

The Leg Tuck & Small Unit PRT Program Certification



Instructor Introduction & Background

Instructor Name
Title



Agenda



- ◆ Review Course Overview
- ◆ Review Course Objectives & Issue Course Materials
- ◆ Foundations of Effective Small unit PRT planning
- ◆ Small Unit PRT planning approval process
- ◆ Leg Tuck Exercise
- ◆ Three Approved Training Exercises IAW 3-20.21
- ◆ Demonstrations and Individual Application
- ◆ Unit Application
- ◆ Assessments
- ◆ Course Conclusion

Course Overview



U.S.ARMY

This course is a two day 120-minute classroom face-to-face experience that will include classroom education and Physical Readiness Hands-on Training

In addition, you will be presented with an additional two 120-minutes of practical application in the field before your final assessment.

Instruction includes:

- Video presentations and lectures of correct leg-tuck execution and the three applicable training exercises as dictated within the Army TC 3-22.20.

In a classroom under facilitator supervision, you will collaboratively develop a one-week small unit physical readiness training plan that will aims to increase human performance within the ACFT leg-tuck event.

Upon completion of the classroom portion of instruction you will be shown the proper execution of the leg-tuck event and three approved training exercise using the Army by the number's method of demonstration on an approved PRT filed.

Given the opportunity to practice and demonstrate the skills of the leg-tuck and three training exercises.

The course concludes with a written and hands on assessment



(86) Funny Fitness Video- Have You Done Your Exercises Today - YouTube



Course Objectives

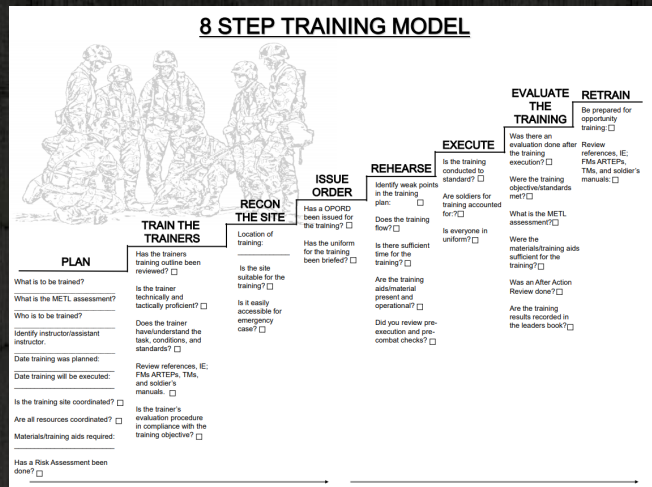


At the completion of this course, you should be able to:

- Demonstrate the knowledge and skills necessary to effectively create and implement a small unit PRT plan that aides your soldiers to execute the ACFT Leg Tuck Event
 - Become a small unit certified trainer for your organization that can imitate, demonstrate, and execute the proper training methodology for the ACFT leg tuck event and three approved training exercises IAW TC 3-20.21
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Foundations of Effective Small Unit PRT Planning

The 8-Step Training Model



Commanders should also only allow the best-qualified noncommissioned officers to lead PRT.

NCOs and leaders must employ the training principles of precision, progression, and integration to mitigate the risk of injury

Plan
Train the Trainers
Recon the Site
Issue Order
Rehearse
Execute
Evaluate Training
Retrain

Proper Tools
Resources
Applicable Manuals

Small Unit PRT Planning Approval



Army Mission Essential Task List

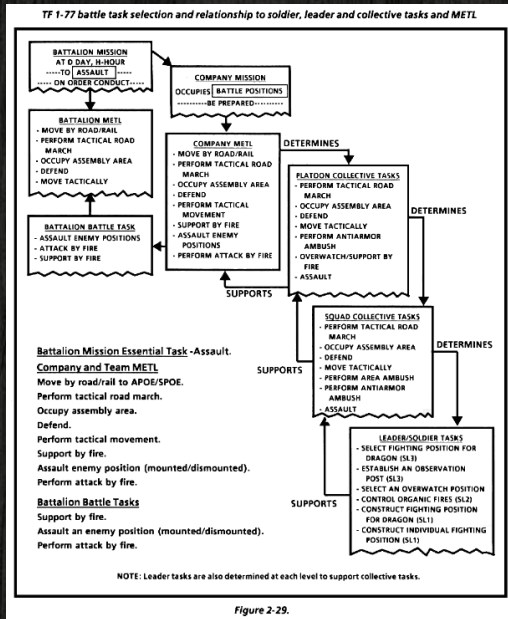


Figure 2-29.

Approval Process-Commander Level nested with higher HQs

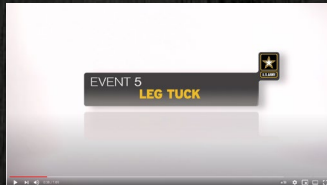
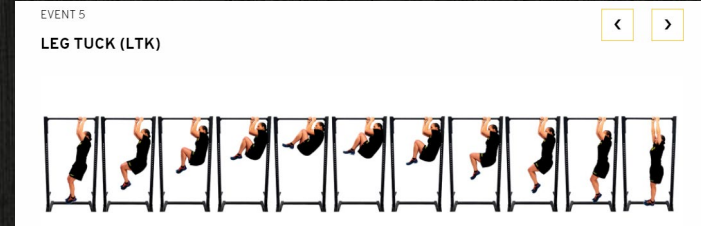
PRT plan should match mission requirements

Submit plan at least two days prior to execution (the earlier the better)

Ensure plan captures all components of PRT plan

Research and use applicable manuals “not how we have always done it mentality”

ACFT Leg Tuck Event



- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- Assessment

[\(86\) Army Combat Fitness Test \(ACFT\) Event #5 - Leg Tuck - YouTube](#)



Bent-Leg Raise

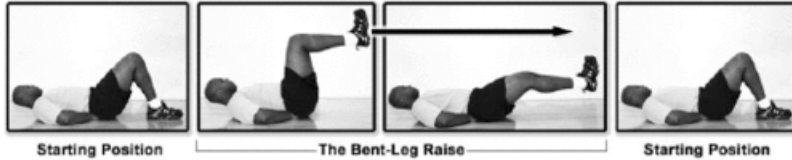


Figure 6-6. Bent-leg raise (4 for the core)

- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- By the numbers



[\(86\) Four for the Core: Bent-Leg Raise - YouTube](#)



Leg Tuck and Twist

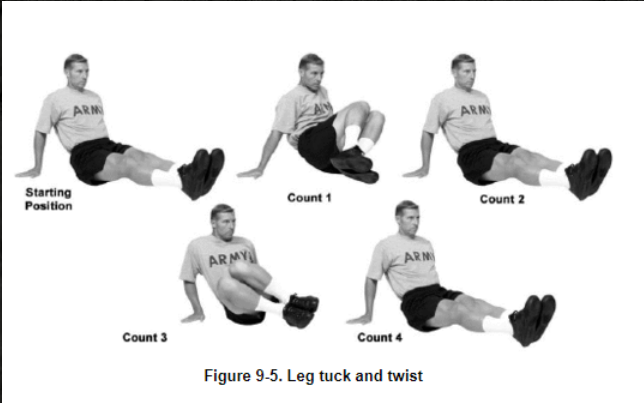


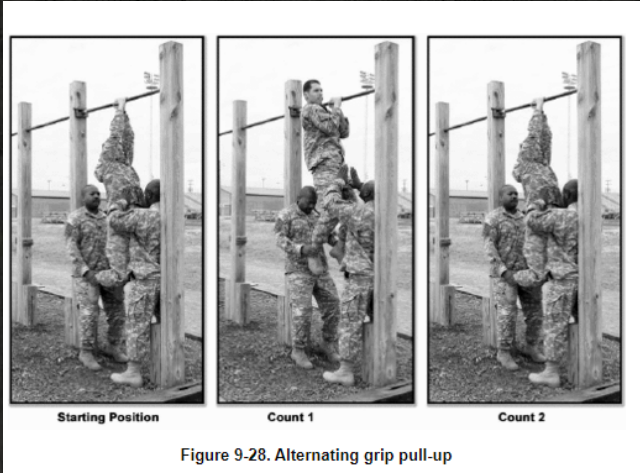
Figure 9-5. Leg tuck and twist



- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- By the numbers



Alternating Grip Pull - UP



- Proper Technique
- Starting Position
- Execution
- Rest Positions
- Muscular Components
- Dismounting Bar



[\(86\) Climbing Drills: Alternating Grip Pull-Up - YouTube](#)

Demonstrations and Individual Application



Instructor Demonstration

Instructors will demonstrate by the number's method of execution for the following:

Leg Tuck
Bent-Leg Raise
Leg Tuck and Twist
Alternating Grip Pull-Up

Transition

Individual Application

Students will perform “imitate” by the number's method of execution for the following:

Leg Tuck
Bent-Leg Raise
Leg Tuck and Twist
Alternating Grip Pull-Up



Unit Application

Students will move to unit footprint for 48 hours of practical application:

Requirements:

Submit two-day PRT plan to commander for approval

Focus of PRT plan should include focus on leg tuck and three training exercises

Lead “two” 60-minute PRT sessions (total 120 minutes)

Session must include

Warm-Up (CD 1, CD 2, CD 3)-15 minutes

PRT workout session (focus “improvement in ACFT leg tuck event”)-30 minutes

Cool Down-15 minutes



Assessments



Tools

Data/ Information Collected

Written Pre-Test (5 Questions)

Assess and activate prior Knowledge and skills related to:

1. Small Unit PRT Training Plans
2. Army Leg Tuck Event
3. Bent-Leg Raise Exercise
4. Leg Tuck and Twist Exercise
5. Alternating Grip Pull-Up Exercise

Written Post Course Assessment (10 questions)

Assess new knowledge and skills related to:

1. Small Unit PRT Training Plans
2. Army Leg Tuck Event
3. Bent-Leg Raise Exercise
4. Leg Tuck and Twist Exercise
5. Alternating Grip Pull-Up Exercise

Performance Assessment

Student Course Survey

1. Help ensure learning objectives were met
2. Help with course improvements for future iterations



Thanks!

Any questions?

You can find me at:
Instructor Contact Information

