








Pillar Prep and Movement Prep Exercises





Note: This document contains pillar and movement prep exercises for use during Command PT and FEP. This list is not all-inclusive. A full library of pillar and movement prep exercises can be found at the following link: <https://www.navyfitness.org/fitness/noffs-training/noffs-movement-library>

PRACTICAL APPLICATION: PILLAR PREP (POSITIONAL ACTIVATION)		
EXERCISE	DESCRIPTION	EXECUTION KEYS
<p>90/90 STRETCH</p> 	<p>Starting Position: Lie on the deck on your left side in a fetal position, with your legs tucked up to your torso at a 90 degree angle at the hip, knee and ankle. Both arms should be straight at a 90 degree angle to your torso.</p> <p>Procedure: Keeping your knees together and on the deck and your hips still, rotate your chest and right arm back to the right, trying to put your back on the deck. Exhale and hold for 2 seconds, then return to the starting position. Finish your repetitions, then switch sides and repeat.</p>	<p>Keep your knees together and pressed against the deck. Only rotate as far as you can without lifting or separating your knees. Exhale as you stretch.</p> <p>You Should Feel It: Stretching through your torso and the muscles of your middle and upper back.</p>
<p>90/90 STRETCH - LEG CROSSED</p> 	<p>Starting Position: Lie face up on the deck, your left knee bent to 90 degrees, and your right leg crossed over the left. Roll over onto your left side and pin the towel between your right knee and the deck.</p> <p>Procedure: Maintaining contact on the ground and a keeping your hips stationary, rotate your chest and right arm back to the right, trying to put your back on the deck. Hold for 2 seconds, then return to the starting position. Repeat until you've completed your reps, then switch sides.</p>	<p>Keep pressure on the towel pressed against the deck. Only rotate as far as you can without lifting or releasing the pressure on the towel. Exhale as you stretch.</p> <p>You Should Feel It: Stretching through your torso and the muscles of your middle and upper back.</p>
<p>90/90 ARM SWEEP</p> 	<p>Starting Position: Lie face up with one knee bent 90 degrees and the other leg crossed over top. Roll onto the side of your bent leg and pin the pad between your top knee and the ground.</p> <p>Procedure: Keeping the bottom arm pinned to the ground, rotate your chest and top arm away, trying to place your back on the ground. Extend the same arm and sweep it along the ground toward your head until it is straight overhead. Sweep your arm down toward your glutes, then retrace the path back to the start position. Complete the set on one side before switching legs and repeating with the opposite arm.</p>	<p>Exhale as you stretch and rotate only as far as you can without separating your knees or lifting them off the ground.</p> <p>You Should Feel It: Stretching your torso, middle back, and upper back.</p>




Pillar Prep and Movement Prep Exercises

<p>QUADRUPED THORACIC ROTATION</p> 	<p>Starting Position: Start on your hands and knees with your elbows straight, hands directly below your shoulders, knees directly below your hips, and your right hand behind your head.</p> <p>Procedure: With a controlled movement rotate outward toward the right as far as possible while exhaling, stretching the front of the torso, and hold 2 seconds. Rotate trunk to the deck, taking right elbow to left knee while exhaling, feeling a stretch in the back, and hold for two seconds. Continue for the prescribed number of reps, switch sides, and repeat.</p>	<p>Keep your torso engaged throughout the movement. Allow your eyes to follow where your chest is pointing as you rotate through your torso.</p> <p>You Should Feel It: Stretching your upper, mid, and low back, and anterior torso.</p>
<p>QUADRUPED OBLIQUE CRUNCH (2 POINT)</p> 	<p>Starting Position: Start on hands and knees and straighten the left leg behind and place the right hand behind head.</p> <p>Procedure: With a controlled movement rotate outward toward the right as far as possible while exhaling, stretching the front of the torso, and hold 2 seconds. Rotate torso to bring elbow under your body and hold 2 seconds. Complete reps on one side before repeating on other.</p>	<p>Start with small range of motion and gradually increase. Exhale into stretches.</p> <p>You Should Feel It: Stretching through the torso, front and back.</p>
<p>PILLAR BRIDGE</p> 	<p>Starting Position: Lie face down with your forearms on the deck under your chest.</p> <p>Procedure: Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Keep feet shoulder width apart and pull your toes towards your shins. Hold the position for prescribed time.</p>	<p>Push your chest as far away from the deck as prescribed. Keep your belly button drawn in and head in line with your spine. Don't sag or bend. Do not round off your upper back.</p> <p>You Should Feel It: In trunk and shoulders.</p>
<p>PLANK W/ ARM-LIFT</p> 	<p>Starting Position: Assume the pillar position with your feet wider than shoulder width apart.</p> <p>Procedure: Without moving your torso, lift your left arm up and slightly to the left and hold for 1 to 2 seconds. Return to the starting position and repeat with your right arm. Repeat for the prescribed number of reps.</p>	<p>Try to keep your weight even on both feet as your arm lifts. Do not let your trunk move as your arm leaves the deck. Keep your torso engaged throughout the movement.</p> <p>You Should Feel It: Working your shoulders and torso.</p>



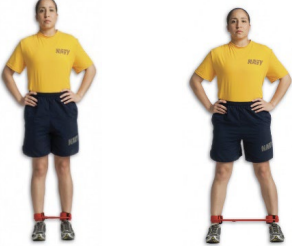
Pillar Prep and Movement Prep Exercises

<p>PLANK WALKING</p> 	<p>Starting Position: In a push-up position with feet close together.</p> <p>Procedure: Keeping torso stable, walk feet backwards with small steps as arms extend overhead. Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up.</p>	<p>Try to keep your knees straight and walk your hands out further beyond your head for increased difficulty. Keep your stomach tight.</p> <p>You Should Feel It: Stretching the hamstrings and working the shoulders and torso.</p>
<p>GLUTE BRIDGE – HOLD</p> 	<p>Starting Position: Lie face up on the deck with your arms at your sides, your knees bent, and your heels on the deck with toes up.</p> <p>Procedure: Lift your hips off the deck until your knees, hips, and shoulders are in a straight line. Hold the position for prescribed time and return to the starting position.</p>	<p>Fire your glutes to lift your hips off the deck. Do not let your back extend during the movement.</p> <p>You Should Feel It: In your glutes, and to a lesser degree, in your hamstrings and low back.</p>
<p>GLUTE BRIDGE - 1 LEG (HIP FLEXION-EXTENSION)</p> 	<p>Starting Position: Lie face up on the deck with your arms at your sides, your knees bent, and your heels on the deck.</p> <p>Procedure: Lift your hips off the deck until your knees, hips, and shoulders are in a straight line. Flex the right hip into a march, extend the leg and then return to the starting position and repeat on the opposite leg. Avoid excessive arching in your lower back. Complete reps, repeat on opposite side.</p>	<p>Squeeze your glutes and maintain a neutral spine throughout the movement.</p> <p>You Should Feel It: In your glutes, torso, and to a lesser extent in your hamstrings and lower back.</p>
<p>GLUTE BRIDGE - WITH KNEE LOCK</p> 	<p>Starting Position: Lie face up on the deck, holding one knee towards your chest and opposite heel on the deck with toes up.</p> <p>Procedure: Lift hips to create a line through knee, hips and shoulders. Complete prescribed reps with each leg. Keep back flat and torso engaged throughout the movement.</p>	<p>Squeeze your glutes and maintain a neutral spine throughout the movement.</p> <p>You Should Feel It: Glutes and torso.</p>





Pillar Prep and Movement Prep Exercises

<p>Y's BENT OVER</p> 	<p>Starting Position: Stand bent over at the waist with your back flat and your chest up.</p> <p>Procedure: Glide your shoulder blades back and down, then raise your arms over your head to form a "Y". Return to the starting position and continue for the prescribed number of reps.</p>	<p>Initiate movement with the shoulder blades and not the arms. Keep the thumbs up. Maintain a flat back throughout movement.</p> <p>You Should Feel It: Shoulders, upper and lower back.</p>
<p>T's - SPLIT STANCE</p> 	<p>Starting Position: Stand upright in a split stance with your back flat and your chest up.</p> <p>Procedure: Glide your shoulder blades back and down, hands out in front of you with your palms up. Then move your arms out to your sides to form a "T". Return to the starting position and continue for the prescribed number of reps.</p>	<p>Initiate movement with the shoulder blades and not the arms. Keep the thumbs parallel to the deck. Maintain a flat back throughout movement.</p> <p>You Should Feel It: Shoulders, upper and lower back.</p>
<p>W's - BENT OVER</p> 	<p>Starting Position: Stand bent over at the waist with back flat, arms down, and forearms positioned together in front of your face.</p> <p>Procedure: Glide your shoulder blades back and down, rotate arms toward ceiling to form a "W". Reverse directions to return to starting position, complete the prescribed number of reps.</p>	<p>Initiate movement with the shoulder blades and not the arms. Keep the thumbs up. Maintain a flat back throughout movement.</p> <p>You Should Feel It: Shoulders, upper and lower back.</p>




Pillar Prep and Movement Prep Exercises

PRACTICAL APPLICATION: MOVEMENT PREP (DYNAMIC ACTIVATION)		
EXERCISE	DESCRIPTION	EXECUTION KEYS
<p>MINI BAND - EXTERNAL ROTATION</p> 	<p>Starting Position: Stand in quarter-squat position with feet hip width & band just above knees.</p> <p>Procedure: With chest up, let one knee drop in and then push it back out to starting position. Complete reps, repeat on opposite side.</p>	<p>Keep your feet flat on the floor.</p> <p>You Should Feel It: Outside of your hips.</p>
<p>Mini-band Bent Knee Lateral Walk</p> 	<p>Starting Position: Stand in a quarter-squat position with your feet hip width apart and a mini band above your knees.</p> <p>Procedure: Walk laterally with small steps as your elbows drive back with each step. Push with your back leg and pick up your leading foot. Be sure not to reach with your leading leg.</p>	<p>Keep your chest up and your back flat. Keep your knees pushed apart and over your toes at all times. Keep tension on the mini band at all times.</p> <p>You Should Feel It: Working your glutes.</p>
<p>Mini-band Straight Leg Lateral Walk</p> 	<p>Starting Position: Stand in a tall position with your feet hip width apart, hands on your hips and a mini band at your ankles.</p> <p>Procedure: Walk laterally with small steps. Push with your back leg and pick up your leading foot. Be sure not to reach with your leading leg.</p>	<p>Keep your chest up and your back flat. Keep your knees pushed apart and over your toes at all times. Keep tension on the mini band at all times.</p> <p>You Should Feel It: Working your glutes.</p>






Pillar Prep and Movement Prep Exercises

PRACTICAL APPLICATION: MOVEMENT PREP (DYNAMIC FLEXIBILITY)		
EXERCISE	DESCRIPTION	EXECUTION KEYS
<p>REVERSE LUNGE - W/ ROTATION</p> 	<p>Starting Position: Stand with your back straight and your arms at your sides.</p> <p>Procedure: Step backward with your left foot into the lunge with your right foot forward and then contract your left glute. Place your left hand on the outside of your right knee, then rotate your right arm around to the end range of motion, hold for 2 seconds. Return to the starting position and repeat on the opposite side. Continue, alternating sides, for the desired number of repetitions.</p>	<p>Maintain your posture throughout the movement. Contract your back glute during the stretch. Keep your front knee behind your toes. Don't let your back knee touch the deck. Keep your chest up and fire your front glute as you return to the starting position.</p> <p>You Should Feel It: Stretching in the hip flexor of your back leg, in the glute and groin area of your front leg, and in the mid to upper torso.</p>
<p>LATERAL LUNGE</p> 	<p>Starting Position: Stand with good posture with your hands at your sides and feet shoulder width apart.</p> <p>Procedure: Step to the right with your right foot, keeping your toes forward and your feet flat. Squat through your right hip while keeping your left leg straight. Squat as low as possible, holding this position for 2 seconds. Push back to the starting position and repeat for the prescribed number of repetitions, then repeat with the left leg.</p>	<p>Keep your knee on your "working" side behind your toes. Keep your opposite leg straight, your back flat, and your chest up.</p> <p>You Should Feel It: In your glutes, groin, hamstrings, and quads.</p>
<p>DROP LUNGE</p> 	<p>Starting Position: Standing tall.</p> <p>Procedure: Reach your left foot 2 feet behind and across your right foot. Sit back and down into a squat. Square your hips and return back to the starting position. Continue until you've completed your reps on that side, then switch legs.</p>	<p>Keep your chest up and sit your hips back. Maintain your weight on the heel of your front leg. You will be moving around the room during this exercise, so give yourself plenty of space.</p> <p>You Should Feel It: Stretch in the outsides of both hips.</p>
<p>KNEE HUG - IN PLACE</p> 	<p>Starting Position: Stand with your back straight and your arms at your side.</p> <p>Procedure: Lift your left foot off the deck and slightly squat back and down on your right leg. Take hold below the left knee with your hands and pull your knee as close to your chest as you can while contracting your right glute for 1 to 2 seconds. Return to the starting position and repeat on the other side moving with control throughout the movement. Continue, alternating sides, for the prescribed number of repetitions.</p>	<p>Keep your chest up and weight on the middle of your foot. Contract the glute of the leg you are standing on.</p> <p>You Should Feel It: Stretch in the glute and the hamstring of your front leg and in the hip flexor of your back leg.</p>

Pillar Prep and Movement Prep Exercises

<p>HEEL TO GLUTE - WITH ARM REACH</p> 	<p>Starting Position: Stand tall</p> <p>Procedure: Lift one foot up and hold it with the same-side hand. Bring your heel to your glute as you reach overhead with the opposite arm. Lower your leg to starting position and repeat with opposite leg to complete 1 rep.</p>	<p>Keep knee pointed to ground. Keep glute contracted during stretch. Do not hyper-extend low back.</p> <p>You Should Feel It: Stretching the quadriceps.</p>
<p>INVERTED HAMSTRING W/O SUPPORT</p> 	<p>Starting Position: Stand on one leg with neutral posture, your arms at your sides, your thumbs up, and your shoulder blades back and down.</p> <p>Procedure: Keeping a straight line between your ear and ankle, slowly bend over at the waist and elevate your other leg behind you. When you feel a stretch, return to the standing position by contracting the glute and hamstring of your planted leg. Continue with the same leg for the prescribed number of repetitions, then switch legs.</p>	<p>Keep back flat. Maintain straight line from ear through hip, knee and ankle. Try to not let foot touch ground between repetitions.</p> <p>You Should Feel it: Stretching the hamstrings, and challenging your balance.</p>
<p>REVERSE LUNGE, ELBOW TO INSTEP - WITH ROTATION</p> 	<p>Starting Position: Standing tall.</p> <p>Procedure: Step back with right foot. Place right hand on ground and left elbow inside of left foot. Hold for 2 seconds. Next, rotate left arm and chest to the sky as far as you can and hold for 2 seconds and return. Place left hand outside foot and push hips to the sky and hold for 2 seconds. Return to a lunge position, stand, and then repeat on the opposite side.</p>	<p>Keep back knee off ground. Contract back glute during stretch.</p> <p>You Should Feel It: Stretch in both groins, back leg hip flexor, front leg glute and hamstring, back and shoulders.</p>

Pillar Prep and Movement Prep Exercises

PRACTICAL APPLICATION: MOVEMENT PREP (MOVEMENT INTEGRATION)		
EXERCISE	DESCRIPTION	EXECUTION KEYS
<p>LINEAR MARCH</p> 	<p>Starting Position: Stand tall, arms at your sides, elbows bent 90 degrees.</p> <p>Procedures: March forward lifting one knee up as you drive opposite side arm forward, same arm back. Drive your foot down and repeat the move, lifting opposite knee and switching arms. Continue marching for 10 yards to complete 1 rep.</p>	<p>Maintain perfect posture. Keep toes pulled up to shin. Push trail foot down and back through the ground with hip going into full extension. Initiate movement from glutes. Drive elbows back as opposite leg attacks ground.</p> <p>You Should Feel It: Whole body.</p>
<p>LINEAR SKIP</p> 	<p>Starting Position: Stand tall, arms at your sides, elbows bent 90 degrees.</p> <p>Procedures: Begin skipping by lifting one knee up while you bring opposite side arm forward, same arm back. Drive your foot down, generating a double contact, as opposite foot and knee lift and arms switch. Repeat on opposite side and continue skipping for 10 yards to complete 1 rep.</p>	<p>Maintain perfect posture. Keep toes pulled up to shins. Push foot through the ground, with hip going into full extension. Initiate movement from glutes. Drive elbows back as opposite leg attacks ground.</p> <p>You Should Feel It: Whole body.</p>
PRACTICAL APPLICATION: MOVEMENT PREP (CNS)		
EXERCISE	DESCRIPTION	EXECUTION KEYS
<p>DROP SQUAT</p> 	<p>Starting Position: Stand tall, feet outside of shoulder, arms and elbows bent at 90 degrees, forearms pointed forward.</p> <p>Procedures: Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back. Hold for 2 seconds. Stand and return to the starting position.</p>	<p>Move with speed and stick the landing, keeping chest up and back flat during movement. Do not allow knees to collapse to the inside upon landing.</p> <p>You Should Feel It: Hips and legs.</p>
<p>2 INCH RUNS</p> 	<p>Starting Position: Start in athletic stance with knees bent, hips back, and arms bent.</p> <p>Procedure: Run in place, moving your feet two inches off the ground as quickly as possible. Contact ground in the same spot with one foot as the other moves left and right.</p>	<p>Maintain an athletic base position. Let arms move slowly and rhythmically. Feet should "pop" and NOT "scuff".</p> <p>You Should Feel It: Hips, knees and ankles and challenging your coordination.</p>
<p>BASE POGO</p> 	<p>Starting Position: Start in athletic stance with knees bent, hips back, and arms bent.</p> <p>Procedure: Jump rapidly up and down with both feet simultaneously, about two inches on each jump. Land on the balls of your feet and repeat without pausing.</p>	<p>Keep torso stable throughout movement. Anticipate the ground in order to minimize contact time. Land on ball of the foot with foot pulled up to the shin.</p> <p>You Should Feel It: Torso, hips, and ankle to stabilize the aggressive change of direction upon foot contact.</p>