

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 2 of Conditioning Drill 2 is The Supine Bicycle." (Demonstrator responds, "The Supine Bicycle.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise strengthens the muscles of the abdomen and controls rotation of the trunk. The Starting Position is the supine position with the fingers interlaced, hands on top of the head. Hips, knees and ankles are flexed at 90-degress and the legs are parallel to the ground. The head is off the ground."

"Starting position, MOVE." (Demonstrator moves into the starting position.)

NOTE: At the starting position ensure that the hands are on top of the head, not behind the neck. Maintain tightness of the abdominals throughout the exercise. On counts 1 and 3, do not jerk the neck or arch the back to assume the up position.

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, bring the left knee toward the chest while flexing and rotating the trunk to the left, attempting to touch the right elbow to the inside of the left thigh. As the left knee rises, the right leg extends outward driving the heel forward."

"By-the-numbers," (demonstrator responds, "By-the-numbers"),

"In cadence." (Demonstrator responds "In cadence.")

"EXERCISE." (Demonstrator performs count one.)

"On count two, return to the starting position. Ready, TWO." (Demonstrator performs count two.) "On count three, bring the right knee toward the chest while flexing and rotating the trunk to the right, attempting to touch the left elbow to the inside of the right thigh. As the right knee rises, the left leg extends outward driving the heel forward. Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the starting position and sound off with the number of repetitions performed. Ready, FOUR." (Demonstrator performs count four and states, "ONE.")

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

"I will lead the demonstrator through three repetitions at a SLOW cadence. The commands and movements are as follows:"

"The Supine Bicycle." (Demonstrator responds, "The Supine Bicycle.")

"Starting position, MOVE." (Demonstrator moves into the starting position.)

"Without-the-numbers" (demonstrator responds, "Without- the-numbers.")

"In cadence," (demonstrator responds, "In cadence.")

"EXERCISE, One, Two, Three." (Demonstrator states, "ONE.")

The PT leader will raise the inflection of his voice while counting out the movements of the third repetition and the demonstrator states, HALT upon returning to the starting position.

"Position of attention, MOVE."(Demonstrator assumes the position of attention.) "AT EASE." (Demonstrator stands at ease.)

"What are your questions pertaining to Exercise 2 of Conditioning Drill 2, The Supine Bicycle when executed in cadence or by-the-numbers?" (Clarify all questions.)

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

Note: Lead the class through three repetitions of the Supine Bicycle.