



PT Enhancement for 25 April 2009 (conducted by SFC Anders)

- Intro class on Nutrition: Proteins, Carbs and Fats (hand out provided)
- Formation: Explanation, Risk Assessment
- Warm up run: 60 seconds in place
- Warm up rotations and stretches
- Warm up exercises: side startle hop, push up and the knee bender
- Conditioning Activity: Full body Strength and Endurance:

Super Circuit Training:

1. Squat Bender
2. Flutter Kicks
3. Push-hold
4. Lunger
5. Four Up, Behind Back (rifle PT exercise)
6. Swimmer
7. Get-ups (stand, push-up position, stand back-up)

Recovery Exercise: The Engine or Over-Head Clap

45 seconds, 30 seconds, 20 seconds circuits

Rest for 30 seconds: continue walking around circuit

45 seconds, 30 seconds, 20 seconds circuits

Rest for 30 seconds: continue walking around circuit (possibly do a third set depending on time and group ability)

Action cool down walk (foreword roll, crab walk, side roll, all fours walk), and then regular cool down walk

- Cool down stretches