

Dumbbell Drill, Exercise 6 The Side Shoulder Raise

Purpose: This exercise develops shoulder strength and promotes trunk stability.

Starting Position: Straddle stance with dumbbells at the sides. To assume the starting position from the position of attention with the dumbbells on the ground, 1) assume a straddle stance, 2) squat deeply and grasp the dumbbells, 3) rise to a straddle stance with dumbbells at the sides.

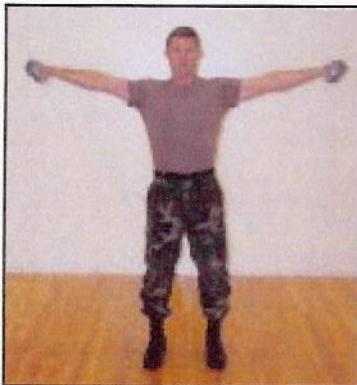
Cadence: Moderate.

Count:

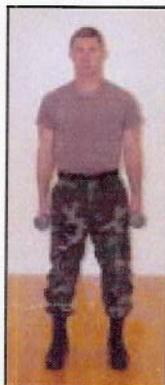
1. Raise the dumbbells directly to the side to shoulder level, palms down.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



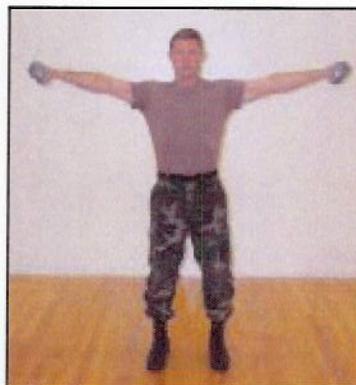
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- From the starting position, ensure that soldiers have their hips set, their abdominals tight.
- Throughout the exercise, the elbows are straight but not locked.
- On counts one and three, do not raise the dumbbells past shoulder level.
- Keep the wrists straight throughout the exercise.

Precautions: Excessive weight may strain the shoulders, as may raising the dumbbells above shoulder level on counts one and three.

Dumbbell Drill, Exercise 7 The Squat Lift

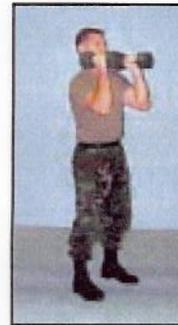
Purpose: This exercise develops the ability to safely squat and lift from the ground. It strengthens the legs and arms while promoting trunk stability.

Starting Position: Straddle stance with the dumbbells at shoulder level, palms inward. To assume the starting position from the position of attention with the dumbbells on the ground, 1) assume a straddle stance, 2) squat deeply and grasp the dumbbells, 3) rise to a straddle stance with dumbbells at the sides, 4) curl the dumbbells to shoulder level, palms facing one another.

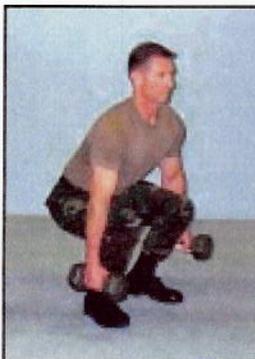
Cadence: Moderate.

Count:

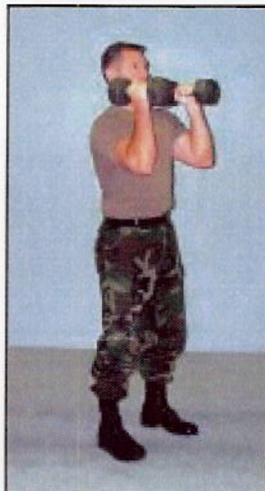
1. Squat until the thighs are parallel to the ground and simultaneously lower the dumbbells to the sides.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



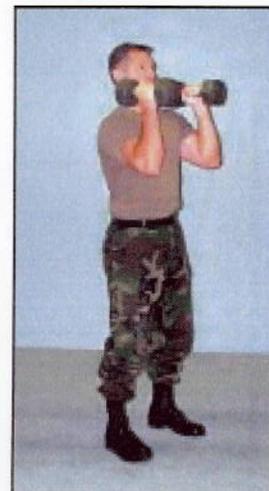
Count 1



Count 2



Count 3



Count 4

Check Points:

- From the starting position, ensure that soldiers have their hips set and their abdominals tight.
- On counts one and three, squat with the trunk tilted slightly forward but straight from head to hips.
- On counts one and three, keep the heels flat.
- Keep the wrists straight throughout the exercise.

Precautions: If the back begins to round or the heels come off the ground on counts one and three, do not continue to squat any deeper.

Dumbbell Drill, Exercise 8 The Curl and Press

Purpose: This exercise develops arm and shoulder strength while promoting trunk stability.

Starting Position: Straddle Stance with dumbbells at the side. To assume the starting position from the position of attention with the dumbbells on the ground, 1) assume a straddle stance, 2) squat deeply and grasp the dumbbells, 3) rise to a straddle stance with dumbbells at the sides.

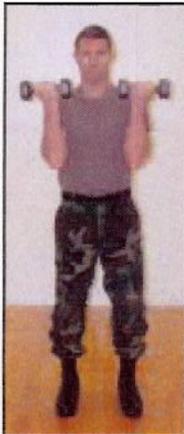
Cadence: Moderate.

Count:

1. Curl the dumbbells to shoulder level, palms facing the shoulders.
2. Press the dumbbells overhead by rotating the arms outward
3. Lower the dumbbells to shoulder level, palms facing the shoulders, as in count one.
4. Return to the starting position.



Starting Position



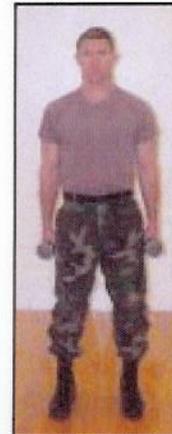
Count 1



Count 2



Count 3



Count 4

Check Points:

- At the starting position, ensure that soldiers have the hips set and their abdominals tight.
- On count two, the arms should be directly overhead with the elbows straight but not locked.
- On counts one and three, the hands and elbows should line up vertically with the dumbbells just above shoulder level and parallel to the ground.
- Keep the wrists straight throughout the exercise.

Precautions: Do not allow the trunk to sway during any portion of this exercise, as this may place undue strain on the back.

Dumbbell Drill, Exercise 9 The Straight Back Lift

Purpose: This exercise develops strength of the back and leg muscles. It also trains soldiers to keep the back straight when circumstances prevent lifting with the knees bent, such as lifting items from a crate or the trunk of a vehicle.

Starting Position: Straddle stance with dumbbells in front of body, palms facing the thighs. To assume the starting position from the position of attention with the dumbbells on the ground, 1) assume a straddle stance, 2) squat deeply and grasp the dumbbells, 3) rise to a straddle stance with dumbbells at the sides, 4) bring dumbbells in front of the body, palms facing the thighs.

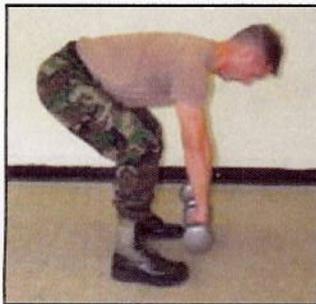
Cadence: Moderate.

Count:

1. Bend forward at the waist with the knees slightly bent. The arms hang straight down, perpendicular to the ground.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



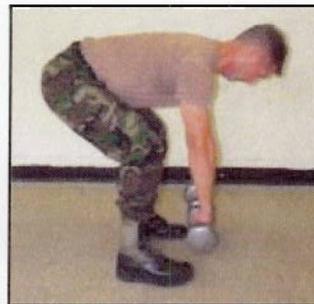
Starting Position



Count 1



Count 2



Count 3



Count 4

Check Points:

- On counts one and three, the back is straight, the knees are slightly bent, the heels remain on the ground and the head is in line with the trunk.
- On counts two and four, do not allow the trunk to bend backwards past the starting position.
- Throughout the exercise, do not allow the shoulders to round forward.

Precautions: Soldiers who round their back do not receive the full benefit of this exercise and place their backs at risk for injury.

Dumbbell Drill, Exercise 10 The Push Press

Purpose: This exercise develops the ability to lift an object overhead. It strengthens the legs and arms while promoting trunk stability.

Starting Position: Straddle stance with arms overhead, palms facing inward. To assume the starting position from the position of attention with the dumbbells on the ground, 1) assume a straddle stance, 2) squat deeply and grasp the dumbbells, 3) rise to a straddle stance with dumbbells at the sides, 4) Curl dumbbells to shoulder level, palms facing inward, 5) Press dumbbells overhead, palms facing inward.

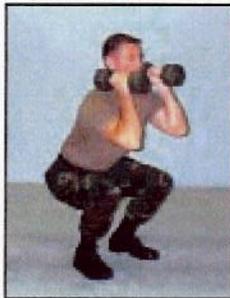
Cadence: Moderate.

Count:

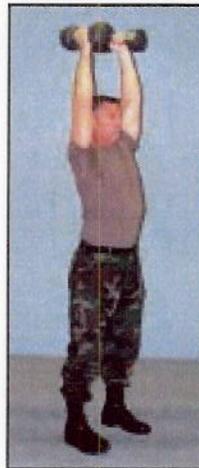
1. Squat and lower the dumbbells to the dumbbells to shoulder level.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.



Starting Position



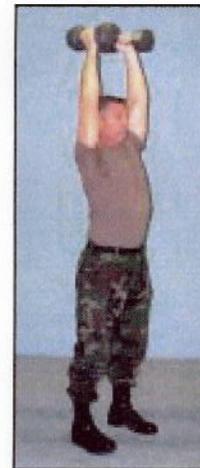
Count 1



Count 2



Count 3



Count 4

Check Points:

- At the starting position, ensure that soldiers have their hips set and their abdominals tight.
- On counts one and three, the heels remain on the the ground and the back is straight with the trunk leaning slightly forward.
- If the back begins to round or the heels come off of the ground on counts one and three, do not continue to squat any deeper.
- On counts two and four, rise from the squat and press the dumbbells overhead in one continuous movement, keeping the trunk straight.
- Throughout the exercise, keep the wrists straight, with palms facing inward.

Precautions: Allowing the knees to go beyond the toes on counts one and three will increase stress to the knees. Allowing the trunk to jerk rearward to return to the starting position may cause injury to the back.

SECTION III - SUMMARY

13-21. Dumbbell exercises develop the ability to overcome resistance by building strength and improving the body mechanics needed for lifting tasks. They are an essential element of the PRT system's strength development plan. Together with calisthenic, climbing, log, and guerrilla drills, they ensure that soldiers are prepared for the strength demands of both critical soldier tasks and everyday lifting requirements.