



ATHLETE HITT 1

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
TRX Sprinter Start Series	2		15 Sec.
Falling Starts	3	10 Yds.	

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Barbell Back Squat	4	6		90 Sec.
TRX Push Up	3	10		60 Sec.
Kettlebell Overhead Lunge-Single Arm	3		30 Sec.	15 Sec.
Dead Hang Pull-Up	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
V-Ups	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Upper Back Stretch	
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 2

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
TRX Sprinter Start Series	2		15 Sec.
Partner Resisted Start w/ Release	2	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Overhead Squat	3	10		60 Sec.
Barbell Bench Press	4	6		90 Sec.
Ammo Can Lunge	3		30 Sec.	15 Sec.
Med Ball Slams	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Prone Superman	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Shoulder Stretch	
Chest Stretch	
Triceps Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 3

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
TRX Sprinter Start Series	2		15 Sec.
Prone Starts	2	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	6		90 Sec.
Barbell Back Squat	4	6		90 Sec.
Dumbbell Bench Press	3	10		60 Sec.
Rope Alternating Waves w/ Lunge	3		30 Sec.	15 Sec.
Kettlebell Upright Row	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball Crunch	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Upper Back Stretch	
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 4

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Prone Starts	3	20 Yds.	30 Sec.
Push Up Starts	3	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	6		90 Sec.
Press Under	3	6		60 Sec.
Barbell Bench Press	4	6		90 Sec.
Split Jump w/ Med Ball Slam	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Oblique Heel Touches	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Shoulder Stretch	
Triceps Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 5

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Harness Resisted Sprint w/Release	3	20 Yds.	30 Sec.
3 Hop Starts	3	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	4	2		90 Sec.
Barbell Back Squat	4	6		90 Sec.
TRX Incline Press	3	8		60 Sec.
Sandbag Front Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Hanging Flutter Kicks	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Chest Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 6

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Broad Jump Starts	3	20 Yds.	30 Sec.
3 Hop Starts	3	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	4	2		90 Sec.
Sandbag Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	6		90 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Dumbbell Bicep Curl	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
Prone Superman	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Shoulder Stretch	
Quadricep Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 7

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Prone Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Snatch	4	2		90 Sec.
Barbell Back Squat	4	4		90 Sec.
TRX Push Up	3	10		90 Sec.
Sandbag Shoulder Lunge	3		30 Sec.	15 Sec.
Barbell Shrug	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Flutter Kicks	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Hamstring Stretch	
Glute Stretch	
Hip Flexor Stretch	
Upper Back Stretch	
Sumo Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 8

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Snatch	4	2		90 Sec.
Quick Drop	3	4		60 Sec.
Barbell Bench Press	4	4		90 Sec.
Barbell Reverse Lunge	3		30 Sec.	15 Sec.
Tire Flip	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Med Ball Circuit	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Shoulder Stretch	
Triceps Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 9

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Push Up Starts	4	20 Yds.	15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Barbell Back Squat	4	4		90 Sec.
Dumbbell Push-Up	3	10		30 Sec.
Sandbag Suitcase Lunge	3		30 Sec.	15 Sec.
Dumbbell Hammer Curl	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Leg Lowers	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Glute Stretch	
Chest Stretch	

COMBAT FIT. COMBAT READY.



HITT
HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 10

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Prone Starts	4	20 Yds.	30 Sec.
Push Up Starts	4	10 Yds.	30 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	30 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Sandbag Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	4		90 Sec.
Kettlebell Overhead Lunge-Single Arm	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
V-Ups	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each

COMBAT FIT. COMBAT READY.



ATHLETE HITT 11

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Broad Jump Starts	4	10 Yds.	30 Sec.
Falling Starts	4	20 Yds.	30 Sec.
3 Hop Starts	4	20 Yds.	30 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Barbell Back Squat	4	4		90 Sec.
TRX Push Up	3	10		30 Sec.
Sandbag Front Lunge	3		30 Sec.	15 Sec.
Barbell Upright Row	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Hanging Leg Lowers	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT
HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 12

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Broad Jump Starts	4	10 Yds.	15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Overhead Squat	3	6		60 Sec.
Barbell Bench Press	4	4		90 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Dumbbell Hammer Curl	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Flutter Kicks	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Upper Back Stretch	
Glute Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT
HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 13

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Broad Jump Starts	4	10 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Barbell Back Squat	4	2		90 Sec.
TRX Spider Man Push-up	3	8		60 Sec.
Rope Alternating Waves w/ Lunge	3		30 Sec.	15 Sec.
Kettlebell Upright Row	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Med Ball Circuit	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Chest Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 14

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
3 Hop Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Sandbag Shoulder Squat	3	8		60 Sec.
Barbell Bench Press	4	2		90 Sec.
Ammo Can Lunge	3		30 Sec.	15 Sec.
Dead Hang Pull-Up	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball V-Ups	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Shoulder Stretch	
Triceps Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 15

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
3 Hop Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Barbell Back Squat	4	2		90 Sec.
Traveling Push-up	3	8		60 Sec.
Barbell Reverse Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
Leg Lowers	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Chest Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 16

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
3 Hop Starts	4	20 Yds.	15 Sec.
A-Skip	4	10 Yds.	15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	2		90 Sec.
Split Jump w/ Med Ball Slam	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Prone Superman	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Shoulder Stretch	
Triceps Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 17

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Push Up Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	4		90 Sec.
Barbell Back Squat	4	2		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Sandbag Shoulder Lunge	3		30 Sec.	15 Sec.
Tire Flip	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
Hanging Flutter Kicks	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT
HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 18

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Prone Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	4		90 Sec.
Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	2		90 Sec.
Sandbag Shoulder Lunge	3		30 Sec.	15 Sec.
Med Ball Slams	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Toe Touches	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Shoulder Stretch	
Triceps Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 19

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Barbell Back Squat	5	2		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Med Ball Crunch	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT
HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 20

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.
A-Skip	4	10 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Quick Drop	3	4		60 Sec.
Barbell Bench Press	5	2		90 Sec.
Ammo Can Lunge	3		30 Sec.	15 Sec.
Dead Hang Pull-Up	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Med Ball Toe Touches	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Shoulder Stretch	
Triceps Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT
HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 21

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.
A-Skip	4	10 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Barbell Back Squat	5	2		90 Sec.
TRX Incline Press	3	10		60 Sec.
Rope Double Waves w/ Split Squat	3		30 Sec.	15 Sec.
Barbell Shrug	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball Circuit	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Hamstring Stretch	
Chest Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 22

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Prone Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Quick Drop	3	4		60 Sec.
Barbell Bench Press	5	2		90 Sec.
Kettlebell Overhead Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Med Ball Toe Touches	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Upper Back Stretch	
Triceps Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 23

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Prone Starts	4	20 Yds.	15 Sec.
Push Up Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Barbell Back Squat	5	2		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Rope Alternating Waves w/ Lunge	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball Partner Toss	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	
Hip Flexor Stretch	
Chest Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



ATHLETE HITT 24

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Prone Starts	4	20 Yds.	15 Sec.
3 Hop Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Press Under	3	6		60 Sec.
Barbell Bench Press	5	2		90 Sec.
Barbell Reverse Lunge	3		30 Sec.	15 Sec.
Sandbag Bicep Curl	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Hanging Knee Raises	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Upper Back Stretch	
Triceps Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



ATHLETE HITT 25

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	

STARTS / ACCELERATION

EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
TRX Sprinter Start Series	2		15 Sec.
Prone Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	4		90 Sec.
Barbell Back Squat	4	6		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Tire Flip	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Med Ball V-Ups	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Chest Stretch	

COMBAT FIT. COMBAT READY.