

The regular and precise execution of strategically organized and sequenced exercise drills will develop the body management competencies needed to successfully accomplish WTBDs (Figure 9-1). Table 9-1 describes all strength and mobility drills and activities presented in this chapter. Table 9-2 describes strength and mobility drills and activities and the prescription of intensity, duration, and volume within the toughening and sustaining phases. In addition, Chapter 5, Planning Considerations, provides the template for commanders and PRT leaders to implement strength and mobility activities into their PRT programs

Table 9-1. Strength and mobility drills and activities

Conditioning Drill 1 (CD 1)	Conditioning Drill 1 consists of basic and intermediate calisthenic exercises that develop foundational fitness and body management by challenging strength, endurance, and mobility through complex functional movement patterns.
Conditioning Drill 2 (CD 2)	Conditioning Drill 2 consists of intermediate and advanced calisthenic exercises that are designed to functionally train the total-body muscular strength and endurance needed to successfully perform WTBDs.
Conditioning Drill 3 (CD 3)	Conditioning Drill 3 consists of advanced calisthenic and plyometric exercises that are designed to functionally train agility, coordination, and the lower-body muscular strength and endurance needed to successfully perform WTBDs.
Push-up and Sit-up Drill (PSD)	The Push-up and Sit-up Drill consists of push-up and sit-up exercises performed in alternating timed sets (30 to 60 seconds each) to enhance upper-body muscular strength and endurance for improved APFT performance.
Climbing Drill 1 (CL 1)	Climbing Drill 1 consists of exercises performed on a high bar or climbing bars. This drill develops upper body and trunk strength and mobility while manipulating body weight off the ground.
Climbing Drill 2 (CL 2)	Climbing Drill 2 consists of exercises performed on a high bar or climbing bars. This drill improves upper body and trunk strength and mobility needed for manipulating body weight while under fighting load.
Strength Training Circuit (STC)	The Strength Training Circuit consists of sequenced exercise stations using strength training equipment and climbing exercises performed for a designated time until all exercises have been performed. Movement and distance between exercise stations may be varied. In the sustaining phase, movement from station to station may include exercises from both military movement drills 1 and/or 2.
Guerrilla Drill (GD)	The Guerrilla Drill consists of dynamic exercises that develop leg power and functional mobility. The emphasis is on improving combative techniques and the ability to carry/evacuate another Soldier.

Preparation Drill

- Exercise 1: Bend and Reach
- Exercise 2: Rear Lunge
- Exercise 3: High Jumper
- Exercise 4: Rower
- Exercise 5: Squat Bender
- Exercise 6: Windmill
- Exercise 7: Forward Lunge
- Exercise 8: Prone Row
- Exercise 9: Bent-Leg Body Twist
- Exercise 10: Push-Up

Recovery Drill

- Exercise 1: Overhead Arm Pull
- Exercise 2: Rear Lunge
- Exercise 3: Extend and Flex
- Exercise 4: Thigh Stretch
- Exercise 5: Single-Leg Over