

CONDUCT PHYSICAL READINESS TRAINING**ENDURANCE AND MOBILITY SESSION****STUDENT** (Rank, Last, First, MI)**FACILITATOR** (Rank, Last, First, MI)**DATE:**

SPC CARL,

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.
2. Briefs the overall risk assessment level to the team/squad.
3. Forms team/squad into the extended rectangular formation (uncovered formation).
4. Bend & reach (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).
5. Rear lunge (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).
6. High jumper (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).
7. Rower (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).
8. Squat bender (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).
9. Windmill (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).
10. Forward lunge (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).
11. Prone row (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).
12. Bent-leg body twist (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions & mirrors).
13. Push-ups (correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions).

2**3****3****3****3****3****3****3****3****3****3****3****3****HIP STABILITY DRILL (HSD)**

(FM 7-22, PAGES 6-16 THRU 6-24)

14. Lateral leg raise (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions each side & mirrors).
15. Medial leg raise (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions each side & mirrors).
16. Bent-leg lateral raise (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions each side & mirrors).
17. Single-leg tuck (correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions each side & mirrors).
18. Single-leg over (correct: starting position, commands w/minimal pauses, performance, cadence, 20-30 seconds each side & mirrors).

3**3****3****3****3****MILITARY MOVEMENT DRILL 1 & 2**

(FM 7-22, PAGES 10-6 THRU 10-14)

19. Forms or moves team/squad into the extended rectangular formation (covered formation) and assumes correct starting position (right side of the formation).
20. Verticals (correct: commands w/minimal pauses, starting position, performance and repetitions).
21. Laterals (correct: commands w/minimal pauses, starting position, performance and repetitions).
22. Shuttle sprint (correct: commands w/minimal pauses, starting position, performance and repetitions).
23. Power skip (correct: commands w/minimal pauses, starting position, performance and repetitions).
24. Crossovers (correct: commands w/minimal pauses, starting position, performance and repetitions).
25. Crouch run (correct: commands w/minimal pauses, starting position, performance and repetitions).
26. Properly uncovers formation or moves to an alternate location IOT conduct the recovery phase (extended rectangular formation).

3**3****3****3****3****3****3****3****RECOVERY**

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

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

3**3****3****3****3****END SESSION**

32. Assembles the formation to the right.
33. Conducts after action review (AAR).
34. Calls team/squad to attention.
35. Dismisses the team/squad.

2**2****2****2****TOTAL SCORE****Comments:****Facilitator's Signature and DATE:****Student's Signature and DATE:**