

Replegle

NAVY LOG EXERCISES

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The log exercises or drills are a special type of physical training to be used in mass athletics. They are especially worked out to comply with regulation Navy Drills and movements. Where these particular movements are adaptable, and where they cannot be applied, special commands have been originated. The exercises are to be interspersed into the general conditioning as special events exercises. They are designated so as to bring labor to an extended degree on all parts of the body.

The logs should be 12 feet long and preferably 8 inches in diameter, with an approximate weight of 75 to 100 pounds each. Paint with a heavy paint.

Four men are to exercises on each log.

I. Positions.

A. With a company front - men in columns of four- triple extend the men with the command.

1. Triple extended, dress right.

2. Dress.

(a) Men raise arms sideward, eyes right, approximately four feet between the finger tips of each file of four men.

3. Ready

4. Front.

Now the company is extended and ready to place the logs for exercise. The logs should be laid in fore and aft position in the direction the men are facing at the proper intervals apart. Being in this position, and the company properly spaced, the Commander should march his company forward to position by the logs.

B. All commands of execution are "LOGS".

II. Positions of men.

A. Left standing - men are on port side of log.

1. File - Men at attention in file facing front (6" from log).

2. Face to - Men face log at attention (6" from log).

3. Face away - Men face away from log (6" from log).

NOTE: All movements to change position by the log are done with strict Naval regulation drill movements as to cadence and correctness.

B. Right standing - men on starboard side of log.

1. File - Men at attention in file on starboard side of log (6" from log).