

# UNBREAKABLE WARRIOR

10<sup>TH</sup> MOUNTAIN DIVISION

The background features two faded logos. On the left is the 'Airbourne' logo, which includes a gear and a mountain range. On the right is the 'Mountain' logo, which features two crossed axes. The text 'RED SPINE' is overlaid in red on the 'Mountain' logo.

**RED SPINE**

# INSTRUCTOR

SMART BOOK

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# RED SPINE

Week (circle): A B Dates: \_\_\_\_\_ Name: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Upper Body Push:</b>					
Modified Push-Ups					
Incline Chest Press					
Flat Bench Press (light)					
Tricep Extensions					
Seated Dip Maching					
Seated Shoulder Press					
<b>Upper Body Pull:</b>					
Bicep Curls					
Seated Rows					
Flyes					
<b>Lower Body Push:</b>					
Hip Abduction					
Lunging					
Knee Extension					
Calf Raises					
<b>Lower Body Pull:</b>					
Hamstring Curls					
Hip Adduction					
Hip Extension (glutes)					
Toe Raises (work shins)					
<b>Core:</b>					
Crunch (or double)					
Bent Leg Hold					
Forward Plank (modify)					
Side Plank (modify)					
Superman (modify)					
Bridge					
Quadruplex					
Shoulder Stability (Y, T, L, W)					



# ENTRY & EXIT FUNCTIONAL CRITERIA (per FM 7-22)

Soldier: \_\_\_\_\_

Soldiers remaining the **RED** and **AMBER** groups (Level I) until they are able to complete the following functional criteria **without pain**.

Exercise	Interval	Date/Result	Date/Result	Date/Result	Date/Result	Date/Result
Partial Squats	5 Repetitions in 5 Seconds					
Push-Ups	10 Repetitions to Standard					
Sit-Ups	10 Repetitions to Standard					
Hang from Pull-Up Bar	15 Seconds					
Walk	30 Minutes Unassisted at Normal Gain					

Soldiers may exit the **GREEN** (Level II) group when they can complete the following functional criteria **without pain** and a diagnostic APFT:

Routine	Interval	Date/Result	Date/Result	Date/Result	Date/Result	Date/Result
Preparation	5 Repetitions to Standard					
Military Movement Drill 1	1 Repetition to Standard					
Conditioning Drill 1	5 Repetitions to Standard					
Climbing Drill 1	5 Repetitions to Standard					
Continuous Running	30 Minutes at Slowest AGR Pace in Unit					
Recovery Drill	Hold Each Stretch for 20 Seconds to Standard					
Diagnostic APFT	Pass a diagnostic APFT					

**RED SPINE RECONDITIONING/PROFILE PRT SCHEDULE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week A</b>	Preparation	Preparation	Preparation	Preparation	Preparation
	Push Strength/ Pull Strength	Core Strength	Push Strength/ Pull Strength	Core Strength	Push Strength/ Pull Strength
	Circuit/High-Intensity Cycle or Stairmaster	Pool or Long Cycle/ Stairmaster	Circuit/High-Intensity Cycle or Stairmaster	Pool or Long Cycle/ Stairmaster	Circuit/High-Intensity Cycle or Stairmaster
	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week B</b>	Preparation	Preparation	Preparation	Preparation	Preparation
	Core Strength	Push Strength/ Pull Strength	Core Strength	Push Strength/ Pull Strength	Core Strength
	Pool or Long Cycle/ Stairmaster	Circuit/High-Intensity Cycle or Stairmaster	Pool or Long Cycle/ Stairmaster	Circuit/High-Intensity Cycle or Stairmaster	Pool or Long Cycle/ Stairmaster
	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches	Injury Specific Exercises & Stretches

\*\* Soldiers entering the program will fall in with the schedule already in progress (i.e. Today is Wednesday and the group is on Week B. The new Soldier will start his/her program following that Wednesday's Week B program).

\* Refer to the **PRT Schedule Key** for more detailed information about the Week A/B program.

## RED SPINE RECONDITIONING/PROFILE PRT SCHEDULE KEY

Preparation	Upper Body Push & Pull	Core Strength				
<p><u>Five Minute Warm-Up*:</u></p> <ul style="list-style-type: none"> <li>1 Min Rapid Air Boxing</li> <li>1 Min Front Clapper</li> <li>1 Min Rapid Air Boxing</li> <li>1 Min Front Clapper</li> <li>30 Sec Rapid Air Boxing</li> <li>30 Sec Front Clapper</li> </ul> <p>*Use light hand weights or boxing gloves to increase intensity</p> <p><u>Preparation Drills:</u></p> <ul style="list-style-type: none"> <li>Prone Row w/ use of arms</li> <li>Modified Push-Up</li> <li>Modified Rear Lunge</li> <li>Modified Squat Bender</li> </ul>	<p>Do 2 push and 2 pull for upper and lower body ONLY if not painful. Before each exercise, brace abdominal muscles as if preparing for a punch to the stomach (be sure you can still move and breathe easily).</p> <table style="width: 100%; border: none;"> <tr> <td style="border: none; vertical-align: top; width: 50%;"> <p><u>Push (Upper Body):</u></p> <ul style="list-style-type: none"> <li>Modified Push-Ups</li> <li>Tricep Extensions</li> <li>Bench Press on floor with light dumbbells</li> </ul> <p><u>Pull (Upper Body):</u></p> <ul style="list-style-type: none"> <li>Bicep Curl</li> <li>Seated Rows</li> <li>Flyes</li> </ul> </td> <td style="border: none; vertical-align: top; width: 50%;"> <p><u>Push (Lower Body):</u></p> <ul style="list-style-type: none"> <li>Lunges</li> <li>Calf Raises with no weight on the shoulders</li> <li>Leg Extension</li> </ul> <p><u>Pull (Lower Body):</u></p> <ul style="list-style-type: none"> <li>Hamstring Curl standing with no weight</li> <li>Toe Raise (work shins)</li> <li>Hip adduction</li> <li>Hip Extension (glutes)</li> </ul> </td> </tr> </table>	<p><u>Push (Upper Body):</u></p> <ul style="list-style-type: none"> <li>Modified Push-Ups</li> <li>Tricep Extensions</li> <li>Bench Press on floor with light dumbbells</li> </ul> <p><u>Pull (Upper Body):</u></p> <ul style="list-style-type: none"> <li>Bicep Curl</li> <li>Seated Rows</li> <li>Flyes</li> </ul>	<p><u>Push (Lower Body):</u></p> <ul style="list-style-type: none"> <li>Lunges</li> <li>Calf Raises with no weight on the shoulders</li> <li>Leg Extension</li> </ul> <p><u>Pull (Lower Body):</u></p> <ul style="list-style-type: none"> <li>Hamstring Curl standing with no weight</li> <li>Toe Raise (work shins)</li> <li>Hip adduction</li> <li>Hip Extension (glutes)</li> </ul>	<p>Choose 4 exercises, one from each group:</p> <table style="width: 100%; border: none;"> <tr> <td style="border: none; vertical-align: top; width: 50%;"> <p><u>Front:</u></p> <ul style="list-style-type: none"> <li>Forward Plank</li> <li>Crunches</li> <li>Double Crunch</li> <li>Ben Leg Hold</li> </ul> <p><u>Side:</u></p> <ul style="list-style-type: none"> <li>Side Plank</li> <li>Side Sit-Ups</li> <li>Ben Leg Body Twist</li> </ul> </td> <td style="border: none; vertical-align: top; width: 50%;"> <p><u>Back:</u></p> <ul style="list-style-type: none"> <li>Shoulder Bridge</li> <li>Quadruplex</li> <li>Prone Row</li> <li>Superman</li> </ul> <p><u>Shoulder:</u></p> <ul style="list-style-type: none"> <li>Y's</li> <li>T's</li> <li>L's</li> <li>W's</li> </ul> </td> </tr> </table>	<p><u>Front:</u></p> <ul style="list-style-type: none"> <li>Forward Plank</li> <li>Crunches</li> <li>Double Crunch</li> <li>Ben Leg Hold</li> </ul> <p><u>Side:</u></p> <ul style="list-style-type: none"> <li>Side Plank</li> <li>Side Sit-Ups</li> <li>Ben Leg Body Twist</li> </ul>	<p><u>Back:</u></p> <ul style="list-style-type: none"> <li>Shoulder Bridge</li> <li>Quadruplex</li> <li>Prone Row</li> <li>Superman</li> </ul> <p><u>Shoulder:</u></p> <ul style="list-style-type: none"> <li>Y's</li> <li>T's</li> <li>L's</li> <li>W's</li> </ul>
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## RED SPINE RECONDITIONING/PROFILE PRT SCHEDULE KEY

Circuit/High Intensity Cycle, Elliptical, or Stairmaster	Pool, Walk, or Long Cycle/Elliptical/Stairmaster	Injury Specific Exercises and Stretches
<p>Break into groups of 3. Use a stationary bike, Stairmaster, or elliptical for cardio. While one Soldier is using the machine, the other 2 are strength training. After every 5-10 minutes, the Soldiers rotate for use of the machine.</p> <p>Example high-intensity options:</p> <p><u>30 Second Blocks:</u>            30 Sec Warm-Up, 30 Sec High-Intensity for 5 min            Repeat 4 times per Soldier with active rest (strength training) between blocks.</p> <p><u>3-2-1 Blocks:</u>            3 Min Warm-Up, 3 Min High-Intensity            2 Min Warm-Up, 2 Min High-Intensity            1 Min Warm-Up, 1 Min High-Intensity            Repeat 3 times per Soldier with active rest (strength training) between blocks.</p>	<p>Pool, Stairmaster, or cycle for 30-60 minutes.</p> <p><u>Pool Options Include:</u>            Lap Swim            Deep water running            Shallow end walking            Kickboarding</p> <p><u>Cycle Options Include:</u>            The recumbent (sitting back) bike may be the most comfortable.</p> <p><u>Stairmaster:</u>            Using short rapid steps may be the most comfortable</p> <p>*If you are unable to cycle or swim, repeat the following upper body only sequence 10 times (30 minutes total):            1 min Rapid Air Boxing            1 min Front Clap            1 min Crunches            Use weighted boxing gloves or small hand weights to increase intensity.</p> <p>**Other options include (if available):            Hand Bike            Seated Elliptical            Rowing Machine (using arms only)</p>	<p><u>If enrolled in physical therapy:</u>            Do prescribed physical therapy exercises and stretches.            If unit physician assistant (PA) provided an exercise handout, execute the exercises on that handout.</p> <p><u>If not yet enrolled in physical therapy:</u>            Do the exercises outlined in this reference for the injured body part. If an exercise results in an increase in pain, back down the range of movement or the force of the movement until it is no longer painful. If still painful, avoid the exercise.</p>

# Back Pain

## Exercises & Stretches

Choose 5 from the 10 listed below. **Skip any that cause an increase in your pain before or after the exercise.** It's okay to do the same 5 each day or to choose a different 5 each day.

### 1. Single Knee to Chest:

Pull one knee to your chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with the opposite knee. Hold for 2 seconds. Repeat 10 times for each side.



### 2. Double Knees to Chest:

Pull one knee to your chest then bring the other knee to the chest and pull until a comfortable stretch is felt in the lower back and buttocks. Repeat with the opposite knee. Hold for 2 seconds. Repeat 10 times.



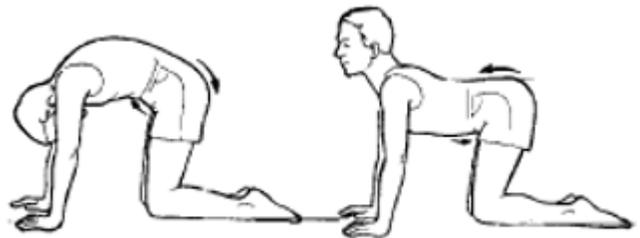
### 3. Hook Lying Leg Lifts:

Tighten the stomach muscles to keep the trunk rigid and slowly raise one leg 1 -2 inches from the floor. Hold for 3 seconds then slowly lower while keeping the trunk rigid. Repeat 15 times alternating right and left. Do 3 sessions per day.



### 4. Cat/Camel Stretch:

Tuck the chin and tighten the stomach rounding your back. Let your stomach drop down and your back arch. Repeat 15 times, 3 sets.



### 5. Pelvic Tilt:

Flatten your back by tightening the stomach muscles and buttocks. Hold for 10 seconds. Repeat 10 times.



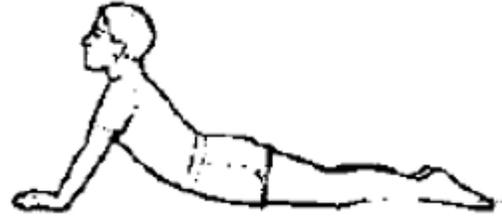
**INJURY-SPECIFIC EXERCISES: CAUTION!** Stop an exercise immediately if it increases radicular symptoms (e.g. shooting pain or numbness/tingling down the lower extremity). Some mild increase in baseline pain (as long as it stays localized in the lower back and is relieved shortly after completion) is acceptable and expected during exercise.

# Back Pain

## Exercises & Stretches

### 6. Press-Up:

Press upper body upward into the position shown. Keep your hips in contact with the floor. Keep the lower back and buttocks relaxed. Hold for 1 second then return to the start position. Repeat 10 times.



### 7. Bridging:

Start in the pelvic tilt position. Lift your pelvis up and hold for 2-3 seconds, repeat. Progress to alternately extending your legs from the bent position while holding the pelvis level. This exercise focuses on the lower back and pelvis.



### 8. Prone Opposite Arm & Leg Lift:

Simultaneously raise a locked leg and the opposite arm 6-8 inches from the floor. Hold for 1 second. Repeat 10 times for each side.



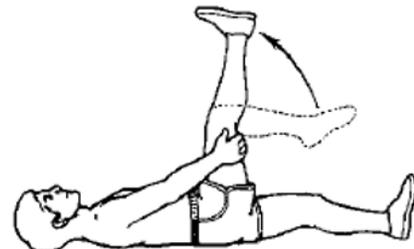
### 9. Quadriceps Stretch:

Lie on your side. Pull the heel in toward the buttocks until a comfortable stretch is felt in front of the thigh. Hold for 15-30 seconds. Repeat 3 times for each side.



### 10. Active Hamstring Stretch:

Support the back of the thigh behind the knee. Starting with the knee bent, attempt to straighten the knee until a comfortable stretch is felt in back of the thigh. Hold for 3 seconds. Repeat 10 times for each side.



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