

Ranger Exercises

Ranger exercises are so named because they are patterned after movements which ranger troops use.

Formation: Single circle, if less than 30 boys.
 Double circle, if between 30 and 60 boys.
 Each boy eight feet behind the one in front.

Procedure: The instructor directs the boys to walk forward at a slow relaxed pace, 80 to 90 short steps per minute, keeping the circle formation. The class does not walk in step. The instructor, standing in the center of the circle, calls the name of an exercise, then demonstrates it, and then commands, "Start". Immediately each boy starts to perform the exercise, continuing to move around the circle. After performing the exercise for about 10 to 30 seconds, the instructor commands, "Relax", upon which all resume the original slow walk. After 5 to 15 seconds, the instructor names and demonstrates a new exercise, and at the signal, "Start", the class performs it. The time between exercises should vary with the nature of the exercise, and the condition of the boys.

- Description: ^{1.} All fours, face down, on hands and feet. Walk forward.
2. Rear Walk. Face down, on hands and feet, travel forward by moving the right arm and right leg simultaneously, and then the left arm and left leg simultaneously.
 3. Leap Frog. Count off by twos. At whistle, the evens leap over the odd numbers. At the next whistle, the odds leap over the even numbers. Repeat continuously raising the backs higher and higher.
 4. Duck Waddle. Assume the full knees-bent position, hands on hips. Retain this position and waddle forward.
 5. Squat Jump. Assume the full knees-bent position. Retain this position and travel forward by short bouncing jumps.
 6. Indian Walk. Bend knees slightly, bend trunk forward, arms hanging down until back of hands touch ground. Retain this position and walk forward.
 7. Crouch Run. Lean forward at the waist until the trunk is parallel with the ground. Retain this position and run forward at a jogging pace.
 8. Straddle Run. Run forward, leaping obliquely to the right as the right foot advances, leaping obliquely to the left as the left foot advances.
 9. Knee Raise Run. Run forward, raising the knees as high as possible on each step. Swing arms vigorously.
 10. Hop. Travel forward by hopping on the left foot. Take long steps. Change to right foot and repeat.