

~~SUGGESTED PROGRAM~~

Hoch *and*
(three weeks)

1. Running

- a. wind sprints
- b. reverse directions
- c. stops-starts
- d. run with knees high
- e. response drills
 - 1. stop-go-right-left-squat prone-reverse.
 - 2. zigzag run

2. Conditioning exercises

- a. exercises suggested by the Physical Fitness Institute.
 - b. other calisthenic exercises
- These exercises should be given at a brisk tempo over a period of 8-10 minutes preferably at the beginning of the class, or at the end of the running period.

3. Ranger Activities

- a. these activities are so called because they are patterned after movements which ranger troops use.
- b. formation
 - 1. single or double circle each man about 8 ft. apart. instructor in circle.
- c. Each exercise is performed for 10-30 sec. period as the circle moves around the instructor. On the command "Relax" the circle continues to move on walk or run till the command "start" is given for a new exercise.
- d. exercises
 - 1. walking on all fours
 - 2. leap frog
 - 3. bear walk
 - 4. duck waddle
 - 5. squat jump
 - 6. indian walk
 - 7. crouch run
 - 8. straddle run
 - 9. knee raise run
 - 10. hop

4. Carries

- a. pair off, ones carrye twos
 - 1. firemans carry
 - 2. cross carry
 - 3. single shoulder carry
 - 4. arm carry

5. ~~Boxing~~**

Relays

- a. add interest and competition to program
- b. distances should be long enough to ~~make~~ make for vigorous effort.
- c. not more than 8 men on a team.
 - 1. shuttle relay
 - 2. jump stick relay
 - 3. duck waddle
 - 4. bouncing
 - 5. crab-walk
 - 6. wheelbarrow
 - 7. horse and rider
 - 8. others