

FOR NEW GUYS — LEADING A WORKOUT

VQ CHECKLIST

Every PAX eventually leads. This is the region's checklist for your VQ — your first Q — covering the disclaimer, workout structure, position assignments, counting, and COT. Print it, run through it before you post, and keep leaning on the PAX who've Q'd before you.

1 BEFORE YOU Q

- ☐ **It's not about you.** Plan with the PAX in mind — no opening hundred-yard dash or 25 max-effort burpees just because you can.
- ☐ **Actually plan it.** Write it down. If it's your VQ, run the plan past someone who's Q'd before.
- ☐ **If you can't do it, you can't Q it.** No clipboarding — be able and willing to do anything you call, even if you're not always first.
- ☐ **Plan more than you need.** 55 minutes of material for a 45-minute workout — trimming beats running dry.
- ☐ **Bring a watch.** Bootcamps run on a schedule. No watch on you — use your phone or hand timekeeping to someone who has one.
- ☐ **Never leave a man behind.** Start together, finish together — use a String of Pearls to keep the back of the pack close.
- ☐ **Safety first.** Know the AO address, who has medical training, and whether an AED is nearby (see box on next page).

2 DURING THE WORKOUT

- ☐ **Show up early, energized.** Confirm the AO is set up right and set the tone — welcome everyone, especially FNGs.
- ☐ **Open with the Disclaimer.** Not a professional, voluntary participation, own risk, modify as needed.
- ☐ **Call a 1-minute warning** before The Thang, then lead with a command voice and good form — the PAX take their cues from you.
- ☐ **Call exercises clearly.** Name it → PAX repeats it back → starting position → “Move.” For cadence: “In cadence” → repeat → “Exercise” → count reps together → “Recover.”
- ☐ **Watch the PAX.** Slow down, demonstrate, adjust on the fly — you're the only one who knows the plan.
- ☐ **Close with COT.** Count-o-Rama, then Name-o-Rama (name, age, nickname — “Respect” for 50+). Record any FNG's new name and contact info, and post the Backblast within 24 hours.

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WORKOUT PLAN TEMPLATE

Fill this out before you post. Plan 55 minutes of material for a 45-minute workout — trimming on the fly is easier than running out of ideas mid-beatdown.

Q (YOU)	AO	DATE	PAX COUNT
_____	_____	_____	_____

WARM-UP / DISCLAIMER ~5 min

THE THANG main work — exercises, reps, mosey legs

POINT MAN	SWEEPER	MUMBLE CHATTER
_____	_____	_____

MARY optional, ~5 min **COT NOTES** announcements, prayer

SAFETY CHECK

- | | |
|--|--|
| ☐ Headcount taken and confirmed | ☐ AO address known (for emergency vehicles) |
| ☐ Phone on-site (yours or a PAX member's) | ☐ Know who has medical training / nearest AED |