

## PROGRAM OF INSTRUCTION

SUBJECT: Program of Instruction (POI) for the 8<sup>th</sup> Army Soldier Athlete Warrior (SAW) certification.

1. **POINT OF CONTACT:** 8A, G37 TREX Training Division  
Master Fitness Trainer for 8<sup>th</sup> Army  
Office phone number: DSN (315) 723-6165; email: [jerry.manzanares.mil@mail](mailto:jerry.manzanares.mil@mail)
2. **TITLE OF COURSE:** 8<sup>th</sup> Army Soldier Athlete Warrior (SAW) Certification. There are three (3) levels of certification. The focus of these levels is discussed in greater detail in section 8 of this POI. Each level has its own Memorandum of Instruction (MOI).
3. **TRAINING SITES:** Base Fitness Centers and G37 Conference room Camp Yongsan.
4. **LENGTH OF TRAINING:** 90-120 minutes a day for 8 days (generally instructed during Physical Readiness Training hours).
5. **NUMBER OF ACADEMIC HOURS:** 12-16
6. **IMPLEMENTATION DATE OF CURRENT CURRICULUM:** December 2013
7. **COURSE MISSION:** To certify 8<sup>th</sup> Army Soldiers and Leaders on the proper procedures for Physical Readiness Training (PRT) warm-ups, military movement drills, various physical movements, weight lifting techniques, and recovery drills. It also provides the tools to properly plan, lead, execute, and supervise PRT programs incorporating the 3 Ps of exercise and the SAW methodology. Soldiers/Leaders are also given a block of classroom instruction on making sound nutrition decisions and information on injury screening and prevention. Finally, graduates of the course will be familiar with the nine (9) event Athlete Warrior Assessment.
8. **COURSE LEVEL FOCUS:**  
SAW Level 1:
  - Proper execution of PRT warm-ups and recovery drills.
  - Proper execution of all movements listed in SAW Level 1 MOI.
  - Briefed SAW Level 1 presentation (Focus on nutrition and SAW philosophy)  
SAW Level 2:
  - Proper execution of PRT warm-ups and recovery drills.
  - Proper execution of all movements listed in SAW Level 2 MOI.
  - Briefed SAW Level 2 presentation (Focus on planning and executing daily workouts incorporating the 3 Ps of exercise and SAW methodology).
  - Be able to supervise and correct form on all movements listed in the Level 2 MOI.
  - Be able to evaluate all nine events in the Athlete Warrior Assessment.

SAW Level 3:

- Proper execution of PRT warm-ups and recovery drills.
- Proper execution of all movements listed in SAW Level 3 MOI.
- Briefed SAW Level 3 presentation (Focus on planning long term PRT schedules using the SAW methodology, and understanding the “science” of exercise and nutrition).
- Be able to supervise and correct form on all movements listed in the Level 3 MOI.
- Be able to organize and execute all nine events in the Athlete Warrior Assessment.

9. **PREREQUISITES:** To certify Soldiers at any level you must complete SAW Level 3 training given by the Battalion-level Master Fitness Trainer.
10. **DISQUALIFY CRITERIA:** Missing more than 2 hours of the course or the inability to complete at least 85% of the movements due to a physical profile.
11. **METHOD OF INSTRUCTION:** Group-paced; additional information in section 14 of this POI.
12. **IDEAL STUDENT/INSTRUCTOR RATIO:** 5:1; should be no greater than 10:1.
13. **EQUIPMENT NEEDED:** The number of specific pieces of equipment needed will vary based on class size and current state of physical readiness. As a good rule of thumb, Soldiers/Leaders should be partnered up for most movements and events. Below is a list of equipment used during the SAW certification.

- Laptop
- Projector
- SAW PowerPoint
- Olympic barbells
- PVC pipe (4-7 feet long)
- Kettlebells (various weights)
- Plyo Boxes (various heights)
- Bench (flat, incline, decline)
- Dumbbells (various weights)
- Pull up bars
- Heavy ropes
- Resistance Bands
- Medicine balls (various weights)
- Agility Cones
- Ground Base machines
- Beep test recording or “App”
- Metronome recording or “App”
- Sound system or stereo
- Measuring Tape
- Stopwatch

14. **DAILY OUTLINE OF INSTRUCTION:**

**Day #1**

<b>EVENT</b>	<b>GOAL(S)</b>
Classroom Instruction	Review and discuss PowerPoint presentation.
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual.
Body weight exercises	Familiarize class with various body weight exercises. Focus on proper execution and form!
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual.

**Day #2**

<b>EVENT</b>	<b>GOAL(S)</b>
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual.
Squat Instruction	<ol style="list-style-type: none"> <li>1. Discuss/demonstrate proper form.</li> <li>2. Discuss/demonstrate squat variations (more info in paragraph 5 of Level 1 and 2 MOI).</li> <li>3. Discuss/demonstrate safe “weight dumping” techniques.</li> <li>4. Supervise class as they conduct movements.</li> </ol>
Press Instruction	<ol style="list-style-type: none"> <li>1. Discuss/demonstrate proper form.</li> <li>2. Discuss/demonstrate press variations (more info in paragraph 5 of Level 1 and 2 MOI).</li> <li>3. Discuss/demonstrate safe “weight dumping” techniques.</li> <li>4. Supervise class as they conduct movements.</li> </ol>
Pull-up and Row Instruction	<ol style="list-style-type: none"> <li>1. Discuss/demonstrate proper form.</li> <li>2. Discuss/demonstrate pull-up and row variations (more info in paragraph 5 of Level 1 and 2 MOI).</li> </ol>

	3. Supervise class as they conduct movements.
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual.

**Day #3**

<b>EVENT</b>	<b>GOAL(S)</b>
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual.
Clean and Snatch Instruction	<ol style="list-style-type: none"> <li>1. Discuss/demonstrate proper form.</li> <li>2. Discuss/demonstrate clean and snatch variations (more info in paragraph 5 of Level 1 and 2 MOI).</li> <li>3. Discuss/demonstrate safe “weight dumping” techniques.</li> <li>4. Supervise class as they conduct movements.</li> </ol>
Deadlift Instruction	<ol style="list-style-type: none"> <li>1. Discuss/demonstrate proper form.</li> <li>2. Discuss/demonstrate deadlift variations (more info in paragraph 5 of Level 1 and 2 MOI).</li> <li>3. Discuss/demonstrate safe “weight dumping” techniques.</li> <li>4. Supervise class as they conduct movements.</li> </ol>
Hybrid and Core Exercises	<ol style="list-style-type: none"> <li>1. Discuss/demonstrate proper form.</li> <li>2. Discuss/demonstrate various hybrid movements (more info in paragraph 5 of Level 1 and 2 MOI).</li> <li>3. Supervise class as they conduct movements.</li> </ol>
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual.

**Day #4**

<b>EVENT</b>	<b>GOAL(S)</b>
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in

	the RAW V 4.0 manual.
Endurance and running techniques	1. Discuss various types of running and cardio endurance workouts (more info in paragraph 5 of Level 1 and 2 MOI).
Kettlebell Instruction	1. Discuss/demonstrate proper form. 2. Discuss/demonstrate various kettlebell movements (more info in paragraph 5 of Level 1 and 2 MOI). 3. Discuss/demonstrate safe “weight dumping” techniques. 4. Supervise class as they conduct movements.
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual

### Day #5

EVENT	GOAL(S)
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual.
Ground Base Equipment Instruction	1. Discuss/demonstrate proper form. 2. Supervise class as they conduct movements.
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual.

### Day #6

EVENT	GOAL(S)
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual

Beep Test (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
Metronome Pushup (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
Pull-ups (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
300 yard Shuttle Run	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual.

### Day #7

EVENT	GOAL(S)
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual.
Illinois Agility Test (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
Heel Claps (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
8 lbs. Medicine Ball Toss (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>

Phosphate Recovery Sprint Test (Athlete Warrior Assessment)	<ol style="list-style-type: none"> <li>1. Discuss proper execution of the event (script found in Athlete Warrior Assessment Guide).</li> <li>2. Demonstrate how event is executed.</li> <li>3. Evaluate Soldiers on event.</li> </ol>
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual

**Day #8**

<b>EVENT</b>	<b>GOAL(S)</b>
PRT Warm-up, movement prep familiarization	Successfully complete PRT warm-up drills and incorporate dynamic movement preps listed in the 8 <sup>th</sup> Army SAW manual.
Recovery Drills	Successfully complete PRT recovery drills and incorporate recovery drills listed in the 8 <sup>th</sup> Army SAW manual.
After Action Review (AAR)	<ol style="list-style-type: none"> <li>1. Discuss what was supposed to happen during training.</li> <li>2. Discuss what actually happened.</li> <li>3. Ask for feedback to make the next class more successful.</li> <li>4. Record best practices and lessons learned.</li> <li>5. Submit AAR comments and Athlete Warrior Assessment scores to the Battalion-level Master Fitness Trainer.</li> </ol>