

## MEMORANDUM OF INSTRUCTION

SUBJECT: 8<sup>th</sup> Army Soldier Athlete Warrior Program Level 1 Memorandum of Instruction (MOI),

### 1. References:

- a. 8<sup>th</sup> Army Fitness Forum: <http://8tharmy.korea.army.mil/fitness.asp>
- b. 8<sup>th</sup> Army Soldier Athlete Warrior Guide and Workout Manual.
- c. Building the Soldier Athlete Manual: Injury Prevention and Performance Optimization. United States Army, 2010.
- d. <http://www.nasca-lift.org/Education/eLearning/Multimedia/>
- e. Britten, Marcoe, Yamini, and Davis. Development of food intake patterns for the MyPyramid Food Guidance System. J Nutr Educ Behav 2006;38(6 Suppl):S78-S92.

2. Purpose. This MOI establishes the goals, objectives, procedures, and responsibilities for the execution of an initial qualification (Level 1) for 8<sup>th</sup> Army Soldiers and Leader in the Soldier Athlete Warrior (SAW) Program conducted throughout the Korea Theater of Operation (KTO).

3. General. The certification is designed for all Warrior Leader Course (WLC) students, new Soldiers and Leaders to be conducted as part of the Company/Troop/Battery/Detachment Indoctrination Program during PRT hours (0600 to 0700hrs, plus 90 minutes) over the course of a five day work week. New Soldiers and Leaders designated to attend the SAW course will report to their Co/Trp/Bty/Det Master Fitness Trainer (MFT) who will be the primary SAW Trainer and the Battalion/Squadron MFT at a designated location indentified in the course POI on each day of classes and will be released NLT 0830. The training will be resourced by the Battalion/Squadron S3.

4. Tasks, Conditions and Standards. The purpose of the qualification is to provide all Soldiers and Leaders a foundation for conducting effective and safe combat focused physical readiness training IAW the US Army PRT standards for physical training with additional Hybrid-Fitness training. Upon completion, trainees will understand the philosophy of SAW, will be able to execute fundamental exercises and movement prep/recovery with correct form, and will be able to apply basic nutritional guidelines to their daily routine.

- a. Task: Philosophy of SAW/Parameters of Exercise Frequency, Intensity, Time, and Type (FITT) (Day 1)  
Conditions: Given the Philosophy of SAW/FITT presentation, notebook, and pen.  
Standards: All trainees are familiar with the philosophy of SAW and the parameters of exercise and how they apply to their unit PT and daily routine.
- b. Task: Movement Preparation/Recovery (Day 1)  
Conditions: Given 4x cones, notebook, pen, and a flat 20m x 20m open area.  
Standards: All trainees are familiar with movement preparation and recovery techniques, why they are important, and when they should be conducted.

- c. Task: Squat Variations (Day 2)  
Conditions: Given 2x squat racks, 2x PVC bars, 2x Olympic bars, 4x 10lb plates, 4x 25lb plates, notebook, and pen.  
Standards: Trainees will understand the importance of correct form, and the specifics of properly conducting the parallel squat and squat variations to include box squat, overhead squat, front/goblet squat, and single-leg squat.
  
- d. Task: Deadlift Variations (Day 2)  
Conditions: Given 2x PVC bars, 2x Olympic bars, 4x 10lb plates, 4x 25lb plates, notebook, and pen.  
Standards: Trainees will understand the importance of correct form, and the specifics of properly conducting the deadlift, hex-bar/dumbbell deadlift, and straight-leg deadlift.
  
- e. Task: Press Variations (Day 3)  
Conditions: Given 2x bench press benches, 2x incline/decline benches, 2x squat racks, 2x PVC bars, 2x Olympic bars, 4x 10lb plates, 2x 25lb plates, notebook, and pen.  
Standards: Trainees will understand the importance of correct form and the specifics of properly conducting the various press exercises to include bench press, incline/decline press, towel press, push press, strict/seated press, and dumbbell press.
  
- f. Task: Pullup/Row Variations (Day 3)  
Conditions: Given 2x lat pull-down cables, 2x seated row cables, 2x pullup bars, 2x dip bars, 2x ring sets, 2x PVC bars, 2x Olympic bars, 4x 10lb plates, 4x 25lb plates, notebook, and pen.  
Standards: Trainees will understand the importance of correct form, and the specifics of properly conducting the pullup and row exercises and their variations to include pullup (strict, kipping, chest-to-bar), chinup, ring pullup, bent over row, lat pull down/cable row, and inverted row.
  
- g. Task: Core/Movement/Hybrid Training (Day 4)  
Conditions: Given 2x 10lb medicine balls, 2x 15lb medicine balls, 2x 20lb medicine balls, 2x heavy bands, 2x loose ropes, 2x climbing ropes, 10x cones, notebook, and pen.  
Standards: All trainees are familiar with the fundamental core exercises, to include medicine ball drills, rope drills, rope climbing, elastic band drills, and agility drills.
  
- h. Task: Nutrition (Day 5)  
Conditions: Given the Introduction to Nutrition presentation, Classroom, notebook, and pen.  
Standards: All trainees are familiar with the basics of athlete nutrition and hydration and are prepared to apply nutritional guidelines to their daily routine.

6. Responsibilities/Support Requirements.

a. Company/Troop/Battery/Detachments:

1. Provide Company-level SAW Trainer to assist the Battalion-level SAW Trainer if soldiers from the unit will be conducting training.
2. Ensure new soldiers know the time and place of training.

b. S1:

1. Ensure the Battalion-level SAW Trainer and the Company-level 1SGs have a list of all new Soldiers and Leaders that will be conducting the training.

c. S3:

1. Provide Battalion-level SAW Trainer as instructor during PT hours for 5 consecutive days.
2. Resource 4x cones for Day 1.
3. Resource 2x squat rack, 2x PVC bars, 2x Olympic bars, 4x 10lb plates, 4x 25lb plates for Day 2.
4. Resource 2x bench press bench, 1x incline/decline bench, 2x squat rack, 4x PVC bar, 4x Olympic bar, 4x 10lb plates, 4x 25lb plates, 2x lat pull-down cables, 2x seated row cables, 2x pullup bars, 2x dip bars, 2x ring sets for Day 3.
5. Resource 2x 10lb medicine balls, 2x 15lb medicine balls, 2x 20lb medicine balls, 2x heavy bands, 2x loose ropes, 2x climbing ropes, and 10x cones for Day 4.
6. Resource the classroom for Day 5.

d. Battalion SAW Trainer:

1. Provide Company 1SGs with a list of soldiers who attended and did not attend the training as required.

9. Uniform and Equipment. PT uniform, water source, notebook, and pen/pencil every day.

10. Time Schedule.

|    | TIME |        | TRAINING             |
|----|------|--------|----------------------|
| 01 | 0630 | DAY 01 | Philosophy of SAW    |
|    | 0700 |        | Movement Preparation |
|    | 0745 |        | Recovery             |
| 02 | 0630 | DAY 02 | Squat Variations     |
|    | 0730 |        | Deadlift Variations  |
| 03 | 0630 | DAY 03 | Press Variations     |
|    | 0730 |        | Pullup Variations    |
|    | 0800 |        | Row Variations       |
| 04 | 0630 | DAY 04 | Core Exercises       |

|    |      |        |                         |
|----|------|--------|-------------------------|
|    | 0730 |        | Movement/Agility Drills |
| 05 | 0630 | DAY 05 | Nutrition               |
|    | 0800 |        | Review                  |

11. Additional Notes. All training covered in this MOI will be retrained by platoon leadership (if certified at SAW Level 3) for those soldiers who are promoted to the position of team leader within 1 month of the promotion. For this retraining, lifts can be reviewed without weight and all resourcing will be provided at the company level.

12. POC for this memorandum is.

BERNARD S. CHAMPOUX  
LTG, IN  
Commanding General