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# SPECIAL TABLES PHYSICAL TRAINING

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## INTRODUCTION.

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The Special Tables are published as a guide to Superintendents and Instructors in dealing with conditions for which the Manual of Physical Training makes no provision, and they aim chiefly at procuring the utmost activity of brain and limb which it is possible to obtain in recruits taken in large classes and without proper clothing and apparatus. Where apparatus is available or can be improvised, the Exercises may be changed to suit the altered conditions.

Each Table is divided into two parts, Part I consisting of Exercises which must be taught by qualified Physical Training Instructors, and Part II of Exercises (and Running Training, vide next page) which can be undertaken by any intelligent non-commissioned officer after short explanations by the Physical Training Instructor.

Both Parts must be completed in the hour allotted to Physical Training, and every recruit should be exercised six days a week.

The Tables should not be hurried through with the idea of completing all of them. It is better for the recruit to master the Exercises in several Tables than to indifferently perform those in all of them.

No form of Physical Training or Running Training should be done in the early morning (unless the men have had something substantial to eat before parade) or until half an hour after breakfast and dinner.



In the absence of qualified Instructors, Part II only should be taken.

Instructors of the Bayonet Fighting and Physical Training Staff are responsible to the Superintendents of Gymnasias of their respective Commands that the Physical Training and Bayonet Fighting of the Units to which they are attached are carried out in the most efficient way.

Every effort must be made to organize the Physical Training on lines which will allow the instruction, once commenced, to continue without interruption for one hour daily for each recruit.

Classes of Officers and Non-Commissioned Officers should be formed for instruction in Bayonet Fighting, in order that they may be able to teach their platoons, etc., this most important part of a soldier's training.

Running Training should be progressive, and strictly in accordance with the instructions contained in the Manual of Physical Training, Section IX, the following paragraphs being especially important:—

313. The training should be commenced by running about 60 to 80 yards at a moderate pace, and then marching at ease in quick time until the normal breathing is restored. Another 60 or 70 yards may then be taken at a run, followed by marching at ease. A total of not more than 200 to 250 yards actual running may be taken in this way for the first few days; the distances may then be gradually increased and the pace also slightly increased as the men prove equal to it.

314. As the distances covered without breaking into quick time are increased the number of periods of alternate running and walking should be reduced, and great care taken to avoid pushing the men beyond their powers. Signs of abnormal distress at the conclusion of the running mean that the progression has been too rapid, or that the man who shows such signs is not fitted for the training, and should be brought to the notice of the Medical Officer.

## SPECIAL TABLE—I.

### PART I.

#### A. INTRODUCTORY EXERCISES.

- |         |  |
|---------|--|
| L. Ex.  | (a.) <b>Feet close.</b> (Figs. 7, 8.)                      |
|         | (b.) <b>Heels raise.</b> (Fig. 10.)                        |
| N. Ex.  | <b>Head backward bend.</b> (Figs. 21, 22.)                 |
| A. Ex.  | (a.) <b>Hips firm.</b> (Figs. 24, 25, 26.)                 |
|         | (b.) <b>Arms bend.</b> (Fig. 28.)                          |
|         | (c.) <b>A. b.—Arms upward stretch.</b> (Figs. 30, 31, 32.) |
| Tr. Ex. | <b>F. cl., H. f.—Trunk turning.</b> (Fig. 66.)             |
| L. Ex.  | (a.) <b>H. f.—Foot sideways place.</b> (Fig. 15.)          |
|         | (b.) <b>H. f.—Feet astride place.</b> (Fig. 14.)           |

#### B. GENERAL EXERCISES.

- Preparation **Feet astride Arms upward stretch** (taken free).  
for Sp. b.
- |          |   |
|----------|---|
| Bal. Ex. | <b>H. F.—Knee raise.</b> (Fig. 60.)                               |
| Lat. Ex. | <b>F. cl., H. f.—Trunk bending sideways.</b> (Fig. 67)            |
| Abd. Ex. | <b>H. f., F. sidew. pl.—Trunk bending backward.</b><br>(Fig. 74.) |
| Dor. Ex. | <b>H. f., F. sidew. pl.—Trunk bending forward.</b><br>(Fig. 83.)  |
| Mar. Ex. | <b>Quick March.—On the Toes march.</b>                            |
| J. & V.  | <b>Upward jumping.</b> (Fig. 93.)                                 |

#### C. FINAL EXERCISES.

1. **Heels raise.**
2. **Arms raising sideways.**



**SPECIAL TABLE—I.—Continued.****PART II.**

Selection from—

1. **"In two Ranks—fall in"** (practised frequently).
2. Quick March.
3. **Marching on the Toes.**
4. Double March. (Fig. 92.)
5. Slow March.
6. High Jump (taken free). Jumping over Rope.
7. Long Jump (taken free).
8. Hopping with Leg raising sideways (with H. f.).
9. Running Training (in accordance with Manual of Physical Training, Section IX.).
10. Leap-frog.
11. Surmounting Obstacles.

**N.B.—Finish always with Slow March.**



## SPECIAL TABLE—II.

## PART I.

## A. INTRODUCTORY EXERCISES.

L. Ex.	H. f., Hl. r.— <b>Knees bend.</b> (Fig. 11.)
N. Ex.	<b>Head bending backward.</b>
A. Ex.	A. b.— <b>Arms sideways stretch.</b> (Fig. 29.)
Tr. Ex.	H. f., F. sidew. pl.— <b>Trunk turning.</b>
L. Ex.	<b>Feet close and full open.</b> (Fig. 9.)

## B. GENERAL EXERCISES.

Prep. for	As before.
Sp. b.	
Bal. Ex.	H. f.— <b>Knee raising.</b>
Lat. Ex.	H. f., F. sidew. pl.— <b>Trunk bending sideways.</b>
Abd. Ex.	<b>On the Hands</b> (on bench or ground). (Fig. 78.)
Dor. Ex.	A. b., F. sidew. pl.— <b>Trunk bending forward.</b>
Mar. Ex.	H. f.— <b>With Knee raising quick mark time.</b>
J. & V.	<b>Forward jumping.</b>

## C. FINAL EXERCISES.

1. **Heels raise.**
2. **Arms raising sideways and upward.**

## PART II.

As in Table I.



## SPECIAL TABLE—III.

## PART I.

## A. INTRODUCTORY EXERCISES.

L. Ex.	H. f.—Heels raising and Knees bending quickly.
N. Ex.	Head bending backward.
A. Ex.	A. b.—One Arm upward, one Arm downward stretch. (Fig. 34.)
Tr. Ex.	H. f., F. sidew. pl.—Trunk turning.
L. Ex.	H. f.—Foot placing sideways.

## B. GENERAL EXERCISES.

Prep. for Sp. b.	F. astr. A. upw. str.—Trunk backward bend (slight movement only.)
Bal. Ex.	H. f.—Leg raising sideways.
Lat. Ex.	F. cl., 1 A. upw. 1 A. downw. str.—Trunk bending sideways. (Fig. 67.)
Abd. Ex.	On the Hands.—Arms bend (on bench or ground).
Dor. Ex.	H. f., F. sidew. pl., Tr. forw. b.—Trunk downward bend. (Fig. 86.)
Mar. Ex.	H. f.—With Knee raising quick march.
J. & V.	Upward jumping with Arms raising sideways.

## C. FINAL EXERCISES.

1. Heels raise.
2. Arms raising sideways and upward.

## PART II.

As in Table I.



## SPECIAL TABLE—IV.

## PART I.

## A. INTRODUCTORY EXERCISES.

L. Ex.	H. f., F. full. o.—Heels raising and full Knees bending.
N. Ex.	Head bending sideways.
A. Ex.	A. sidew. r.—Arms forward bend. (Fig. 36.)
Tr. Ex.	A. b., F. sidew. pl.—Trunk turning.
L. Ex.	H. f.—Foot placing sideways.

## B. GENERAL EXERCISES.

Prep. for Sp. b.	F. astr. A. upw. str.—Trunk bending backward.
Compl. Ex.	(H. f., F. sidew. pl.—Trunk bending forward and downward.)
Bal. Ex.	H. f.—Leg raising backward. (Fig. 61.)
Lat. Ex.	H. f., F. sidew. pl.—Trunk bending sideways quickly.
Abd. Ex.	On the Hands (on bench or ground).—Leg raising. (Fig. 79.)
Dor. Ex.	A. b., F. sidew. pl., Tr. forw. b.—Arms stretching sideways.
Mar. Ex.	Quick March.—With Hips firm on alternate Feet hop.
J. & V.	With three paces forward, off the left (or right) Foot jump.

## C. FINAL EXERCISES.

1. H. f.—Heels raising and Knees bending.
2. Arms raising forward and upward, lowering sideways and downward.

## PART II.

As in Table I.

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## SPECIAL TABLE—V.

## PART I.

## A. INTRODUCTORY EXERCISES.

L. Ex.	A. b., Hl. r., K. b.—Arms stretching sideways.
N. Ex.	Head bending sideways.
A. Ex.	Arms swinging upward.
Tr. Ex.	A. b., F. sidew. pl.—Trunk turning quickly.
L. Ex.	H. f., F. full. o.—Foot outward place.

## B. GENERAL EXERCISES.

*Sp. b.	Position for Span bending (taken "free" with F. astr.; and later by word of command).
Bal. Ex.	H. f.—Leg raising forward.
Lat. Ex.	A. b., F. sidew. pl.—Trunk bending sideways quickly.
Abd. Ex.	(a.) Lying, A. upw. r.—Legs raising (ground permitting).
otherwise	(b.) On the Hands (on ground).—Leg raising.
Dor. Ex.	H. f., F. sidew. pl.—Trunk bending forward and downward.
Mar. Ex.	(a.) Quick March.—With Hips firm on the left (or right) Foot hop.
	(b.) Double March.—With Hips firm, Knees raise.
J. & V.	With three paces forward off the left (or right) Foot jump.

## C. FINAL EXERCISES.

1. H. f.—Foot placing sideways.
2. Arms raising forward and upward, lowering sideways and downward.

## PART II.

Same as in Table I.

\* Only if wall bars or improvised apparatus are available.



## SPECIAL TABLE—VI.

## PART I.

## A. INTRODUCTORY EXERCISES.

L. Ex.	A. b., F. full. o., Hl. r., Full K. b.— <b>Arms stretching sideways.</b>
N. Ex.	<b>Head turning quickly.</b>
A. Ex.	A. b.— <b>Arms stretching forward.</b>
Tr. Ex.	A. b., F. sidew. pl.— <b>Trunk turning quickly.</b>
F. Ex.	H. f., F. full. o.— <b>Foot placing outward.</b>

## B. GENERAL EXERCISES.

Sp. b.	As in Table V.
Bal. Ex.	H. f.— <b>Leg raising forward, sideways, and backward.</b>
Lat. Ex.	On the Hands (on bench or ground).— <b>On one Hand turn.</b>
Abd. Ex.	On the Hands (on bench or ground).— <b>Arms bending with Leg raising.</b>
Dor. Ex.	F. astr., A. upw. str.— <b>Trunk bending forward.</b> (Figs. 84, 85.)
Mar. Ex. & V.	H. f.— <b>In quick time sideways march.</b> <b>Upward jumping with turning.</b>

## C. FINAL EXERCISES.

**Arms raising forward and upward, lowering sideways and downward.**

## PART II.

As in Table I.



## SPECIAL TABLE—VII.

## PART I.

## A. INTRODUCTORY EXERCISES.

L. Ex.	H. f.—Foot placing sideways and Heels raising.
N. Ex.	Head bending sideways.
A. Ex.	A. forw. b.—Arms flinging. (Fig. 37.)
Tr. Ex.	A. b., F. sidw. pl.—Trunk turning quickly with Arms stretching upward.
L. Ex.	H. f., F. full. o.—Outward lunge. (Fig. 19.)

## B. GENERAL EXERCISES.

*Sp. b.	Pos. for Sp. B. (F. astr.).—Heels raise (1 foot-length from wall bars).
Bal. Ex.	H. f., K. r.—Leg stretching forward.
Lat. Ex.	On one Hand.—Leg raising.
Abd. Ex.	(a.) Lying, A. upw. r.—Legs raising (ground permitting).
otherwise	(b.) On the Hands.—Arms bending with Leg raising.
Dor. Ex.	F. astr., A. upw. str.—Trunk bending forward and downward.
Mar. Ex.	H. f.—In double time sideways march.
J. & V.	With turning three paces forward off the left (or right) Foot jump.

## C. FINAL EXERCISES.

1. Arms raising forward and upward, lowering backward and downward.

## PART II.

As in Table I.

\* Only if wall bars or improvised apparatus are available.



## SPECIAL TABLE—VIII.

## PART I.

## A. INTRODUCTORY EXERCISES.

- |         |   |
|---------|---|
| L. Ex.  | H. f.—Foot placing sideways and Heels raising.                              |
| N. Ex.  | Head bending sideways.  |
| A. Ex.  | A. b.—Arms stretching forward, sideways, and upward.                        |
| Tr. Ex. | A. b., F. sidew. pl.—Trunk turning quickly with Arms stretching upward.     |
| L. Ex.  | A. b., F. full. o.—outward lunge.—One Arm upward, one Arm downward stretch. |

## B. GENERAL EXERCISES.

- |          |  |
|----------|--|
| pp. b.   | As in Table VII.   |
| Bal. Ex. | H. f., K. r.—Leg stretching forward.   |
| Lat. Ex. | On one Hand.—Leg raising.  |
| Abd. Ex. | On the Hands.—Foot placing forward.  |
| Por. Ex. | F. astr., A. upw. str., Tr. forw. b.—Arms swinging downward and backward. (Fig. 35.) |
| Mar. Ex. | H. f.—In double time sideways march.   |
| J. & V.  | Upward jumping with Arms swinging upward.  |

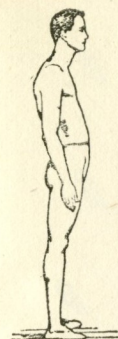
## C. FINAL EXERCISES.

- |    |  |
|----|--|
| 1. | Arms raising forward and upward, lowering backward and downward. |
|----|--|

## PART II.

As in Table I.

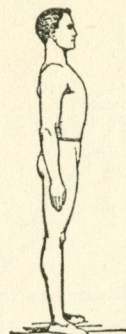




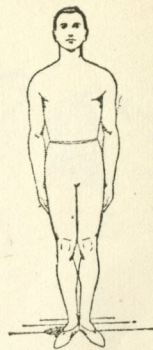
Incorrect.  
Fig. 1.



Incorrect.  
Fig. 2.



Correct.  
Fig. 3.



Correct.  
Fig. 4.

*Position of Attention.*

Fig. 1. Faults:—Head poked forward, chest and lumbar region of back hollowed, abdomen pushed forward.

Fig. 2. Faults:—Shoulders unduly drawn back, chest forced out, back hollowed, weight on fore part of feet; position strained and unnatural.

Figs. 3 & 4. Correct, erect position, without strain.

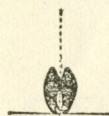


Fig. 7.



Fig. 8.



Fig. 9.

*Position of Feet.*

Fig. 7. "Feet—close" (F. cl.).

Fig. 8. "Feet—open" (F. o.).

Fig. 9. "Feet full—open" (F. full o.).

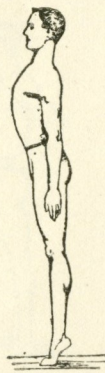


Fig. 10.

"Heels—raise" (H. r.).  
Heels together and lifted  
as high as possible, body  
erect—as at "attention."

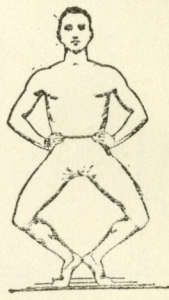


Fig. 11.

"Knees—bend" (K. b.).  
Heels kept together, body  
not inclined forward.



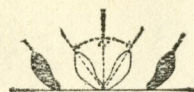


Fig. 14.



Fig. 15.



Fig. 17.

*Position of Feet.*

Fig. 14. "Feet astride—place."

Fig. 15. "Left Foot sideways—place."

Fig. 17. "Left Foot outward—place."

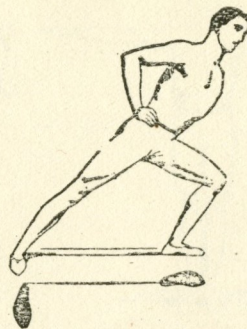


Fig. 19.

*Position of Outward Lunge.*

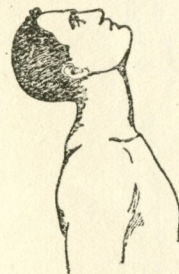
Body allowed to drop forward without jerking, head and trunk maintaining their relative positions.



Correct.

Fig. 22.

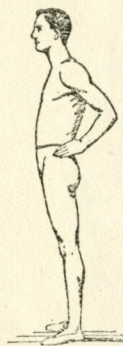
"Head backward—bend. Chin kept down, breathing unrestrained, movement not extended to back."



Incorrect.

Fig. 21.

Faults:—Chin forced upward, shoulders raised, back hollowed, breathing restricted.



Incorrect.

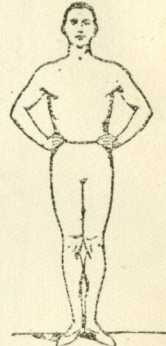
Fig. 24.



Correct.

Fig. 25.

*Position of "Hips—firm."*



Correct.

Fig. 26.

Fig. 21. Faults:—Head poked forward, shoulders forced back, hands not grasping hips, back hollowed. Figs. 25 & 26.—Position of shoulders as at "attention" maintained, heel of hand forced down, fingers inclined slightly upwards, hip grasped firmly.



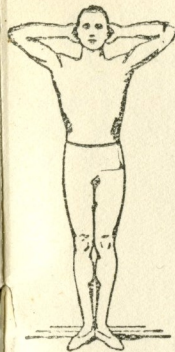


Fig. 27.

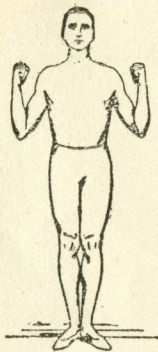


Fig. 28.

Fig. 28. Position of "Arms—bend." (A. b.).  
Correct:—Finger nails pointing inward, forearms vertical, elbows kept away from sides and in line with centre of trunk.

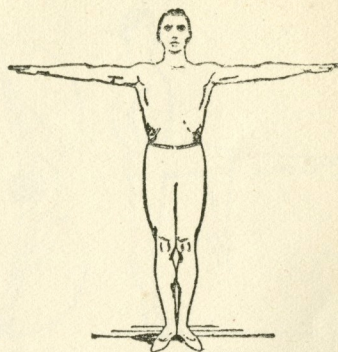


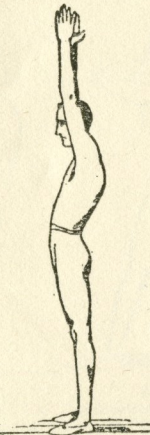
Fig. 29.

Position of "Arms sideways—stretch." Keep the hands level with the shoulders throughout, extending them as far apart as possible by forcing them outwards from the shoulders.

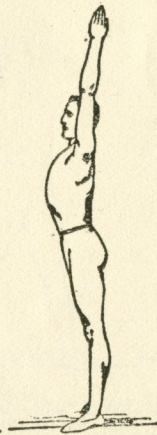


Correct.  
Fig. 30.

Position of "Arms upward—stretch" (A. upw. str.). By exerting considerable tension force the hands as high as possible, keeping them the width of the shoulders apart with palms turned inward. It is important that the erect position of attention is maintained by the rest of the body.



Incorrect.  
Fig. 31.



Correct.  
Fig. 32.

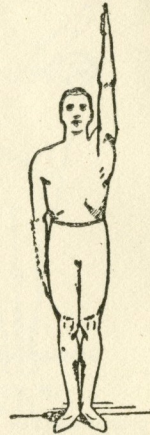


Fig. 34.

Position of "Left Arm upward right Arm downward — stretch" (1 A. upw., 1 A. downw. str.).



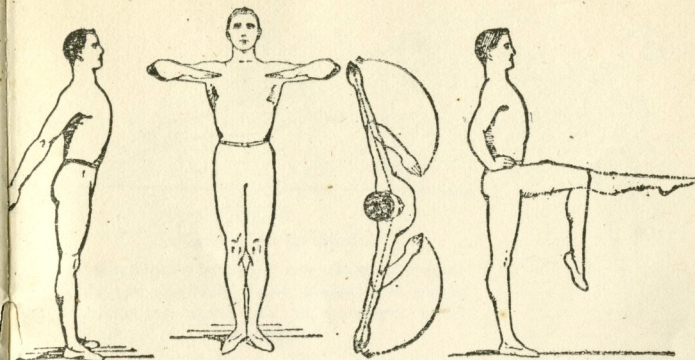


Fig. 35.

Fig. 36.

Fig. 37.

Fig. 35. Final position of "Arms swinging downward and backward."

Figs. 36 and 37. Position of "Arms forward—bend" (A. forw. b.) and "Arms—fling."

Elbows kept well back, hands move horizontally and the backward movement not forcibly checked, position of head and trunk to remain unaltered.

Fig. 66.

Position of "Left Knee—raise" (Left K. r.) and from it "Leg forward—stretch" (L. forw. str.).

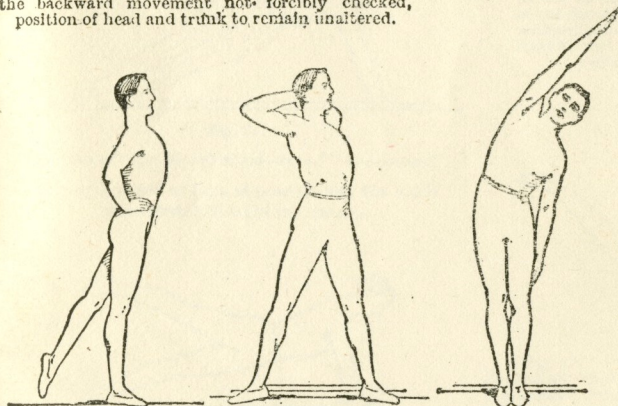


Fig. 61.

Fig. 66.

Fig. 67.

Fig. 61. Position of "Left Leg backward—raise" (Left L. backw. r.).

Fig. 66. "Trunk to the left—turn" (with "Neck—rest"). In all Trunk turning hips kept to the front, upper part of trunk (i.e., above the waist) turned as far as possible in direction named, the relative positions of head and arms being maintained.

Fig. 67. Position of "Trunk to the left—bend" (Tr. sidew. b.), from "Feet—close," "Right Arm upward, left Arm downward—stretch." Trunk not inclined forward or backward, relative position of head maintained.



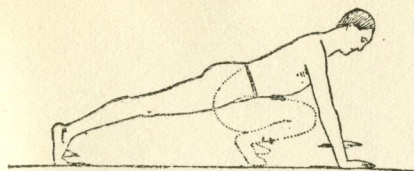


Fig. 73.

Position of "On the Hands."

Fingers slightly inward, hands rather wider apart than the shoulders, arms straight and nearly vertical, toes apart and body straight as at "attention."

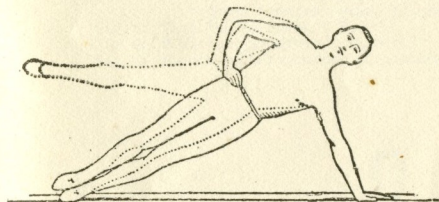


Fig. 71.

Position of "On the left Hand—turn," "Leg—raise."

The leg is raised as high as possible and the hip is allowed to follow the movement.

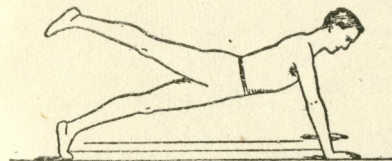


Fig. 79.

Position of "On the Hands; Leg—raise."

Keeping the leg straight raise it as high as possible, toe pointed, without altering position of body.

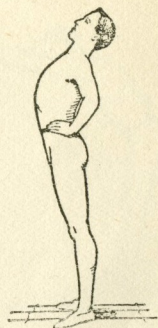


Fig. 74.

Position of "Trunk backward—bend." An exaggerated "Head backward—bend" by extending the movement down the spine as low as the bottom of the shoulder blades without hollowing the lumbar region of the back.

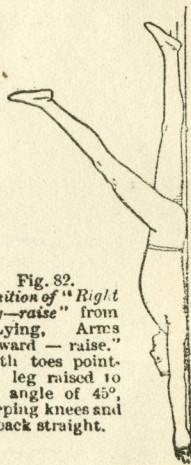


Fig. 82.

Position of "Right Leg—raise" from "Lying. Arms upward—raise." With toes pointed, leg raised to an angle of 45°, keeping knees and back straight.

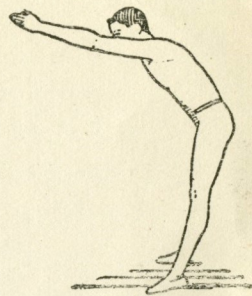




Fig. 83.



Correct.  
Fig. 84.



Incorrect.  
Fig. 85.

"Trunk forward-bend" (Tr. forw. b.).

Fig. 83. With "Hips-firm." Correct.

Fig. 84. With "Arms upward-stretch." Correct.

Fig. 85. Faults:—Back rounded, arms allowed to drop forward.

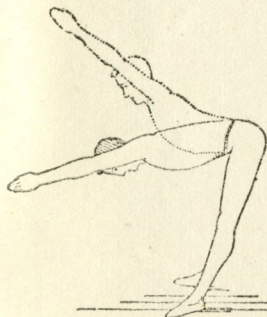


Fig. 86.

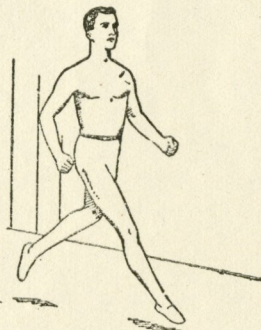


Fig. 92.



Fig. 93.

Fig. 86. From "Trunk forward-bend" (Tr. forw. b.) "Trunk downward-bend" (Tr. downw. b.). Correct position:—Back kept straight as possible.

Fig. 92. "Double-march." Double on toes with easy springy strides, inclining body slightly forward maintaining correct carriage. Arms slightly bent ( $135^\circ$ ) and swinging easily from shoulders. Fists clenched, backs of hands outward.

Fig. 93. "Upward-jump." Raise the heels, keeping the body erect, bend the knees and spring vertically upward, fully extending body and legs and carrying head and feet backward without bending the knees. Land lightly by coming to the "full knees bend" position, thus neutralising the shock.