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Form For Physical Drill

Note: See NJROTC Drill Instruction Cards Package: "Form For Physical Drill" for detailed instructions.

To arrange the unit in a column formation for PT, the unit Leader gives the following commands:

"FALL IN"

"Dress Right, DRESS"

"Ready, FRONT", "COVER"

"Right, FACE"

The unit leader then takes post 6 paces and centered in front of the column formation marching by the most direct route, and gives the following sequence of commands:

"From Front to Rear, Count, OFF."

"Take Interval to the Left, MARCH".

"Arms, DOWN".

"Even Numbers to the Right, MOVE".

Leader: "GOOD MORNING VIKING COMPANY" (or unit name)

Unit response: "GOOD MORNING SIR/MA'AM"

Leader: "ARE YOU MOTIVATED?"

**Unit response: "Highly motivated, truly dedicated
Rough, tough, can't get enough
Twisted steel, sex appeal
Lean, mean, fighting machine
OORAH!!!"**

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Unit Leader:

"WE WILL NOW PERFORM THE DAILY 7 (or DAILY DOZEN) WARM-UP EXERCISES.

YOUR FIRST EXERCISE WILL BE MOUNTAIN CLIMBERS, MOUNTAIN CLIMBERS (the exercise name is repeated).

MOUNTAIN CLIMBERS IS A FOUR COUNT EXERCISE.

WE WILL DO 15 OF THEM. I'LL COUNT THE CADENCE, YOU'LL COUNT THE REPETITIONS".

"Starting Positions, MOVE".

(cadets assume the starting position with a motivated yell):

"OORAH!!!"

Unit Leader:

"Ready, EXERCISE"

**Leader: ONE, TWO, THREE,
Cadets: ONE!**

**Leader: ONE, TWO, THREE,
Cadets: TWO!**

Conduct of PT

Unit Leader:

"Your first exercise will be stretching exercises. The first stretching exercise will be the hurdler's stretch."

(The unit leader leads in 5 – 7 stretching exercises)

EXERCISE LIST

1.) Hurdlers stretch

2.) Straddle stretch

3.) Bend and reach

4.) Upper arm stretch

5.) Hamstring stretch

6.) Calf stretch

After the final exercise, the unit leader commands:

- (If the last exercise was on the deck)

"RECOVER"

"SHAKE IT OUT"

"Platoon, ATTENTION"

- (If the last exercise was a standing exercise)

"SHAKE IT OUT"

"Platoon, ATTENTION".

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(Continue the exercise through the designated number of repetitions.)

Unit Leader: "RECOVER". "SHAKE IT OUT".

"Platoon, ATTENTION"

"Your next exercise will be _____"

(Repeat the sequence with each exercise until the "Daily 7" or "Daily dozen" have been completed)

EXERCISE LIST

1. Side straddle hops

2. Marine Corps Push-ups

3. Cherry pickers

4. Rowing Exercise

5. Side Benders

6. Flutter Kicks

7. Toe Touchers

8. Crunches

9. Trunk Twisters

10. In-Place Double Time

11. Standing Leg Lifts

12. "Six Inches" (Lying leg-lifts)

“Assemble, MARCH”
“COVER”

“WE WILL NOW GO ON A MOTIVATED RUN”
“Right, FACE”

“Double Time”, (platoon raises arms to double time position with a motivated yell – “OORAH!”) “MARCH”

THINGS TO REMEMBER DURING THE RUN:

1. Run at an easy relaxed gait.
2. Maintain platoon and company integrity, (Don't leave anyone behind!)
3. Sound-off with cadence and PT chants during entire formation run.
4. Provide frequent reminders to platoon:
 - ❖ Stay in step with cadence
 - ❖ Maintain cover, alignment and interval
 - ❖ Sound Off
5. To call out another PT leader during the run:

Unit Leader: “Cadet Smith, Cadet Smith” come on out (cadets repeat)

“We want to hear you sing and shout” (cadets repeat)

“Take it on the left foot” (cadets repeat)

“The mighty mighty left foot” (cadets repeat)

“Take it” (cadets repeat)

(New leader): “I got it” (Cadets repeat “He's/ she's got it”)

(New leader takes over)

NJROTC

**DRILL
INSTRUCTION
CARDS PACKAGE**

**FORM FOR PHYSICAL
DRILL**

Cards Number PT-1 thru PT-4

Adapted from the MCRD Parris Island Drill Manual and the Marine Corps Drill and Ceremonies Manual, MCO P5060.20.

TO END THE RUN:

“QuickTime, MARCH .”

Unit leader resumes normal marching cadence

“Route Step, MARCH.” (Platoon may get out of step, but maintain cover and alignment. May also talk in conversational tones.

Or

“At ease, MARCH”. (Same as Route Step, but no talking)

To Resume Quick Time from Route Step or At Ease:

“Forward, MARCH” (resume calling cadence)

PT-1

PURPOSE: To form the unit for physical exercise..

WHEN EXECUTED: While halted at the position of attention in a column of threes or fours. If armed with rifles, the unit will be a order arms.

SEQUENCE OF COMMANDS:

- “From Front to Rear, Count, OFF”
- “Take Interval to the Left, MARCH”
- “Arms, DOWN”
- “Even Numbers to the Right, MOVE”
- “Assemble, MARCH”
- “COVER”

1. The command “From Front to Rear, Count, OFF” is given by the unit leader to designate odd and even ranks. On the command “From Front to Rear, Count ,OFF”:
 - The squad leaders smartly turn their head to the right 90 degrees over the shoulder and shouts ONE as the head is turned back to the front.
 - Each subsequent rank, having seen the person's head in front of them return to the front, turns his/her head to the right and shouts the next higher number as the head is turned smartly back to the front.
 - This movement is carried out in sequence at quick time cadence.

PT-2

2. The next command is **“Take Interval to the Left, MARCH”**. The extended interval is set by designating the number of steps the members of each squad take to the left.
 - On the command of execution, **“MARCH”**, all members of the squad on the extreme right flank (third squad if it is a three squad platoon and fourth if it is a four squad platoon) and the guide, will cover in file, stand fast and extend both arms sideways at shoulder height, palms down, fingers extended and joined
 - If armed with rifles, each member will grasp the barrel of the rifle with the right hand and raise it to shoulder height with the trigger guard and sling facing the front.
 - At the same time, the members of each squad to the left of the base squad will face to the left as in marching and take two, four, or six (if it is a four squad platoon) 30-inch steps respectively.
 - Upon completing their designated number of steps, they will halt, execute a right face, cover in file, stand fast, and extend their arms to the side at shoulder height in the same manner as the right file. If armed with rifles, the rifles are carried at trail arms during the movement and then raised in the same manner as the right file).

PT-4

4. Upon completion of physical drill, the command **“Assemble, MARCH”** is given. On the command of execution, **“MARCH”**:
 - The odd numbered members of the base squad stand fast.
 - Even numbered members of the base squad step left as in marching and double time to their positions covered on the odd numbered members of the base squad.
 - The guide returns to the position in front of the base squad leader.
 - At the same time, all other members will face right as in marching and, at double time cadence reassemble in column at normal interval and stand fast.
5. The unit leader will then give the command **“COVER”**. At the command **“COVER”**, the platoon will quickly pick up its alignment and cover.

Note: Once the platoon is in column, the unit leader gives all commands from a position 6 paces in front of, centered on, and facing the column formation. He/she makes those movements necessary to maintain this position during the execution of the movement(s).

PT-3

3. At the command **“Arms, DOWN”**, the arms are lowered smartly to the side and if armed with rifles, the position of order arms is assumed.
 - On the command **“Even Numbers to the Right, MOVE”**, all even numbered individuals and the guide will move to their right to the middle of the interval between files. This will be done by swinging the right leg to the right and springing off the left foot.
 - The movement should be completed in one hop.
 - If armed with rifles, the weapon is brought to trail arms and held against the right leg during the movement.
 - Once in position, even numbered members cover and assume the position of attention.
 - Odd numbered members do not move.

From This position, physical drill may be executed without danger of collisions between individuals.