

RPT Schedule

DAY 1

- None, In Processing Conducted

DAY 2

- PT Test (Level III)
- Warm Up and Rotational Stretching (Level IV)

DAY 3

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Knee Flex: Start of Shin Box

- Sumo Squat: Hip Flexors
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Neck Bridges: Front and Back
- Wall Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)

DAY 4

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out

- Knee Flex: Start of Shin Box
- Sumo Squat: Hip Flexors
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Wall Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)

[BOXING DRILLS]

- Shadow Box
- Circle Drill
- 1, 2, 1, 2 Drill
- Change Angle/Level Drill
- Directional Movement

DAY 5

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Knee Flex: Start of Shin Box
- Sumo Squat: Hip Flexors
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Wall Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base

[BOXING DRILLS]

- Shadow Box
- Circle Drill
- 1, 2, 1, 2 Drill
- Change Angle/Level Drill
- Directional Movement

DAY 6

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Wall Arches
- Three-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[KICK BOXING DRILLS}

- Hip-Ins
- Spiderman
- Wall Kicks

DAY 7

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out

- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Wall Arches
- Three-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[KICK BOXING DRILLS]

- Hip-Ins
- Hurdle Drill
- Kicking Lunges (Down Only)
- Spiderman
- Wall Kicks

DAY 8

[TEN MINUTE WARMUP]

- Karaoke Drill

- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Three-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)

- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[KICK BOXING DRILLS}

- Hip-Ins
- Hurdle Drill
- Kicking Lunges (Down Only)
- Spiderman
- Wall Kicks

DAY 9

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out

- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Three-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[KICK BOXING DRILLS}

- Hip-Ins
- Hurdle Drill
- Kicking Lunges (Down Only)
- Spiderman
- Wall Kicks

DAY 10

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Three-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[KICK BOXING DRILLS}

- Hip-Ins
- Hurdle Drill
- Kicking Lunges (Down Only)
- Spiderman
- Wall Kicks

DAY 11

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out

- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[WRESTLING DRILLS}

- Hip-Ins
- Hurdle Drill
- Penetration Step (Down and Back)

DAY 12

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches

- Two-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Koala Crawls (Down Only, Rotate Partners)

[WRESTLING DRILLS]

- Hip-Ins
- Hurdle Drill
- Penetration Step (Down Only)
- Kneeling Penetration Step (Down Only)
- Granby Roll (Down Only)

DAY 13

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back

- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Diving Rolls Over Buddy (Two Person Max)
- Koala Crawls (Down Only, Rotate Partners)

[WRESTLING DRILLS}

- Hip-Ins
- Hurdle Drill
- Penetration Step (Down Only)
- Kneeling Penetration Step (Down Only)
- Granby Roll (Down Only)

DAY 14

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors

- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)
- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Diving Rolls Over Buddy (Three Person Max)
- Koala Crawls (Down Only, Rotate Partners)

[WRESTLING DRILLS}

- Hip-Ins
- Hurdle Drill
- Penetration Step (Down Only)
- Kneeling Penetration Step (Down Only)
- Granby Roll (Down Only)

DAY 15

[TEN MINUTE WARMUP]

- Karaoke Drill

- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

[MOVEMENT DRILLS]

- Shrimp (Down and Back)

- Shoulder Walk (Down and Back)
- E Os (Down Only, Turn at Halfway Point)
- Forward Rolls With Stand in Base (Down Only)
- Quick Rolls (Down Only)
- Diving Rolls Over Buddy (Three Person Max)
- Koala Crawls (Down Only, Rotate Partners)

[WRESTLING DRILLS}

- Hip-Ins
- Hurdle Drill
- Penetration Step (Down Only)
- Kneeling Penetration Step (Down Only)
- Granby Roll (Down Only)

DAY 16

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out

- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

DAY 17

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back

- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

DAY 18

[TEN MINUTE WARMUP]

- Karaoke Drill
- Running
- Jumping Jack
- Up and Ladder
- Full Body Twist
- Pummeling 50/50 (Two Minutes)

[ROTATIONAL STRETCHING]

- Head/Neck: Shoulder to Shoulder, Front and Back
- Shoulders: Front and Back, Windmill Across Body
- Elbows: Circle In and Out
- Wrist: Rotate In and Out
- Hip/Waist: Rotate In and Out
- Figure 8s: Start Small Work To Larger
- Knee Rotations: In and Out
- Ankle Rotations: In and Out
- Shin Boxes
- Sumo Squat: Hip Flexors
- Judo Three Step
- Roll Backs: Pause For 3 Seconds Each Time. Come Forward and Stretch at End
- Roll Ups
- Neck Bridges: Front and Back
- Walking Neck Bridges
- Wall Arches
- Two-Man Arches

DAY 19

- RPT Not Conducted

DAY 20

- RPT Not Conducted