

Strength Endurance Routine: ***Cadence Directions***



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Strength-Endurance Exercise Sampler Routine

**Exercises performed in 2, 8, or 10 count cadence as marked.*

Move from Parade Rest to "Ready Position" on command then proceed.

- 1. SIDE STRADDLE HOPS (3 Sets of 8 Count)**
- 2. PUSH UPS (3 Sets of 2 Count)**
- 3. FULL BENDS (3 Sets of 8 Count)**
- 4. STRIDE HOPS (3 Sets of 10 Count)**

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STRENGTH ENDURANCE ROUTINE (SER) CADENCE DIRECTIONS

* This is how to “cadence count” the whole routine. Each word and number called out directs the group’s actions with precision and control, so they move as a unified team.

Mass Calisthenics: Assembling large groups and exercising together “in time” with body weight *cadence-counted* exercises has been the fastest and most efficient way to condition people for generations. Proper use of this routine will improve muscular strength, cardiovascular endurance, and flexibility. This routine comes from the famous PE program at LaSierra High School in California that was endorsed and promoted by President John F. Kennedy. An award-winning education documentary film was made about LaSierra PE; visit the link below for more information.

KEY: *Instructors (I)* give the class **(C)** a “Preparatory Command” followed by “Command of Execution” (CE).

Commands of Execution are **BOLD CAPITALS!** “The PC describes and specifies what is required. All PCs are given with *rising voice inflection*. The CE **calls into action** what has been prescribed. The interval between the two commands should be long enough to permit the student to understand the first one before the second one is given.

‘Parade Rest’ position will have right hand placed in left hand behind back with upright posture and feet about 10” apart.” (*US Army PRT Commands*)

The class will yell the cadence count after instructor commands. All **BOLD** words and numbers have extra volume emphasis.

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“Ready Position” (Parade Rest>Hands on Hips)

I: Ready Position, ***PLACE!***

C: Parade Rest>

Feet Together/Hands on Hips>***READY!***



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1. Side Straddle Hops (3 Sets of 8 Count)

*I: Side Straddle Hops, 3 Sets of 8, Start On Ready; **READY!***

C: Counts 1,2,3,4,5,6,7,8; 2,2,3,4,5,6,7,8; *NOW,...

- ✓ Last set begins with ***NOW**, 2,3,4,5, Class, Front, **HALT!**
- ✓ At last count, class returns to Ready Position.



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2. Push-Ups (3 Sets of 1-2 Count)

*I: Push Ups, R-e-a-d-y; **SET!***

C: Ready Position>Squat Thrust>Front Lean Rest on 1-2 count

*I: 3 Sets, Start On Ready; **READY!***

C: Counts 1-1

*I: **READY!***

C: Counts 1-2

*I: **READY!***

C: Counts 1-3

*I: Recover On Up, R-e-a-d-y; **UP!***

C: Front Lean Rest>Squat Thrust>Ready Position on 1-2 count



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3. Full Bends (3 Sets of 8 Count)

*I: Full Bends, 3 Sets of 8, Start On Ready; **READY!***

*C: Counts **1,2,3,4,5,6,7,8; 2,2,3,4,5,6,7,8; *NOW,...***

- ✓ Last set begins with ***NOW**, 2,3,4,5, Class, Front, **HALT!**
- ✓ At last count, class returns to Ready Position.



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4. Stride Hops (3 Sets of 10 Count)

*I: Stride Hops, 3 Sets of 10, Start on Ready; **READY!***

*C: Counts 1,2,3,4,5,6,7,8,9,10; 2,2,3,4,5,6,7,8,9,20; ***NOW**,...*

✓ The first number and last number of each set lets the group know where they are and how many are left to do.

✓ Last set begins with ***NOW**, 2,3,4,5,6,7, Class, Front, **HALT!**

✓ At last count, class returns to *Ready Position*.

* *This ends the “sample” routine. To increase challenge, add extra sets going from 3 to 5 or more.*

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