

## Appendix B: DAILY 16 PROGRAM

### 1. Background

The Daily 16 Program is a comprehensive series of warm-up, conditioning, and cool-down exercises; it replaces the former Daily 7. The Daily 16 warm-up exercises facilitate gradual distribution of blood flow to the muscles, preparing both the cardiovascular and musculoskeletal systems for the exercise session, by effectively targeting both the upper and lower body. The increased blood flow to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissues, which is believed to reduce injury risks. The Daily 16 conditioning exercises include traditional calisthenics that are safe in providing a total body workout, which can vary in duration, degree of difficulty and level of intensity. The Daily 16 cool-down exercises (the same exercises used in the warm-up) allow the body to gradually return to the pre-exercise state.

There are three different ways the Daily 16 Program can be used during physical training:

Daily 16 Warm-Up (D16WU). A series of warm-up and dynamic stretching exercises that should be conducted prior to the main activity (e.g., formation run, obstacle course, circuit course, etc.), of every physical training session.

Daily 16 Workout (D16WO). A series of conditioning exercises that can be used as augmentation to another conditioning activity (circuit course, PFT, etc.), or can be used as a conditioning activity in of itself by simply increasing the number of repetitions or by slowing down the execution of the repetition.

Daily 16 Cool-Down (D16CD). A series of cool-down exercises that should be used as the final activity of a physical training sessions.

### 2. Daily 16 Warm Up and Dynamic Stretching Descriptions

#### A. Warm Up Exercises:

- (1) Heel to Toe Rocking. Starting position is standing with feet together and hands on hips. Rock back onto the heels, pause, then rock forward onto the toes and pause. Repeat ten to fifteen repetitions.



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- (2) Partial Squats. Starting position is standing with feet shoulder width apart, arms at the sides(1). Keeping the heels on the deck, partially squat until hands are near mid-calf. The knees should only bend to about 60 degree, just short of a sitting position(2). Return to the starting position(3). Repeat ten to fifteen repetitions.

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- (3) Butt Kicks. Starting position is standing with feet shoulder width apart, hands on hips. Shift weight onto the right foot and quickly bend the left knee five times, bringing the left heel toward the buttocks. Switch legs and repeat. Repeat the whole cycle two or three times, until a total of fifteen to twenty repetitions with are done on each leg.



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- (4) Double Time in Place. Starting position is standing with arms at the sides. Slowly begin to run in place and gradually increase speed. While double-timing, conduct "punches to the front (1)" (throw easy punches to the front of the body). Switch to "punches to the sky (2)" (throw easy punches straight up to the sky). Finish with "arm circles(3)" (begin small than transition to large arm circles; repeat in other direction).

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- (5) Neck Flexion and Extension. Starting position is standing with feet shoulder width apart, hands on hips. Flex the neck forward bringing the chin toward the chest, pause. Extend the head back and pause. Repeat for five to ten repetitions.

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- (6) Neck Lateral Flexion. Starting position is standing with feet shoulder width apart, hands on hips. Tilt the head to the left side, bringing the left ear toward the left shoulder, pause. Switch sides and repeat. Repeat for five to ten repetitions.

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- (7) Trunk Flexion and Extension. Starting position is standing with feet shoulder width apart, hands on hips. Flex the trunk forward to about a forty-five degree angle and pause (1). Extend the trunk backward bringing a slight hyperextension of the trunk and pause (2). Repeat for five to ten repetitions.

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- (8) Trunk Lateral Flexion. Starting position is standing with feet shoulder width apart, hands on hips. Bend the trunk to the left side (1), pause, then switch to the right side (2) and pause. Repeat for five to ten repetitions. Proceed to the Stretching Exercises.

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b. Dynamic Stretching Exercises:

- (1) Upper Back Stretch. Starting position is standing with feet shoulder width apart. Extend the arms and clasp the hands in front of the chest. Push the arms forward rounding the shoulders and upper back. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the upper back.



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- (2) Chest Stretch. Starting position is standing with feet shoulder width apart. Clasp hands together behind the lower back, palms up. Pull the arms up toward the head. Hold the position for 10 seconds and breath naturally. The stretch should be felt in the front of the chest and shoulders.

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- (3) Modified Hurdler Stretch. Starting position is in the sitting position. Extend the left leg out while tucking the right leg in front of the hips with the knee pointing outward. Bend the torso forward toward the left knee. The stretching should be felt over the back of the left thigh. Hold the position for 10 seconds and breath naturally. Switch sides and repeat.



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- (4) Hip and Back Stretch. Starting position is in the sitting position. Extend the right leg straight out and cross the left leg over the right leg by bending the left knee and placing the left foot on the deck next to the right knee. Turn the upper torso to the left pushing the left knee to the right with the right elbow. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the low back and left hip. Switch sides and repeat.



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- (5) Groin Stretch. Starting position is in the sitting position with both knees bent and the bottoms of the feet together. Grasp the feet and gently push the knees with the elbows toward the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the inside of both thighs.



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- (6) Calf Stretch. Starting position is standing with arms at the sides. Place the left foot approximately two feet forward and slightly bend the right knee. Lean forward toward the left foot pointing the left toes up to the sky. Hold the position for 10 seconds and breath naturally. Grabbing the left foot and gently pulling it towards you can increase the level of intensity. The stretch should be felt over the left calf. Switch sides and repeat.



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- (7) Iliotibial Band (ITB) Stretch. Starting position is standing with arms at the sides. Place the left foot behind and a few inches to the right of the right foot. Bring the left arm over the head. Place your body weight on the left leg and bend at the waist to the right. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left hip. Switch sides and repeat.



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- (8) Hamstring Stretch. Starting position is lying down with the back flat against the deck. Bring the left knee toward the chest grasping the left leg just below the knee. Gently straighten the left knee and hold for the count. The right leg should remain on the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt on the back of the left thigh. Switch sides and repeat.

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- (9) Shoulder and Neck Stretch. Starting position is standing with feet shoulder width apart. Move both arms behind the back and grasp the left wrist with the right hand. Tilt the head to the right and pull the left arm to the right. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left shoulder and left side of the neck. Switch sides and repeat.



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- (10) Triceps Stretch. Starting position is standing, arms at the sides. Bend the left elbow and bring the left arm up and back placing the left hand between the shoulder blades. Gently pull the left elbow with the right hand behind the head. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the back of the upper arm. Switch sides and repeat.



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- (11) Quadriceps Stretch. Starting position is lying down on the left side. Bend the left hip and knee to 90 degrees. Grasp the right ankle with the right hand and pull the right knee straight back. Do not hyperextend the low back. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the front of the right thigh. Switch sides and repeat.

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- (12) Lying Down ITB Stretch. Starting position is lying down on the deck. Bring the left leg with the knee straight across the body (1). Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left hip. Switch sides and repeat (2).

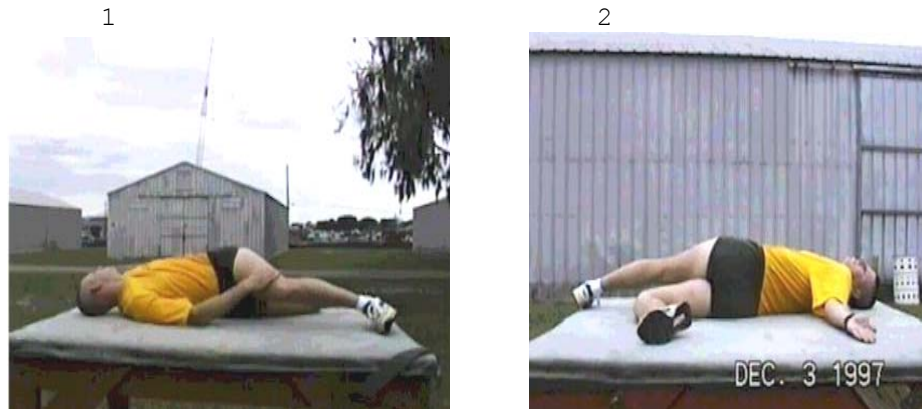


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- (13) Posterior Shoulder Stretch. Starting position is standing with feet shoulder width apart, arms at the sides. Bend the left elbow and bring the left arm across the chest. Give a gentle pull with the right hand. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the posterior left shoulder. Switch sides and repeat.



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- (14) Hip Flexor Stretch. Starting position is standing, hands on hips. Step the left foot forwards three to four feet. Place the right knee on the deck. Gently move the left knee forward. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the front of the right thigh and hip. Switch sides and repeat.

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- (15) Single-Leg Low Back Stretch. Starting position is lying with the back flat against the deck. Bring the right knee toward the chest grasping the right knee. Gently pull the knee tight into the chest. The left leg should remain on the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt along the low back to the right buttock. Switch sides and repeat.



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- (16) Prone Abdominal Stretch. Starting position is lying on the stomach with the hands placed near the shoulders as if in the down position of a push-up. Slowly raise the upper body up, keeping the waist on the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the abdomen.



Photo Courtesy of Mr. Timothy L. Bockelman

### 3. Daily 16 Conditioning Exercise Descriptions

- (1) Pushups. Starting position is lying on your stomach with hands shoulder width apart, toes on the deck, and elbows, back, and knees straight. On the first and third count, lower the chest to the deck; bend the elbows to at least 90 degrees (1/3). On the second and fourth count, extend the arms back to the starting position (2/4). This exercise conditions the chest, primarily in the anterior shoulder region, and secondarily, the triceps.

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- (2) Crunches. Starting position is lying on the back with the hips bent to 90 degrees and the knees bent, feet off the deck. Bend the elbows to 90 degrees and fold across the chest or ribcage. On the first and third count raise the upper torso off the deck touching the thighs with the forearms (1/2). On the second and fourth count, return to the starting position (2/4). The arms must remain in constant contact with the chest/ribcage when executing the crunch. This should be done in a slow and controlled manner. This exercise conditions the abdominal muscles.

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- (3) Dirty Dogs. Starting position is on the hands and knees. On the first and third count raise the left leg to the side, while keeping the knee bent (1/3). On the second and fourth count return the leg to the starting position (2/4). Switch sides and repeat. This exercise conditions the hip abductors.

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- (4) Wide Pushups. Starting position is lying on the stomach with hands beyond shoulder width apart, toes on the ground, and elbows, back, and knees straight. On the first and third count, lower the chest to the deck, bending the elbows to at least 90 degrees (1/3). On the second and fourth count, extend the arms back to the starting position (2/4). This exercise conditions the chest, primarily in the anterior shoulder region, and secondarily, the triceps. With the wider hand position, the chest muscles increase their workload.

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Photo Courtesy of Mr. Timothy L. Bockelman

- (5) Dive Bomber Pushups. Starting position is lying on the stomach with hands and toes on the deck, and elbows and knees straight. The hands will be slightly beyond shoulder width apart. The hips will be raised up and the shoulders will be behind the hands. On the first count, lower the chest down and forward to the deck, the shoulders will be even with the hands (1). On the second count, continue forward extending the elbows where now the shoulders are in front of the hands (2). On the third count, reverse the direction lowering the chest down and back to the deck, the shoulders will be even with hands (3). On the fourth count, continue back and up to the starting position (4). This exercise is done in a smooth, continuous motion. This exercise conditions the chest and anterior shoulder primarily, and secondarily, the triceps through a greater range of motion.

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- (6) Elbow to Knee Crunches. Starting position is lying on the back with the right foot flat on the deck and, the left foot crossed over the right knee, and the arms crossed over the chest. On the first and third count, raise the upper torso off the deck rotating to the left touching the right elbow to the left thigh (1/3). On the second and fourth count, return to the starting position (2/4). This exercise should be done in a slow and controlled manner. Switch sides and repeat. This exercise conditions the abdominal muscles with more emphasis on the oblique.

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- (7) Side Crunches. Starting position is lying on the left side with the left arm across the chest and right arm along the side of the body. On the first and third count, raise the upper torso and feet off the deck sliding the right hand down the thigh (1/3). On the second and fourth count, return to the starting position (2/4). Switch sides and repeat. This exercise conditions the abdominal muscles with emphasis on the internal oblique and external oblique.

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- (8) Prone Flutter Kicks. Starting position is lying on the stomach. On the first count raise the left leg off the deck while the right leg remains on the deck (1). On the second count, lower the left leg to the starting position(2). On the third count, raise the right leg off the deck while the left leg remains on the deck(3). On the fourth count, lower the right leg to the starting position(4). This exercise conditions the muscles that extend the hip and back.

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Photo Courtesy of Mr. Timothy L. Bockelman

- (9) Back Extension. Starting position is lying on the stomach with hands behind the head. On the first and third count, raise the upper torso and legs off the deck (1/3). On the second and fourth count, lower the upper torso and legs to the starting position (2/4). This exercise conditions the muscles that extend the back.

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Photo Courtesy of Mr. Timothy L. Bockelman

- (10) Donkey Kicks. Starting position is on the hands and knees. On the first and third count, kick the left leg back and up straightening the knee (1/3). On the second and fourth count, bend the knee and hip bringing the left knee into the chest (2/4). The back should not hyperextend during this exercise. Switch sides and repeat. This exercise conditions the muscles that extend the hip.

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Photo Courtesy of Mr. Timothy L. Bockelman

- (11) Hip Abduction. Starting position is lying on the left side with the right leg bent setting the right foot in front of the left knee. On the first and third count, raise the straight left leg off the deck squeezing the thighs together (1/3). On the second and fourth count, lower the left leg to the starting position (2/4). The left toes should be pointing straightforward not to the sky. Switch side and repeat. This exercise conditions the muscles on the inner thigh.

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Photo Courtesy of Mr. Timothy L. Bockelman

- (12) Side Leg Raises. Starting position is lying on the left side with the left knee bent, the hip vertical and the toes on the right foot pointing forward not to the sky. On the first and third count, raise the right leg approximately 18 inches leading with the heel (1/3). The toes will still point forward, not to the sky. On the second and fourth count, lower the right leg to the starting position (2/4). Switch sides and repeat. This exercise conditions the muscles on the side of the hip and thigh.

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- (13) Steam Engines. Starting position is standing with the feet shoulder width apart and hands behind the head. On the first count, touch the right elbow to the left knee by bending and raising the left knee and twisting and bending the upper torso to the left (1). On the second count, return to the starting position (2). On the third count, touch the left elbow to the right knee by bending and raising the right knee and twisting and bending the upper torso to the right (3). On the fourth count, return to the starting position (4).

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Photo Courtesy of Mr. Timothy L. Bockelman



- (14) Lunges. Starting position is standing with the feet shoulder width apart and hands on the hips. On the first count, touch the right knee to the deck by stepping forward with the left foot and bending both knees (1). On the second count, return to the starting position (2). On the third count, touch the left knee to the deck by stepping forward with the right foot and bending both knees (3). On the fourth count, return to the starting position (4). Do not bend the forward knee more than 90 degrees. This exercise should be done in a slow and controlled cadence. This exercise conditions the muscles that extend the hip and knee of the forward leg.

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Photo Courtesy of Mr. Timothy L. Bockelman

- (15) Side Straddle Hops. Starting position is standing with the feet together and arms at the sides. On the first and third count, jump and land with both feet just beyond shoulder width apart while bringing the hands together overhead (1/3). On the second and fourth count, jump back to the starting position (2/4).

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Photo Courtesy of Mr. Timothy L. Bockelman

### **STRETCHING CARD A**

Chest Stretch  
Triceps Stretch  
Posterior Shoulder Stretch  
Iliotibial Band (ITB) Stretch  
Modified Hurdler Stretch  
Hip and Back Stretch  
Quadriceps Stretch  
Low Back Stretch  
Abdominal Stretch

### **EXERCISE CARD 1**

Wide Pushups  
Donkey Kicks  
Crunches  
Dive Bomber Pushups  
Dirty Dogs  
Side Crunches  
Back Extensions  
Lunges  
Side Straddle Hops

### **STRETCHING CARD B**

Upper Back Stretch  
Chest Stretch  
Shoulder & Neck Stretch  
Triceps Stretch  
Posterior Shoulder Stretch  
Lying Down (ITB) Stretch  
Modified Hurdler Stretch  
Groin Stretch  
Calf Stretch

### **EXERCISE CARD 2**

Pushups  
Crunches  
Side Leg Raises  
Diamond Pushups  
Elbow-to-Knee Crunches  
Prone Flutter Kicks  
Hip Abduction  
Lunges  
Steam Engines

### **STRETCHING CARD C**

Active Hamstring Stretch  
Groin Stretch  
Hip Flexor Stretch  
Low Back Stretch  
ITB Stretch  
Calf Stretch  
Neck Stretch  
Upper Back Stretch  
Chest Stretch

### **WARM-UP/COOL-DOWN CARD**

Toe-Heel Rocking  
Partial Squats  
Butt Kicks  
Trunk Bends  
Neck Bends  
Run in Place  
Punch to the Front  
Punch to the Sky  
Arm Circles  
\*Stretch Card (10 Seconds)