

PT Evaluation Sheet 1/20/2006

The Army's traditional formation for PT activities is the extended rectangular formation. It is simple, easy to assume and may be applied with equal facility and promptness, which makes it best to employ for large numbers of soldiers. The PT leader will position the unit in a line formation so that the unit will be centered and five paces away from the PT platform after they have assumed the extended rectangular formation. The PT leader gives the following commands:

	Warm UP	Cool Down
<ul style="list-style-type: none"> • <i>"Extend to the left, MARCH."</i> Soldiers in the right flank file stand fast with their left arm extended sideward with palms down, fingers and thumb extended and joined. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>All other soldiers turn to the left and double-time forward.</i> After taking the sufficient number of steps, all soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"Arms downward, MOVE."</i> The soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"Left, FACE."</i> Soldiers execute the left face. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"Extend to the left, MARCH."</i> Soldiers in the right flank file stand fast with their left arm extended sideward with palms down, fingers and thumb extended and joined. All other soldiers turn to the left and double-time forward. After taking the sufficient number of steps all soldiers face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress is to the right. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"Arms downward, MOVE."</i> Soldiers lower their arms smartly to their sides. Soldiers in the right flank file lower their left arms to their sides. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"Right, FACE."</i> Soldiers execute the right face. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"From front to rear, COUNT OFF."</i> The front soldier in each column turns the head to the right rear and calls off, "ONE", and faces the front. Successive soldiers in each column call off in turn "TWO," "THREE," "FOUR," and so on. The last soldier in each column will not turn the head and eyes to the right while sounding off. 	GO NO GO	GO NO GO
<ul style="list-style-type: none"> • <i>"Even numbers to the left, UNCOVER."</i> Even-numbered soldiers side step to the left squarely in the center of the interval, bringing their feet together. 	GO NO GO	GO NO GO

To reassemble the formation, the PT leader gives the following command:

<ul style="list-style-type: none"> • <i>"Assemble to the right, MARCH."</i> All soldiers double-time to their original positions in the formation. Refer to Figures 2-1 and 2-2, Rectangular and Extended Rectangular Formations. 	GO NO GO	GO NO GO
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