

"Demonstrator, POST. I will use the talk through method of instruction. Exercise 3 of 4 For the Core is The Back Bridge." (The demonstrator responds, "The Back Bridge.") "This exercise is always performed for 60 seconds. The Starting Position is the supine position with knees bent at 90 degrees, arms extended sideward at 45 degrees and feet flat on the marching surface. The knees are in-line with the shoulders and the feet are on the marching surface."

"Starting position, MOVE." (Demonstrator moves into the starting position.) Perform the drawing in maneuver, tightening the abdominals as in Exercise 1, the Bent-Leg Raise.

"On the command of execution, EXERCISE of Ready, EXERCISE, raise the hips off of the ground until the trunk and thighs form a generally straight line. The spine must not arch to achieve this position. With the buttocks still up, straighten the left leg until it comes in line with the trunk and thigh. Don't let the trunk and pelvis sag on the unsupported side. If the spine begins to sag, arch, or tilt, lower to the starting position, rest for 3 to 5 seconds, and then, try again. The goal is to maintain the back bridge position for 60 seconds (The demonstrator performs the movements as the PT leader describes them.)

"After five seconds has elapsed the PT instructor will command, 'Change Position. On the command 'Change Position, (The demonstrator performs the movements as the PT leader describes them.) switch to the other leg and execute as previously described. Continue in this manner for 60 seconds."

"On the command of execution MOVE of Starting Position, MOVE, return to the starting position." (The demonstrator moves into the starting position.)

"Position of attention, MOVE." (Demonstrator assumes the position of attention.)

"I will lead the demonstrator through the exercise for 10 seconds. The commands and movements are as follows:

"The Back Bridge" (Demonstrator responds, "The Back Bridge.")

"Starting position, MOVE." "

Ready, EXERCISE (Demonstrator assumes the starting position and executes the exercise.)

Change Position....Change Position.... (PRT Leader gives the command Change Position every 5 seconds)

"Starting Position, MOVE" (The demonstrator moves into the starting position.)

"Position of attention, MOVE." (Demonstrator assumes the position of attention.)

"At Ease."

"What are your questions pertaining to Exercise 3 of 4 For the Core, The Back Bridge when executed using the talk through method of instruction?" (Clarify all questions.)

"Demonstrator, ATTENTION. You will be my assistant instructor. FALL OUT."