

California Cadet Corps Physical Fitness Session



Physical Training Session

The PT session will always include the following elements:

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

The warm-up should last approximately 10 to 15 minutes and occur just before the main activities of the PT session.

The performance of **Conditioning Drill 1** (1 set x 5 repetitions of each exercise) followed by **The Military Movement Drill** (1 set x 1 repetition of each exercise) comprises the warm-up.

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)

Conditioning Drill 1

Conditioning Drill 1 consists of a variety of calisthenics that develop motor skills while challenging strength, endurance, and flexibility.

The exercises in the drill should be performed in the following sequence - these exercises are used in the conduct of the warm-up **and** cool-down.

The Bend and Reach

Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

Cadence: SLOW.

The Bend and Reach

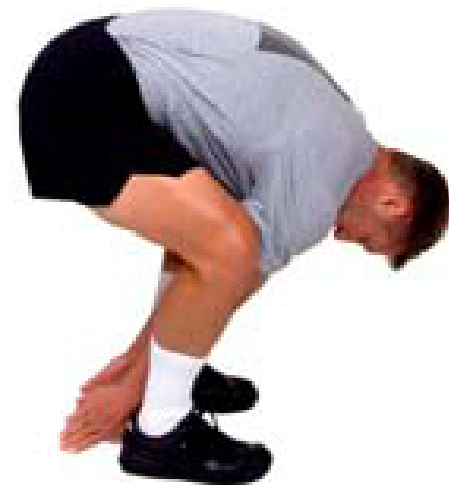
Starting Position



The Bend and Reach

Count 1

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.



The Bend and Reach

Count 2

2. Return to the starting position.



The Bend and Reach

Count 3

3. Repeat count one.



The Bend and Reach

Count 4

4. Return to the starting position.



The Rear Lunge

Purpose: This exercise promotes 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.

The Rear Lunge

Starting Position



The Rear Lunge

Count 1

1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.



The Rear Lunge

Count 2

2. Return to the starting position.



The Rear Lunge

Count 3

3. Repeat count 1 with the right leg.



The Rear Lunge

Count 4

4. Return to the starting position.



The High Jumper

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

Starting Position: Forward Leaning Stance.

Cadence: MODERATE.

The High Jumper

Starting Position



The High Jumper

Count 1

- 1. Swing arms forward and jump a few inches.**



The High Jumper

Count 2

**4. Swing arms backwards
and jump a few inches.**



The High Jumper

3. Swing arms forward and vigorously overhead while jumping forcefully.

Count 3



The High Jumper

Count 4

4. Repeat count two. On the last repetition, return to the starting position.



The Rower

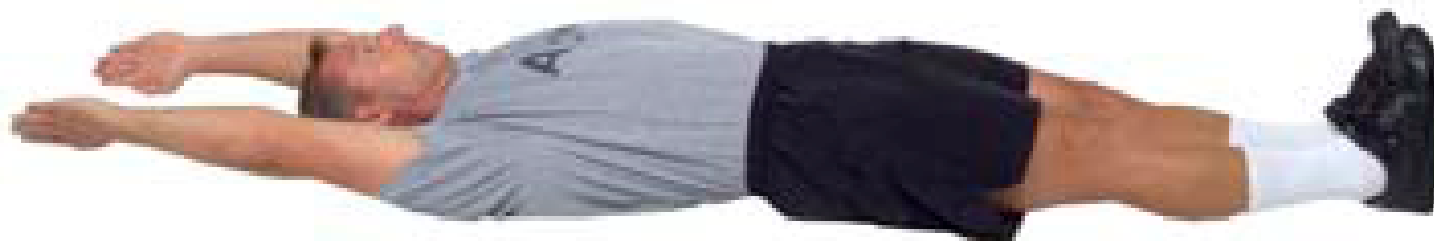
Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

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. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW.

The Rower

Starting Position



The Rower

Count 1

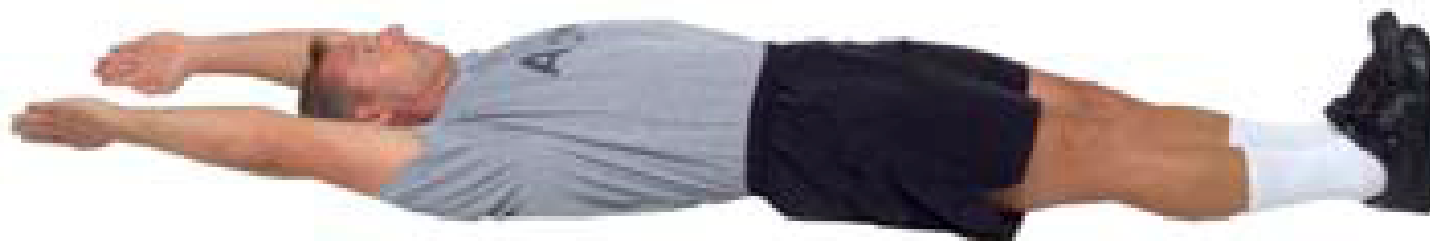
1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.



The Rower

Count 2

2. Return to the starting position.



The Rower

Count 3

3. Repeat count 1.



The Rower

Count 4

4. Return to the starting position.



The Squat Bender

Purpose: This exercise develops strength, endurance and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

The Squat Bender

Starting Position



The Squat Bender

Count 1

1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.



The Squat Bender

Count 2

2. Return to the starting position.



The Squat Bender

Count 3

3. Bend forward and reach toward the ground with both arms extended and palms inward.



The Squat Bender

Count 4

4. Return to the starting position.



The Windmill

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

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: SLOW.

The Windmill

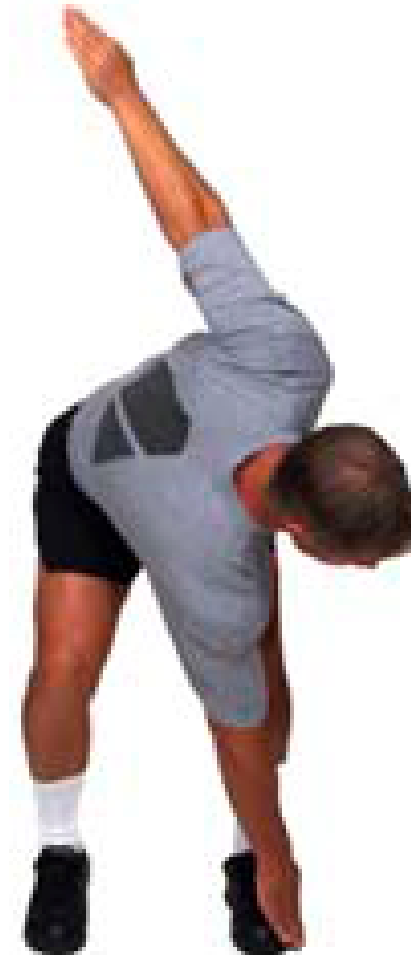
Starting Position



The Windmill

Count 1

1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.



The Windmill

Count 2

2. Return to the starting position.



The Windmill

Count 3

3. Repeat count 1 to the right.



The Windmill

Count 4

4. Return to the starting position.



The Forward Lunge

Purpose: This exercise promotes balance and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

The Forward Lunge

Starting Position



The Forward Lunge

Count 1

1. Take a step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.



The Forward Lunge

Count 2

2. Return to the starting position.



The Forward Lunge

Count 3

3. Repeat count 1 with the right leg.



The Forward Lunge

Count 4

4. Return to the starting position.



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 and toes pointed to the rear.

Cadence: SLOW.

The Prone Row

Starting Position



The Prone Row

Count 1

1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.



The Prone Row

Count 2

2. Return to the starting position.



The Prone Row

Count 3

3. Repeat count 1



The Prone Row

Count 4

4. Return to the starting position.



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.

The Bent-Leg Body Twist

Starting Position



The Bent-Leg Body Twist

Count 1

1. Rotate the legs to the left while keeping the upper back and arms in place.



The Bent-Leg Body Twist

Count 2

2. Return to the starting position.



The Bent-Leg Body Twist

Count 3

3. Repeat count 1 to the right.



The Bent-Leg Body Twist

Count 4

4. Return to the starting position.



The Push Up

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

Starting Position: Front Leaning Rest position.

Cadence: MODERATE.

The Push Up

Starting Position



The Push Up

Count 1

- 1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.**



The Push Up

Count 2

2. Return to the Starting Position.



The Push Up

Count 3

3. Repeat count 1



The Push Up

Count 4

4. Return to the starting position.



The Military Movement Drill

1. The Laterals
2. The Shuttle Sprint

The Laterals

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle Stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

Movement: Step to the side by rising slightly and bringing the trailing leg to the lead leg. Quickly hop to the side and land back in the crouch with the feet shoulder width apart. Always face the same direction so that the first 25-yards is moving to the left and the second 25-yards is moving to the right.

The Laterals



Starting
Position



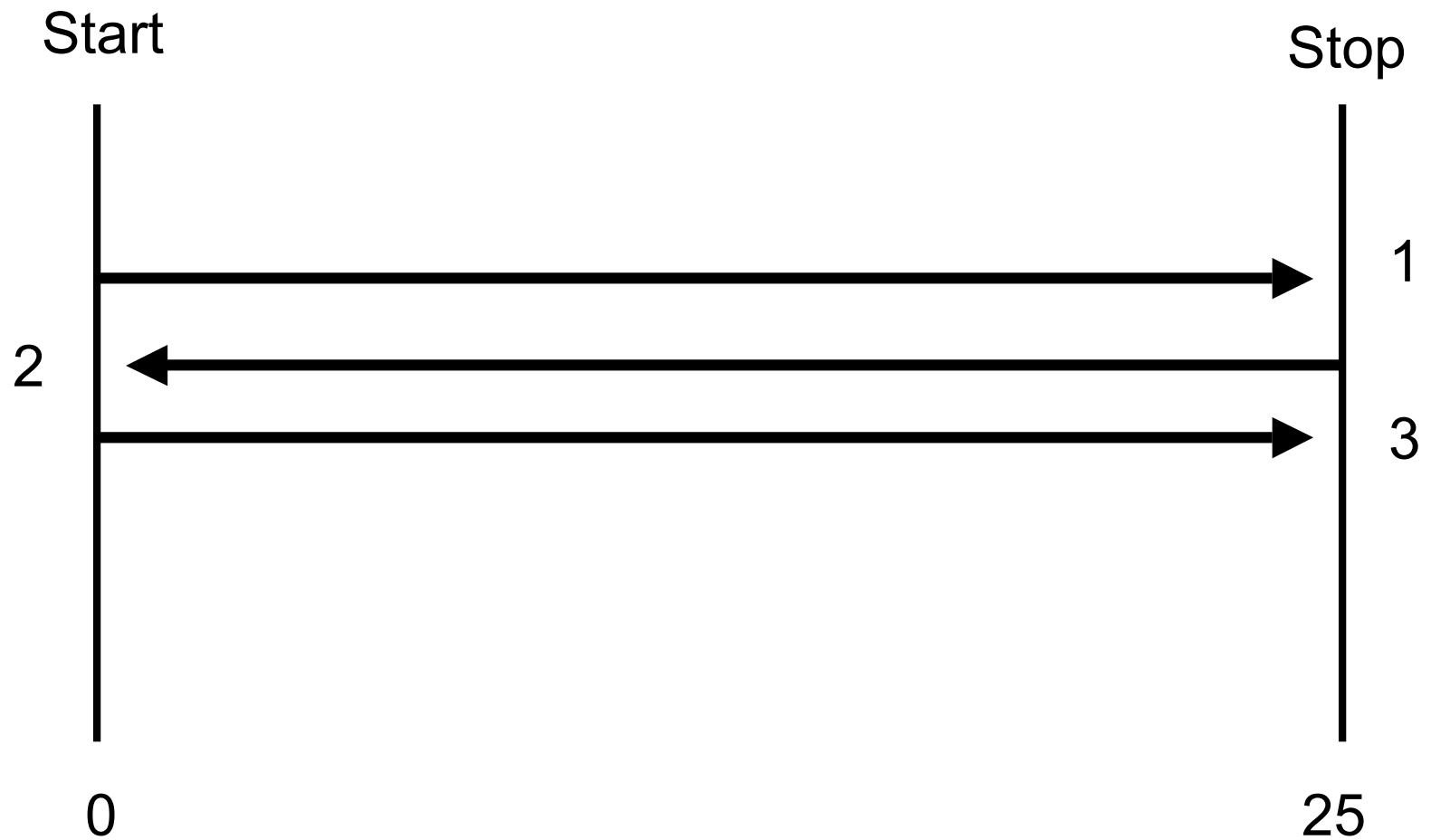
The Shuttle Sprint

Purpose: This exercise develops anaerobic endurance, leg speed, and agility.

Starting Position: Staggered Stance.

Movement: Run quickly to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line and plant the right foot, turn counterclockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually accelerating to near maximum speed.

The Shuttle Sprint



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
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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)

The Overhead Arm Pull

Purpose: This exercise develops flexibility of the arms, shoulders, and trunk muscles.

Starting Position: Straddle stance with hands on hips.

The Overhead Arm Pull

Starting Position



The Overhead Arm Pull

Count 1

1. On the command, “*Ready, STRETCH*”, raise the left arm overhead and place the left hand behind the head. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. Hold this position for 20-30 seconds.



The Overhead Arm Pull

Count 2

2. On the command,
“*Starting Position, MOVE*”,
assume the starting
position.



The Overhead Arm Pull

Count 3

3. On the command, “*Change Position, Ready, STRETCH*”, raise the right arm overhead and place the right hand behind the head. Grasp above the right elbow with the left hand and pull to the left, leaning the body to the left. Hold this position for **20-30 seconds**



The Overhead Arm Pull

Count
4

4. On the command, “*Starting Position, MOVE*”, return to the starting position.



The Rear Lunge

See The Rear Lunge in Condition Drill 1

The Extend and Flex

Purpose: This exercise develops flexibility of the hip flexors, abdominals, hip (Position 1 - extend) and the low back, hamstrings and calves (Position 2 -flex).

Starting Position: The front leaning rest position.

The Extend and Flex

Starting Position



The Extend and Flex

1. On the command, “*Ready, STRETCH*”, lower the body, sagging in the middle, keeping the arms straight and look upward. Hold this position for 20-30 seconds.

Count 1



2. On the command, “*Starting Position, MOVE*”, assume the starting position

The Extend and Flex

Count 2



3. On the command, “*Change Position, Ready, STRETCH*”, slightly bend the knees and walk the hands back toward the legs. Straighten the legs and try to touch the ground with the heels. Keep the feet together and hold this position for 20-30 seconds.

Count 3

The Extend and Flex



4. On the command, “*Starting Position, MOVE*”, return to the starting position.

The Extend and Flex

Count 4



The Thigh Stretch

Purpose: This exercise develops flexibility of the front of the thigh and the hip flexor muscles.

Starting Position: Seated position, arms at sides and palms on the floor.

The Thigh Stretch

Starting Position



1. On the command, “*Ready, STRETCH*”, roll onto the right side and place the right forearm on the ground, perpendicular to the chest. The right hand makes a fist on the ground with the thumb side up. Grasp the left ankle with the left hand and pull the left heel toward the buttocks and pull the entire leg rearward. Push the left thigh further to the rear with the bottom of the right foot. Hold this position for 20-30 seconds.

Count 1

The Thigh Stretch



The Thigh Stretch

2. On the command, “*Starting Position, MOVE*”, assume the starting position.

Count 2



3. On the command, “*Change Position, Ready, STRETCH*”, lay on the left side and place the left forearm on the ground, perpendicular to the chest. The left hand makes a fist on the ground with the thumb side up. Grasp the right ankle with the right hand and pull the right heel toward the buttocks and pull the entire leg rearward. Push the right thigh further to the rear with the bottom of the left foot. Hold this position for 20-30 seconds.

Count 3

The Thigh Stretch



The Thigh Stretch

4. On the command, “*Starting Position, MOVE*”, assume the starting position.

Count 4



The Single-Leg Over

Purpose: This exercise develops flexibility of the hips and lower back muscles.

Starting Position: Supine position with arms sideward, palms down.

The Single-Leg Over

Starting Position



The Single-Leg Over

Count 1

1. On the command, “*Ready, STRETCH*”, turn the body to the right, bend the left knee to 90-degrees Over the right leg, and grasp the outside of the left knee with the right hand and pull toward the right. Hold this position for 20-30 seconds.



2. On the command,
“*Starting Position, MOVE*”,
assume the starting position

The Single-Leg Over

Count 2



3. On the command, “*Change Position, Ready, STRETCH*”, turn the body to the left, bend the right knee to 90-degrees over the left leg, and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20-30 s

The Single-Leg Over

Count 3



4. On the command,
“*Starting Position, MOVE*”,
assume the starting position

The Single-Leg Over

Count 4



Physical Training Session

The PT session will always include the following elements:

1. warm-up
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3. cool-down