

# C. E. F.

## PHYSICAL TRAINING TABLES

(For use in Canada)

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### TABLE I

#### Part I

##### A.—INTRODUCTORY EXERCISES

- L. Ex. a. Feet close.  
b. Heels raise.
- N. Ex. Head backward bend.
- A. Ex. a. Hips firm.  
b. Arms bend.  
c. A. b—Arms sideways stretch.
- Tr. Ex. F. cl., H. f.—Trunk bending sideways.
- L. Ex. a. H. f.—Foot sideways place.  
b. H. f.—Foot forward place.  
c. H. f.—Heels raising and knees bending.

##### B.—GENERAL EXERCISES

- Bal. Ex. H. f.—Knee raise.
- °Lat. Ex. H. f., F. forw. pl.—Trunk turning.
- Abd. Ex. H. f., F. sidew. pl.—Trunk bending backward.
- Dor. Ex. H. f., F. sidew. pl.—Trunk bending forward.
- Mar. Ex. Quick March—On the toes march.
- J. & V. High jump (taken free).  
°N. B.—Turn the trunk only towards forward leg.

##### C.—FINAL EXERCISES

1. H. F.—Feet astride place.
2. Arms raising sideways.

## Part II

Selection from—

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

**N.B.**—Always finish with Marching on the Toes.

## TABLE II

### Part I

#### A.—INTRODUCTORY EXERCISES

- L. Ex. a. Feet close and full open.  
b. Feet astride arms sideways stretch.
- N. Ex. Head turning.
- A. Ex. a. A. b.—Arms upward stretch.  
b. (Bombing) Arms raising sideways quickly.
- Tr. Ex. H f., F. sidew. pl.—Trunk turning.
- L. Ex. H. f., F. full o.—Heels raising and full knees bending.

#### B.—GENERAL EXERCISES

- Dor. Ex. H. f., F. sidew. pl.—Trunk bending backward.
- Bal. Ex. H. f.—Knee raising.
- Lat. Ex. H. f., sidew. pl.—Trunk bending sideways.
- Abd. Ex. On the hands (On bench or ground).
- Dor. Ex. H. f., F. sidew. pl.—Trunk bending forward and downward.
- Mar. Ex. H. f.,—With knee raising quick mark time.
- J. & V. a. Upward jumping.  
b. Downward jumping (from bench, bank, or any other suitable position).

#### C.—FINAL EXERCISES

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

## Part II

As in table I.

Preliminary Bombing Exercise, (should be taught here).  
(For detail see page 26 Special Tables, Physical Training 1916, with Amendments 1917).

## TABLE III

### Part I

#### A.—INTRODUCTORY EXERCISES

- L. Ex. H. f.—Foot placing sideways.
- N. Ex. Head bending sideways.
- A. Ex. A. b.—Arms stretching sideways (upward or forward).  
(Bombing) A. sidew. r. Arms swinging forward.
- Tr. Ex. H. f., F. cl.—Trunk bending sideways.
- L. Ex. H. f., F. full o.—Heels raising and full knees bending.

#### B.—GENERAL EXERCISES

- Dor. Ex. H. f., F. sidew. pl.—Trunk bending backward.
- Compl. Ex. H. f., F. sidew. pl.—Trunk bending forward and full downward.
- Bal. Ex. a. H. f.—Knee raising.  
or b. H. f.—Leg raising sideways.
- Lat. Ex. a. N. r., F. sidew. pl.—Trunk bending sideways.  
or b. H. f., F. sidew. pl.—Trunk turning quickly.  
(Bombing) H. f., F. sidew. pl., Tr. to left (right) turn—Trunk turning to right (left).
- Abd. Ex. a. On the hands down; arms bend.  
or b. (ground permitting):  
Lying, A. upw. r.—Legs raising.
- Dor. Ex. H. f., F. sidew. pl.—Trunk bending forward and full downward.
- Mar. Ex. a. Quick march.  
b. Double march.  
c. H. f.—With knee raising quick mark time.  
d. H. f.—On alternate feet hop.  
e. Marching on the toes.
- J. & V. a. Upward jumping.  
b. With three paces forward off the left (or right) foot jump.  
c. High and long jump (taken free).

#### C.—FINAL EXERCISES

- L. Ex. H. f.—Heels raising and knees bending.
- Corr. Ex. Arms raising sideways and upward.

### Part II

As in Table I.

**Bombing** will be taught daily in accordance with 14 weeks  
Syllabus of Training issued 21st September, 1917.

# TRAINED SOLDIERS' TABLE

N. B.—This Table is intended for “trained” soldiers who have recently done Physical Training regularly.

## Part I

### A.—INTRODUCTORY EXERCISES

- L. Ex. A. b., F. full o., Hl. r., full K. b.—**Arms stretching sideways.**
- N. Ex. a. **Head bending backward.**  
or b. **Head turning.**
- A. Ex. A. b.—**Arms stretching forward, sideways, and upward** (varying sequence of direction).  
(Bombing Ex.) **Arms swinging sideways and upwards.**
- Tr. Ex. A. b., F. sidw. pl.—**Trunk turning quickly with arms stretching upward.**
- L. Ex. H. f.—**Foot placing sideways and heels raising.**

### B.—GENERAL EXERCISES

- Dor. Ex. F. astr. A. sideways str.—**Trunk bending backward, with hands turning.**
- Compl. Ex. F. astr. H. f.—**Trunk bending forward and full downward.**
- Bal. Ex. a. H. f.—**Leg raising forward, sideways and backward.**  
or b. H. f., K. r.—**Leg stretching forward.**
- Lat. Ex. a. F. cl., F A. upw. F A. downw. str.—**Trunk bending sideways.**  
or b. **On one hand—leg raising.**  
(Bombing) N. r., F. outward pl., Trunk half right (left) turn—**Trunk bending sideways.**
- Abd. Ex. On the hands—**Arms bending, and add later: “With leg rising.”**  
or (ground permitting):  
Lying, A. upw. r.—**Legs raising.**
- Dor. Ex. F. astr. A. upw. str. Tr. forw. b.—**Arms swinging downward and backward.**
- Mar. Ex. a. **Quick march.**  
b. **Double march.**  
c. H. f.—**With knee raising quick march.**  
d. **Quick march—With hips firm on alternate feet hop.**  
e. **Marching on the toes.**
- J. & V. a. **Upward jumping with arms swinging upward.**  
b. **Forward jumping.**  
c. **With three paces forward off the left (or right) foot jump.**

### C.—FINAL EXERCISES

- L. Ex. H. f.—**Heels raising and knees bending.**
- Corr. Ex **Arms raising forward and upward, lowering sideways and downward.**

## Part II

As in table I.