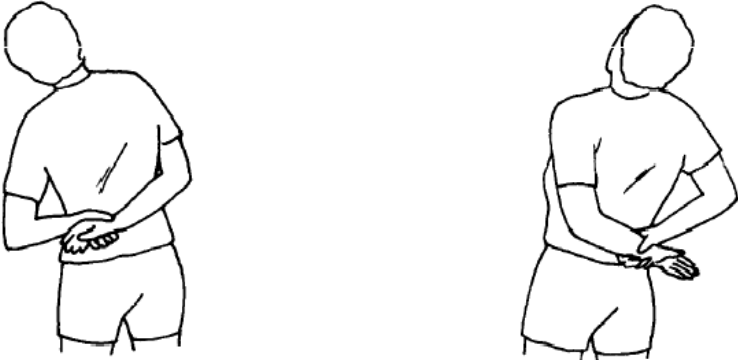


PHYSICAL TRAINING (PT) GUIDELINES

These diagrams show some of the common exercises done by Sea Cadet units during P.T. Use these charts to build your unit's own personal P.T. regimen.

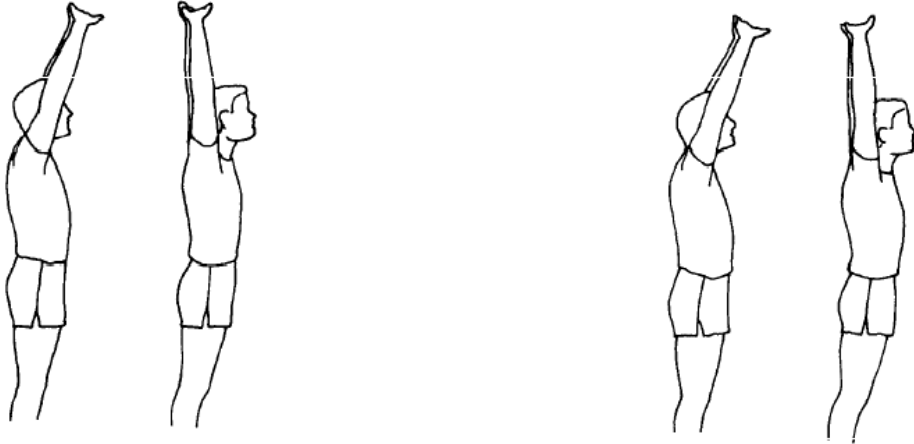
NECK AND SHOULDER STRETCH
This stretches the sternocleidomastoid, pectoralis major, and deltoid muscles.



Position: Stand with the feet shoulder width apart and the arms behind the body.

Action: Grasp the left wrist with the right hand. Pull the left arm down and to the right. Tilt the head to the right. Hold this position for 10 to 15 seconds. Repeat the action with the right wrist, pulling the right arm down and to the left. Tilt the head to the left.

ABDOMINAL STRETCH
This stretches the abdominals, obliques, latissimus dorsi, and biceps.



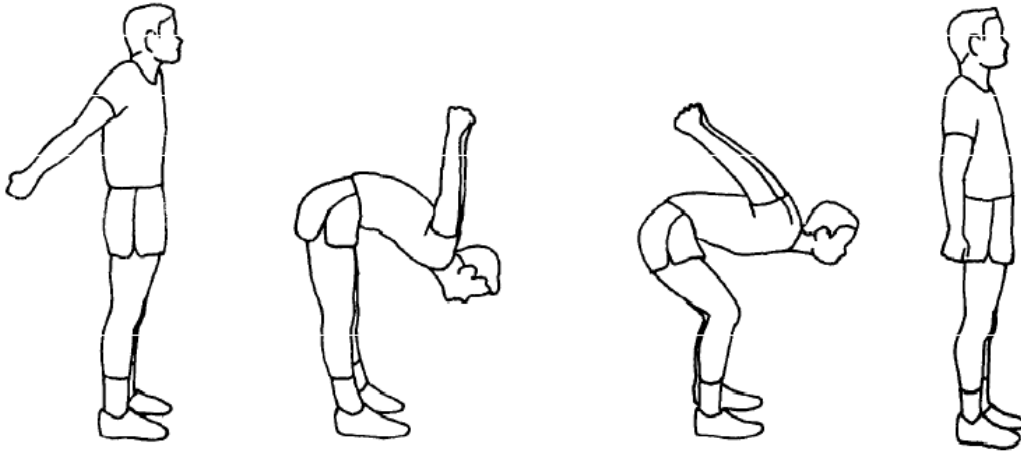
Position: Stand and extend the arms upward and over the head. Interlace the fingers with the palms turned upward.

Action: Stretch the arms up and slightly back. Hold this position for 10 to 15 seconds.

Variation: This stretches the rectus abdominis muscles. Stretch to one side, then the other. Return to the starting position.

CHEST STRETCH

This stretches the pectoralis major, deltoids, and biceps muscle groups.

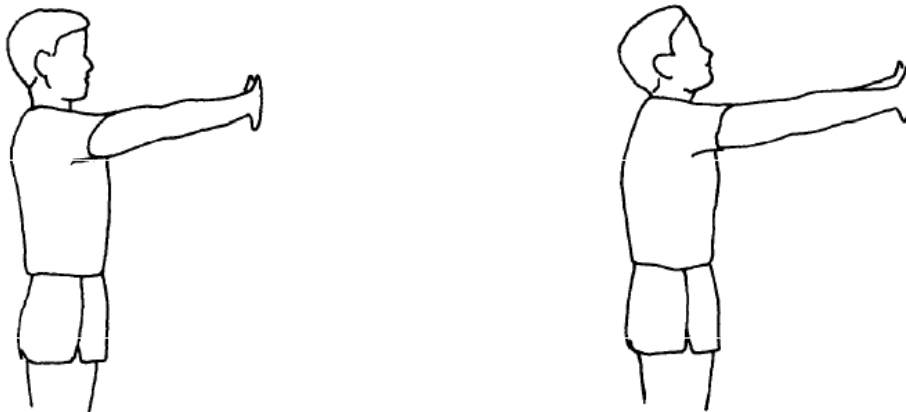


Position: Stand and interlace the fingers behind the back.

Action: Lift the arms behind the back so that they move outward and away from the body. Lean forward from the waist. Hold this position for 10 to 15 seconds. Bend the knees before moving to the upright position. Return to the starting position.

UPPER-BACK STRETCH

This stretches the lower trapezius and posterior deltoid muscles of the upper back.

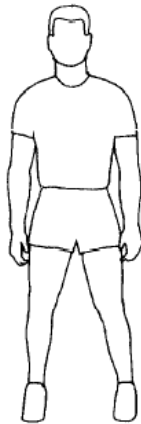


Position: Stand with the arms extended to the front at shoulder height with the fingers interlaced and palms facing outward.

Action: Extend the arms and shoulders forward. Hold this position for 10 to 15 seconds. Return to the starting position.

OVERHEAD ARM PULL

This stretches the external and internal obliques, latissimus dorsi, and triceps.

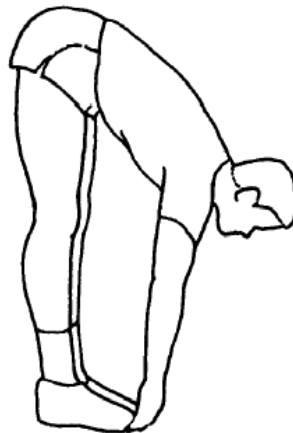


Position: Stand with the feet shoulder width apart. Raise the right arm, bending the right elbow and touching the right hand to the back of the neck.

Action: Grab the right elbow with the left hand, and pull to the left. Hold this position for 10 to 15 seconds. Return to the starting position. Do the same stretch, and pull the left elbow with the right hand for 10 to 15 seconds.

HAMSTRING STRETCH (STANDING)

This stretches the hamstrings, erector spinae, and gluteal muscles.

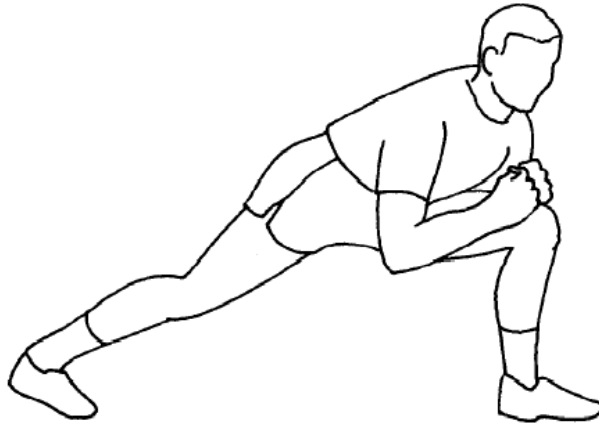


Position: Stand with the knees slightly bent.

Action: Bend forward keeping the head up, and reach toward the toes. Straighten the legs, and hold this position for 10 to 15 seconds.

GROIN STRETCH (STANDING)

This stretches the hip adductor muscles.



Position: Lunge slowly to the left while keeping the right leg straight, the right foot facing straight ahead and entirely on the floor.

Action: Lean over the left leg while stretching the right groin muscles. Hold this position for 10 to 15 seconds. Repeat with the opposite leg.

GROIN STRETCH (SEATED)

This stretches the hip adductor and erector spinae muscles.

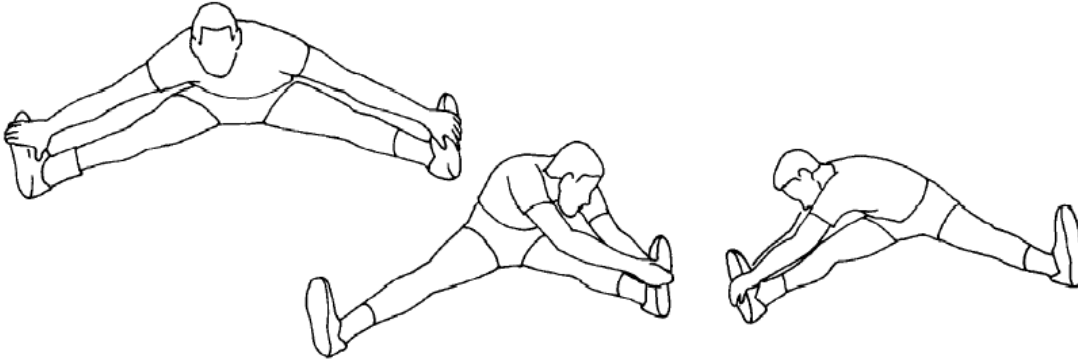


Position: Sit on the ground with the soles together. Place the hands on or near the feet.

Action: Bend forward from the hips, keeping the head up. Hold this position for 10 to 15 seconds.

GROIN STRETCH (SEATED STRADDLE)

This stretches the hip adductor (on the inside of the upper leg), gluteals, erector spinae, and hamstring muscles.

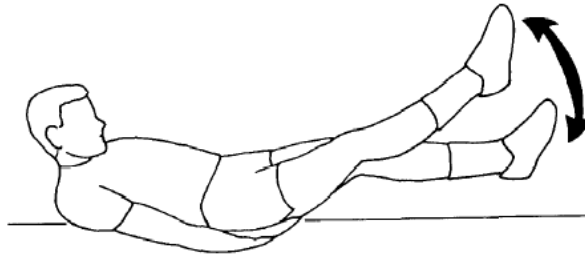
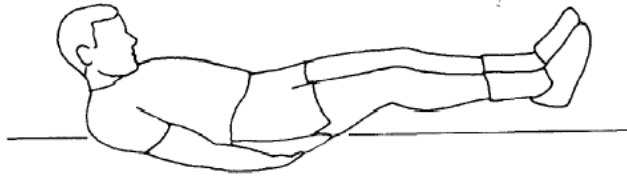


Position: Sit on the ground with the legs straight and spread as far apart as possible.

Action: Bend forward at the hips, keep the head up, and reach toward the feet. Hold this position for 10 to 15 seconds.

Variation: Stretch to one side while trying to touch the toes. Next, stretch to the other side.

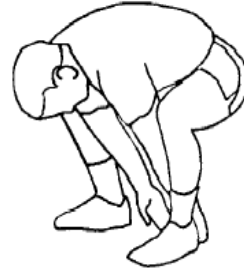
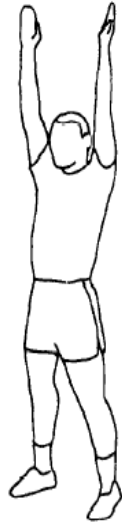
FLUTTER KICK



Position: Lie on your back with the hands beneath the buttocks, the head raised, and the knees slightly bent.

Action: Alternately raise and lower the legs, keeping the knees slightly bent and the feet elevated 6 to 18 inches above the floor. To do the flutter kick to cadence, do one repetition per count. Use a moderate cadence.

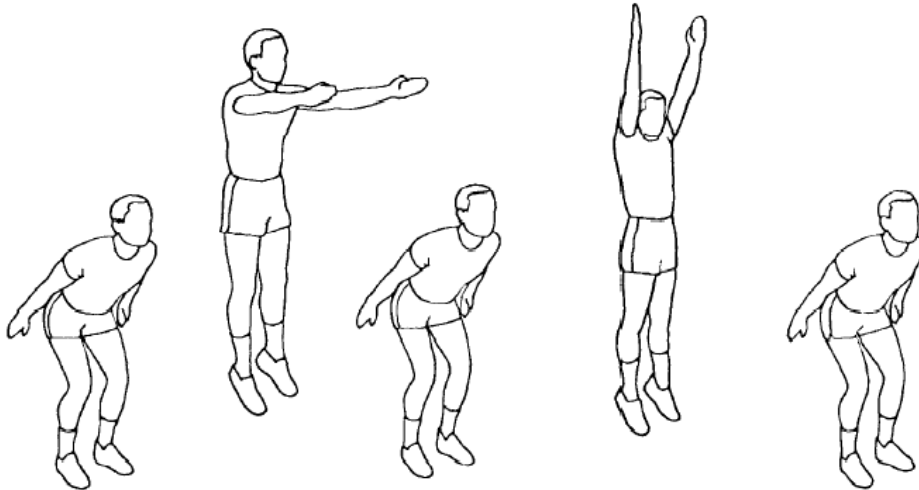
BEND AND REACH



Position: Stand in a wide, side-straddle position with the palms facing each other and the arms overhead and straight.

Action: (1) Bend at the knees and waist. Slowly bring the arms down, and reach between the legs as far as possible. Make sure the angle formed by the upper and lower leg is never less than 90 degrees. (2) Recover slowly to the start position. (3) Repeat action 1. (4) Repeat action 2. Use a slow cadence.

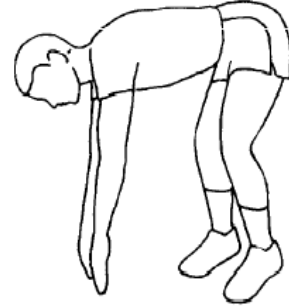
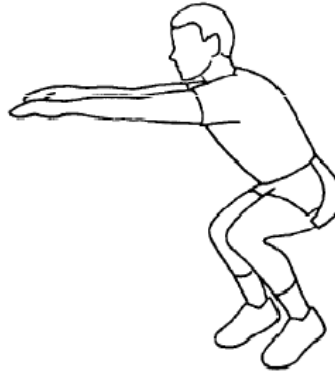
HIGH JUMPER



Position: Place the feet about shoulder-width apart with the knees flexed. Bend forward at the waist, aligning the arms with the trunk and hips. Keep the arms straight at all times during the exercise. Keep the palms facing each other with the head and eyes initially to the front.

Action: (1) Take a slight jump into the air while swinging the arms forward and up to shoulder level. (2) Take a slight jump while swinging the arms backward, returning to the start position. (3) Jump strongly upward while swinging the arms forward and up to the overhead position; at the same time, briefly look skyward. While descending, return the head and eyes to the front, and flex the knees. (4) Repeat action 2. Use a moderate cadence.

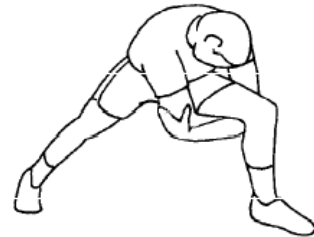
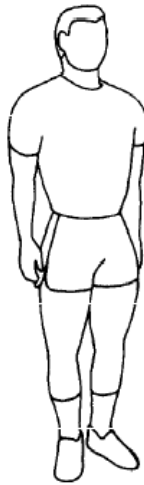
SQUAT BENDER



Position: Stand with the feet shoulder-width apart, hands on hips, thumbs in the small of the back, and the elbows back.

Action: (1) Bending the knees, lower yourself to a half-squat position while maintaining balance on the balls of the feet. With the trunk inclined slightly forward, thrust the arms forward to shoulder level with the elbows locked and the palms down. (2) Recover to the start position. (3) Keeping the knees slightly bent, bend forward at the waist, touching the ground in front of the toes. (4) Recover to the start position. Use a moderate cadence.

LUNGER



Position: Start from the position of attention.

Action: (1) Lunge diagonally forward to the left by stepping in that direction with the left foot, placing the left knee over the left foot. At the same time, place the arms sideward at shoulder level, the palms up, and the head and shoulders squarely to the front.

(2) Bend slowly forward and downward over the left thigh, and wrap the arms around the thigh, hands grasping the opposite arms above the elbows. (3) Recover slowly to the second position by releasing the arms, straightening the trunk, and extending the arms sideward, palms up. (4) Resume the position of attention by dropping the arms and returning the left foot to the side of the right. Repeat the exercise to the right side. Use a moderate cadence.

KNEE BENDER

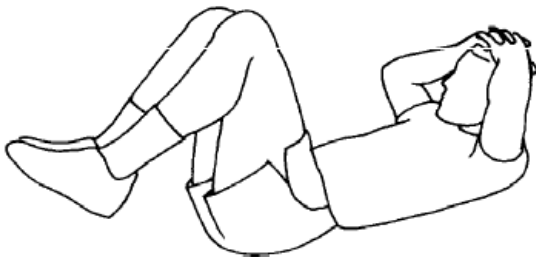


Position: Stand with the feet shoulder-width apart, hands on the hips, the thumbs in the small of the back, and the elbows back.



Action: Bend at the knees, lean slightly forward at the waist with the head up, and slide the hands along the outside of the legs until the extended fingers reach the top of the boots or the middle of the lower leg. (2) Recover to the start position. (3) Repeat action 1. (4) Repeat action 2. Use a moderate cadence.

SUPINE BICYCLE



Position: Assume a supine position with the hips and knees flexed. Place the palms directly on top of the head with the fingers interlaced.



Action: (1) Bring the left knee upward while curling the trunk upward, and touch the right elbow to the left knee. (2) Repeat action 1 with the other leg and elbow. (3) Repeat action 1. (4) Repeat action 2. Use a slow cadence.

TRAINING-PHASE CONDITIONING DRILLS

#1 PREPARATORY TRAINING

High Jumper
Push-Up (TS* 20-45** seconds)
Sit-Up (TS 20-45** seconds)
Side-Straddle Hop
Side Bender
Knee Bender
Stationary Run

#2 CONDITIONING TRAINING

Push-Up (varied hand positions)
(TS 30-60 seconds)
Supine Bicycle
High Jumper
Sit-Up (all types)
(TS 30-60 seconds)
The Engine or Cross-Country Skier
All-Fours Run (stationary)

#3 MAINTENANCE TRAINING

Ski Jump
Sit-Ups (all types) (TS 30-60 seconds)
Push-Up (varied hand positions) (TS 30-60 seconds)
Mule Kick
Flutter Kick
The Engine
The Swimmer

*TS = timed set

** Because of a lower level of fitness, 45 seconds will usually be the upper limit.

STARTING POSITIONS FOR GRASS DRILLS



GO



FRONT



BACK



STOP



CHANGING FROM FRONT TO BACK



CHANGING FROM BACK TO FRONT

GRASS DRILL ONE



BOUNCING BALL



SUPINE BICYCLE



KNEE BENDER



ROLL LEFT OR RIGHT

GRASS DRILL TWO



SWIMMER



BOUNCE AND CLAP HANDS



Side View



Top View

LEG SPREADER



FORWARD ROLL



Start

1

2

STATIONARY RUN

GUERRILLA EXERCISES



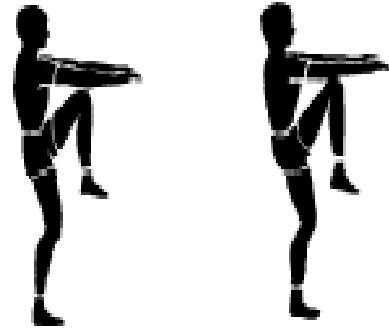
ALL-FOURS RUN



BOTTOMS-UP WALK



CRAB WALK



THE ENGINE

ADDITIONAL GUERRILLA EXERCISES



DOUBLE TIME



BROAD JUMP



STRADDLE RUN



HOBBLE HOPPING



FIREMAN'S CARRY



SINGLE-SHOULDER
CARRY



CROSS CARRY



SADDLE-BACK CARRY