

CONDUCT PHYSICAL TRAINING STRENGTH AND MOBILITY SESSION		
STUDENT (Rank, Last, First, MI)	FACILITATOR (Rank, Last, First, MI)	DATE:
PERFORMANCE STEPS		Points Possible
PREPARATION (ATP 7-22.02, pages 3-1 thru 3-18)		
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) (ATP 7-22.02, pages 4-4 thru 4-8)		
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 (ATP 7-22.02, pages 5-1 thru 5-12)		
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 T Push-Up (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)	3	
RECOVERY (ATP 7-22.02, pages 16-1 thru 16-13)		
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:		

EXTENDED RECTANGULAR FORMATION																					
<p>With the squad/team in formation, at the position of attention:</p> <ol style="list-style-type: none"> 1. Command “Extend to the left, MARCH.” 2. Command “Arms downward, MOVE.” 3. Command “Left, FACE.” 4. Command “Extend to the left, MARCH.” 5. Command “Arms downward, MOVE.” 6. Command “Right, FACE.” 7. Command “From front to rear, COUNT OFF.” 8. Command ““Even number to the left, UNCOVER.” 																					
Strength & Mobility Session	Endurance & Mobility Session																				
<p>Preparation Drill (PD) (pages 3-1 thru 3-18)</p> <table> <tr> <td>Bend & reach</td><td>Windmill</td></tr> <tr> <td>Rear lunge</td><td>Forward lunge</td></tr> <tr> <td>High jumper</td><td>Prone row</td></tr> <tr> <td>Rower</td><td>Bent-leg body twist</td></tr> <tr> <td>Squat bender</td><td>Push-up</td></tr> </table>	Bend & reach	Windmill	Rear lunge	Forward lunge	High jumper	Prone row	Rower	Bent-leg body twist	Squat bender	Push-up	<p>Preparation Drill (PD) (pages 3-1 thru 3-18)</p> <table> <tr> <td>Bend & reach</td><td>Windmill</td></tr> <tr> <td>Rear lunge</td><td>Forward lunge</td></tr> <tr> <td>High jumper</td><td>Prone row</td></tr> <tr> <td>Rower</td><td>Bent-leg body twist</td></tr> <tr> <td>Squat bender</td><td>Push-up</td></tr> </table>	Bend & reach	Windmill	Rear lunge	Forward lunge	High jumper	Prone row	Rower	Bent-leg body twist	Squat bender	Push-up
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<p>Shoulder Stability Drill (SSD) (pages 4-4 thru 4-8)</p> <ul style="list-style-type: none"> I Raise T Raise Y Raise L Raise W Raise 	<p>Hip Stability Drill (HSD) (pages 4-1 thru 4-4)</p> <ul style="list-style-type: none"> Lateral leg raise Medial leg raise Bent-leg lateral raise Single-leg tuck Single-leg over 																				
<p>Conditioning Drill 1 (CD 1) (pages 5-1 thru 5-9)</p> <ul style="list-style-type: none"> Power jump V-up Mountain climber Leg-tuck and twist Single-leg push-up 	<p>Military Movement Drill 1 (MMD1) (pages 8-1 thru 8-2)</p> <ul style="list-style-type: none"> Verticals Laterals Shuttle sprint 																				
<p>Conditioning Drill 2 (CD 2) (pages 5-9 thru 5-12)</p> <ul style="list-style-type: none"> Turn and lunge Supine bicycle Half jacks Swimmer 8-count T push-up 	<p>Military Movement Drill 2 (MMD 2) (pages 8-3 thru 8-5)</p> <ul style="list-style-type: none"> Power skip Crossovers Crouch Run 																				
<p>Recovery Drill (RD) (pages 16-1 thru 16-13)</p> <ul style="list-style-type: none"> Overhead arm pull Rear lunge Extend and flex Thigh stretch Single-leg over Groin stretch Calf stretch Hamstring stretch 	<p>Recovery Drill (RD) (pages 16-1 thru 16-13)</p> <ul style="list-style-type: none"> Overhead arm pull Rear lunge Extend and flex Thigh stretch Single-leg over Groin stretch Calf stretch Hamstring stretch 																				

CONDUCT PHYSICAL TRAINING ENDURANCE AND MOBILITY SESSION		
STUDENT (Rank, Last, First, MI)	FACILITATOR (Rank, Last, First, MI)	DATE:
PERFORMANCE STEPS		Points Possible Points Awarded
PREPARATION (ATP 7-22.02, pages 3-1 thru 3-18)		
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	
HIP STABILITY DRILL (HSD) (ATP 7-22.02, pages 4-1 thru 4-4)		
14. Lateral Leg Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)	3	
15. Medial Leg Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)	3	
16. Bent-Leg Lateral Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)	3	
17. Single-Leg Tuck (Correct: starting position, commands w/minimal pauses, performance, 5 repetitions)	3	
18. Single-Leg Over (Correct: starting position, commands w/minimal pauses, performance, cadence, 20-30 seconds (silent count))	3	
MILITARY MOVEMENT DRILL 1 & 2 (ATP 7-22.02, pages 8-1 thru 8-5)		
19. Forms or moves team/squad into the extended rectangular formation (Covered formation) and assumes correct starting position (right side of the formation)	3	
20. Verticals (Correct: Commands w/minimal pauses, starting position, performance and repetitions)	3	
21. Laterals (Correct: Commands w/minimal pauses, starting position, performance and repetitions)	3	
22. Shuttle Sprint (Correct: Commands w/minimal pauses, starting position, performance and repetitions)	3	
23. Power Skip (Correct: Commands w/minimal pauses, starting position, performance and repetitions)	3	
24. Crossovers (Correct: Commands w/minimal pauses, starting position, performance and repetitions)	3	
25. Crouch Run (Correct: Commands w/minimal pauses, starting position, performance and repetitions)	3	
26. Properly uncovers formation or moves to an alternate location IOT conduct the Recovery phase. (extended rectangular formation)	3	
RECOVERY (ATP 7-22.02, pages 16-1 thru 16-13)		
27. Overhead Arm Pull (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))	3	
28. Rear Lunge (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))	3	
29. Extend and Flex (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))	3	
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END SESSION		
35. Assembles the formation to the right	1	
36. Conducts after action review (AAR)	1	
37. Calls team/squad to attention	1	
38. 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.		
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EXTENDED RECTANGULAR FORMATION	
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Strength & Mobility Session	Endurance & Mobility Session
Preparation Drill (PD) (pages 3-1 thru 3-18) Bend & reach Windmill Rear lunge Forward lunge High jumper Prone row Rower Bent-leg body twist Squat bender Push-up	Preparation Drill (PD) (pages 3-1 thru 3-18) Bend & reach Windmill Rear lunge Forward lunge High jumper Prone row Rower Bent-leg body twist Squat bender Push-up
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