1. On Thursday, 7 May from 1600 to 1730, the junior, sophomore, and freshmen classes will conduct PT train-the-trainer training as a practical exercise of principles learned during their Officer, NCO, and Corporal Academies.

2. The training objective is:
   a. Task: Conduct the preparation drill and recovery portion of platoon PT.
   b. Condition: Given FM 7-22 Chapter 8
   c. Standard: The company commander marches the company to a designated location on Summerall Field and follows instructions from SgtMaj Yagle and SFC Rich so that:
      i. Platoon sergeant puts the platoon in the extended rectangle formation.
      ii. The platoon sergeant correctly demonstrates and the platoon members execute two repetitions of the preparation drill exercises in FM 7-22 (bend and reach, rear lunge, high jumper, rower, squat bender, windmill, forward lunge, prone row, bent-leg body twist, push-up)
      iii. The platoon sergeant correctly demonstrates and the platoon members execute twenty seconds of the recovery drill exercises in FM 7-22 (overhead arm pull, rear lunge, extend and flex, thigh stretch, single-leg over)

3. Schedule
   a. 1600-1605. Company formation/accountability
   b. 1605-1615. Company commander double times company to designated location. SFC Rich will be the NCOIC for 1st, 2nd, and 3rd Battalions. SgtMaj Yagle will be the NCOIC for 4th and 5th Battalions. Rising battalion athletic officers and CSMs will be AIs.
   c. 1615-1635. Using the talk through/walk through method, NCOICs train the platoons to form up in the extended rectangle and then reform in platoon formation. After this instruction, platoon sergeants perform the task.
   d. 1635-1725. Using the talk through/walk through method, NCOICs train the platoons in each exercise of the preparation and recovery drill. After this instruction, platoon sergeants perform the task.
   e. 1725-1730. Company reforms and double times back to the company area.