



TUSCOLA AIRPOWER

A57.—NC-075 Wellness Exercise Descriptions

The Physical Exercises Available to Units to Use during Wellness portion of JROTC:

Push Ups



Place your hands slightly wider than shoulders; keep torso straight and head aligned with spine throughout the exercise. Lower yourself until your chest comes within 3-5 inches from the floor; (your upper arm should be parallel with the ground) Press back to starting position. You must rest in the up position. Note: A score over the max standard for age and gender will be scored as 100%

AF Push Ups



1. Start with your hands on the floor, shoulder-width apart. 2. Your feet are on the floor (no knees) and your legs are shoulder width or wider, depending on your flexibility. 3. Starting position is butt in the air, head looking back to your heels. 4. Bend your elbows and lower your body in a circular arc, until your arms are straight. Your chest is up and your hips are almost touching the ground. 5. Look to the ceiling. Inhale. 6. Push back toward your heels once again. Straightening your arms and stretching your legs, as in step #3. Exhale. 7. Back to the same position as described in step #4. 8. Do as many repetitions as you need to rest you can pause in the starting position Step 3. Note 1: Some people lack the strength to do a single AF pushup when they begin. If you fall into this category; not to worry. Start with an isometric AF pushup. Get into the start position and press your hands into the ground as hard as you can. Hold for six seconds while you make the "sssss" sound. After this move into the arched position. While looking skyward, flex and contract your body and push your hands into the ground. Hold for six seconds while making the "sssss" sound. Repeat this entire sequence three times. These isometric presses will give you strength very quickly and soon you'll be doing a full AF pushup. Note 2: A score over the max standard for age and gender will be scored as 100%



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AF Squats



1. Begin with your feet shoulder-width apart and your toes pointing straight ahead. Your hands are pulled in tightly to your chest. Inhale. 2. Keep your back fairly straight and lower your buttocks until your thighs are parallel to the floor. 3. As you lower your buttocks your hands are BEHIND your back, and they follow you toward the ground. 4. As you move toward the parallel-to-the-ground position, you should simultaneously raise your heels from the floor. 5. Now swing your arms upward and push off your toes, raising your body to a standing position. 6. Once you have reached the up-position, you pull your arms in toward your chest again, as if you are rowing a boat. Make tight fists with your hands and pull. Your elbows will be close to your body as you pull. 7. Inhale as you pull your arms in, exhale as you lower yourself. Note: A score over the max standard for age and gender will be scored as 100%



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Lunges



Start by standing in a normal upright position with your hands on your hips. While keeping your hands on your hip, step out far enough with your left leg so that your right knee has to drop within an inch of the floor. Now step back to the upright position and then step out with your right leg until your left knee is an inch off the floor. Going from left to right one time equals one three count? Lunge. However, for testing one may count each lunge individually, so the process described above would equal two lunges. Note: A score over the max standard for age and gender will be scored as 100%

1 Mile Run

The 1-mile run should take place on a regulation track. If a track is not available, make sure the course is well marked and that all runners start at the same mark. Runners should not switch lanes until the 200-meter mark if the run is being conducted on a standard 400-meter track. Runners should be stretched well and hydrated before the run.



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Planks Both Arms



Position yourself on the floor by resting on your toes and elbows. Keep your back straight. You should look like you're in a push-up position, but you are leaning on your elbows instead of your hands. You can clasp your hands together in front of you, or keep them apart. Hold this position as long as you can. No movement, just hold that plank positions ... keep holding. Note: A score over the max standard for age and gender will be scored as 100%

V-Sit Reach



Place your feet eight to 12 inches apart on a line marked on the floor. This is the baseline, which will be crossed by 2 rulers that will be used to measure your flexibility. With palms facing down, place them on the measuring line. Keep your toes facing upward. As you reach forward, exhale, and reach as far as you can while staying in good position. Try this three times for practice and the fourth will be recorded. If you do not cross the base line it will be a negative number reached, and if you cross the baseline it will be positive numbers reached. Note: A score over the max standard for age and gender will be scored as 100%

Bent Knee Push Ups



Kneel on floor and bend knees so that you pivot on your knees rather than on your toes when doing a standard pushup. When you go to the down position, your knees will act as leverage point. It is recommended that these be done on grass or with a towel, etc, to protect ones knees. Note: A score over the max standard for age and gender will be scored as 100%



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Feet Elevated Push Ups



Place feet on sturdy chair or box with a height of about 2 ft. tall. Perform standard push-up. Make sure body stays straight! Note: A score over the max standard for age and gender will be scored as 100%

Left Side Planks



Lay straight on your side with your legs and feet together. Now elevate yourself onto one elbow. You should be supporting your weight with a single forearm running perpendicular to the front of your body. You may place your opposite hand on your hip so that the non-weight supporting arm has its elbow pointing up into the air or lay it on your side as shown in the photo. Now hold this position as long as you can. You can spread your feet a bit to help with balance. For added training purposes, not to be scored on the diagnostic, a student can rotate while in the one arm plank position – meaning that you roll your body while leaning on the one elbow. In this one, you will need to have your non supporting elbow pointing up into the air. Try to turn enough so that the elbow of the arm not supporting your weight goes parallel with the floor while keeping your hand on your hip. Repeat as often as desired. Please note that the national charts are based on one arm plank times and not on rotations. Note: A score over the max standard for age and gender will be scored as 100%

Right Side Planks



Lay straight on your side with your legs and feet together. Now elevate yourself onto one elbow. You should be supporting your weight with a single forearm running perpendicular to the front of your body. You may place your opposite hand on your hip so that the non-weight supporting arm has its elbow pointing up into the air or lay it on your side as shown in the photo. Now hold this position as long as you can. You can spread your feet a bit to help with balance. For added training purposes, not to be scored on the diagnostic, a student can rotate while in the one arm plank position meaning that you roll your body while leaning on the one elbow. In this one, you will need to have your non supporting elbow pointing up into the air. Try to turn enough so that the elbow of the arm not supporting your weight goes parallel with the floor while keeping your hand on your hip. Repeat as often as desired. Please note that the national charts are based on one arm plank times and not on rotations. Note: A score over the max standard for age and gender will be scored as 100%



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Sit-Ups



Lie on your back with legs bent 90 degrees at the knee - the standard "sit-up" position. Cross your arms and place your hands so that your fingertips touch your shoulders. Have a spotter hold your feet as shown in photo. Curl your torso so your chest moves toward your knees. Keep your hands on your chest at all times. The sit-up does not count if your hands come off your chest. You must rest in the up position while resting. To complete the sit up your shoulder blades must touch the ground. One's hips or buttock should not come off the ground to produce momentum. Note: A score over the max standard for age and gender will be scored as 100%

Extended Sit-Ups



Lie down on your back and extend your arms straight by your head while on the floor. Keep or legs straight and your feet together. Keeping your arms straight, gently bring your arms over your head and toward your legs as you do a sit-up maneuver. Don't fling or yank your arms. This could cause an injury. As your torso goes upright, keeping your legs straight, elevate your legs as you do the sit up maneuver. Reach your hands as far toward your ankles /feet as possible. Your feet should be at least 12 to 24 inches off the floor. Returning to the start position counts as one repetition. Note: A score over the max standard for age and gender will be scored as 100%

Flutter Kicks



Flutter Kicks are a great way to strengthen your hip flexors. Flutter Kicks are a traditional and staple PT exercise. Start kicking. Keep your range of motion between 6 inches to 36 inches max. Keep legs straight with knees locked as shown in the photo. This exercise is scored on time held not on reps per minute, so speed in doing the reps is not important, it is how long they can perform the exercise. Note: A score over the max standard for age and gender will be scored as 100%



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Arm Extended Lunges



Follow the same process as described in the Lunges, but with this exercise you do not stand in place. Rather as you take a lunge, you also take a step from your start location. In addition, put your arms out straight in front of you. As you take the lunges, move both arms, while keeping them straight at the elbow, to the side of the leg that is taking the step. So if I step out with my left leg, my arms are swinging to my left side, etc. This works the torso in conjunction with the lunges. Note: A score over the max standard for age and gender will be scored as 100%

Reverse Extended Lunges



Do what is described in the Lunges exercise, but in this exercise you will be walking backwards. On this exercise the leg you step back with will be the leg whose knee will drop to an inch off the floor. Note: A score over the max standard for age and gender will be scored as 100%

Mountain Climbers



Go into a regular push-up position, but extend your left leg forward so that your left knee is tucked up close to your chest. This will be the official start position. You will then move your left leg back to a straight position while you bring your right leg up to where its knee is tucked under your chest. You will repeat this process and count each leg forward as one full mountain climber. The JROTC standard chart for "mountain climbers" is based on individual knee forward counts and not the three-count method. Note: A score over the max standard for age and gender will be scored as 100%



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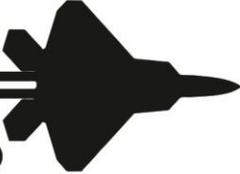
Body Builders



(1) Start in a standing position with your arms to your side and your feet together. (2) Squat down and bend over so that you are in a squat position with your arms extended out before you and resting on the floor. (Count to "one" on this move.) (3) Kick your legs out from under you so that you go to a standard push-up position. (Count to "two" on this move.) (4) While in the push-up position, kick your legs apart so that your legs form a wide "V". (Count to "three" on this move.) (5) Bring your legs back together and return to the standard push-up position. (Count to "four" on this move.) (6) Once back in a push-up position, perform one standard push-up. (Count to "five" on the downward move and count to "six" on the upward move in the push-up.) (7) While keeping your arms on the floor in front of you, tuck your legs up underneath you so that you return to the squat position described in line "2" above. (Count to "seven" on this move.) (8) Return to the standing start position. (This is move "eight" and completes one full "Body Builder.") Note: A score over the max standard for age and gender will be scored as 100%



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A black silhouette of a jet airplane, pointing to the right, positioned to the right of the word "AIRPOWER".

Squat Leaps

Standing in place, jump up in the air and bring both knees up toward your chest; touch both shins with your hands when knees are at their highest point; extend legs to land on both feet and immediately jump up again. (Land, and then push off for the next leap. No double pump on landing) Do the jumps as quickly and as high as you can. Note: A score over the max standard for age and gender will be scored as 100%

Side Lateral Jump



Draw a line on the ground, 3 feet long. Stand on the far side of the line. Jump with both feet sideways and land on the other side of the line, then immediately jump back to the starting position. This equals one rep. Go back and forth as fast as you can. You can push more with the outside leg, but make sure both feet stay together and land on the outside of the line. If you do not "clear" the 3 foot length the exercise does not count. Note: A score over the max standard for age and gender will be scored as 100%