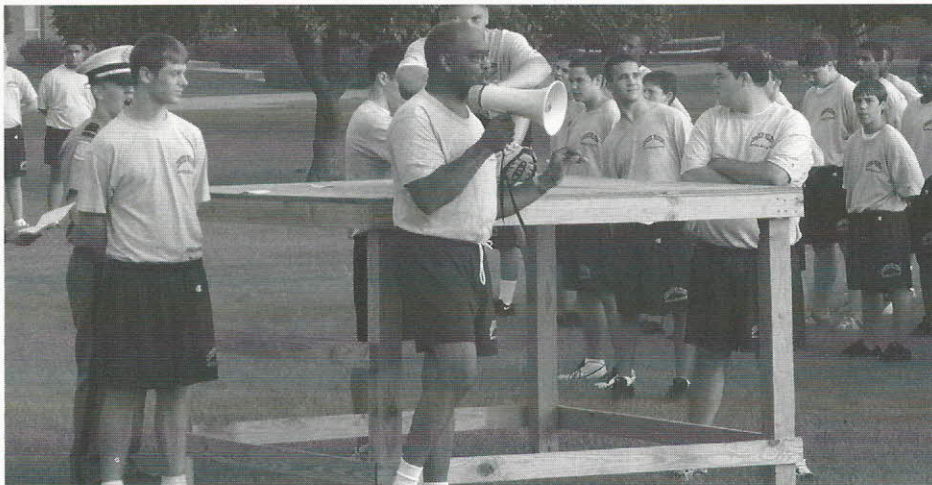


# Sidestraddlehop



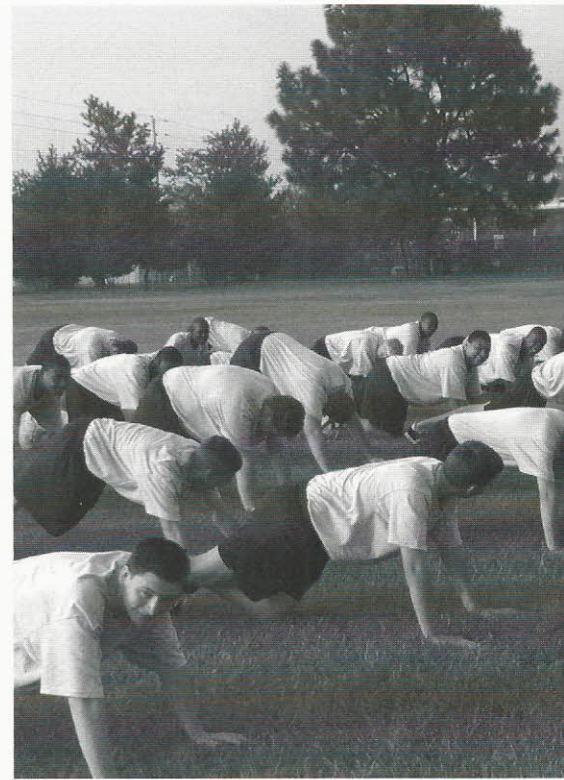
Ready for physical training, the battalion forms in front of the parade field before breakfast. 1LT Charles Hayes has Band and Staff Company at a modified position of attention.



CSM Martain explains the new physical training program and the initial exercises to the battalion. Members of the Battalion Staff stand by to assist.



CSM Martain has given the order to stand at ease and observe while 1LT Haley demonstrates the next exercise.



## Physical Training

Something new is happening every Tuesday and Thursday morning at CMA. Cadets rise early and are on the parade ground by 0730 doing side straddle hops, deep knee bends, pushups, and other traditional military exercises. "This is a revival of something we used to do here a long time ago," explained CSM Rosvelt Martain. "We wanted to push the overall physical conditioning of the cadet corps to another level. We can already see improvement in self-esteem and esprit de corps, and we think that fewer cadets will show up at the infirmary in the long run. Also, the PT Program



Band and Staff Tactical Officer CSM Greene leads his company in doing the side bender exercise.