## Appendix B: Day 1 DIME Script

**(WHOLE-PART-WHOLE METHOD)**

*1) The demonstrator performs the WHOLE exercise, then*

*2) All New Cadets learn each PART of the exercise count-by-count, and finally*

*3) All New Cadets execute the WHOLE exercise.*

*Extend the formation and ground gear to the far front left. New Cadets are at attention.*

“STAND AT, EASE”

“WE WILL TEACH YOU THE DYNAMIC INTEGRATED MOVEMENT ENHANCEMENT (OR DIME) EXERCISES. THESE EXERCISES WERE DESIGNED TO WARM UP THE BODY FOR EXERCISE. THEY ARE PART OF A NEW APPROACH AIMING TO PREVENT LOWER BODY INJURIES BY TEACHING NEW CADETS TO MOVE, JUMP, AND LAND PROPERLY. THIS WILL BE YOUR WARM-UP PRIOR TO ALL PHYSICAL READINESS TRAINING ACTIVITIES.”

DIME CONSISTS OF NINE EXERCISES. WE WILL INTRODUCE EACH EXERCISE TO YOU USING A WHOLE-PART-WHOLE METHOD.

“THE FIRST EXERCISE, THE **DOUBLE LEG SQUAT** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **SLOW** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **DOUBLE LEG SQUAT**” (Demonstrator responds “THE **DOUBLE LEG SQUAT**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **DOUBLE LEG SQUAT** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Feet hip-width apart
* Toes straight ahead
* Hands on hips”

 “ON COUNT ONE, SQUAT BY SITTING BACK AS IF YOU ARE SITTING ON A CHAIR.”

* Bend your knees to 90 degrees
* Keep your knees vertically aligned over your toes
* Weight in your heels (do not lift heels off the ground)
* Keep your chest up”

 “ON COUNT TWO, RETURN TO THE STARTING POSITION”

 “ON COUNT THREE, REPEAT COUNT ONE”

 “ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“WHEN I ANNOUNCE THE NAME OF AN EXERCISE, SOUND OFF WITH THE NAME OF THE EXERCISE.”

“THE **DOUBLE LEG SQUAT**” (New Cadets respond “THE **DOUBLE LEG SQUAT**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON COUNT ONE, SQUAT BY SITTING BACK AS IF YOU ARE SITTING ON A CHAIR.”

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Bend your knees to 90 degrees
* Keep your knees vertically aligned with and behind the toes
* Weight in your heels (do not lift heels off the ground
* Keep your chest up”

“ON COUNT TWO, RETURN TO THE STARTING POSITION”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT THREE, REPEAT COUNT ONE”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE.”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **DOUBLE LEG SQUAT**” (New Cadets respond “THE **DOUBLE LEG SQUAT**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform ten repetitions)

“POSITION OF ATTENTION, MOVE”

2. ***THE SQUAT JUMP***

“THE **SQUAT JUMP** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **MODERATE** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **SQUAT JUMP**” (Demonstrator responds “THE **SQUAT JUMP**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“RELAX” (Demonstrator relaxes for approx. 5 seconds.)

“DEMONSTRATOR, ATTENTION” (Demonstrator comes to position of attention)

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

“FOR THIS EXERCISE, THERE WILL BE A SHORT BREAK BETWEEN TWO SETS. ON THE COMMAND RELAX, REST IN PLACE AND WAIT FOR FURTHER INSTRUCTION.”

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **SQUAT JUMP** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* The squat position from the previous exercise, with arms extended back
* Feet hip-width apart
* Toes straight ahead
* Knees are vertically aligned over the toes”

 “ON COUNT ONE, JUMP FOR MAXIMUM HEIGHT WITH ARMS RAISED OVERHEAD.”

* Arms fully extended overhead with palms facing inward”

\**Demonstrator lands softly bending at hips, knees, and ankles, but keeps arms fully extended overhead so that arms are aligned with the ears.*

 “ON COUNT TWO, SWING ARMS BACK AND RETURN TO THE STARTING POSITION”

* Land softly toes to heels
* Bend at the hips, knees, and ankles

\**Demonstrator simulates the landing on Count Two with a slight hop in place while swinging the arms back to the starting position*

 “ON COUNT THREE, REPEAT COUNT ONE”

 “ON COUNT FOUR, SWING ARMS BACK AND RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“THE **SQUAT JUMP**” (New Cadets respond “THE **SQUAT JUMP**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

 “ON COUNT ONE, JUMP FOR MAXIMUM HEIGHT WITH ARMS RAISED OVERHEAD.”

\**New cadets land softly bending at hips, knees, and ankles, but keeps arms fully extended overhead so that arms are aligned with ears.*

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Arms fully extended overhead with palms facing inward”

 “ON COUNT TWO, SWING ARMS BACK AND RETURN TO THE STARTING POSITION”

* Land softly toes to heels
* Bend at the hips, knees, and ankles

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

\**New Cadets simulate the landing on Count Two with a slight hop in place while swinging the arms back to the starting position.*

“ON COUNT THREE, REPEAT COUNT ONE.”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT FOUR, SWING ARMS BACK AND RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **SQUAT JUMP**” (New Cadets respond “THE **SQUAT JUMP**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform five repetitions)

“RELAX” (New Cadets rest and are encouraged to drink water)

“PLATOON, ATTENTION”

“STARTING POSITION, MOVE”

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform five repetitions)

“POSITION OF ATTENTION, MOVE”

3. ***THE FORWARD LUNGE***

“THE **FORWARD LUNGE** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **SLOW** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **FORWARD LUNGE**” (Demonstrator responds “THE **FORWARD LUNGE**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **FORWARD LUNGE** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Feet hip-width apart
* Toes straight ahead
* Hands on hips”

“ON COUNT ONE, TAKE A LONG STEP FORWARD WITH THE **LEFT** FOOT, KEEPING YOUR FEET HIP-WIDTH APART BY STEPPING DIRECTLY FORWARD, NOT TOWARDS THE MIDDLE.”

* Keep your knees vertically aligned over your toes
* Keep torso upright
* Bend both knees to 90 degrees, keeping the rear knee OFF the ground”

 “ON COUNT TWO, RETURN TO THE STARTING POSITION”

“ON COUNT THREE, TAKE A LONG STEP FORWARD WITH THE **RIGHT** FOOT, KEEPING YOUR FEET HIP-WIDTH APART BY STEPPING DIRECTLY FORWARD, NOT TOWARDS THE MIDDLE.”

* Keep your knees vertically aligned over your toes
* Keep torso upright
* Bend both knees to 90 degrees, keeping the rear knee OFF the ground”

 “ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“THE **FORWARD LUNGE**” (New Cadets respond “THE **FORWARD LUNGE**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON COUNT ONE, TAKE A LONG STEP FORWARD WITH THE **LEFT** FOOT, KEEPING YOUR FEET HIP-WIDTH APART BY STEPPING DIRECTLY FORWARD, NOT TOWARDS THE MIDDLE.”

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Keep your knees vertically aligned over your toes
* Keep torso upright
* Bend both knees to 90 degrees, keeping the rear knee OFF the ground”

 “ON COUNT TWO, RETURN TO THE STARTING POSITION”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT THREE, TAKE A LONG STEP FORWARD WITH THE **RIGHT** FOOT, KEEPING YOUR FEET HIP-WIDTH APART BY STEPPING DIRECTLY FORWARD, NOT TOWARDS THE MIDDLE.”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Keep your knees vertically aligned over your toes
* Keep torso upright
* Bend both knees to 90 degrees, keeping the rear knee OFF the ground”

“ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **FORWARD LUNGE**” (New Cadets respond “THE **FORWARD LUNGE**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform ten repetitions)

“POSITION OF ATTENTION, MOVE”

4. ***THE SIDE PLANK***

“THE **SIDE PLANK** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A **30-SECOND** EXERCISE PERFORMED **IN A** **STATIONARY POSITION**.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **SIDE PLANK**” (Demonstrator responds “THE **SIDE PLANK**”)

“STARTING POSITION, MOVE” (Demonstrator lies on the **LEFT** side first, supported by the left forearm)

“READY, EXERCISE” (Demonstrator holds the position for five seconds. Leader counts by saying “THOUSAND.” Demonstrator responds with the number of seconds elapsed…”ONE, TWO, THREE, FOUR, FIVE”)

“CHANGE POSITION, MOVE” (Demonstrator lies on the **RIGHT** side, supported by the right forearm)

“READY, EXERCISE” (Demonstrator holds the position for five seconds. Leader counts by saying “THOUSAND.” Demonstrator responds with the number of seconds elapsed…”ONE, TWO, THREE, FOUR, FIVE”)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT MORE CLOSELY AT THE **SIDE PLANK** POSITION.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Lie on the **LEFT** side with weight of upper torso resting on left elbow and forearm
* Elbow is directly under the shoulder
* Feet stacked and in line with shoulders
* Right hand resting on hip
* Head and eyes straight ahead, keeping head in a neutral position in-line with the spine”

“ON THE COMMAND, ‘READY EXERCISE,’ LIFT YOUR HIPS INTO A STRAIGHT LINE FROM HEAD TO TOES.”

* Body must remain perpendicular to the ground with hips stacked over one another
* Brace abs and squeeze your glutes
* Straight line from head to toes
* Head and eyes straight ahead, keeping head in a neutral position in-line with the spine”

“ON THE COUNT ‘THOUSAND’ SOUND OFF WITH THE NUMBER OF SECONDS ELAPSED.”

“ON THE COMMAND ‘CHANGE POSITION, MOVE’ ASSUME THE STARTING POSITION ON THE **RIGHT** SIDE.”

 “DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“THE **SIDE PLANK**” (New Cadets respond “THE **SIDE PLANK**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position on the **LEFT** side first. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON THE COMMAND, ‘READY EXERCISE,’ LIFT YOUR HIPS INTO A STRAIGHT LINE FROM HEAD TO TOES.”

“READY, EXERCISE”

* Body must remain perpendicular to the ground with hips stacked over one another
* Brace abs and squeeze your glutes
* Head must remain neutral to ensure head remains in line with spine”

*\*Do not count during this by-the-numbers rehearsal; just pause in the exercise position for each side until all cadets meet the performance standard.*

“ON THE COMMAND ‘CHANGE POSITION, MOVE’ ASSUME THE STARTING POSITION ON THE **RIGHT** SIDE.”

“CHANGE POSITION, MOVE”

“READY, EXERCISE”

* Body must remain perpendicular to the ground with hips stacked over one another
* Brace abs and squeeze your glutes
* Head must remain neutral to ensure head remains in line with spine”

*\*Do not count during this by-the-numbers rehearsal; just pause in the exercise position for each side until all cadets meet the performance standard.*

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE ON EACH SIDE FOR THIRTY SECONDS.”

“THE **SIDE PLANK**” (New Cadets respond “THE **SIDE PLANK**”)

“STARTING POSITION, MOVE” (New Cadets lie on their **LEFT** side first, supported by their left forearm)

“READY, EXERCISE” (Cadet Leader counts by saying “THOUSAND.” Demonstrator responds with the number of seconds elapsed… “ONE, TWO, THREE…ONE-ZERO, ONE-ONE, ONE-TWO…TWO-ZERO, TWO-ONE, TWO-TWO…THREE-ZERO”).

“CHANGE POSITION, MOVE” (New Cadets lie on their **RIGHT** side, supported by their right forearm)

“READY, EXERCISE” (Cadet Leader counts by saying “THOUSAND.” Demonstrator responds with the number of seconds elapsed… “ONE, TWO, THREE…ONE-ZERO, ONE-ONE, ONE-TWO…TWO-ZERO, TWO-ONE, TWO-TWO…THREE-ZERO”).

“POSITION OF ATTENTION, MOVE”

5. ***THE PUSH-UP***

“THE **PUSH-UP** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **MODERATE** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **PUSH-UP**” (Demonstrator responds “THE **PUSH-UP**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **PUSH-UP** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Front-leaning rest
* Hands directly below the shoulders with fingers spread, middle fingers pointed forward
* Elbows pointed to the rear
* Body in a straight line through the shoulders, hips, and legs
* Head position is neutral and in-line with spine or looking slightly forward”

“ON COUNT ONE, BEND THE ELBOWS TO LOWER THE BODY UNTIL UPPER ARMS ARE PARALLEL WITH THE GROUND.”

* Keep back flat; do NOT sag at the waist
* Keep abs tight
* Hands directly under shoulders with elbows pointed to the rear
* Head neutral and aligned with spine (or looking slightly forward)

“ON COUNT TWO, EXTEND ARMS TO RETURN TO THE STARTING POSITION, MAINTAINING THE BODY IN A STRAIGHT LINE AND MOVING THE BODY AS ONE UNIT”

* Straighten arms, but do NOT lock elbows

 “ON COUNT THREE, REPEAT COUNT ONE”

 “ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“THE **PUSH-UP**” (New Cadets respond “THE **PUSH-UP**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON COUNT ONE, BEND THE ELBOWS TO LOWER THE BODY UNTIL UPPER ARMS ARE PARALLEL WITH THE GROUND.”

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Keep back flat; do NOT sag at the waist
* Keep abs tight
* Hands directly under shoulders with elbows pointed to the rear
* Head neutral and aligned with the spine (or looking slightly forward)

“ON COUNT TWO, EXTEND ARMS TO RETURN TO THE STARTING POSITION, MAINTAINING THE BODY IN A STRAIGHT LINE AND MOVING THE BODY AS ONE UNIT”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Straighten arms, but do NOT lock elbows

“ON COUNT THREE, REPEAT COUNT ONE.”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **PUSH-UP**” (New Cadets respond “THE **PUSH-UP**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform ten repetitions)

“POSITION OF ATTENTION, MOVE”

6. ***THE SINGLE-LEG REACH***

“THE **SINGLE-LEG REACH** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **SLOW** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **SINGLE-LEG REACH**” (Demonstrator responds “THE **SINGLE-LEG REACH**”)

“STARTING POSITION, MOVE” (Demonstrator starts by standing on the **LEFT** leg)

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **SINGLE-LEG REACH** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Stand on the **LEFT** leg with knee slightly bent; **RIGHT** foot slightly off the ground and slightly behind the **LEFT** foot
* Arms down at sides”

“ON COUNT ONE, EXTEND ARMS FORWARD WHILE LIFTING **RIGHT** LEG BACK AND TIPPING FORWARD AT THE HIPS. KEEP TILTING FORWARD UNTIL ARMS, UPPER TORSO AND LIFTED LEG ARE PARALLEL TO THE GROUND – BODY WILL RESEMBLE THE LETTER ‘T’.

* Keep back flat
* Keep hips level
* Arms in line with the ears while head and eyes are down to the ground
* Maintain your balance on the LEFT with a slight bend at the knee”

 “ON COUNT TWO, RETURN TO THE STARTING POSITION”

 “ON COUNT THREE, REPEAT COUNT ONE”

 “ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“THE **SINGLE-LEG REACH**” (New Cadets respond “THE **SINGLE-LEG REACH**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position while standing on the **LEFT** leg first. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON COUNT ONE, EXTEND ARMS FORWARD WHILE LIFTING **RIGHT** LEG BACK AND TIPPING FORWARD AT THE HIPS. KEEP TILTING FORWARD UNTIL ARMS, UPPER TORSO AND LIFTED LEG ARE PARALLEL TO THE GROUND – BODY WILL RESEMBLE THE LETTER ‘T’.

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Keep back flat
* Keep hips level
* Arms in line with the ears while head and eyes are down to the ground
* Maintain your balance on the LEFT with a slight bend at the knee”

“ON COUNT TWO, SLOWLY RETURN TO THE STARTING POSITION.”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT THREE, REPEAT COUNT ONE.”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“FOR THIS EXERCISE, YOU WILL CONDUCT FIVE REPETITIONS ON EACH SIDE.”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **SINGLE-LEG REACH**” (New Cadets respond “THE **SINGLE-LEG REACH**”)

“STARTING POSITION, MOVE” (New Cadets start by standing on the **LEFT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform five repetitions)

“CHANGE POSITION, MOVE” (New Cadets switch feet and stand on the **RIGHT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform five repetitions)

“POSITION OF ATTENTION, MOVE”

7. ***THE SIDE HOP-TO-BALANCE***

“THE **SIDE HOP-TO-BALANCE** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A  **SLOW** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **SIDE HOP-TO-BALANCE**” (Demonstrator responds “THE **SIDE HOP-TO-BALANCE**”)

“STARTING POSITION, MOVE” (Demonstrator starts by standing on the **LEFT** leg)

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“RELAX” (Demonstrator relaxes for approx. 5 seconds.)

“DEMONSTRATOR, ATTENTION” (Demonstrator comes to position of attention)

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

“FOR THIS EXERCISE, THERE WILL BE A SHORT BREAK BETWEEN TWO SETS. ON THE COMMAND RELAX, REST IN PLACE AND WAIT FOR FURTHER INSTRUCTION.”

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **SIDE HOP-TO-BALANCE** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Stand on **LEFT** foot with toes straight ahead and knee slightly bent
* Right foot is raised slightly off the ground and back behind the left foot
* Hands on hips”

“ON COUNT ONE, HOP TO THE RIGHT LANDING SOFTLY ON THE **RIGHT** FOOT, TOES TO HEELS.”

* Land softly, toes to heels
* Bend at the hips, knees, and ankles,
* Keep center of gravity low”

 “ON COUNT TWO, **STAY IN PLACE AND BALANCE ON THE RIGHT FOOT**”

“ON COUNT THREE, HOP BACK TO THE LEFT LANDING SOFTLY ON THE **LEFT** FOOT, TOES TO HEELS.”

 “ON COUNT FOUR, **STAY IN PLACE AND BALANCE ON THE LEFT FOOT**, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make***

***corrections:***

 “PLATOON, ATTENTION”

“THE **SIDE HOP-TO-BALANCE**” (New Cadets respond “THE **SIDE HOP-TO-BALANCE**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON COUNT ONE, HOP TO THE RIGHT LANDING SOFTLY ON THE **RIGHT** FOOT, TOES TO HEELS.”

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Land softly, toes to heels
* Bend at the hips, knees, and ankles,
* Keep center of gravity low”

 “ON COUNT TWO, **STAY IN PLACE AND BALANCE ON THE RIGHT FOOT**”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT THREE, HOP BACK TO THE LEFT LANDING SOFTLY ON THE **LEFT** FOOT, TOES TO HEELS.”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Land softly, toes to heels
* Bend at the hips, knees, and ankles,
* Keep center of gravity low”

“ON COUNT FOUR, **STAY IN PLACE AND BALANCE ON THE LEFT FOOT**, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

 “READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **SIDE HOP-TO-BALANCE**” (New Cadets respond “THE **SIDE HOP-TO-BALANCE**”)

“STARTING POSITION, MOVE” (New Cadets start by standing on the **LEFT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform ten repetitions)

“RELAX” (New Cadets rest and are encouraged to drink water)

“PLATOON, ATTENTION”

“STARTING POSITION, MOVE” (New Cadets start by standing on the **LEFT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform ten repetitions)

“POSITION OF ATTENTION, MOVE”

8. ***THE ICE SKATER***

“THE **ICE SKATER** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **MODERATE** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **ICE SKATER**” (Demonstrator responds “THE **ICE SKATER**”)

“STARTING POSITION, MOVE” (Demonstrator starts by standing on the **LEFT** leg)

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **ICE SKATER** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Balance on **LEFT** leg with knee bent
* **RIGHT** foot raised behind the left leg with sole of foot pointed to the rear
* Knees vertically aligned over the toes
* Arms hanging down and to the left
* Upper torso leaning forward with head and eyes looking at a 45 degree angle down to the ground”

“ON COUNT ONE, EXPLODE TO THE **RIGHT** SIDE, SWINGING YOUR ARMS TO THE **RIGHT** AND BALANCING ON YOUR **RIGHT** FOOT WITH KNEE BENT.”

* Land softly, toes to heels, and control the landing
* Bend at the knees, hips, and ankles
* Keep center of gravity low
* Jump for horizontal distance – EXPLODE!”

 “ON COUNT TWO, **EXPLODE** BACK TO THE LEFT SIDE”

 “ON COUNT THREE, **EXPLODE** BACK TO THE RIGHT SIDE”

 “ON COUNT FOUR, **EXPLODE** BACK TO THE LEFT SIDE, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“THE **ICE SKATER**” (New Cadets respond “THE **ICE SKATER**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

“ON COUNT ONE, EXPLODE TO THE **RIGHT** SIDE, SWINGING YOUR ARMS TO THE **RIGHT** AND BALANCING ON YOUR **RIGHT** FOOT WITH KNEE BENT.”

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Land softly, toes to heels, and control the landing
* Bend at the knees, hips, and ankles
* Keep center of gravity low
* Jump for horizontal distance – EXPLODE!”

 “ON COUNT TWO, **EXPLODE** BACK TO THE LEFT SIDE”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

 “ON COUNT THREE, **EXPLODE** BACK TO THE RIGHT SIDE”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT FOUR, **EXPLODE** BACK TO THE LEFT SIDE, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **ICE SKATER**” (New Cadets respond “THE **ICE SKATER**”)

“STARTING POSITION, MOVE” (New Cadets begin by standing on the **LEFT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform ten repetitions)

“POSITION OF ATTENTION, MOVE”

9. ***THE “L” HOP***

“THE **“L” HOP** (do not use voice inflection when you say the name of the exercise because cadets will NOT repeat the exercise at this time), IS A FOUR-COUNT EXERCISE PERFORMED AT A **SLOW** CADENCE.”

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **“L” HOP**” (Demonstrator responds “THE **“L” HOP**”)

“STARTING POSITION, MOVE” (Demonstrator begins by standing on the **LEFT** leg)

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **“L” HOP** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:

* Stand on the **LEFT** leg with the left knee bent
* Right foot is slightly raised and behind the left leg with sole of foot pointed to the rear
* Toes straight ahead
* Knee vertically aligned and over toes
* Hands on hips

 “ON COUNT ONE, HOP FORWARD ON YOUR **LEFT** LEG TWELVE INCHES.”

* Land softly
* Bend at the hips, knees, and ankles
* Keep your chest over your foot
* Foot must leave contact with the ground – do NOT shuffle foot forward”

 “ON COUNT TWO, HOP BACK TO THE STARTING POSITION”

 “ON COUNT THREE, HOP TWELVE INCHES TO THE LEFT”

 “ON COUNT FOUR, HOP BACK TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“WHEN I ANNOUNCE THE NAME OF AN EXERCISE, SOUND OFF WITH THE NAME OF THE EXERCISE.”

“THE **“L” HOP**” (New Cadets respond “THE **“L” HOP**”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

 “ON COUNT ONE, HOP FORWARD ON YOUR **LEFT** LEG TWELVE INCHES.”

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* Land softly
* Bend at the hips, knees, and ankles
* Keep your chest over your foot
* Foot must leave contact with the ground – do NOT shuffle foot forward”

 “ON COUNT TWO, HOP BACK TO THE STARTING POSITION”

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

 “ON COUNT THREE, HOP TWELVE INCHES TO THE LEFT”

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“ON COUNT FOUR, HOP BACK TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

“POSITION OF ATTENTION, MOVE”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **“L” HOP**” (New Cadets respond “THE **“L” HOP**”)

“STARTING POSITION, MOVE” (New Cadets begin by standing on their **LEFT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform five repetitions)

“CHANGE POSITION, MOVE” (New Cadets stand on their **RIGHT** leg)

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform five repetitions)

“POSITION OF ATTENTION, MOVE”

* Following the PD / DIME, assemble formation and break out cadets for prescribed daily physical training.
* **After the first iteration of the PD / DIME, the CCC will no longer demonstrate the exercise. Simply announce the exercise and execute.**

DIME Script – Basic Template

*[****WHOLE****-PART-WHOLE]*

*INSTRUCTOR DEMONSTRATION*

***Leader commands from the ground while the demonstrator conducts the demonstration on the platform.***

“THE **(*EXERCISE*)** is a FOUR-COUNT EXERCISE THAT IS PERFORMED AT A **(*SLOW / MODERATE*)** CADENCE.

“WATCH THIS DEMONSTRATION.”

“DEMONSTRATOR, ATTENTION”

“THE **(*EXERCISE*)**” (Demonstrator responds “THE **(*EXERCISE*)”)**

“STARTING POSITION, MOVE”

“IN CADENCE” (Demonstrator responds “IN CADENCE”)

“EXERCISE” (Demonstrator performs three repetitions. Leader calls cadence while demonstrator sounds off with the number of reps completed)

“POSITION OF ATTENTION, MOVE” (Demonstrator comes to the position of attention)

*[WHOLE-****PART****-WHOLE]*

*NEW CADETS LEARN COUNT-BY-COUNT*

“NOW WE WILL LOOK AT THE **(*EXERCISE*)** BY THE NUMBERS.”

“THE STARTING POSITION LOOKS LIKE THIS:”

* *Leader describes starting position while demonstrator executes*

 “ON COUNT ONE, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

* *Leader describes what action is performed on Count One while the Demonstrator performs the movement, including the necessary teaching cues to ensure the audience understands how to perform the movement properly*

 “ON COUNT TWO, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

* *Leader describes what action is performed on Count One while the Demonstrator performs the movement, including the necessary teaching cues to ensure the audience understands how to perform the movement properly*

 “ON COUNT THREE, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

* *Leader describes what action is performed on Count One while the Demonstrator performs the movement, including the necessary teaching cues to ensure the audience understands how to perform the movement properly*

 “ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.” *Demonstrator sounds off with* “ONE.”

 “POSITION OF ATTENTION, MOVE”

“DEMONSTRATOR, RECOVER”

***Demonstrator Commands from the Platform while the Leader walks through the formation to make corrections:***

 “PLATOON, ATTENTION”

“WHEN I ANNOUNCE THE NAME OF AN EXERCISE, SOUND OFF WITH THE NAME OF THE EXERCISE.” (This is ONLY stated for the FIRST EXERCISE).

“THE (***EXERCISE***)” (New Cadets respond “THE (***EXERCISE***)”)

“STARTING POSITION, MOVE” (New Cadets execute the Starting Position. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper starting position).

 “ON COUNT ONE, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

* *Leader describes what action is performed on Count One while the Demonstrator performs the movement*

“READY, ONE” (New Cadets execute Count One. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* *Leader uses the necessary teaching cues to make corrections and ensure the New Cadets understand how to perform the movement properly*

 “ON COUNT TWO, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

* *Leader describes what action is performed on Count One while the Demonstrator performs the movement*

“READY, TWO” (New Cadets execute Count Two. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* *Leader uses the necessary teaching cues to make corrections and ensure the New Cadets understand how to perform the movement properly*

 “ON COUNT THREE, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

* *Leader describes what action is performed on Count One while the Demonstrator performs the movement*

“READY, THREE” (New Cadets execute Count Three. Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all cadets have found the proper position).

* *Leader uses the necessary teaching cues to make corrections and ensure the New Cadets understand how to perform the movement properly*

“ON COUNT FOUR, RETURN TO THE STARTING POSITION, SOUNDING OFF WITH THE NUMBER OF REPETITIONS COMPLETED.”

“READY, FOUR” (New Cadets execute Count Four and sound off with “ONE.” Cadet Leaders spot-correct New Cadets. Pause in this position as long as necessary until all New Cadets have found the proper position).

“POSITION OF ATTENTION, MOVE.”

“ARE THERE ANY QUESTIONS ABOUT THIS EXERCISE?”

*[WHOLE-PART-****WHOLE****]*

*NEW CADETS EXECUTE WHOLE EXERCISE*

“WE WILL NOW CONDUCT THIS EXERCISE AT A NORMAL CADENCE.”

“THE **(*EXERCISE*)**” (New Cadets respond “THE **(*EXERCISE*)**”)

“STARTING POSITION, MOVE”

“IN CADENCE” (New Cadets respond “IN CADENCE”)

“EXERCISE” (New Cadets perform **TEN** repetitions)

“POSITION OF ATTENTION, MOVE”

* Please NOTE: This basic script template represents the following exercises that are conducted with one set (usually ten reps per set).
	1. Double Leg Squat
	2. Forward Lunge
	3. Push-Up
	4. Ice Skater
* There are necessary modifications to this basic script template for the following exercises that require two sets. The modifications can be found in the full script template for each exercise.
	1. Squat Jump (5 reps, rest, 5 reps)
	2. Side Plank (stationary exercise for time with 30 seconds on each side)
	3. Single Leg Reach (5 reps on each side)
	4. Side Hop-to-Balance (10 reps, rest, 10 reps)
	5. L-Hop (5 reps each side)