

## ❖ 150620OCT2018: Monday Upper Body Workout

### Plan:

- 1SG will gain accountability and conduct PD and MMD1
- 1SG will turn it over to PSGs
  - 1PLT will line up on the goal line closest to the RecCen
  - 2PLT will line up on the goal line furthest from the RecCen
- PSGs will lead the exercises and SLs will echo PSGs commands
  - Warm up
    - 1 minute of push ups
    - Shoulder Stability Drill ( SSD )\* 5 repetitions each
  - Set 1
    - Assisted Decline pushups [7,5,3] \*( Switch )
    - Assisted Decline pushups [5,3,1] \*( Switch )
    - SSD\* Exercise 1 - 10 repetitions
    - 1 minute of wide-arm push ups
    - SSD\* Exercise 2 - 10 repetitions
  - 1 minute break
  - Set 2
    - Hold-Pyramid pushups [4,3,2,1]\*
  - 1 minute break
    - Hold-Pyramid pushups [1,2,3,4]\*
  - 1 minute break
    - SSD\* Exercise 3 - 10 repetitions
    - SSD\* Exercise 4 - 10 repetitions
    - Sprint to the lightpost
  - 1 minute break
  - Stretch-Recovery Set
    - Front Leaning Rest Position - 1 minute
    - Overhead Arm Pull - 30 seconds each position
    - Front Leaning Rest Position - 1 minute
  - Set 3
    - Bear crawl - 18 yard line and back
  - 30 second break
    - Bear crawl- Penalty Marker and back
  - 30 second break
    - 10x 8 Count Push Up
  - 30 second break
    - SSD\* Exercise 5 - 10 repetitions
    - 30 seconds of Close Arm Pushups

- 1 minute break
- Set 4
  - 10x 4 Count Single Leg Push Ups
- 1 minute break
  - 20x 4 Count Military Press
  - 5x 4 Count Single Leg Push Ups
- 1 minute break
  - 15x Burpees
- 1 minute break
  - 10x Burpees
- PLTs will repeats Sets as time permits
- If at any point Cadets cannot continue the exercise they will go to the Front Leaning Rest Position and hold until PLTs moves on to the next exercise
- CSM will call Cadets in announcements

### **Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) or appropriate athletic attire (no bright colors.)

### **Timeline:**

0630-0640: Accountability/PD/MMD1

0640-0645: Demonstrations

0645-0720: Workout

0720-0725: Recovery Stretches

0725-0730: Announcements//Release

Shoulder Stability Drill ( SSD )\* :

[http://www.armyprt.com/special\\_conditioning\\_programs/shoulder-stability-drill.shtml](http://www.armyprt.com/special_conditioning_programs/shoulder-stability-drill.shtml)

Assisted Decline pushups [7,5,3] \*:

<http://www.youtube.com/watch?v=qBKFzrdLqdE&feature=youtu.be>

Hold-Pyramid pushups [4,3,2,1]\*:

<http://www.youtube.com/watch?v=UJKpRBbGTWY&feature=youtu.be>

❖ **170620OCT2018: Wednesday IV Loop Last-Man-Up Run (3.4 mile run)**

**Plan:**

- 1SG will gain accountability NLT 0630 and conduct PD and MMD1.
- CSM will release ability groups at 30 second intervals.
  - While running the route, ability groups will form two files, with the ability group leader also in the group.
  - Each ability group will have 2 designated road guards when crossing the street.
  - After crossing the street at the El Colegio and Ocean Rd intersection, the Last-Man-Up run will begin
  - The two runners in the back will sprint up to the front of the formation. Once both runners have reached the front of the formation, they will sound off which will signal the next two runners in the back to begin sprinting to the front.
    - This run may be done at a SLIGHTLY slower pace than normal due to the exertion involved with the sprints.
  - Cadets will run along Ocean Rd. and turn right onto Del Playa Drive.
  - Then, at the Camino Corto intersection, they will turn right again and follow until El Colegio Rd., and back to the Rec Cen.
- Upon arrival back to the Rec Cen field, ability groups will do 60/30s if time permits.

**Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) and appropriate shorts.

**Timeline:**

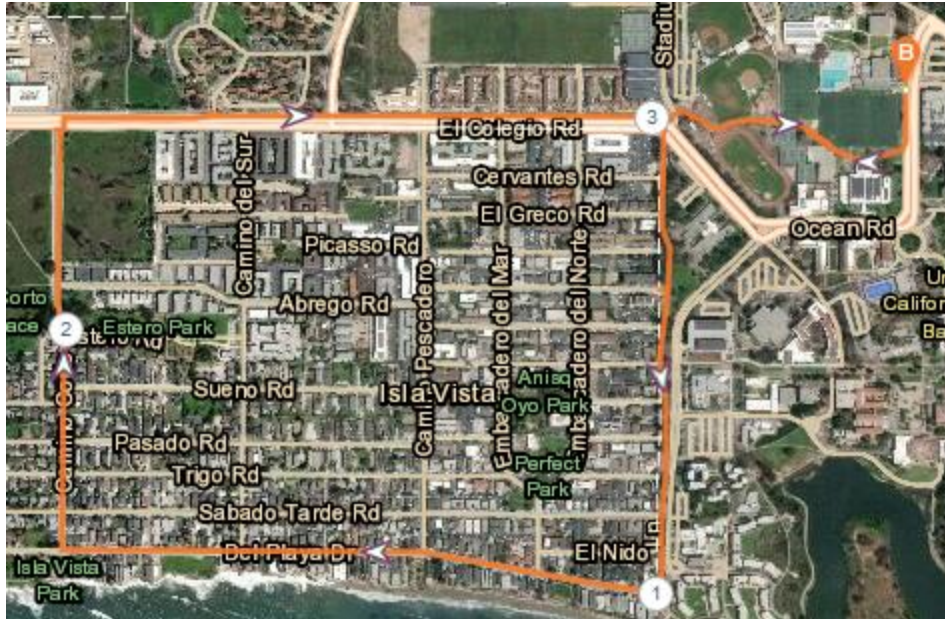
0630-0645: Accountability/PD/MMD1

0645-0715: Run Route

0715-0720: 60/30s

0720-0725: Recovery Drills

0725-0730: Announcements/Release



❖ **190620OCT2018: Friday Henley Gate Work Out**

**Plan:**

- 1SG will gain accountability and conduct PD and MMD
- 1SG will release ability groups
- Groups will run to Henley Gate with a 30 second stagger between groups starting with C and ending with A+
- Upon arrival to Henley Gate groups will conduct the first exercise and then run to the bottom of the hill and back again to conduct the next exercise until 0710
  - Exercises:
    - 20x Sit-ups
    - 10x Push-ups (4 count)
    - 25x Russian ("Freedom") Twist (4 count)
    - 20x Y-Squats (4 count)
    - 10x 8-Count Push-up
    - 25x Flutter Kicks (4 count)
- At 0710, ability group leaders will gain accountability of their group and run back to the Rec Cen Field to conduct Recovery Drills
- CSM will call Cadets in for announcements

**Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) and appropriate shorts.

**Timeline:**

0630-0645: Accountability/PD/MMD

0645-0710: Henley Gate Work Out

0710-0720: Return to Rec Cen/Recovery Drills

0720-0730: Announcements/Release

**Personnel:**

Road Guards: Canchola & Jang

❖ **220620OCT18 Monday Lagoon Run (4.0 mile run)**

**Plan:**

- 1SG will gain accountability and conduct PD and MMD
- CSM will release ability groups from the Rec Center with a 30 second stagger between groups starting with C and ending with A+
- Groups will run the route down Ocean Rd., around the lagoon, and back to the Rec Cen.
- If time permits, ability groups will conduct 60/30s until 0720.
- Ability groups will conduct RD.

**Uniform:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) and appropriate shorts.

**Timeline:**

0630-0645: Accountability/PD/MMD1

0645-0715: Run Route

0715-0720: 60/30s

0720-0725: Recovery Drill

0725-0730: Announcements/Release



❖ **240620OCT18 Wednesday Ab Blasters with Sprints**

**Plan:**

- 1SG will gain accountability NLT 0630 and conduct PD
- 1SG will hand control over to PSGs. 1PLT will line up on Rec Cen side Goal line. 2PLT will line up on the opposite goal line across the field.
- Workout:
  - 30x 4 count Mountain Climbers
  - 40x 4 count Flutter Kicks
  - 1 minute 6 inch hold
  - 3x Sprints to half field and back
  - 30x 4 count Russian has ("Freedom") Twists
  - 10x 4 count V-Ups
  - 20x 4 count Leg Tuck and Twists
  - 1 minute break
  - 2 minute plank

- 3x Sprints to half field and back
- 20x 4 count Rowers
- 25x 4 count Ankle Touchers
- 25x 4 count Supine Bicycle
- 40x Crunches on your own
- 3x Sprints to half field and back
- 1 min side plank (each side)
- 1 minute break
  - Repeat the exercises until 0720 and the BN's abs are completely BLASTED

### **Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) and appropriate shorts.

### **Timeline:**

0630-0640: Accountability/PD

0640-0720: Blast Abs

0720-0725: Recovery Drills

0725-0730: Announcements/Release

## **❖ 260620OCT18 Friday Jump Rope Squad Competition**

### **Plan:**

- 1SG will gain accountability and conduct PD and MMD1
- 1PLT and 2PLT will line up on Rec Cen side goal lines of the two fields.
  - 1PLT will be on the field closest to the bike racks and 2PLT will be on the field closest to the pools.
- Each squad will have one jump rope.
- Each squad will compete to finish the workout before all other squads.
  - Some cadets will have to go more than once to make up for unequal number of squad members across the squads.
- **Squad Competition:**
  - **Warmup:**
    - 100 Burpees as a squad
    - 200 Push-ups as a squad

- 3 sprints to half-field and back
  - **Set 1:**
    - One cadet at a time jumps rope until they've jumped over the rope 75x
    - While that cadet is jumping rope, the squad does the following exercises (the squad changes to the next exercise when the next person begins to jump rope):
      1. Walk-Down Shoulder Slaps
      2. Crunches
      3. Air Squats
      4. Arm Circles
      5. Russian Twists
      6. Lunges (to half-field and back)
      7. Military Press
      8. Sit-ups
      9. Plank
      10. Y-Squats
    - Repeat exercises if necessary for every member of the squad to jump rope
  - **Sprint Relay:**
    - After everyone in the squad has jumped rope, they will conduct a sprint relay
    - While 1 person sprints to the other side of the field and back, the rest of the squad will do air-chairs or planks (alternate if necessary)
  - **Set 2:**
    - 200 Pushups as a squad
    - 200 Russian Twists as a squad
    - 300 Air Squats as a squad
    - 300 Military Presses as a squad
  - **Bear Crawl Relay**
    - One cadet at a time will bear crawl to the penalty box line (18 yard line) and sprint back
    - The rest of the squad will do air-chairs or planks while they wait (alternate if necessary)
- Begin Recovery Drill as squads once completed with competition or once it is 0720.

### **Walk-Down Shoulder Slaps:**



**Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) and appropriate shorts.

**Timeline:**

0630-0645: Accountability/PD/MMD1

0645-0720: Squad Competition

0720-0725: Recovery Drills

0725-0730: Announcements/Release

**❖ 290620OCT18 Monday Beach Run (1.8 mile run)****Plan:**

- A Co will meet and form up at Devereux (near intersection of Del Playa Drive and Camino Majorca)
- 1SG will gain accountability NLT 0630 and conduct PD
- Cadets will move down to the beach and be released on a run around Coal Oil Point.
  - CDT Jang will be at the turn-around point to indicate where cadets will turn around
- Cadets will run the route again until 0720

**Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) or appropriate athletic attire (no bright colors.)

**Timeline:**

0630-0640: Accountability/PD

0640-0720: Release Run

0720-0725: RD

0725-0730: Announcements/Release

**Formation Location:**



**Route:**



### ❖ 310620OCT2018 Wednesday Zombie Sprints

#### **Plan:**

- Cadets will meet at the Rec Cen Field NLT 0620
- 1SG will gain accountability by 0630 and conduct PD/MMD1
- PSGs will take control and line their PLTs on the goal line of the soccer fields
  - 1PLT will be on field closest to bike racks
  - 2PLT will be on field closest to swimming pools
- On the CSM's whistle, cadets will sprint to the other side of the field while MSIVs try to tag them
  - If a cadet is tagged by an MSIV "Zombie," the cadet will do 30 seconds of Push-ups before also becoming a zombie and tagging other cadets
  - Once there is only 1 cadet remaining left untagged, the PSG will lead the following exercises:
    - 30x Y-Squats
    - 20x Russian Twists
    - 40x Military Presses
  - Each platoon will repeat iterations of Zombie Tag and PLT exercises until 0720

#### **Uniform C:**

Appropriate Halloween costume!! Cannot have anything Army related on it, and no fake guns/weapons. Overall, must be tasteful and appropriate. Wear something you can still sprint across the field in as well. Those who are not dressing up in a costume will come to PT in appropriate civilian workout attire, NOT the APFU.

#### **Timeline:**

0630-0645: Accountability/PD/MMD1

0645-0720: Zombie Tag

0720-0725: Recovery Drills

0725-0730: Announcements/Release

### ❖ 020620NOV2018 Friday Calisthenics Workout

#### **Plan:**

- Cadets will meet at Rec Cen Field NLT 0620
- 1SG will gain accountability by 0630 and conduct PD/MMD1

- PSGs will take control and line their PLTs on the goal lines of the soccer field. 1PLT Will be on the Rec Cen side, 2PLT will be on the opposing side.
- PSGs and demonstrators will conduct the following exercises:
  - 20x 4 Count Push Up
  - 25x 4 Count Mountain Climber
  - 25x 4 Count Y Squat
  - 3x Sprint to Half field and back
  - 30 second break
  - 15x 4 Count Wide Arm Push Up
  - 35x 4 Count Flutter Kick
  - 15x 4 Count Power Jump
  - 3x Sprint to Half Field and back\
  - 30 second break
  - 15x 4 Count Close Arm Push Up
  - 30x 4 Count Russian Twist
  - 3x Sprint to Half Field and back
  - 30 second break
    - Repeat until competition begins.
- At 0705 1SG will circle up A Co for the Calisthenic Competition at midfield.
  - 1st minute: 5 Burpees
  - 2nd minute: 6 Burpees
  - 3rd minute: 7 Burpees
    - Each new minute will be an additional burpee
  - Those who can not perform the allotted burpees within the minute will be directed to run around the Rec Cen Field until the competition is over.

**Uniform C:**

Black APFU (contracted cadets) and black/white logo-less socks must be above the ankle. Cadets who scored 300(+) on APFT are permitted to wear their 300(+) shirts with APFU shorts. Those who don't have APFU will wear their gray ROTC shirts (from swag bag) and appropriate shorts.

**Timeline:**

0630-0645: Accountability/PD/MMD1  
 0645-0705: PSGs lead workouts  
 0705-0720: Calisthenic Competition  
 0720-0725: Recovery Drills  
 0725-0730: Announcements/Release