

**CONDUCT PHYSICAL READINESS TRAINING****STRENGTH AND MOBILITY SESSION**

<b>STUDENT</b> (Rank, Last, First, MI) SPC CARL,	<b>FACILITATOR</b> (Rank, Last, First, MI)	<b>DATE:</b>
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**PERFORMANCE STEPS**

POINTS POSSIBLE    POINTS AWARDED

**PREPARATION**

(FM 7-22, pages 8-2 thru 8-15)

1. Produces and provides a complete hard copy of the deliberate risk assessment worksheet da from 2977.	<b>2</b>	<b>2</b>
2. Briefs the overall risk assessment level to the team/squad.	<b>2</b>	<b>2</b>
3. Forms team/squad into the extended rectangular formation (uncovered formation).	<b>3</b>	<b>3</b>
4. Bend & reach (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
5. Rear lunge (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
6. High jumper (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
7. Rower (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
8. Squat bender (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
9. Windmill (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
10. Forward lunge (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
11. Prone row (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
12. Bent-leg body twist (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
13. Push-ups (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>

**4 FOR THE CORE (4C)**

(FM 7-22, PAGES 6-11 THRU 6-15)

14. Bent leg raise (correct: starting position, commands w/minimal pauses, performance, holds for 1 minute & mirrors).	<b>3</b>	<b>3</b>
15. Side bridge (correct: starting position, commands w/minimal pauses, performance, holds for 1 minute each side & mirrors).	<b>3</b>	<b>3</b>
16. Back bridge (correct: starting position, commands w/minimal pauses, performance, holds for 1 minute & mirrors).	<b>3</b>	<b>3</b>
17. Quadraplex (correct: starting position, commands w/minimal pauses, performance holds for 1 minute each side & mirrors).	<b>3</b>	<b>3</b>

**CONDITIONING DRILL 1 & 2**

(FM 7-22, PAGES 9-3 THRU 9-10)

18. Power jump (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
19. V- up (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
20. Mountain climber (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
21. Leg-tuck and twist (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
22. Single leg push-up (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
23. Turn and lunge (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
24. Supine bicycle (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
25. Half jacks (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).	<b>3</b>	<b>3</b>
26. Swimmer (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>
27. 8-count push-up (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).	<b>3</b>	<b>3</b>

**RECOVERY**

(FM 7-22, PAGES 8-15 THRU 8-23)

28. Overhead arm pull (correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count) & mirrors).	<b>3</b>	<b>3</b>
29. Rear lunge (correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count) & mirrors).	<b>3</b>	<b>3</b>
30. Extend and flex (correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count) & mirrors).	<b>3</b>	<b>3</b>
31. Thigh stretch (correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count) & mirrors).	<b>3</b>	<b>3</b>
32. Single-leg over (correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count) & mirrors).	<b>3</b>	<b>3</b>

**END SESSION**

33. Assembles the formation to the right.	<b>2</b>	<b>2</b>
34. Conducts after action review (AAR).	<b>2</b>	<b>2</b>
35. Calls team/squad to attention.	<b>1</b>	<b>1</b>
36. Dismisses the team/squad.	<b>1</b>	<b>1</b>

**TOTAL SCORE****100****Comments:****Facilitator's Signature and DATE:****Student's Signature and DATE:**