

INFORMATION SHEET 5.1-1

PRINCIPLES OF PHYSICAL FITNESS AND DRY-LAND  
CONDITIONING PROGRAM

Sets and repetitions shall be governed by the following table. (Refer to the Master Course Schedule for the appropriate level given the day of training.)

STRETCH SET

ANKLE ROTATIONS, 10 EACH DIRECTION EACH ANKLE  
 JUMPING JACKS, 30 FOUR-COUNT  
 ROTATOR CUFF STRETCH, 15 SEC EACH ARM  
 TRICEPS STRETCH, 15 SEC EACH ARM  
 QUADRICEPS STRETCH, 15 SECONDS EACH LEG  
 INSIDE HURDLER STRETCH, 15 SECONDS EACH LEG  
 GROIN STRETCH, 15 SECONDS  
 KNEE TO CHEST, 15 SECONDS EACH LEG  
 BOTH KNEES TO CHEST, 15 SECONDS  
 BACK TWIST, 15 SECONDS EACH SIDE  
 CALF STRETCH, 15 SECONDS EACH LEG  
 ACHILLES STRETCH, 15 SECONDS EACH LEG

CALISTHENICS SET (REPETITIONS FOR LEVELS I, AND II FOLLOW)

PULL-UPS (5, 6)  
 FOUR-COUNT LUNGES (15, 18)  
 PUSH UPS (25, 30)  
 BENT KNEE SIT-UPS (20, 25)  
 PULL-UPS (5, 6)  
 TWO-COUNT SQUATS (15, 18)  
 WIDE-ARM PUSH UPS (25, 30)  
 CRUNCHES (25, 30)  
 FOUR-COUNT QUADRUPED RAISES (15, 20)  
 FOUR-COUNT OBLIQUE CRUNCHES (15, 18)  
 FOUR-COUNT SUPERMANS (15, 18)  
 FOUR-COUNT FLUTTER KICKS (25, 30)  
 TRICEPS PUSH-UPS (15, 20)  
 CALF RAISES (30, 35)  
 CROSS KNEE OBLIQUE CRUNCHES (15, 18)  
 EIGHT-COUNT BODY BUILDERS (10, 12)  
 HIP-FLEXOR STRETCH, 30 SECONDS EACH LEG

NOTE

Students are required to bring a full squeeze bottle of water to all Physical Training sessions.

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POST RUN COOL DOWN STRETCHES

QUADRICEPS STRETCH, 20 SECONDS EACH LEG  
INSIDE HURDLER STRETCH, 20 SECONDS EACH LEG  
GROIN STRETCH, 20 SECONDS  
KNEE TO CHEST, 20 SECONDS EACH LEG  
CALF STRETCH, 20 SECONDS EACH LEG  
ACHILLES STRETCH, 20 SECONDS EACH LEG

STRETCH SET FOR STRENGTH TRAINING AND  
AND SWIMMING

PUSH-UPS, 10  
ARM CIRCLES, 10 SECONDS EACH DIRECTION  
FLUTTER KICKS, 25 FOUR-COUNT  
LUNGES, 10 FOUR-COUNT  
CRUNCHES, 15  
ABDOMINAL STRETCH  
ROTATOR CUFF STRETCH  
CHEST STRETCH  
TRICEPS STRETCH  
QUADRICEPS STRETCH  
INSIDE HURDLERS STRETCH  
BACK TWIST

POST SWIM/STRENGTH  
TRAINING STRETCHES

ROTATOR CUFF STRETCH  
CHEST STRETCH  
TRICEPS STRETCH  
QUADRICEPS STRETCH  
INSIDE HURDLER STRETCH  
BACK TWIST  
CALF STRETCH

STRENGTH TRAINING EXERCISES

**CORE EXERCISES**

\* POWER CLEANS  
PULL-UPS  
BACK SQUATS  
DEAD LIFTS  
STANDING MILITARY PRESS  
STANDING BENT OVER ROW  
FLAT BENCH PRESS  
SIT-UPS  
CRUNCHES  
OBLIQUE SIT-UPS

**AUXILIARY EXERCISES**

SEATED CABLE ROW  
TRICEPS CABLE PULL DOWN  
INCLINE DUMBBELL BENCH PRESS  
DUMBBELL BICEPS CURL  
LEG PRESS  
LATISSIMUS PULL DOWN  
SIT-UPS  
CRUNCHES  
OBLIQUE SIT-UPS

\* OPTIONAL EXERCISE FOR ADVANCED TRAINEES ONLY.