GATOR VICTORY PT

Warm Up & Stretching Exercises		
Lower Body	**Upper Body**	**Back**
Light Fighters	**Paratroopers**	**Tankers**
Speed Walk 1-2 min.	Run In Place 1-2 min.	Run In Place 1-2 min.
Neck Rotation 30 sec.	Neck Rotation 30 sec.	Neck Rotation 30 sec.
Arm&Shoulder Rotation 30 sec.	Arm&Shoulder Rotation 30 sec.	Arm&Shoulder Rotation 30 sec.
Hip Rotation 30 sec.	Hip Rotation 30 sec.	Hip Rotation 30 sec.
Knee&Ankle Rotation 30 sec.	Knee&Ankle Rotation 30 sec.	Knee&Ankle Rotation 30 sec.
Overhead Arm Pull 30 sec.	Overhead Arm Pull 30 sec.	Overhead Arm Pull 30 sec.
Upper Back Stretch 30 sec.	Upper Back Stretch 30 sec.	Upper Back Stretch 30 sec.
Chest Stretch 30 sec.	Chest Stretch 30 sec.	Chest Stretch 30 sec.
Thigh Stretch 30 sec.	Thigh Stretch 30 sec.	Thigh Stretch 30 sec.
Groin Stretch Seated 30 sec.	Groin Stretch Seated 30 sec.	Groin Stretch Seated 30 sec.
Hamstring Stretch Seated 30 sec.	Hamstring Stretch Seated 30 sec.	Hamstring Stretch Seated 30 sec.
Calf Stretch 30 sec.	Calf Stretch 30 sec.	Calf Stretch 30 sec.
Supine Bicycle 1-2 min.	Engine 1-2 min.	Engine 1-2 min.
Regular Push Ups 1min.	*Overhead Clap 1 min.*	Regular Push Ups 1min.
Sit Ups 1 min.	Sit Ups 1 min.	*L. Back Stretch Lying Dwn 1 min.*
Wide Hand Push Ups 45 sec.	*Touch Downs 45 sec.*	Wide Hand Push Ups 45 sec.
Rocky Sit Ups 1 min.	Rocky Sit Ups 1 min.	*Hip & Back Stretch Seated 1 min.*
Close-Hand Push Ups 30 sec.	*Overhead Clap 30 sec.*	Close-Hand Push Ups 30 sec.
Crunches 30 sec.	Crunches 30 sec.	*L. Back Stretch Lying Dwn 1 min.*
Overhead Press/PR 30-45 sec.	*Touch Downs 30-45 sec.*	Overhead Press/PR 30-45 sec.
PR = Partner Resistant		

NOTE: Proper stretching is CRITICAL for injury prevention and recovery. Muscle groups require 30 sec. Or more to be properly stretched and condition before an exercise.

NOTE: If you see a soldier developing an injury, do not WAIT for the soldier to go on Sick Call or to tell you. Be PROACTIVE, assess the soldier and determine if the soldier should go to Profile PT, Sick Call, or Hospital. Our job is to MAKE soldiers not BREAK soldiers. HOOHAH!

Exercises for Fitness Room		
Lower Body	**Upper Body**	**Back**
Light Fighters	**Paratroopers**	**Tankers**
Stationary Bicycle	Stationary Bicycle	Stationary Bicycle
Heel Raise	Heel Raise	Heel Raise
Toe Raise (Partner Resisted)	Toe Raise (Partner Resisted)	Toe Raises (Partner Resisted)
Bench Dip	Engine	Engine
Push-Up (Close, Wide, Regular)	Leg Extension	Leg Extension
Flies (Dumbell)	Leg Curl	Leg Curl
Triceps Extension (Dumbell)	Run In Place	Triceps Extension (Dumbell)
Chest Press (Dumbell)	Ski Jump	Chest Press (Dumbell)
Overhead Press (Dumbell)	Single Leg Squat	Overhead Press (Dumbell)
Crunch	Crunch	
Sit-Up (Rocky, Un/Supported)	Sit-Up (Rocky, Un/Supported)	
Supine Bicycle	Supine Bicycle	

NOTE: Profile PT is **NOT** a vacation from physical conditioning and soldierization. Injured soldiers can get a good work out within the limits of their profile. Good leaders seek to improve and challenge subordinates at EVERY opportunity and that comes from knowing your subject and your soldiers. Be positive and encouraging, soldiers typically do not want to miss training, especially if it involves graduating.

REMINDER: This company prohibits exercises that hyper-extends the lower back, i.e. Flutter Kicks, Leg Spreaders, Leg Lifts. There are other exercises that offer better conditioning with less probability to injury.