



PT- Pioneer Court (COA 1)

Sgt Saldivar
HQMC CD



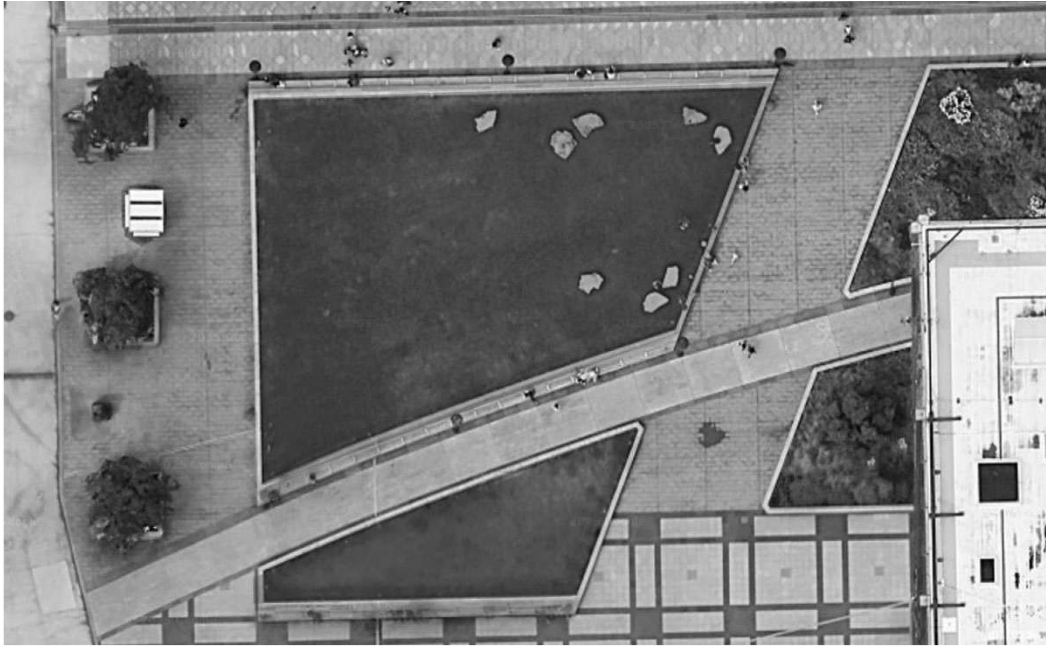
Morning PT- Calisthenics Circuit

LOCATION: Pioneer Court
DATE: 20250710-20250713
TIMELINE:
 0540 Muster in hotel lobby
 0545-0600 Drive to Park
 0600-0630 Set up PT
 0630-0700 Waiver Signature and MOH Tie-in
 0700-0705 PT Warm Up
 0700-0800 PT Execution
 0800-0900 Clean up / departure

UNIFORM: Boots and Utes
EQUIPMENT:
 Table
 10x10 Tent
 2x Chairs
 12x Cones

MOBILITY PLAN:
PRIMARY: Rental van/car
ALTERNATE: Ride share/taxi

PERSONNEL	UNIT	POC
10-15 Marines	TBD	TBD
Sgt Saldivar	HQMC CD	
DD-2536		
Sent to Org	Received from Org	Confirmed complete by HQMC
N/A	N/A	N/A



PERSONNEL
USMC ACTION OFFICER: Sgt Saldivar (817) 395-4353
EVENT TO BE DEDICATED TO SSGT WILLIAM GORDON WINDRICH

NOTES/ ACTIONS
 -Different stations will each be handled by a select Marine
 -Each station will have a list of bodyweight workouts dedicated to it that will be alternated between at the Marine's discretion
 -Each station will have a time limit of 3 Minutes until a change over between stations.
 -There will be a minute of time between changeovers to allow for station-change/ rest.
 -PT Card will be printed and handed to Marines running each station. That PT Card will detail the workouts that will be conducted in that station.
 -Table with waivers
COMMUNICATION PLAN
 Cell Phone / Signal

SAFETY PLAN
 -Call 911 for emergency services
 -Waivers for civilian participants
INCLEMENT WEATHER
 Signage to indicate cancellation placed at PT location

PT Area: Pioneer Court

PT events will be conducted in the highlighted sections of the park

Warm up and cool-down exercises will be executed at every event. Prior to the warm-ups being conducted there will be a tie-in to William Gordon Windrich's MOH.

- Station 1: Cardio
 - High Knees in Place
 - Mountain Climbers
 - Side-straddle hops/ jumping jacks
 - Out-and-Back Runs
- Station 2: Upper Body
 - Regular Pushups
 - Diamond Pushups
 - Bear Crawls
 - Plank to shoulder tap
- Station 3: Lower Body
 - Air Squats
 - Lunges (Alternating)
 - Squat Jump
 - Side Lunge
- Station 4: Core
 - Flutter Kicks
 - Crunches
 - Russian Twists
 - Lying Leg Raise





PT- Polk Bros Lake Stage (COA 2)

Sgt Saldivar
HQMC CD



Morning PT- Calisthenics Circuit

LOCATION: Polk Bros Lake Stage

DATE: 20250710-20250713

TIMELINE:

0540 Muster in hotel lobby
 0545-0600 Drive to Park
 0600-0630 Set up PT
 0630-0700 Waiver Signature and MOH Tie-in
 0700-0705 PT Warm Up
 0700-0800 PT Execution
 0800-0900 Clean up / departure

UNIFORM: Boots and Utes

EQUIPMENT:

Table
 10x10 Tent
 2x Chairs
 12x Cones

MOBILITY PLAN:

PRIMARY: Rental van/car

ALTERNATE: Ride share/taxi



PERSONNEL	UNIT	POC
10-15 Marines	TBD	TBD
Sgt Saldivar	HQMC CD	
DD-2536		
Sent to Org	Received from Org	Confirmed complete by HQMC
N/A	N/A	N/A

PERSONNEL

USMC ACTION OFFICER: Sgt Saldivar (817) 395-4353

EVENT TO BE DEDICATED TO SSGT WILLIAM GORDON WINDRICH

NOTES/ ACTIONS

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 -PT Card will be printed and handed to Marines running each station. That PT Card will detail the workouts that will be conducted in that station.

-Table with waivers

COMMUNICATION PLAN

Cell Phone / Signal

SAFETY PLAN

-Call 911 for emergency services
 -Waivers for civilian participants

INCLEMENT WEATHER

Signage to indicate cancellation placed at PT location

PT Area: Polk Bros

PT events will be conducted in the highlighted sections of the park

Warm up and cool-down exercises will be executed at every event. Prior to the warm-ups being conducted there will be a tie-in to William Gordon Windrich's MOH.

- Station 1: Cardio
 - High Knees in Place
 - Mountain Climbers
 - Side-straddle hops/ jumping jacks
 - Out-and-Back Runs
- Station 2: Upper Body
 - Regular Pushups
 - Diamond Pushups
 - Bear Crawls
 - Plank to shoulder tap
- Station 3: Lower Body
 - Air Squats
 - Lunges (Alternating)
 - Squat Jump
 - Side Lunge
- Station 4: Core
 - Flutter Kicks
 - Crunches
 - Russian Twists
 - Lying Leg Raise

