

# Physical Training Commands

**Academy ... Fall In**

**Open Ranks ... March**

**Extend To The Left (Double Arm Intervals)... March**

**Ready ... Front** - (Arms Down, Face Front)

**Half Left ... Face**

**PT Leader ... Fall Out**

**At Ease** - (Do Exercise)

**Academy ... Atten ...tion**

**PT Leader ... Fall In**

**Half Right ... Face**

**Close to the Right ... Move**

**Right ... Face**

**Column Of Two From The Left, ... March**

1<sup>st</sup> 2 Co-Captains turn head to right and shout “Forward”, rest of Co-Captains turn head to right and shout “Stand Fast”

**Double Time ... March** - Running in step

**Quick Time ... March** - Marching

**Break It Off and Fill It In** - To form columns again

**Academy ... Halt**