

❖ 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: Workout
0705-0720: Calisthenic Competition
0720-0725: Recovery Drills
0725-0730: Announcements/Release

❖ 050620NOV18 Drill and Ceremony (D&C) Introduction

Refer to TC 3-21.5

https://armypubs.army.mil/ProductMaps/PubForm/Details.aspx?PUB_ID=102532

**Pay attention to Ch. 4 Individual Drill and Ch. 7 Platoon Drill)

Plan:

- Cadets will meet at Rec Cen Field NLT 0620
- 1SG will gain accountability by 0630 and conduct drill and ceremony practice.
- MSIIIs will have TC 3-21.5 on hand to refer to.
- MSIVs will ensure MSIII cadets are teaching the correct D&C.
- PSGs and SLs will review and practice the following as individual platoons:
 - Preparatory and Execution Commands
 - Spacing
 - Normal Interval
 - Close Interval
 - Stationary Movements (and the appropriate orders to go to them):
 - Position of Attention (and when to go to it)
 - Parade Rest (and when to go to it)
 - At Ease
 - Rest
 - Hand Salute
 - Facing movements:
 - Left (Right) Face
 - About Face
- PSGs and SLs will teach the following and practice marching as a platoon:
 - Marching
 - 30-inch step explanation
 - Left (Right) Turn
- MSIIIs will take turns with cadence calling around the field.

Uniform:

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Timeline:

0630-0635 Accountability and formation as platoons

0635-0645 D&C Review

0645-0725 Marching and Cadence Calling

0725-0730 Announcements/Release

❖ **070615NOV18 Swimming PT/Alternate Workout 2PLT**

****UCSB students must bring their access cards. Non-UCSB students must bring their driver's license/alternate photo ID.**

Plan:

- Cadets will meet at Rec Cen field NLT 0615
- 1SGT will take accountability NLT 0620
- After accountability, 1PLT will form up outside of Rec Cen entrance
 - 2PLT will remain at Rec Cen field for the alternate workout
- CSM and MSIVs will take time and direct swim workout
- 2 MSIVs will stay with the other platoon to do the alternate workout
- Very weak swimmers will go to shallow swim lanes and swim laps for the rest of PT with a strong-swimming MSIV

Swim Workout:

- Warm Up:
 - Tread water for 3 minutes
 - Everyone gets out and does pushups for 1 minute on the pool deck
- Workout:
 - Relay 1:
 - Keeping squad integrity, squads form up on the side of the pool closest to the lifeguard office
 - One person at a time from each squad will swim as fast as they can to the other side and back (longer length of the pool)
 - Meanwhile the rest of the squad will do exercises up to the squad leader until everyone has swam across

- Cadets can stay in the water once they finish their turn swimming
 - Set 1
 - 2 minute water tread
 - 10x pool dips (on edge of pool)
 - 3x laps (swim to other side of pool and back-short length)
 - 30x flutter kicks on pool deck
 - 1 min break
 - Set 2:
 - 2 minute water tread as a squad while passing around a full canteen
 - 10x pool dips (on edge of pool)
 - 1 minute plank
 - 3x laps
 - 1 min break
 - Repeat Workout until 0720

Swim Uniform:

Everyone will wear appropriate swimming attire underneath civilian clothes. Females will wear one-piece swim suits and males will wear swimming trunks (NO speedos.) Flip flops and goggles are allowed. Be sure to bring a towel.

Swim Timeline:

0615-0620 Accountability

0620-0630 Entry to Rec Center

0630-0720 Swim Workout

0720-0725 Recovery Drill

0725-0730 Announcements/Release

Alternate Workout:

Plan:

- After gaining accountability 1SGT will conduct PD

Workout:

- Squads will conduct the following exercises:
 - 20x burpees (Not in cadence)
 - 1x lap around both soccer fields
 - 10x (4-Count) Push-ups
 - 1x lap around both soccer fields
 - 1 minute break
 - 20 (4-Count) Rowers
 - Run 1 lap around both soccer fields

- 20 (4-Count) Sit-Ups
- Run 1 lap around both soccer fields
- 1 min break
- 20x (4-Count) Rowers
- Run 1 lap around both soccer fields
- 20x Supine Bicycle
- 1 min break
- Repeat Workout until 0720

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:

0615-0620 Accountability

0620-0635 PD/MMD1

0635-0720 Workout

0720-0725 Recovery Drill

0725-0730 Announcements/Release

❖ **090620NOV18 Swimming PT/Alternate Workout 1PLT**

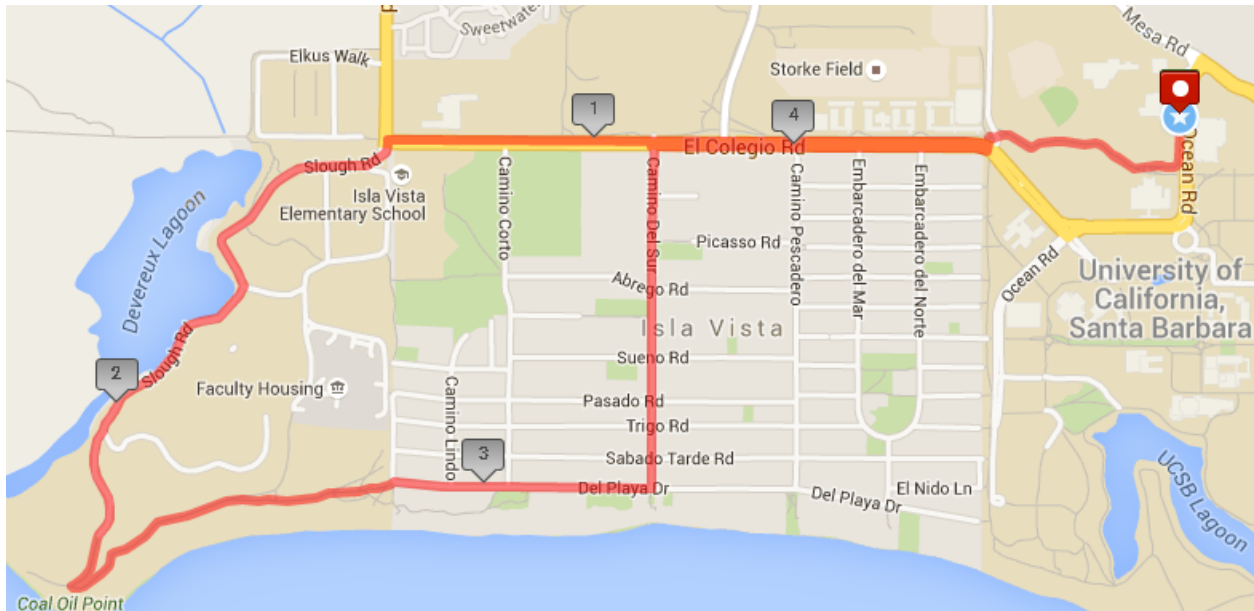
****Refer to previous day's workouts****

❖ **120620NOV18 Monday Slough Road Run**

Plan:

- 1SG will gain accountability NLT 0630 and conduct PD

- Cadets will fall into their ability groups and begin the run
- Cadets will all run on the sidewalk along El Colegio Rd.
- Turn-around time is 0705



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/MMD1
- 0640-0720: Ability Group Run
- 0720-0725: Recovery Drills
- 0725-0730: Announcements/Release

❖ 140620NOV 2018 Wednesday Campus Stair Workout

Plan:

- Cadets will meet at Rec Cen field, 1SG will gain accountability NLT 0630 and conduct prep drills

- Cadets will fall into their ability groups to do a stair workout around campus
 - Ability group leaders will ensure they have accountability of their ability group
- After 3 sets of stairs, cadets will conduct the following exercises:
 - 10x Push-ups (4-Count)
 - 30x Freedom Twists (4-Count)
 - 20x Y-Squats (4-Count)
 - 10x Push-ups (4-Count)
- A+ will go to:
 - Parking structure 22 - HSSB-Storke tower(stairs on the UCEN side)
- A will go to:
 - Engineering science- Bren Hall- Visitor Center
- B+ will go to :
 - HSSB- Storke Tower(stairs on the UCEN side)- Parking structure 22
- B will go to:
 - Visitor Center- Engineering science- Bren Hall
- C+ will go to:
 - Stork Tower(stairs on the UCEN side)-stairs by the Art museum to the backside of UCEN- HSSB
- C will go to:
 - Financial Aid building- Visitor center- Physical Science North
- Ability groups will return to Rec Cen field NLT 0720 and conduct recovery drills



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

0645-0710: Stairs Workout

0710-0720: Return to Rec Cen field

0720-0725: Recovery Drills

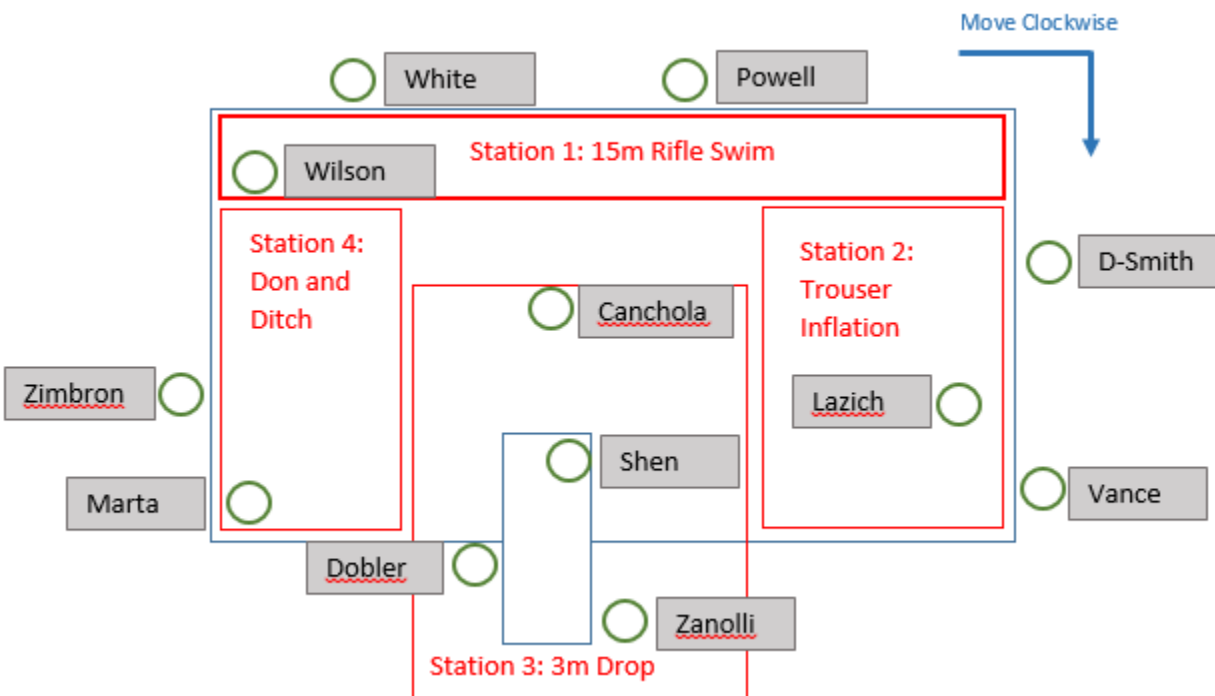
0725-0730: Announcements/Release

160620NOV2017 Friday CWST or Alternate Workout

Plan:

- 1SG will gain accountability prior to entering the pool area
- 1SG will already have cadets evenly separated into four designated groups to occupy stations
- 1SG will be ready to hand over the Battalion to the CSM NLT 0635 to begin demonstrations
- Upon completion of demonstrations, 1SG will direct Cadets to move to their stations to conduct CWST. Upon completion of their station, Cadets will move in a clockwise pattern around the pool, in a 1-2-3-4-1 fashion.
 - 5-Min Water Tread
 - All Cadets will enter the pool and tread water for 5 minutes. They must remain in the center of the pool and not touch the wall. MSIVs and select MSIIIs will act as safety swimmers.
 - **Station 1-15M Rifle Swim**
 - CDT White will give a block of instruction on the sidestroke. Each Cadet must demonstrate that they can do two strokes of the sidestroke before moving on to the 15M Rifle Swim.
 - White will make note of cadets unable to complete the task.
 - CDT Wilson will be in the water with the Cadets
 - Cadets must maintain positive control of rifle while swimming across
 - Cadets will acquire a rubber duck and swim 15M. Upon reaching the 15M mark, they will exit the pool and return the rifle. WITHOUT RUNNING.
 - CDT Powell will walk along pool deck retrieving the rifle.
 - **Station 2-Trouser Inflation**
 - CDT Lazich will be in the pool with the Cadets
 - Demonstrate and assist Cadets with making trouser inflation
 - CDT Vance will make note of Cadets unable to complete the task

- **Station 3-3M Drop**
 - CDT Canchola will be in the water with the Cadets acting as a safety swimmer
 - CDT Dobler will control flow of Cadets from 3M Drop to Don and Ditch
 - CDT Zanolli will control flow of Cadets up to dive board (One at a time)
 - Return watch cap and rubber duck to CDT Shen
 - Will take note of Gos/No Gos (jump refusals)
 - CDT Shen will blindfold Cadets with watch cap and lead Cadets to edge of board
- **Station 4-Don and Ditch**
 - CDT Zimbron will be on the deck
 - Zimbron will make note of NO GOs. *Cadets cannot come up out of the water until they have ditched gear
 - Cadets will jump backwards from pool deck into water
 - Once submerged Cadets must remove LBV/FLC and ditch M16 without becoming tangled.
 - Have 2 Cadets on deck ready to conduct Don and Ditch
 - CDT Marta will be in water with Cadets, helping return gear to Zimbron and acting as safety swimmer
- Upon completion of CWST, turn over to MSIV staff for announcements/release



*Unbloused: Pant Legs not bloused, no boots, no socks.

Uniform A:

Sanitized ACUs - ACU Trousers, ACU Blouse, Tan T-shirt, Running Shoes, and bathing suit worn underneath. (Running shoes will not be going in the pool)

Timeline:

0630-0640: Accountability/Demonstrations

0640-0645: 5-Minute Water Tread

0645-0720: Station Rotation

0720-0730: Announcements/Release

Personnel:

Cadets who have to take the CWST are all new MSI, II, and III cadets. MSIVs that will be taking the CWST are Fabian, Haskins, and Paez.

Tasks:

- 15M Rifle Swim- CDTs White, Wilson, and Powell
- Trouser Inflation Demonstrator/Instructor- CDTs Vance & Lazich
- 3M Drop Demonstrator/Equipment Retrieval- CDT Canchola
- 3M Drop (Pool Deck)- CDT Zanolli
- 3M Drop (Dive Board)- CDT Shen
- Don & Ditch- CDT Zimbron
- Don & Ditch Demonstrated/Safety- CDT Marta
- Take pictures- CDT Donovan-Smith
- CDT Rodriguez will assist in keeping track on who completes which events

Equipment:

- Station 1- Rifle Swim:
 - 2 Rubber Ducks
- Station 2- Trouser Inflation:
 - Cadets use their own trousers (must be issued them)
- Station 3- 3m Drop:
 - 1 Watch Cap
 - 1 Rubber Duck
 - 550 Cord – Attached to rubber duck and tied to bottom of dive board for retrieval
- Station 4- Don and Ditch:
 - 3 FLC complete
 - 3 Rubber Ducks
 - 550 Cord – Attached to M16s and LBV/FLC for easy retrieval

❖ **150620OCT2018: Friday Alternate Upper Body Workout**

(for those who have already passed the CWST)

Plan:

- 1SG will gain accountability and conduct PD and MMD1
- CDT Jang will be the MSIV present for the alternate workout.
- 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 towards pool area for announcements

Uniform C:

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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

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>