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## Army prep drill acronym

PREPARATION DRILL Table 8-1 lists the 10 calisthenic exercises that make up the PD. These 10 exercises are always performed in order and with the rhythm shown. Table 8-1. Preparation of drill 1. Bend and reach 5-10 repetitions, slowly 2. Rear Lunge 5-10 repetitions, slow 3. Jumper high 5-10 repetitions, moderate 4. Rower 5-10 reps, slow 5. Squat Bender 5-10 reps, slow 6. Windmill 5-10 repetitions, slow 7. Forward Lunge 5-10 reps, slow 8. Prone ditch 5-10 repetitions, slow 9. Bent leg Body Twist 5-10 repetitions, slow 10. Push-up 5-10 repetitions, moderate table 8-2 shows the body segments trained during PD. Table 8-2. Body segments trained in running drill Drill HIP STABILITY DRILL, hsd, like 4C, trains the hip and upper thigh areas three-dimensionally, developing the basic strength and mobility needed for stability to perform functional movements. In regeneration, HSD is performed daily immediately after 4C and before taking other PRT-related activities. During the hardening phase, HSD is performed after preparation and before strength and motor activity. HSD may also be performed outside regular PRT sessions as complementary training. In HSD, perform no more than 10 repetitions of exercises from 1 to 4 and do not exceed 30 seconds for each exercise position in exercise 5. If more repetitions are desired, repeat the entire exercise. HSD stands for Hip Stability Drill (U.S. Army) This definition appears somewhat frequently and is found in the following categories Acronym Finder: See other HSD definitions Other resources: We have 173 other HSD meanings in our Acronym Attic {cdnAssetsRI:.site\_dot\_caption:Cram.com,premium\_user:false,premium\_set:false,payreferer:clone\_set,payreferer\_set\_title:Army PRT-Hip Stability Drill,payreferer\_set\_title payreferer\_url:VflashcardsVcopyVarmy-prt-hip-stability-drill-5135158,isGuest:true,ga\_id:UA-272909-1,facebook:{clientId:363499237066029,version:v2.9,language:en\_US}} Progress 1/10 Use the left and right arrow keys to move between physicsicles; Use the up and down arrow keys to flip the card; H to show a hint; Text-to-speech readings; Front Back 3rd side (hint) {cdnAssetsUri:.site\_dot\_caption:Cram.com,premium\_user:false,premium\_set:false,payreferer:clone\_set,payreferer\_set\_title:Army PRT-Preparation Drill,payreferer\_url:VphysiosVcopyVarmy-prt-preparation-drill-51 35107,isGuest:true,ga\_id:UA-272909-1,facebook:{clientId:363499237066029,version:v2.9,language:en\_US}} I need to conduct a PT soon and wondered if anyone had a good way to remember the warm-up. For example: Get out. Overweight Rabbits Eat Plenty of Overhead Shoulder Salad Pull Rear Lunge Extended Flex Thy Stretch Single Leg OverPage 2Posted by 6 Years Ago Comments Comments