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**Basic PT Commands**

1. Fall In!
2. The 1st exercise is the Side Straddle Hop
3. In Cadence, Exercise
4. Position of Attention, Move!
5. The next exercise is the Push Up
6. Starting Position, Move!
7. Side Straddle Hop
8. Push Up
9. Curls
10. Squats
11. Run in Place
12. Alternate Leg Lift
13. Tony Littles
14. Alternate Toe Touch
15. Mountain Climbers
16. The Bird

**Stretches (Pg. 8-18)**

Over Head Arm Pull (left/right) Rear Lunge (30 seconds)

Upper Back Stretch - Extra Bend & Pull (Left/Right)

Chest Stretch -Extra Single Leg Over

Hurdler Stretch -Extra Extend & Flex

Thigh Stretch

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