

PFQ Exercise Technique Correction Draft

General Guidelines

- **A recruit may receive 1 warning/form correction per exercise. A subsequent warning/form correction will result in stoppage of the exercise.**
 - The score for the exercise will be counted as the moment the recruit is asked to stop.
- All exercises will be completed in formation as instructed by the Training Captain.
- **During exercises utilizing the metronome, recruits being tested will begin the exercise in the same position at the same time.**
 - This will allow for consistent and accurate measurement of results, as well as evaluation of exercise form.

Exercises

- **#1: Sandbag Press**
 - Starting position will be “rack position” (sandbag resting close to collarbone) with **both hands using handles underneath the sandbag**, feet approximately shoulder width apart.
 - After the metronome has been started, **the recruits being tested will begin the test at the same time.** (Eg: 5 clicks of the metronome then begin with up.)
 - Examples of **WARNINGS**
 - Failure to follow cadence of metronome
 - Lack of full arm extension
 - Examples of poor form
 - Hands positioned incorrectly
 - Bag rolled to forearms
 - Excessive compensation during movement (eg: leaning back to change angle of press.)
- **#2: Push Ups**
 - **Starting position will be “UP”.** Body position and foot placement should be similar to the plank.
 - After the metronome has been started, **the recruits being tested will begin the test at the same time.** (Eg: 5 clicks of the metronome then begin with down.)
 - Everything except hands and toes should be off the ground.
 - **Chin must touch partner’s fist on every repetition.**
 - **Elbows must be close to fully extended at top.**
 - Examples of **WARNINGS**
 - Excessive neck flexion during pushups
 - Chest and/or thighs touching ground
 - Arms not close to fully extended at top of rep
 - Examples of poor form
 - Shoulder blade instability
 - Upper body movement only

- **#3: Plank**

- Feet should be no more than shoulder width apart; toes of both feet must touch the ground.
- Head, shoulders, hips, and ankles should be aligned, creating a straight line through the body
- Roughly 90° angles at elbow and shoulder joints.
- Examples of **WARNINGS**
 - Multiple shifts in position
 - "A-frame" or sagging
- Examples of poor form
 - Uneven weight distribution

- **#4: 1 Mi. Run**

- After completing the run, report your time to the EP who is not timing. Times will be verified again once the last recruit has completed their mile run.
- Examples of **WARNINGS**
 - False start.
 - Intentional hindrance of another recruit.
- Examples of poor form
 - No specific examples. If a recruit is concerned about running form, they are encouraged to reach out to a Reserve Health staff member for individual assistance.