

P3T EXERCISE CHART

TG 255X

August 2017

Approved for public release, distribution unlimited



TG255X is a guide for use by P3T instructor trainers when training exercise leaders; as well as a condensed handbook for planning and leading P3T exercise sessions.

SUMMARY OF PREGNANCY SAFETY PRECAUTIONS

Soldiers must have written approval from a health care provider that clears them to exercise during pregnancy. The DA3349 (pregnancy profile) will indicate if they are allowed to exercise at their own pace.
Soldiers are to be encouraged to continue to run/jog through the 2nd trimester at their OWN pace. Written provider approval is required to run/jog during the 3rd trimester.
Soldiers must bring water to exercise sessions and are to be encouraged to drink water as needed.
Soldiers are to be allowed to be excused to use the restroom as needed.
Soldiers are to be encouraged to consume a small amount of calories BEFORE the exercise session.
Soldiers are to be reminded to exercise at their own pace, but to the highest level at which they are comfortable. They should not be criticized for a low level of effort, but rather encouraged for participating.
Soldiers are allowed to modify exercises to reduce physical discomfort (i.e., nausea, fatigue, back or sacroiliac pain, etc.)
Soldiers are to be led in muscular strength/endurance (MSE) exercises at a SLOW pace.
Pregnant Soldiers are not to be allowed to exercise to exhaustion, breathlessness, or fatigue. If they exhibit signs of overexertion they are to be told to slow down their intensity, or if needed, stop the exercise.
Pregnant Soldiers should be led in slow, deep breathing during all phases of exercise to prevent hyperventilating.
Pregnant Soldiers are not to be allowed to do squats (knee benders) that extend beyond hands to mid-calf.
Soldier > 20 weeks of pregnancy are not to be allowed to perform supine exercises (lying on the back).
Soldiers > 20 weeks of pregnancy are required to splint their abdomens during all abdominal exercises.
Soldiers > 20 weeks of pregnancy must avoid standing still for long periods.
Weight bearing activities, (i.e. running, jogging, cycling, swimming, etc.) for pregnant Soldiers should range between 20 – 45 minutes to prevent decreased blood flow to the heart and uterus.
Pregnant Soldiers are not to perform activities that put them at risk of falling or being hit in the abdomen.
Soldiers > 20 weeks of pregnancy must use low impact movements that do not require swift changes in direction, jumping, or twisting to prevent injury, and decrease their chances of falling due to changes in center of gravity and joint laxity.
Pregnant Soldiers can combat the effects of gravity by modifying exercises as such: use pelvic tilts to relieve low back discomfort, alter their stance with feet wider apart, shorten their jog stride, avoid rapid leg abduction, lower the step, decrease depth of squats.
If/when a Soldier falls during an exercise session: If < 20 weeks gestation, rest for 10 minutes on her left side and tell her health care provider at her next visit. If there are any symptoms of injury (i.e., cramping, bleeding, swelling) she needs to make an appointment to be seen by her health care provider. If 20 weeks or more gestation, she needs to go to the medical treatment facility to be seen immediately.
Soldiers are to be sent to their provider if they exhibit any of the signs or symptoms of needing medical attention. Pregnant Soldiers with the following symptoms are to be referred to health care provider immediately: swelling of face and hands, severe headaches, persistent dizziness, chest pain, palpitations, difficulty walking due to pain, vaginal bleeding or discharge, fever, ruptured membranes, and/or contractions that increase in intensity/frequency/duration.
Soldiers are to be led by trained exercise leaders that can assist them in modifying exercises to fit their pregnancy or postpartum condition, and are NOT pregnant Soldier participants themselves.
The exercise session must always have at least two exercise leaders in attendance.
Exercise leaders are to correct exercise performance and position to prevent injury and ensure stable positions.
After 20 weeks and throughout the 2 nd and 3 rd trimesters, many of the PRT activities must be modified or substituted for safe performance.

EXERCISE GROUPS – You may give the exercise groups fun names (i.e., animals, descriptive names, etc.) or group numbers (1,2 ,3, 4) or letters E (early pregnancy), M (middle pregnancy), L (late pregnancy), P (postpartum) to make it easier. The groups/divisions must to stay the same as indicated below:

- Less than 20 weeks
- 20 to 28 weeks
- More than 28 weeks
- Postpartum (may divide into initial and advanced if necessary)

SUMMARY OF POSTPARTUM SAFETY PRECAUTIONS

Ask postpartum Soldiers if they had a cesarean-section, other delivery complications, or profile limitations that will influence their exercise performance. Offer guidance as to the appropriate modifications required by their individual condition or limitations.
Postpartum Soldiers that have had a cesarean-section will need to recondition more slowly; modify exercises to reduce jumping, twisting, and pulling on the abdomen.
Ask postpartum Soldiers if they have a separation of their rectus abdominal muscles, and give guidance as to the appropriate abdominal exercises based on their condition. A Soldier with a diastasis of more than 2 fingers in width must splint her abdomen during abdominal exercises.
Ask postpartum Soldiers if they exercised during convalescent leave and given a 1:1:1 fitness test to assess their initial fitness level before reconditioning begins (usually one day in the first week of their return).
Joints are still loose during initial postpartum. Encourage Soldiers not to move or change direction quickly, and do exercise at a slow pace for the first 10 weeks after delivery.
Watch for Soldiers with pelvic pain, low back or sciatic nerve pain, difficulty walking, limping, and/or with deep abdominal pain as they may need to further modify exercise performance and check with their provider for exercise restrictions.
Dehydration is still a concern, especially for a mom who is breastfeeding. Encourage frequent hydration (preferably with water).
Give postpartum Soldiers a monthly diagnostic APFT and measure their body composition to assess their fitness level and assist them in returning to required fitness standards.
Progress postpartum Soldiers from the reconditioning level I to reconditioning level II to the toughening stage before returning to full sustainment PRT.
Schedule time during the exercise session for postpartum Soldiers to perform the 4-for-the-core, plank, and hip stability drills to strengthen their core muscles.
Watch for symptoms of postpartum depression that may occur between 3-4 months postpartum. Encourage Soldiers that exhibit these symptoms to seek professional assistance, and alert their unit of a potential concern.

P3T EXERCISE SESSION PLAN OPTIONS

	Exercise Preparation		Muscle Strength/ Endurance	Special Exercises	Cardiovascular	Flexibility	Stress Management
	Balance & Coordination	Warm-up					
PREGNANT	2-3 min	5-7 min	10-20 min	3-5 min	20-45 min	5-10 min	3-5 min
POSTPARTUM	2-3 min	5-10 min	10-20 min	3-8 min	30-45 min	5-10 min	3-5 min
	BEGIN & END OF CLASS	CHOOSE ONE	CHOOSE TWO	CHOOSE ONE	CHOOSE ONE or TWO	MATCH WITH MSE	CHOOSE ONE+ MUSIC
	Centering (standing or seated)	Walk	Chest and back MSE	Birth Squat (pregnant)	Walk/jog/run	Chest and back MSE	Music
	Core Compressions	Jog	Shoulders and arms MSE	Carpal tunnel release (pregnant)	Aerobics and/or step aerobics	Shoulders and arms MSE	Imagery
		Dynamic stretches	Abdominal/core strength MSE	Piriformis release and stretch (pregnant)	Pool PT/water aerobics	Abdominal/core strength MSE	Visualization
		Slow aerobic steps	Quads and hamstrings MSE	Hip stability drill (postpartum)	Circuit training	Quads and hamstrings MSE	Meditation
		PRT Prep Drill	Buttocks, inner/outer leg MSE	Four-for-the-core (postpartum)	Military movement drills	Buttocks, inner/outer leg MSE	Deep Breathing
			Conditioning drill 1	Plank (postpartum)	Speed drills	Recovery Drill	Progressive muscle relaxation
			Conditioning drill 2	Shoulder stability drill (postpartum)	Release run		
			Climbing drill 1/2		Ability group run		
			Circuit training drill		Hill repeats		
					Endurance training machines		

EXERCISE PREPARATION/BALANCE & COORDINATION

Refer to TG255 B, P3T Exercise Manual, for detailed exercise descriptions and photos.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATIONS FOR PG/POSTPARTUM
Components explained below	Abdominals	All exercise groups	NA	None	NA
<u>Mental Focus</u> – purposeful attention to how the body feels during movement and exercise					
<u>Balance</u> – stance in neutral position with rocking back and forth to establish equivalent weight in all directions that allows the body and mind to adjust to the changing center of gravity as pregnancy progresses; rock each direction 3-4 times					
<u>Deep Breathing</u> – abdominal breathing that relaxes the body to prepare for exercise and includes a 'hiss' as the breath is released and contracts the deep abdominal (transverse) muscles to strengthen the core; perform 3 times					
<u>Core Compressions</u> – short contractions of the abdominal muscles (especially the transverse muscle that acts like a corset) to pull in or compress the abdominal area as you exhale. This strengthens the core and helps with healing of the rectus abdominal muscle after delivery; perform for 1 minute; encourage to repeat on own for 5-10 minutes each day					

EXERCISE PREPARATION/WARM-UP

Refer to TG255 B, P3T Exercise Manual, or FM 7-22. Physical Readiness Training, for detailed exercise descriptions and photos.

MSE EXERCISE	BODY PART	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATIONS FOR PG/POSTPARTUM
PRT PREPARATION DRILL					
Bend and Reach	Hips, thighs, back, trunk, shoulders	All exercise groups	NA	None	After 20 weeks, modify with bend only to knees.
Rear Lunge	Hips, thighs, lower legs, back, trunk	All exercise groups	NA	None	After 20 weeks, modify with a smaller step backward and only slight squat while doing pelvic tilt.
High Jumper	Hips, thighs, lower legs, back, trunk, shoulders	All exercise groups	NA	None	After 20 weeks, and cesarean-section (CESAREAN) modify with no jump and only come up on toes and lower reach; 3 trimester will do calf raises if feel unbalanced.
Rower	Hips, thighs, lower legs, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, substitute with curl-downs and splinting; CESAREAN substitute with head lift or curl up.
Squat Bender	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, modify with squat reaching hands to knees and slight bend at waist.
Windmill	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, modify with only small twist of the trunk and reach to knees.
Forward Lunge	Hips, thighs, lower legs, back	All exercise groups	NA	None	After 20 weeks, modify with only a slight squat.
Prone Row	Hips, chest, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, substitute with upper back extension or standing bent over row; postpartum use modified prone row when first return to PRT after convalescent leave.
Bent Leg Body Twist	Hips, thighs, back, trunk	All exercise groups	NA	None	After 20 weeks, substitute with standing or seated side bending exercise with no resistance.
Push up	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, do modified pushup from 6-point stance or wall push up once abdomen is too large and touches the ground.
WALK	Hips, thighs, lower legs	All exercise groups	NA	None	After 20 weeks, modify with smaller stride and speed at own comfort level.
JOG	Hips, thighs, lower legs	All exercise groups	NA	None	After 20 weeks, modify with smaller stride and speed at own comfort level.
DYNAMIC STRETCHES	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, modify with stretches that are not as deep and at own comfort level.
SLOW AEROBIC STEPS	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	All exercise groups	NA	None	After 20 weeks, modify with smaller stride and squats and stretches that are not as deep to suit own comfort level.

MUSCULAR STRENGTH & ENDURANCE (MSE) EXERCISES

Refer to TG255 B, P3T Exercise Manual, or FM 7-22. Physical Readiness Training, for detailed exercise descriptions and photos.

- **MSE EXERCISES ARE TO BE PERFORMED IN A SLOW CADENCE UNLESS OTHERWISE STATED.**
- **PERFORM 3 SETS FOR 8-12 REPETITIONS (4 TO 6 4-COUNTS).**
- **BANDS OF MODERATE RESISTANCE ARE RECOMMENDED (GREEN, BLUE); DUMBBELLS AND KETTLEBELLS ARE SOLDIER 'S CHOICE BETWEEN 5, 8, 10, AND 12 LBS**
- **AN UPPER AND A LOWER BODY MSE EXERCISE MAY BE COMBINED WHEN APPROPRIATE (EXAMPLES ARE THE FRONT ARM RAISE OR THE OVERHEAD PUSH PRESS WITH THE SQUAT)**

P3T SPECIFIC EXERCISES

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Shoulder retraction	Upper back	All exercise groups	Upper back stretch	Band, partners	Use as modification option for prone row for after 20 weeks and cesareans.
Seated Row	Upper back	All exercise groups	Upper back stretch	Band, partners	Use as modification option for prone row for after 20 weeks and cesareans.
Horizontal Arm Extension	Upper back	All exercise groups	Upper back stretch	Band	Use as modification option for prone row for after 20 weeks and cesareans.
Upper Back Extension	Upper back	Beginning at 20 weeks through delivery	Upper back stretch	None	Replaces prone row for after 20 weeks and cesareans.
Pull downs	Upper back, lats on back	All exercise groups	Side stretch	Band	Additional exercise to improve back strength.
Push up	Major muscles of upper and lower body	All exercise groups	NA	None	After 20 weeks can modify push-up to a 6-point stance or wall push-up once abdomen touches the ground.
Triceps Extension	Triceps	All exercise groups	Overhead arm pull	Band, dumbbells, weighted bar	None
Flies	Chest	All exercise groups	Chest & biceps stretch, modified chest stretch	Dumbbell weights or resistance band	Modify to flies seated with a resistance band after 20 weeks through delivery. Substitute with isometric chest exercise after 28 weeks if flies and push-ups are too difficult.
Isometric Chest Exercise	Chest	After 28 weeks pregnant	Chest and biceps stretch, modified chest stretch	Ball, weight	Substitute for push-ups, flies, and chest press.
Supine Chest Press	Chest	Pregnancy diagnosis up to 20 weeks, initial and advanced postpartum	Chest and biceps stretch, modified chest stretch	Dumbbell weights, weighted bar, kettlebells, or resistance band behind the back	Substitute for push-ups and flies; keep head on the ground throughout exercise.
C-curve	Abdominal and core muscles	All exercise groups	Abdominal stretch	None	None.
Biceps Curl	Biceps	All exercise groups	Chest & bicep stretch, modified chest stretch	Band, dumbbell weights, weighted bar, kettlebells	None.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Inner and outer rotator cuff	Rotator cuff muscle in shoulder	All exercise groups	Arm and shoulder stretch	Partners or with a band if done individually	Keep elbows tucked in at waist and do not hold breath as press against each other's hands
Front & lateral arm raises	Shoulders (Deltoids)			Band, 5 lbs or less dumbbell weights	Do not raise arms above shoulder height
Hip extension on hands and knees	Buttocks and hips	All exercise groups; after 28 weeks is standing	Hip and back stretch, Single leg over	None	Modify to hip extension standing after 28 weeks, or after balance is challenged by maintaining position on hands and knees.
Pelvic tilt	Buttocks and hips	All exercise groups	Hip and back stretch, Single leg over, Hands and knees stretch	None	May not be performed in supine position after 20 weeks.
Squats	Legs	All exercise groups	Quad stretch standing, thigh stretch, hip flex or stretch	Bands, weights	Reduce depth of the squat as pregnancy progresses; during pregnancy, squats are not to go beyond hands to mid-calf; legs may be at straddle or wide-leg stance.
Leg curls	Legs	All exercise groups	Hamstring stretch	Band	Increase difficulty by using a band around the ankle for resistance.
Kegels	Pelvic floor muscles	All exercise groups	None	None	None.

PRT CONDITIONING DRILL ONE – primarily for < 20 weeks and postpartum, but there are modifications for >20 weeks.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Power Jump	Hips, thighs, lower legs, back, trunk, shoulders	Pregnancy diagnosis up to 20 weeks, advanced postpartum	Recovery drill	None	Modify cadence to slow as needed. Only jump and squat to personal comfort level. After 20 weeks, may squat so hands reach mid-calf and reach up with arms overhead, but not jump.
V-Up	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	Modify cadence to slow as needed. Alter height of legs so legs are raised to own comfort level. Do not jerk legs and trunk when rising to V-position. After 20 weeks, modify with starting in seated position and lift legs as are comfortable. May alternate lifting of legs. May substitute with curl-down or c-curves for >28 weeks. Cesareans may substitute with head lift or curl up.
Mountain Climber	Hips, thighs, lower legs, back, trunk, arms, shoulders, chest	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	Modify cadence to slow as needed. As pregnancy progresses step legs from front to back rather than sliding, alternating legs to the front. May also stay in front leaning rest position and pull knees toward elbow, alternating legs. After 28 weeks, option is to do knee lifts standing.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Leg Tuck and Twist	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	Modify cadence to slow as needed. As pregnancy progresses, reduce twist, do not pull legs in as far, and do not extend legs fully. After 20 weeks may modify by leaving feet on the floor and only pulling legs in and extending slightly.
Single Leg Push-up	Hips, thighs, lower legs, back, trunk, shoulders, chest, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	Modify cadence to slow as needed. Not to be performed unless can do regular push-up to standard. May modify with 6-point or wall pushup.

PRT CONDITIONING DRILL TWO – primarily for <20 weeks and postpartum, but there are modifications for ≥20 weeks.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Turn and Lunge	Hips, thighs, lower legs, back, trunk, shoulders, chest, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	Modify lunge to reach with the hand only to the knee if pain or instability occurs when reach toward the ground. Modify with lunge to the side with hands on hips.
Supine Bicycle	Hips, thighs, lower legs, back, trunk, shoulders, chest, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	Modify extension of leg on counts 1 and 3, and reduce twisting motion as pregnancy progresses; twisting of trunk may cause discomfort for those with a cesarean; substitute with standing side bends or oblique curl-up.
Half Jacks	Hips, thighs, lower legs, back, trunk, shoulders,	Pregnancy diagnosis up to 28 weeks, Initial and advanced postpartum	Recovery drill	None	Modify jump as pregnancy progresses; After 28 weeks, may step quickly out to the side on alternating counts.
Swimmer	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum; after 20 weeks have substitute exercise	Recovery drill	None	As pregnancy progresses, replace with standing hip extension; initial postpartum and those with a cesarean substitute with modified prone row or standing hip extension with addition of row for upper back if abdominal stretching causes pain.
8- count Push-up	Hips, thighs, lower legs, back, trunk, shoulders, chest, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum; after 20 weeks have substitute exercise	Recovery drill	None	After 20 weeks, do modified pushup from 6-point stance or wall push up once abdomen is too large and touches the ground.

PRT CONDITIONING DRILL THREE – primarily for postpartum					
MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
“Y” Squat	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce depth of squat as pregnancy progresses and postpartum begin with squat less deep and progress to lower position as/are able.
Single Leg Dead Lift	Hips, thighs, lower legs, back, trunk,	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce forward bend and height of back leg as pregnancy progresses and postpartum begin with bend and leg raise less deep and progress to higher position as/are able. Modify with straight leg dead lift.
Side to Side Knee Lifts	Hips, thighs, lower legs, chest, back, trunk, shoulders	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce height of knee and take out hop as pregnancy progresses and postpartum begin with lower leg raise and progress to higher position with hop as/are able.
Front Kick Alternate Toe Touch	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce forward bend and height of raised leg; as pregnancy progresses and postpartum, begin with bend and leg raise lower and progress to higher position as/are able.
Tuck Jump	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce height of jump; as pregnancy progresses and postpartum begin with lower jump and progress to higher position as are able; omit if jumping is painful.
Straddle Run Forward and Backward	Hips, thighs, lower legs, trunk	Advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce intensity of bounding, replacing with a step as pregnancy progresses; postpartum begin with a fast step, and progress to bounding movement as/are able.
Half-Squat Laterals	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce depth of squat and replace hop with step as pregnancy progresses; postpartum begin with fast step and less deep squat and progress to hop and half-squat as/are able.
Frog Jumps Forward and Backward	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce squat depth and replace hop with fast step as pregnancy progresses; postpartum begin with fast step and less deep squat and progress to hop in half-squat position as/are able.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Alternate ¼ Turn Jump	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce twist movement to 45-degrees and replace jump with fast step as pregnancy progresses; postpartum begin with fast step and twist to only 45-degrees and progress to 90-degree twist and jump as/are able.
Alternate Staggered Squat Jump	Hips, thighs, lower legs, back, trunk, shoulders	Advanced postpartum	Recovery drill	None	Perform to standard for 5 reps, at own pace; reduce forward squat to not touch the ground and replace forceful jump with hop and then fast step to alternate legs as pregnancy progresses; postpartum begin with half-squat and fast step and progress to hop then jump, reaching closer to the ground as/are able.

PUSH-UP and SIT-UP DRILL					
MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Timed Push-up	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Chest stretch, extend and flex	None	Perform to standard at own pace for timed sets, alternating between pushup and sit-up; modify timed sets to start at 15 seconds progressing to 60 seconds; modify to 6 point pushup if tire before time elapses.
Timed Sit-up	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks and advanced postpartum	Abdominal stretch, extend and flex	None	Perform to standard at own pace for timed sets, alternating between push-up and sit-up; modify timed sets to start at 15 seconds progressing to 60 seconds; modify to curl-up if tire before time elapses.

CLIMBING DRILL ONE & TWO - Two Soldiers must serve as spotters, and positive control of the exercising Soldier must be maintained at all times. Do not progress beyond 5 repetitions.					
MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Straight arm pull	Back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Overhead arm pull, upper back stretch	None	As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if straight arm pull cannot be completed without straining. May substitute shoulder retraction.
Heel hook	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum	Recovery drill	None	As pregnancy progresses or if had a cesarean delivery, movement of the legs toward the bar should be reduced to individual comfort level if heel hook cannot be completed without straining.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Pull-up	Back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Overhead arm pull, upper back stretch	None	As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if pull up cannot be completed without straining.
Leg Tuck	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum	Recovery drill	None	As pregnancy progresses or if had a cesarean delivery, movement of the knees toward the chest should be reduced to individual comfort level if leg tuck cannot be completed without straining.
Alternating Grip Pull-up	Chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Overhead arm pull, upper back stretch, chest and biceps stretch	None	As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if pull up cannot be completed without straining.
Flexed arm hang	Back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Overhead arm pull, upper back stretch	None	As pregnancy progresses or if had a cesarean delivery, movement should be reduced to individual comfort level if flexed arm hang cannot be completed without straining.

STRENGTH TRAINING CIRCUIT - perform exercises for **60 seconds at each station** using kettlebells, dumbbells, or weighted bar for resistance, movement between stations incorporates either verticals, laterals left, laterals right, and a run using modifications as required. Kettlebell and dumbbell weights will not exceed 15 lbs.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
Sumo squat	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modify .	Recovery drill	Dumbbell weights, weighted bar, kettlebells	As pregnancy progresses or if had a cesarean delivery, modify squat so do not allow upper legs to be parallel to the ground; Reduce weight used to maintain exercise performance with correct technique. After 20 weeks, use caution.
Straight leg dead lift	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution	Recovery drill	Dumbbell weights, weighted bar, kettlebells	As pregnancy progresses or if had a cesarean delivery, reduce weight to maintain exercise performance with correct technique, or perform without any resistance. 2 nd /3 rd trimester reduce flexion at the waist so hands do not pass the knees. Keep knees slightly bent.
Forward lunge	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution	Recovery drill	Dumbbell weights, weighted bar, kettlebells	As pregnancy progresses or if had a cesarean delivery, reduce depth of squat so the thigh is not parallel to the ground. Reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance.

MSE EXERCISE	BODY SEGMENT	WHO CAN DO THIS?	MATCHING STRETCH	RESISTANCE OPTIONS	SAFETY MODIFICATION FOR PG/POSTPARTUM
8-count step-up	Hips, thighs, lower legs, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution	Recovery drill	Dumbbell weights, kettlebells	Lower height of step as pregnancy progresses or if had a cesarean delivery. 3 rd trimester may use aerobics platform. Reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance.
Pull up or straight arm pull	Back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch, overhead arm pull	None	As pregnancy progresses or if had a CESAREAN delivery, perform pull up at slow cadence. Perform straight arm pull if pull up cannot be completed without straining.
Supine chest press	Chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Upper back stretch, overhead arm pull, chest and bicep stretch	Dumbbell weights, weighted bar, kettlebells	As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. After 20 weeks, substitute with flies with resistance band.
Bent over row	Back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution	Upper back stretch, overhead arm pull	Dumbbell weights, weighted bar, kettlebells	As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. 2 nd and 3 rd trimester may perform seated row with the band as a substitute exercise. No deep flexion at the waist.
Overhead push press	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum, after 20 weeks modified with caution	Recovery drill	Dumbbell weights, weighted bar, kettlebells	As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance.
Supine body twist	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Pregnancy diagnosis up to 20 weeks, Initial and advanced postpartum	Recovery drill	None	As pregnancy progresses or if had a cesarean delivery, reduce weight used to maintain exercise performance with correct technique, or may be performed without any resistance. For those with a cesarean, discontinue exercise if there is any pain at incision site upon twisting movement. May substitute with oblique crunches or side bends with weights.
Leg tuck	Hips, thighs, lower legs, chest, back, trunk, shoulders, arms	Advanced postpartum		None	As pregnancy progresses or if had a cesarean delivery, movement of the knees toward the chest should be reduced to individual comfort level if leg tuck cannot be completed without straining.