

Starting Position: Straddle Stance with arms overhead.

Cadence: Slow.

Count:

1. Squat with the heels flat as the back rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms extended fully overhead, shoulder width apart with palms facing one another, fingers and thumbs extended and joined.
- ❑ On counts one and three, the neck flexes to allow the soldier to look to the rear. This brings the head in line with the bend of the trunk.
- ❑ The heels remain flat throughout the exercise.
- ❑ On counts two and four, do not allow the trunk to bend backward past the starting position.

Precautions: To protect the back, this exercise will always be performed at a slow cadence. Move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back. Performing this exercise immediately after an intense activity can cause light-headedness.

Calisthenic Drill 1; Exercise 2

The Rear Lunge and Reach

Purpose: This exercise develops balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Straddle Stance with hands on hips.

Cadence: Slow.

Count:

1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot while raising both arms fully overhead.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- Reach fully overhead with both arms. Arms should be shoulder width apart with palms facing one another with the fingers and thumb extended and joined.
- After the foot touches down on counts one and three, allow the body to continue to lower. This promotes a better opening of the hip and trunk. The rear leg is straight, not locked.
- Lunge and step in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of counts one and three.
- Keep the forward knee over the ball of the foot on counts one and three.

Precautions: This exercise will always be performed at a slow cadence. On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

Calisthenic Drill 1; Exercise 3

The High Jumper

Purpose: This exercise reinforces correct jumping and landing form, develops balance and coordination, and explosive strength.

Starting Position: Forward Leaning Stance.

Cadence: Moderate/Fast.

Count:

1. Jump a few inches and simultaneously swing the arms forward to parallel with the ground.
2. Swing the arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully upward.
4. Repeat count two. On the last repetition, return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- ❑ On count one, the arms are shoulder width apart, palms facing one another, fingers and thumbs extended and joined. On count three, the arms should be extended fully overhead, shoulder width apart with palms facing one another, fingers and thumbs extended and joined.
- ❑ On each landing, the feet should be directed forward and no more than shoulder distance apart. The landing should be “soft” and proceed from the balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be achieved on each landing.

Precautions: Don't exaggerate count three on the first few repetitions; gradually progress to higher jumps.

Calisthenic Drill 1; Exercise 4

The Rower

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while offering a strong challenge to the abdominal muscles.

Starting Position: Supine Position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground.



Starting Position

Cadence: Slow/Moderate.

Count:

1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- ❑ At the end of count one, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise.

Precautions: Soldiers that arch their back during this exercise risk trunk injury. If this exercise is performed too fast, it will be difficult to achieve full range of motion.

Calisthenic Drill 1; Exercise 5

The Power Squat

Purpose: This exercise reinforces proper lifting form while developing strength of the back and lower extremities.

Starting Position: Straddle Stance with hands on hips.

Cadence: Slow/Moderate.

Count:

1. Squat while raising the arms to parallel with the ground, palms facing inward.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- At the end of counts one and three, the thighs should be aligned parallel to the ground and the back is straight
- The heels remain on the ground throughout the exercise.
- On counts one and three, arms are parallel to the ground, shoulder width apart with palms facing one another, fingers and thumbs extended and joined.

Precautions: Allowing the knees to go in front of the toes on counts one and three will increase stress to the knees.

Calisthenic Drill 1; Exercise 6

The Windmill

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It challenges the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle Stance with arms sideward, palms down.

Cadence: Slow/Moderate.

Count:

1. Bend the hips and knees while rotating to the left. Reach toward the outside of the left foot with the right hand. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



Count 1

Count 2

Count 3

Count 4

Check Points:

- From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- On counts one and three, ensure that the knees bend during the rotation. This will prevent the trunk from bearing all the stress of the exercise.
- Head and eyes are directed to the left foot on count one and to the right foot on count three.
- Maintain equal weight over both feet throughout the exercise.

Precautions: Range of motion on counts one and three is determined by the soldier's limitations.

Calisthenic Drill 1; Exercise 7

The Forward Lunge and Reach

Purpose: This exercise develops balance and leg strength.

Starting Position: Straddle Stance with hands on hips.

Cadence: Slow/Moderate.

Count:

1. Take an exaggerated step forward with the left leg while raising both arms fully overhead. Allow the left knee to bend until the thigh is parallel to the ground.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- Reach fully overhead with both arms shoulder width apart, palms facing one another, fingers and thumbs extended and joined.
- Step and lunge in a straight line, keeping the feet directed forward. Viewed from the front, the feet are shoulder width apart, both at the starting position, and at the end of counts one and three.
- The rear knee bends but does not touch the ground.
- The heel of the rear foot should be raised off of the ground.
- On counts one and three, the forward knee should not go beyond the toes.

Precautions: On counts one and three, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

Calisthenic Drill 1; Exercise 8

The Prone Row

Purpose: This exercise develops strength of the back and shoulders.

Starting Position: Prone position with the arms overhead, palms down, 1-2 inches off the ground.

Cadence: Slow/Moderate.

Count:

1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward shoulders.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- At the starting position, the hips are set and the abdominal muscles are tight.
- On counts one and three, the forearms are parallel to the ground and slightly higher than the trunk.
- On counts one and three, the head is raised to look forward but not skyward.
- Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.

Calisthenic Drill 1; Exercise 9

The Bent-leg Body Twist

Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine Position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

Cadence: Slow.

Count:

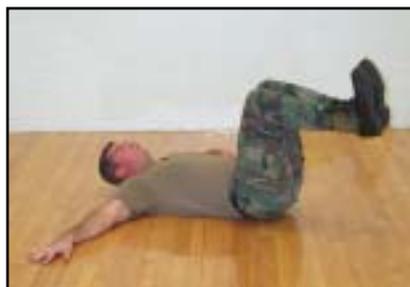
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



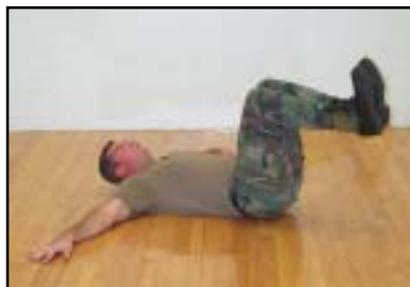
Count 1



Count 2



Count 3



Count 4

Check Points:

- Tighten abdominal muscles in the starting position. Maintain this contraction throughout the exercise.
- The head should be 1-2 inches off the ground with the chin slightly tucked.
- Ensure that the hips and knees maintain 90-degree angles.
- Keep the feet and knees together throughout the exercise.
- Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must not rise off the ground.

Precautions: This exercise is always performed at a slow cadence. Soldiers should not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.

Calisthenic Drill 1; Exercise 10

The Push-up

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front Leaning Rest Position.

Cadence: Moderate/Fast.

Count:

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- The hands are in line with the shoulders with fingers spread, middle fingers point straight ahead.
- On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- On counts two and four, the elbows straighten but do not lock.
- The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Soldiers should go to their knees when the trunk begins to sag or when counts two and four involve jerking movements.

Variations: Soldiers may perform this exercise from their fists if wrist discomfort is an issue. When no longer able to execute the exercise with proper form, soldiers may drop to their knees on the second and fourth counts. They must still maintain a straight line from head to knees.

SECTION IV - CALISTHENIC DRILL 2

11-21. Calisthenic Drill 2 is a sequence of ten more advanced exercises. The purpose of Calisthenic Drill 2 is to further challenge the soldier by incorporating complex movements. **Calisthenic Drill 2 is performed only in the sustaining phase.** Soldiers will perform 5 repetitions of each exercise in the drill and then repeat for a second set of the drill. This drill may be performed in combination with Calisthenic Drill 1. **Calisthenic Drill 2 is always performed in its entirety. The entire drill is repeated if more repetitions are desired.**

Calisthenic Drill 2; Exercise 1

The Woodchopper

Purpose: This exercise coordinates the extremities and trunk in a dynamic movement. It reinforces proper trunk position while reaching overhead and to the ground.

Starting Position: Straddle stance, arms overhead, hands joined, fingers interlaced.

Cadence: Moderate.

Count:

1. Squat with the heels flat while lowering the arms between the knees.
2. Move through the starting position and rise onto the balls of the feet.
3. Repeat count one.
4. Move through the starting position to rise onto the balls of the feet. On the last repetition, halt at the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms as fully overhead as possible.
- On counts one and three, the shoulders, knees, and balls of the feet should be aligned.
- On counts one and three, the trunk remains straight though leaning forward.
- On counts one and three, the heels remain on the ground.
- On counts two and four, do not allow the trunk to bend backward past the starting position.

Precautions: Do not allow the back to round on counts one and three, as this may excessively load the spine when executing at a moderate cadence.

Calisthenic Drill 2; Exercise 2

The Mountain Climber

Purpose: This exercise develops stability of the trunk and shoulders. It coordinates upper body stability with lower body mobility. It also develops efficient movement to and from the ground when one leg is restricted.

Starting Position: Assume the front leaning rest position. Bring the left foot forward, moving the left knee toward the chest.

Cadence: Moderate.

Count:

1. Spring the lower extremities off the ground and bring the right foot forward and simultaneously thrust the left foot rearward.
2. Return to the starting position.
3. Spring the lower extremities off the ground and bring the left foot forward and simultaneously thrust the right foot rearward.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- At the starting position, the hands are directly below the shoulders with fingers spread and the middle finger directed straight forward.
- At the starting position and throughout the exercise, the knees remain between the arms.
- Throughout the exercise, the legs move straight forward and back, not at angles.
- Throughout the exercise, remain on the balls of the feet.
- Throughout the exercise, the back remains straight, the abdominals tight, and the trunk and hips remain stationary as legs change positions.

Precautions: Soldiers with knee limitations should bear more of their body weight through the arms. At the starting position and throughout the exercise, foot placement is determined by individual capabilities. Avoid excessive springing upward with each count.

Calisthenic Drill 2; Exercise 3

The Squat Jumper

Purpose: This exercise stimulates balance and develops explosive strength of the legs.

Starting Position: Staggered crouch with the left leg back, hands on top of head.



Starting Position

Cadence: Moderate/Fast.

Count:

1. Jump and switch legs in mid-air to land with the right leg back.
2. Jump and switch legs in mid-air to return to the starting position.
3. Repeat count one.
4. Repeat count two.



Count 1



Count 2



Count 3



Count 4

Check Points:

- At the starting position and on each landing, the forward thigh is parallel to the ground, the heel is down, and the knee is aligned vertically with the ball of the foot.
- At the starting position and on each landing, the feet are oriented to the front.
- At the starting position and on each landing, the trunk is straight but tilted slightly forward.
- On each landing, the balls of the feet touch first. The heel of the forward foot touches down after the ball of the foot. The heel of the rearward foot does not touch down.

Precautions: Do not allow the knee of the forward leg to pass beyond the toes. Do not jerk the trunk to return to gain height for the jump.

Calisthenic Drill 2; Exercise 4**The V-up**

Purpose: This exercise develops the abdominal and hip flexor muscles while developing balance.

Starting Position: Supine Position, arms on ground 45-degrees to the side, palms down with fingers spread. The chin is tucked and the head is 1-2" off the ground.

Cadence: Moderate.

Count:

1. Raise straight legs and trunk to form a V-position, using the arms as needed.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

**Starting Position****Count 1****Count 2****Count 3****Count 4****Check Points:**

- At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- On counts one and three, the knees and trunk are straight with the head in line with the trunk.
- Feet and knees are together throughout the exercise.

Precautions: To protect the back, do not jerk the legs and trunk to rise to the V-position.

Calisthenic Drill 2, Exercise 5

The Power Jump

Purpose: This exercise develops explosive strength and reinforces correct jumping and landing form.

Starting Position: Straddle Stance, arms overhead.

Cadence: Moderate/Fast.

Count:

1. Squat and bend forward and touch the ground with arms extended and palms inward.
2. Jump and extend arms overhead, then land in the starting position.
3. Repeat count one.
4. Without jumping, return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms as fully overhead as possible.
- ❑ On counts one and three, keep the back straight with head up and eyes forward.
- ❑ On counts two and four, the arms should be extended fully overhead, shoulder width apart with palms facing one another, fingers and thumbs extended and joined.
- ❑ On the landing, the feet should be directed forward and no more than shoulder distance apart. The landing should be “soft” and proceed from the balls of the feet to the heels. A vertical line from the shoulders through the knees to the balls of the feet should be achieved on each landing.
- ❑ **Precautions:** Don't exaggerate count two on the first few repetitions; gradually progress to higher jumps.

Calisthenic Drill 2; Exercise 6

The One-leg Push-up

Purpose: This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise.

Starting Position: Front Leaning Rest Position.

Cadence: Moderate/Fast.

Count:

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg until 8-10 inches off the ground.
2. Return to the starting position.
3. Repeat count one, bringing the right leg to 8-10 inches off the ground.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- ❑ The fingers should be extended and spread so that the middle fingers point straight ahead and are directly in line with the shoulders.
- ❑ On counts one and three, the upper arms stay close to the trunk.
- ❑ On counts two and four, the elbows straighten but do not lock.
- ❑ On counts one and three, the raised leg is straight and aligned with the trunk with the toe pointed to the rear.
- ❑ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Do not jerk the leg to be raised past straight alignment with the trunk, as this may place undue stress on the back.

Variation: Soldiers may perform this exercise on their fists if wrist discomfort is an issue.

Calisthenic Drill 2; Exercise 7

The Diagonal Lunge and Bend

Purpose: This exercise develops balance, flexibility, and leg strength. The diagonal direction of the lunge promotes better control of lateral movements.

Starting Position: Straddle stance, arms overhead.

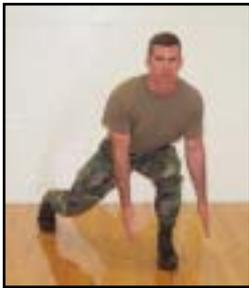
Cadence: Moderate.

Count:

1. Lunge at a 45-degree angle to the left as the trunk bends forward and the arms are lowered to the outsides of the left lower leg.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ On counts one and three, the left/right foot is pointed directly forward (12 o'clock).
- ❑ On counts one and three, the trunk remains straight though bent forward from the hips.
- ❑ On counts one and three, the left/right knee should be vertically aligned with the foot.
- ❑ On counts one and three, the arms remain straight, shoulder width apart, palms facing one another with fingers and thumbs extended and joined.
- ❑ On counts two and four, return to the starting position by vigorously pushing off with the left/right leg, not by jerking the trunk.

Precautions: Do not allow the knee of the lunging leg to pass beyond the toes. Do not jerk the trunk to return to the starting position.

Calisthenic Drill 2; Exercise 8**The Body Arch**

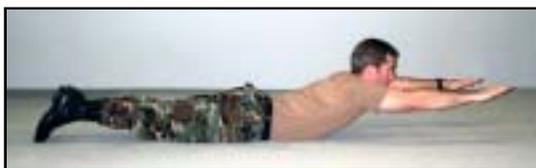
Purpose: This exercise develops strength and mobility of the back and shoulders.

Starting Position: Prone Position with arms overhead, palms down on the ground.

Cadence: Moderate.

Count:

1. Raise the arms, head, and chest 4-6 inches off the ground.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

**Starting Position****Count 1****Count 2****Count 3****Count 4****Check Points:**

- At the starting position, the hips are set and the abdominals are tight.
- Throughout the exercise, keep the feet together and in contact with the ground.
- Throughout the exercise, keep the arms and legs straight but not locked.

Precautions: Jerking the trunk on counts one and three may cause stress to the lower back.

Calisthenic Drill 2; Exercise 9

The Leg Tuck and Twist

Purpose: This exercise develops trunk strength and mobility while maintaining balance.

Starting Position: Seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear, palms down with fingers spread. Legs are straight, extended to the front and 8-10 inches off the ground.



Starting Position

Cadence: Moderate.

Count:

1. Raise legs and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count one to the right side.
4. Return to the starting position.



Count 1



Count 2



Count 3



Count 4

Check Points:

- At the starting position, tighten the abdominals to stabilize the trunk.
- On all counts, the legs and knees stay together.
- On counts one and three, the head and trunk remain still as the legs move.
- On counts one and three, the legs are tucked (bent) and aligned diagonal to the trunk.

Precautions: To protect the back on counts one and three, do not jerk the legs and trunk to achieve counts one and three.

Calisthenic Drill 2; Exercise 10

The 8-Count Push-Up

Purpose: This exercise combines the functional movements of the squat thrust and push-up to develop total body strength, endurance, and mobility.

Starting Position: Attention.

Cadence: Moderate.

Count:

1. Assume the squat position.
2. Thrust the legs backward to the front leaning rest position.
3. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
4. Return to the front leaning rest position.
5. Repeat count three.
6. Repeat count four.
7. Return to the squat position.
8. Return to the starting position.



Starting Position



Count 1



Count 2



Count 3



Count 4



Count 5



Count 6



Count 7



Count 8

Check Points:

- ❑ On counts one through seven, the hands are directly below the shoulders with fingers spread and the middle finger directed straight forward.
- ❑ On counts one and seven, the heels are together and raised.
- ❑ On counts four and six, the elbows straighten but do not lock.
- ❑ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Allowing the trunk to sag, especially on count two, may place excessive strain on the back. Avoid this by maintaining a strong abdominal contraction throughout the exercise.

SECTION IV - SUMMARY

11-22. Performance of calisthenics develops body management. They provide the foundation for the successful execution of essential military skills such as IMT, climbing, and combatives. They require no equipment, may be performed individually or in mass, and contribute to the improvement of strength, endurance, and mobility.