



## PT Enhancement for 16 May 2009

(conducted by SFC Anders and SFC Pitman)

- Intro: class on Mental Blocks and Motivation dealing with physical fitness
- Formation: Explanation of PT Session, 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 Workout:

### **Modified Volleyball:**

PUSUI (Push-Up, Sit-Up Improvement) Volleyball: game is played to 10, loser does 10 push-ups and 10 sit-ups then increases by 5 each game.

Action cool down walk (foreword roll, crab walk, side roll, all fours walk, overhead clap and/or engine walk), and then regular cool down walk

[Alternate for those that cannot play volleyball is to workout in the weight room or to go for a run. Alternate PT soldiers are to return in time for cool down stretches and dismissal]

- Cool down stretches

-----Created as part of the 235<sup>th</sup> KSRTI PT Enhancement Program