

8. The next exercise will be **Flutter Kicks** (Uurrghh) These exercises will be executed in four count movements of 10 repetitions. I will count the cadence, you will count the repetitions. Starting laying flat on your back and your hands under your back and your legs will be 6 inches off the deck. **STARTING POSITIONS, MOVE. READY, EXERCISE, 1,2,3 ONE...** (All these will be up to Ten) **RECOVER.** (Assume the position of attention)

9. The next stretch will be **Quadracep Stretch** (Uurrghh) Starting position is laying flat on your chest. Grab your Right hand on your left toe. On the command stretch you are pulling on your toe. **STARTING POSITIONS, MOVE. READY, STRETCH, 1,2,3,4,5,6,7,8,9,10, EASE UP. CHANGE, OVER.** At this time they will switch the left hand and the right toe. **READY, STRETCH, 1,2,3,4,5,6,7,8,9,10, EASE UP. RECOVER.** (Assume the position of attention)

10. The next exercise will be **Push Ups** (Uurrghh) These exercises will be executed in two count movements. I will lead, you will follow. Starting laying flat on your Chest. On the Command **PUSH UP, (Uurrghh) DOWN 1, DOWN 2, DOWN 3, ETC.** (All these will be up to Ten) **RECOVER.** (Assume the position of attention)