

		California State University San Bernardino	
		Week 21	Physical Training
		UoD	Physical Training Uniform
		Forecasted Weather	02 Apr 18: 71°/54° - 0% Chance of Rain 06 Apr 18: 72°/49° - 0% Chance of Rain
		Inclement Weather Plan	In case of inclement weather in accordance with AFI 36-2905, PT will be moved to the CSUSB Student Recreation Center. The PT option will be modified to fit the court.
002nd AFROTC Cadet Wing PT Operation Orders		Additional Comments: None	

Schedule of Events			
Date	Time	Location	Activity
02 Apr 18	0600-0700	CSUSB Track Center	D
06 Apr 18	1600-1700	Upper Fields	50/50 (L/Football)

Risk Management Assessment		
Risk	Risk Assessment	Mitigation Strategy
Traffic Accident	Low	Obey all traffic signals and laws. Be vigilant while driving in inclement weather and while tired. Use caution when crossing roadways as a pedestrian.
Dehydration	Low	POC will remind cadets to bring a water bottle and to drink plenty of water prior to and during PT.
Twisted Ankle	Low	POC will assess all surfaces used for PT activities for potential twisted ankle hazards and will brief Cadets prior to PT, paying special attention to slipping hazards.
Heat Exhaustion	Low	POC will remind cadets to bring and drink water. The Wing Safety Officer will have water available for cadets. The risk is moderate due to forecasted high afternoon temperatures.
Weather: Sunny	Low	Cadets will be reminded to wear sunscreen and drink water. An inclement weather plan is in place should it become necessary to move PT indoors.
Fatigue	Low	POC will remind cadets to get plenty of rest prior to PT and driving as well as eat a balanced and nutritious meal. POC will also observe cadets during PT for signs of fatigue.
Uneven Surfaces	Low	POC will assess all surfaces used for PT activities for hazards and will brief Cadets prior to PT.
Wildlife Interactions	Low	The risk is moderate due to potential wildlife interactions in and around Badger Hill.
Straining Muscles	Low	POC will ensure cadets are properly warmed-up prior to PT.
Cramping	Low	POC will encourage cadets to eat and drink water prior to PT and to continue drinking water throughout PT. POC will also ensure cadets are properly warmed-up prior to PT.
Hunger	Low	POC will remind cadets to eat prior to PT or bring a small snack to consume directly after PT.

Attachment(s)	1. AFROTC Det 002 PT Activity & Warm Up Options
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Indorsements			
AFROTC DET 002/CW/SPT GP/CC Signature & Approval	ERIC S. KIM, C/Lt Col, AFROTC Det 002 Operations Group Commander		
AFROTC DET 002/CW/CC Signature & Approval	<input type="checkbox"/>	APPROVED	<input type="checkbox"/>
	DISAPPROVED		
	Comments:		
	YIK HIN WONG, C/Col, AFROTC Det 002 Cadet Wing Commander		
AFROTC DET 002/OFC Signature & Approval	<input type="checkbox"/>	APPROVED	<input type="checkbox"/>
	DISAPPROVED		
	Comments:		
	AUSTIN J. BUSCHER, Capt, USAF Operations Flight Commander		
AFROTC DET 002/CC Signature & Approval	<input type="checkbox"/>	APPROVED	<input type="checkbox"/>
	DISAPPROVED		
	Comments:		
	KEITH W. VANDERHOEVEN, Lt Col, USAF Commander		

PT Options

Note: See warm-up and cool-down attachment			
A	Cardio, Legs, & Core		Cardio, Arms, & Core
	25 Russian Twist 25 lunges 200 meter Sprints w/45 second rest in between 50 Leg Lifts 50 Squats 200 meter Sprints w/45 second rest in between 35 Flutter Kicks 25 Sit-ups 2min rest Repeat until time		200 meter sprint 15 Burpees 20 Mountain Climbers (30sec rest) 15 Burpees 20 Leg Lifts 15 Burpees (30sec rest) 200 meter sprint 2min rest Repeat until time
C	Lower Body & Cardio:		Sprint & Upper Body:
	100 meter lunges 30 squats 100 meter lunges 30 jump squats 100 meter lunges 30 squats 100 meter lunges 30 jump squats 8x 100 meter Sprints w/45 second rest in between *Lunges will be done going around the track Sit-up/push-up pyramid until time		- 200 meter Sprint 1 min Push Up - 200 meter Sprint 1 min Body Builders - 200 meter Sprint 1min Walk-Out's - 200 meter Sprint 10 Body Builders - 100 meter Sprint + 100 meter Jog 1 min arm circles - 100 meter Sprint + 100 meter Jog 1 min plank Repeat (1x) - Light Jog until time

E <p>Core, Upper Body, & Run:</p> <p>25 Jumping Jacks 1 min Push Up 100 meter sprint 25 Leg Lifts 15 Burpees 100 meter sprint 25 Flutter Kick 15 Body Builders 100 meter sprint Repeat (2x)</p> <p>Indian Run until time</p>	F <p>Cardio & Full Body:</p> <p>25 Jumping Jacks 30 Lunges 25 Push Ups 25 Cherry Pickers</p> <p>4x 100 meter Sprints w/45 second rest in between</p> <p>Repeat until time</p>
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G <p>Core, Upper Body, & Run:</p> <p>2 min Push-ups 2 min Sit-ups 3 mile Run</p>	H <p>Core, Upper Body, & Run:</p> <p>25 Jumping Jacks 1 min Push Up 25 Leg Lifts 15 Burpees 25 Flutter Kick 15 Body Builders Repeat (2x)</p> <p>Indian Run until time</p>
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I <p>Sprint + Legs & Core:</p> <p>- 400 meter Sprint 20 Mountain Climbers - 400 meter Sprint 20 Squats - 400 meter Sprint 20 Cherry Pickers - 400 meter Sprint 20 Lunges - 400 meter Sprint 20 Bicycles Repeat (2x)</p> <p>- Light Jog until time</p>	J <p>Circuit:</p> <p>Arm circles Bicycles Body builders Burpees Cherry pickers Flutter kicks Body Builders High knees Lunges Mountain climbers Planks Push ups Sit ups Jump squats Leg lifts</p> <p>When performing this option each exercise will be set up as a</p>
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			station. Each station will rotate every minute and once the whole circuit is completed there will be a 3 minute rest period. Water breaks are called at the discretion of the cadet leading PT.
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K	Sports: Basketball Football Soccer Volleyball Frisbee Capture the Flag Dodgeball		L	PFA/PFD Pair up Cadre will run stopwatch Push-ups: 1 min 2 minute rest Sit-ups: 1 min 2 minute rest 1.5 mile run
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Warm Up and Cool Down

Unless otherwise stated, every PT session will begin with a 5-minute light jog to warm-up muscles before stretching. After the first exercise, the following stretches will be performed in order:

Dynamic stretches are done before workouts: Cadet leading will choose 4 dynamic stretches to perform then allow cadets the remainder of the 10-minute warmup to free stretch.

Dynamic Stretches	
Jog or Bike - 5 minutes	Burpees – 1 minute
Butt Kickers - 1 minute	Light Arm Shoulder Chest Stretch
Frankenstein Walks - 1 minute	Light Thigh Stretch
Bounding in Place - 1 minute	Light Hamstring Stretch
Side Steps – 1 min each direction	Back Roll
Leg Swings – 1 minute	Light ITB Roll
Calf/Shin Warm-up – 1 minute	Shin Roll

Static stretches are done after workouts: Cadet leading will choose 6 static stretches to perform.

Statics Stretches	
Neck stretch (yes/no)	Lower back / Hamstring Stretch
Shoulder Shrugs	ITB / Hip
Chest / Bicep Stretch	Butterfly Stretch
Forearm Stretch	Glute Stretch
Triceps/Lat Stretch (half-moon)	Lower back Twist Stretch
Stomach Stretch	Calf Stretch
Thigh / Hip Flexor Stretch	

Exercises will be called in the following manner:

The first (or next) exercise of the day will be (exercise).

It is a ____ - count exercise.

We will perform ____ - repetitions.

Position of the exercise, **MOVE!**

Timed exercises will be called in the following manner:

The first (or next) exercise of the day will be (time and exercise).

It is a timed exercise.

We will perform (____) repetitions.

Position of the exercise, **MOVE!**

After recovering from an exercise, all Cadets in unison will sound off, “Air Power”