

142012ZJUN95

SUBJECT: Physical Training Formations not included in FM-21-20, Physical Training (September 1992)

1. The September 1991 edition of FM 21-20, Physical Training, did not include information about physical training formations.

2. FM 21-20 is currently under revision and the information about the formations will be included as part of the revised manual. Until that time, the following information explains the procedure for executing the arrangement of physical training formations {extended rectangular and circular formations}. This information is currently being taught in the Master Fitness Trainer (MFT) course by the U.S. Army Physical Fitness School.

A. Extended Rectangular Formation.

(1) The extended rectangular formation is the traditional formation for most physical training activities. The instructor positions a platoon in line formation; the platoon is centered on the instructor and five paces away. A company assumes the extended rectangular formation from a company in line. Platoons in column the instructor adjusts the base platoon so that the company is centered when extended. The extension can also be executed from a company mass without an interval between platoons.

(2) Extend to the left, **MARCH**. Soldiers in the right flank file stand fast with their arms extended to the sides at shoulder level. All other soldiers turn to the left and double-time forward. After taking a sufficient number of steps. All soldiers face the front; each has both arms extended to the sides at shoulder level. The distance between fingertips is about 12 inches and dress is right.

(3) Arms downward, **MOVE**. The soldiers lower their arm smartly to their sides.

(4) Left, **FACE**. Soldiers execute the left-face movement.

(5) Extend to the left, **MARCH**. Soldiers in the right flank file stand fast with their arms extended to the sides. All other soldiers turn to the left and double-time forward. Spacing is the same as above and dress is right.

(6) Arms downward. **MOVE**. Soldiers lower their arms smartly to their sides.

(7) Right, **FACE** soldiers execute the right-face movement.

(8) From front to rear, **COUNT OFF**. The leading soldier in each column turns head to the right rear. 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

(9) Even numbers to the left, **UNCOVER**. All even-numbered soldiers jump to the left squarely in the center of the interval, bringing their feet together. The unit is now ready for stretching and warm-up exercises.

(10) Assemble to the right, **MARCH**. All soldiers double-time to their original positions in column or line formation.

B. Circular Formation.

(1) The circle formation is recommended for guerilla drills, grass drills and various circuits. This formation's advantage over the extended rectangular formation is that supervising all soldiers is easier; the moving formation permits effective control. More informal than the rectangular formation, the circle formation is excellent for small groups.

(2) When more than 30 soldiers must exercises, separate circles should be used. Concentric circles may be used to accommodate more soldiers. If concentric circles are formed, a squad is designated for each. Each additional circle requires more soldiers than the one inside it. For example, one squad of a platoon may form the inner circle, and the other three squads form the outer circle. When concentric circles are employed, the circles rotate in opposite directions.

(3) Circle formation, **FOLLOW ME**. This command is used when a platoon is to form a circle. The left flank squad of the column moves forward at double time. The platoon gradually forms a circle in counterclockwise direction. Each succeeding file falls in behind that on the left. Then the rough outline of the circle is formed.

(4) **PICK UP A 5-YARD INTERVAL**. This command ensures that the intervals between soldiers are uniform. The group may be halted and faced toward the center for instruction. If instruction is not necessary, the exercise may be executed without stopping the platoon.

3. For further information, contact the U.S. Army Physical Fitness School. POC'S for this action are Mr. Frank Palkoska or Mr. Steve Van Camp, (DSN) 835-6330 or (COMM) 706-545-6330.