



CONDUCT PHYSICAL TRAINING STRENGTH AND MOBILITY SESSION			
STUDENT (Rank, Last, First, MI)	FACILITATOR (Rank, Last, First, MI)	DATE:	
PERFORMANCE STEPS		Points Possible	Points Awarded
PREPARATION <small>(ATP 7-22.02, pages 3-1 thru 3-18)</small>			
1. Produces and provides a complete hard copy of the Deliberate Risk Assessment Worksheet DA Form 2977		1	
2. Briefs the overall risk assessment level to the team/squad		1	
3. Forms team/squad into the extended rectangular formation (Uncovered formation)		1	
4. Bend & Reach (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
5. Rear Lunge (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
6. High Jumper (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
7. Rower (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
8. Squat Bender (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
9. Windmill (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
10. Forward Lunge (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
11. Prone Row (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
12. Bent-Leg Body Twist (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
13. Push-Ups (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
SHOULDER STABILITY DRILL (SSD) <small>(ATP 7-22.02, pages 4-4 thru 4-8)</small>			
14. I Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		2	
15. T Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		2	
16. Y Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		2	
17. L Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		2	
18. W Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		2	
CONDITIONING DRILL 1 & 2 <small>(ATP 7-22.02, pages 5-1 thru 5-12)</small>			
19. Power Jump (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
20. V- Up (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
21. Mountain Climber (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
22. Leg-Tuck and Twist (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
23. Single Leg Push-Up (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
24. Turn and Lunge (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
25. Supine Bicycle (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
26. Half Jacks (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
27. Swimmer (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
28. 8-Count Push-Up (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
RECOVERY <small>(ATP 7-22.02, pages 16-1 thru 16-13)</small>			
29. Overhead Arm Pull (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
30. Rear Lunge (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
31. Extend and Flex (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
32. Thigh Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
33. Single-Leg Over (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
34. Groin Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
35. Calf Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
36. Hamstring Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		2	
END SESSION			
37. Assembles the formation to the right		1	
38. Conducts after action review (AAR)		1	
39. Calls team/squad to attention		1	
40. Dismisses the team/squad		1	
TOTAL SCORE			
Evaluation Guidance: Cadre will use this assessment to evaluate students. Students must score 70 or more points to receive a GO . Each step's point value is all or nothing.			
Comments			
FACILITATOR SIGNATURE and DATE:			
STUDENT SIGNATURE and DATE:			