

# “ASSUME THE POSITION!”

## Exercises Script

[NOTE: A few “tips” are in this script. Do not READ ALOUD any NAVY BLUE TEXT.]

1. Alrighty, then! **EVERYBODY STAND UP** and **QUICKLY** spread out about the room!  
*Come on, People! QUICK, LIKE BUNNIES!*  
*Lets go! Move it! Move it! Move it! ...*
2. If you are in the **SECOND** or **THIRD** trimester of **PREGNANCY**, please return to your chair and **SIT BACK DOWN NOW!**  
From your chair, you will **OBSERVE** those performing the exercises.
3. **Everyone ELSE**, find some space on the floor and **GET DOWN** on your **BELLY!**  
*Come on, People! QUICK, LIKE BUNNIES!*  
*Lets go! Move it! Move it! Move it! ...*  
**DOWN ON YOUR BELLIES!**
4. IF you have a **NECK INJURY ... SHOULDER INJURY ... BACK INJURY ... HIP INJURY ... or KNEE INJURY**, your **TASK** during this first exercise is to **STAY** on your **BELLY**, **PRESS YOUR SHOULDERS TO THE FLOOR**, and **KEEP** your **SHOULDERS PRESSED TO THE FLOOR.**
5. If you do **NOT** have a **NECK INJURY ... SHOULDER INJURY ... BACK INJURY ... HIP INJURY ... or KNEE INJURY**, **BEND YOUR KNEES! ... REACH BEHIND YOUR BACK** and **GRAB YOUR ANKLES!**  
If you can't reach your ankles, grab the back edge of your shoes ...

or, grab your socks ... or, grab your pant legs.

6. Our **FIRST EXERCISE** consists of the following:  
 While maintaining this position we are going to  
**LOUDLY** and **SLOWLY**,  
 all together – IN UNISON – count from  
**ONE–ONE–THOUSAND**, to **TWENTY–ONE–THOUSAND**.

By “**LOUDLY**” I mean that **EVERYONE** will be **YELLING**  
 – as **LOUDLY** as possible – while counting together, as a group!

I’ll get you started ... Yelling and Counting with you until we reach  
**THREE–ONE–THOUSAND**.

After that, I will **STOP** yelling and counting with you.

At that time, **YOU** will **CONTINUE YELLING AND COUNTING**,  
 as a group, while **I** wander around the room assessing  
 the **VIGOR!** ... and the **VOLUME!** ...

with which **EACH INDIVIDUAL** is yelling and counting.

During my wandering, if I discover **ANY INDIVIDUAL**  
 who isn’t yelling and counting with **sufficient VIGOR & VOLUME**,  
**EVERYONE** will have to **START OVER**  
 at **ONE–ONE–THOUSAND!**

**DO YOU UNDERSTAND THESE INSTRUCTIONS  
 AS I HAVE PROVIDED THEM TO YOU?!?!?!!**

[If the **ENTIRE GROUP** does not **LOUDLY** respond with, “**YES!**”]

Apparently, only **THREE** [“**5**” – “**9**”] **PEOPLE**  
 have understood these instructions!

Since I don’t want to repeat all these instructions unnecessarily,  
 I’ll ask **AGAIN**;

**DO YOU UNDERSTAND THESE INSTRUCTIONS  
 AS I HAVE PROVIDED THEM TO YOU?!?!?!!**

7. Alrighty, then! Let's BEGIN Exercise NUMBER ONE!

**“ONE–ONE–THOUSAND!”** ...

**“TWO–ONE–THOUSAND!”** ...

**“THREE–ONE–THOUSAND!”** ...

**[Suggestions for yelling while assessing:]**

**“Hang on to those ankles!”** ...

**“Keep pressing those shoulders to the floor!”** ... or, exclaim,

**“I can't HEAR YOU Mr. / Ms. So-and-So!”** ... or,

**“SLOWER, PEOPLE!”** ... or

**“LOUDER, PEOPLE!”** ... or

**“Do you WANT to start over, PEOPLE?!”** ...

8. **HOLD THE POSITION!!!**

- This exercise allowed you to *SAFELY* experience a teeny, tiny **TASTE** of the effort required to breathe when someone is simply placed in a PRONE position – even when that person is *healthy and rested*, like YOU were when we started.
- The YELLING and COUNTING exercise we performed while in this position lasted **ONLY** about **30 SECONDS!**  
Imagine how you'd feel right now if this prone-positioned yelling and counting exercise had lasted **ONE MINUTE** ... or **THREE MINUTES** ... or **EVEN LONGER!**
- By lying on your belly and grabbing your own ankles, the majority of your **ENTIRE BODY WEIGHT** was focused onto your torso.  
Your arms and legs were **NOT** extended **OUT** from your body, thus your extremities were not allowed to distribute portions of your body weight **AWAY FROM** your torso.  
But, while in this position, only **YOUR OWN BODY WEIGHT** was being focused on your prone torso.

- o Imagine how you'd feel right now if one or more **OTHER PERSONS** had been applying portions of **THEIR** body weight on top of your torso, during your 30 seconds of **YELLING** exertion.
  - o **LASTLY**; imagine how you'd feel if one or more **OTHER PERSONS** had been applying portions of **THEIR** body weight on top of your torso, while you were exerting yourself to **YELL and to STRUGGLE AGAINST** their weight and force application for **ONE**, or **THREE**, or **MORE** minutes!
9. Now! Let go of your ankles and relax your shoulders. *CAREFULLY* roll onto your **BACK** – Please don't roll into your neighbor or the furniture!
10. **EXERCISE NUMBER TWO** is a two-part exercise.
- Everyone bring your knees up toward your torso.  
Reach **BENEATH** your knees and grasp your own wrists.  
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**BENEATH** your knees and grasp your own wrists.
11. When I cue you to start **Part One** of this exercise – something I am **NOT** doing at this moment – You will **PULL** your knees **UP** and **IN** toward your torso, pulling your knees as **CLOSE** to your torso as you can get them, and then you will **HOLD THEM THERE**.
- You will **KEEP** pulling your knees in tightly toward your torso as we perform **Part Two** of the exercise.
- Part Two** will consist of, everybody, all together as a group, taking a **SLOW, DEEP** breath **INNNNNNNNNN**,

holding it for a moment,  
and then letting it OUT,  
while STILL KEEPING your knees pulled in,  
TIGHTLY toward your torso.

We will perform our breathing exercise in this position  
for at least three slow, deep breaths.

**Do you understand these instructions  
as I have provided them to you?**

12. Very Good.

**Begin Part One!:**

Pull your knees UP and IN toward your torso,  
TIGHT, TIGHT, TIGHT toward your torso,  
and HOLD them there!  
TIGHT, TIGHT, TIGHT toward your torso,  
and KEEP them there!

13. Now, everyone together, **Begin Part Two!:**

Slow, Deep Breath INNNNNNNNN ...  
And let it OUT – Keeping those knees in  
TIGHT, TIGHT, TIGHT toward your torso!

Slow, Deep Breath INNNNNNNNN ...  
And let it OUT – Keeping those knees in  
TIGHT, TIGHT, TIGHT toward your torso!

Slow, Deep Breath INNNNNNNNN ...  
And let it OUT – Keeping those knees in  
TIGHT, TIGHT, TIGHT toward your torso!

Well done, everyone!

Let go of your knees. Let your feet fall to the floor.

14. Everyone got their knees fairly CLOSE to their CHEST ...  
Some of you are more limber than others!  
BUT!

Was anyone COMPRESSING their CHEST with their KNEES?

[Have any individual who indicates, “YES” demonstrate the position they were in.]

YES. Your knees are VERY close to your chest.

But, NO, your knees are NOT actually

“COMPRESSING” your chest.

[Perform the Quick Light Push & Release maneuver.]

“THIS is what chest COMPRESSION feels like.”

“Were you compressing your CHEST with your knees?”

“Does anyone ELSE think they were compressing their CHEST with their KNEES during our second exercise?”

15. So. We’ve established that NO ONE was  
COMPRESSING their CHEST with their knees.

But, was it easy to BREATHE in that second exercise position?

NO! It was NOT!

Why not? Your chest wasn’t being compressed while you were in that position.

So, WHY was it so DIFFICULT to BREATHE while in that position?

16. **The LESSON of these two exercises is this:**

Whether performed on someone in a prone position,

OR a SUPINE position,

ANY form of forceful restraint that interferes with

**ABDOMINAL EXPANSION,**

will INTERFERE with BREATHING!

17. Very Good! Well done, people!

Now, everyone SIT UP.

Take a DEEP BREATH INNNNN ...  
and let it OUT.

Now. Carefully Stand Up and Return to Your Seat.  
If, at **ANY** time, you begin to feel Queasy or Light-Headed,  
**STOP** where you are and **SIT BACK DOWN** on the floor!!!

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## **NOW, You Can Begin Your Restraint Asphyxia Presentation!**

### **REMINDER:**

AFTER you've become well-acquainted with the reasons for my exercise rules and directions, as well as EXPERIENCED in leading these exercises, feel free to alter the "scripted" phrases to better fit your own personal teaching style or service needs.

***HOWEVER! Do NOT EVER* alter the basic "content"  
of the exercise directions,  
and do NOT *EVER* alter ANY of the  
exercise performance "RULES"!**