

Physical Training Session

The PT session will always include the following elements:

1. warm-up
2. main activity
3. cool-down

The Warm up

Conditioning Drill 1

1. The Bend and Reach
2. The Rear Lunge
3. The High Jumper
4. The Rower
5. The Squat Bender
6. The Windmill
7. The Forward Lunge
8. The Prone Row
9. The Bent-Leg Body Twist
10. The Push-up

(5 repetitions)

The Military Movement Drill

1. Laterals
2. The Shuttle Sprint

(1 repetition)

The Main Activity

The Main Physical Fitness Activity may be any activity which is of vigorous intensity.

- 1. Sit Ups**
- 2. Pull Ups**
- 3. Walk to Run**
- 4. Sustained Running**
- 5. Speed Run**
- 6. Any other Strenuous Activity**

The Cool Down

Conditioning Drill 1

1. The Bend and Reach
2. The Rear Lunge
3. The High Jumper
4. The Rower
5. The Squat Bender
6. The Windmill
7. The Forward Lunge
8. The Prone Row
9. The Bent-Leg Body Twist
10. The Push-up

(5 repetitions)

The Stretch Drills

1. The Overhead Arm Pull
2. The Rear Lunge
3. The Extend and Flex
4. The Thigh Stretch
5. The Single-Leg Over

(hold 20 seconds)