



HITT

HIGH INTENSITY TACTICAL TRAINING



CFT PREP PROGRAM

COMBAT FIT. COMBAT READY.

Combat Fitness Test (CFT) Prep Guidance

The Combat Fitness Test (CFT) is a physical fitness test of the United States Marine Corps, and is used in complement to the USMC Physical Fitness Test. The CFT is a 300-point test with an emphasis on functional fitness related to operational demands. Males and females perform the same exercises but are scored differently, and adjustments are also made for age. Passing the CFT is an annual requirement for all Marines. Performance on the test directly impacts every Marine's career, as CFT scores are used to tabulate Composite Scores used for promotions. The CFT has three events:

1. A timed, 880-yard course that tests each Marine's endurance
2. 30-pound ammo can overhead, until elbows lock out, as many times as possible in two minutes
3. A 300-yard shuttle run that incorporates a variety of combat-related tasks, including crawls, carries, ammunition resupply, grenade throwing and agility running

The following 25 week program is designed to prepare a Marine for the CFT and is in accordance with MCO 6100.13.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	WARRIOR 1	ATHLETE 1	RELOAD 1	COMBAT 1	COMPANY 1	RELOAD 1	REST DAY
WEEK 2	WARRIOR 2	ATHLETE 2	RELOAD 2	COMBAT 2	COMPANY 2	RELOAD 2	REST DAY
WEEK 3	WARRIOR 3	ATHLETE 3	RELOAD 3	COMBAT 3	COMPANY 3	RELOAD 3	REST DAY
WEEK 4	WARRIOR 4	ATHLETE 4	RELOAD 4	COMBAT 4	COMPANY 4	RELOAD 4	REST DAY
WEEK 5	WARRIOR 5	ATHLETE 5	RELOAD 5	COMBAT 5	COMPANY 5	RELOAD 5	REST DAY
WEEK 6	WARRIOR 6	ATHLETE 6	RELOAD 6	COMBAT 6	COMPANY 6	RELOAD 6	REST DAY
WEEK 7	WARRIOR 7	ATHLETE 7	RELOAD 7	COMBAT 7	COMPANY 7	RELOAD 7	REST DAY
WEEK 8	WARRIOR 8	ATHLETE 8	RELOAD 8	COMBAT 8	COMPANY 8	RELOAD 8	REST DAY
WEEK 9	WARRIOR 9	ATHLETE 9	RELOAD 9	COMBAT 9	COMPANY 9	RELOAD 9	REST DAY
WEEK 10	WARRIOR 10	ATHLETE 10	RELOAD 10	COMBAT 10	COMPANY 10	RELOAD 10	REST DAY
WEEK 11	WARRIOR 11	ATHLETE 11	RELOAD 11	COMBAT 11	COMPANY 11	RELOAD 11	REST DAY
WEEK 12	WARRIOR 12	ATHLETE 12	RELOAD 12	COMBAT 12	COMPANY 12	RELOAD 12	REST DAY
WEEK 13	WARRIOR 13	ATHLETE 13	RELOAD 13	COMBAT 13	COMPANY 13	RELOAD 13	REST DAY
WEEK 14	WARRIOR 14	ATHLETE 14	RELOAD 14	COMBAT 14	COMPANY 14	RELOAD 14	REST DAY
WEEK 15	WARRIOR 15	ATHLETE 15	RELOAD 15	COMBAT 15	COMPANY 15	RELOAD 15	REST DAY
WEEK 16	WARRIOR 16	ATHLETE 16	RELOAD 16	COMBAT 16	COMPANY 16	RELOAD 16	REST DAY
WEEK 17	WARRIOR 17	ATHLETE 17	RELOAD 17	COMBAT 17	COMPANY 17	RELOAD 17	REST DAY
WEEK 18	WARRIOR 18	ATHLETE 18	RELOAD 18	COMBAT 18	COMPANY 18	RELOAD 18	REST DAY
WEEK 19	WARRIOR 19	ATHLETE 19	RELOAD 19	COMBAT 19	COMPANY 19	RELOAD 19	REST DAY
WEEK 20	WARRIOR 20	ATHLETE 20	RELOAD 20	COMBAT 20	COMPANY 20	RELOAD 20	REST DAY
WEEK 21	WARRIOR 21	ATHLETE 21	RELOAD 21	COMBAT 21	COMPANY 21	RELOAD 21	REST DAY
WEEK 22	WARRIOR 22	ATHLETE 22	RELOAD 22	COMBAT 22	COMPANY 22	RELOAD 22	REST DAY
WEEK 23	WARRIOR 23	ATHLETE 23	RELOAD 23	COMBAT 23	COMPANY 23	RELOAD 23	REST DAY
WEEK 24	WARRIOR 24	ATHLETE 24	RELOAD 24	COMBAT 24	COMPANY 24	RELOAD 24	REST DAY
WEEK 25	WARRIOR 25	ATHLETE 25	RELOAD 25	COMBAT 25	COMPANY 25	RELOAD 25	REST DAY



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WARRIOR HITT 1

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone 3 Cone Drill	2	60 Sec.
Cone J-Hook Reverse Sprint	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Alternating Waves	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	
Quadricep Stretch	
Hamstring Stretch	
Glute Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 2

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	60 Sec.
Ladder Hop Scotch	2	60 Sec.
Ladder Hop Scotch - Single Leg Lift	2	60 Sec.
Ladder Hop Scotch - Leg Lift Alternate	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean Hang Pull	4	6		90 Sec.
Kettlebell Goblet Squat	3	10		60 Sec.
Push Press	4	6		90 Sec.
TRX Speed Skater	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Corkscrews	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
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	



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WARRIOR HITT 3

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	2	60 Sec.
Hurdle Hops - Lateral	2	60 Sec.
Hurdle Hops SL - Forward	2	60 Sec.
Hurdle Hops SL - Lateral	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Double Waves	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 4

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone 3 Cone Drill	2	60 Sec.
Cone M-Drill	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean Hang Pull	4	6		90 Sec.
Sandbag Bear Hug Squat	3	10		60 Sec.
Push Press	4	6		90 Sec.
Barbell Lateral Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Rope Kneeling Throws	3		30 Sec.	15 Sec.
Sandbag Lateral Bag Drag	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	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

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WARRIOR HITT 5

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	60 Sec.
Ladder Hop Scotch	2	60 Sec.
Ladder Hop Scotch - Single Leg Lift	2	60 Sec.
Ladder Scissor Switch	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
TRX Crossing Balance Lunge	3		30 Sec.	15 Sec.
Sandbag Single Grip Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 6

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	2	60 Sec.
Hurdle Hops - Lateral	2	60 Sec.
Hurdle Hops SL - Forward	2	60 Sec.
Hurdle Sprint Progression	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean Hang Pull	4	6		90 Sec.
Kettlebell Goblet Squat	3	10		60 Sec.
Push Press	4	6		90 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Kettlebell Row-Single Arm	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Side Plank Spirals	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
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	

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WARRIOR HITT 7

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone Cone T-Drill	2	60 Sec.
Cone M-Drill	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Barbell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Uppercuts	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 8

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	60 Sec.
Ladder Hop Scotch	2	60 Sec.
Ladder Icky Shuffle	2	60 Sec.
Ladder Scissor Switch	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean High Pull	4	4		90 Sec.
Landmine Thrust	3	6		60 Sec.
Split Jerk	4	4		90 Sec.
Landmine Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Uppercuts	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	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

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WARRIOR HITT 9

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	2	60 Sec.
Hurdle Hops - Lateral	2	60 Sec.
Hurdle Lateral Skip	2	60 Sec.
Hurdle Sprint Progression	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
TRX Speed Skater	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Corkscrews	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	



WARRIOR HITT 10

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	45 Sec.
Cone X-Drill	2	45 Sec.
Prone Cone T-Drill	2	45 Sec.
Cone M-Drill	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean High Pull	4	4		90 Sec.
Landmine Thrust	3	6		60 Sec.
Split Jerk	4	4		90 Sec.
Barbell Diagonal Lunge	3		30 Sec.	15 Sec.
Dumbbell Push-Up w/ Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	



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WARRIOR HITT 11

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder Icky Shuffle	2	45 Sec.
Ladder Scissor Switch	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Barbell Bentover Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Double Waves	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 12

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	3	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Lateral Skip	2	45 Sec.
Hurdle Sprint Progression	3	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean High Pull	4	4		90 Sec.
Dumbbell Single Leg Squat	3	8		60 Sec.
Split Jerk	4	4		90 Sec.
TRX Crossing Balance Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Side Plank Waves	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	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	



WARRIOR HITT 13

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
Cone X-Drill	2	45 Sec.
Prone Cone T-Drill	2	45 Sec.
Cone M-Drill	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Barbell Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Single Grip Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Alternating Waves	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	



WARRIOR HITT 14

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder Carioca	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder Icky Shuffle	2	45 Sec.
Ladder Scissor Switch	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Clean	5	2		90 Sec.
Dumbbell Single Leg Squat	3	8		60 Sec.
Push Press	5	2		90 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Double Waves	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
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	



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HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 15

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	3	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Lateral Skip	2	45 Sec.
Hurdle Sprint Progression	3	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	3	4		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Alternating Waves	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 16

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
Cone X-Drill	2	45 Sec.
Prone Cone T-Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Clean	5	2		90 Sec.
Kettlebell Goblet Squat	3	8		60 Sec.
Push Press	5	2		90 Sec.
Landmine Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Sandbag Lateral Bag Drag	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	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



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HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 17

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder Carioca	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder Icky Shuffle	2	45 Sec.
Ladder Skiers	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	3	4		60 Sec.
Dumbbell Lateral Lunge	3		30 Sec.	15 Sec.
Dumbbell Bentover Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Corkscrews	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



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HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 18

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	4	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Lateral Skip	2	45 Sec.
Hurdle Crossover Skip	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Clean	5	2		90 Sec.
Kettlebell Goblet Squat	3	8		60 Sec.
Push Press	5	2		90 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Uppercuts	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
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	

COMBAT FIT. COMBAT READY.



WARRIOR HITT 19

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
Cone X-Drill	2	45 Sec.
Cone Goalie Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	3	4		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	



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HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 20

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder Carioca	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder In In / Out Out - Lateral	2	45 Sec.
Ladder Skiers	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Clean	5	4		90 Sec.
Sandbag Bear Hug Squat	3	10		60 Sec.
Split Jerk	5	4		90 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Dumbbell Push-Up w/ Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Corkscrews	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	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



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HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 21

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	4	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Hops SL - Forward/Backward	4	45 Sec.
Hurdle Crossover Skip	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	4		90 Sec.
Barbell Front Squat	5	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Barbell Bentover Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Side Plank Spirals	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 22

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
20-yard Cone Weave	2	45 Sec.
Cone Goalie Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Clean	5	4		90 Sec.
Sandbag Bear Hug Squat	3	8		60 Sec.
Split Jerk	5	4		90 Sec.
Landmine Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Row-Single Arm	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	

COMBAT FIT. COMBAT READY.



WARRIOR HITT 23

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	45 Sec.
Ladder Single Leg Side Hops - Forward	2	45 Sec.
Ladder In In / Out Out - Lateral	2	45 Sec.
Ladder Skiers	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	4		90 Sec.
Barbell Front Squat	5	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Corkscrews	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	



WARRIOR HITT 24

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	4	45 Sec.
Hurdle Hops SL - Lateral	4	45 Sec.
Hurdle Hops SL - Forward/Backward	4	45 Sec.
Hurdle Crossover Skip	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Clean	5	2		90 Sec.
Dumbbell Lateral Squat	3	8		60 Sec.
Split Jerk	5	2		90 Sec.
Barbell Diagonal Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Double Waves	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	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	



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WARRIOR HITT 25

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone W-Drill	2	45 Sec.
20-yard Cone Weave	2	45 Sec.
Cone Goalie Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	5	2		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Plank Pulls	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	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 1

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Heel / Toe Raise	1	10	
Trunk Flexion / Extension	1	10	
Lateral Side Bends	1	10	
Hip Abduction	1	10	
Hip Adduction	1	10	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle	2	45 Sec.
60 Yd. Reverse Shuttle	2	45 Sec.
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Shuttle w Carioca	2	45 Sec.

NOTES: Partner up if space is limited and to shorten "Rest" period if desired. One person completes the exercise before the partner begins their set. For the "Shuffle" and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Active Straight Leg w/ Core Activation	4		30 Sec.	30 Sec.
TRX Assisted Squat	4		30 Sec.	30 Sec.
Cook Hip Lift	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
Reverse Lunge w/ Hamstring Curl	4		30 Sec.	30 Sec.
T-Spine Reach and Rotate	4		30 Sec.	30 Sec.
3 Way Plank	4		30 Sec.	30 Sec.

NOTES: Perform as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "3-Way Planks" each side is held for 10 seconds before switching to the next plank position.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Hip Flexor	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 2

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	10	
Heel / Toe Raise	1	10	
Knee Circles	1	10	
Trunk Flexion / Extension	1	10	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle	2	45 Sec.
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Shuttle w Carioca	2	45 Sec.
60 Yd. Chest Press Sprawl	2	30 Sec.

NOTES: If space is limited partner up. Partners will time the runner's "Rest" period. For the "Shuffle" and "Carioca," facing left AND right is 1 set. For the "Sprawl," partners that are catching/placing the med ball should take only a few steps back so that there is at least 8 passes before reaching the 60 yard mark.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		30 Sec.	30 Sec.
TRX Assisted Bottom Up Squat	4		30 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
Half Kneeling Curl to Press	4		30 Sec.	30 Sec.
Half Kneeling with Rotation	4		30 Sec.	30 Sec.
Mountain Climber	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Split Squat" and "Half Kneeling" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES:
T-Spine Rib Grab	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
Ankle Mobility	

COMBAT FIT. COMBAT READY.



RELOAD HITT 3

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Lateral Side Bends	1	10	
Trunk Flexion / Extension	1	10	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Fire Hydrants	1	10	
Arm Circles	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Reverse Shuttle	2	45 Sec.
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Reverse Carioca Shuttle	2	45 Sec.
10 Yd. Crossover Runs	2	45 Sec.

NOTES: If space is limited or shorter rest period is desired, partner up. When one person finishes their first set, the partner will start their set, and vice versa. For the "Carioca" and "Crossover" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		30 Sec.	30 Sec.
TRX Split Squat (w/T Deltoid Fly)	4		30 Sec.	30 Sec.
TRX Hip Press	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
TRX Cossack	4		30 Sec.	30 Sec.
TRX Long Torso Stretch	4		30 Sec.	30 Sec.
TRX Hurdle Step w/Core Activation	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Single Leg, Split Squat" and "Hurdle Step" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
Elbow to Instep	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 4

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	10	
Trunk Flexion / Extension	1	10	
Fire Hydrants	1	15	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Overhead Sprawl	2	30 Sec.
60 Yd. Chest Press Sprawl	2	30 Sec.
Hills - Sprint	2	45 Sec.
300 Yd. Shuttle	2	45 Sec.

NOTES: For the "Sprawl" exercises, partner up and try to get at least 8 passes before reaching the 60 yard mark. If hills are not available, replace "Sprint" exercise with "Forward Sled Pull."

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		30 Sec.	30 Sec.
TRX Single Leg Squat	4		30 Sec.	30 Sec.
TRX Clock Press	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
TRX Half Kneeling Roll Out	4		30 Sec.	30 Sec.
TRX T-Spine Rotation	4		30 Sec.	30 Sec.
Farmers Carry	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Single Leg, Half Kneeling" and "T-Spine" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Dorsiflexion	
1/2 Kneeling Hip Flexor	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 5

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Hip Abduction	1	10	
Hip Adduction	1	10	
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Fire Hydrants	1	10	
Arm Circles	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Shuttle w Carioca	2	45 Sec.
10 Yd. Resisted Forward Shuttle	2	45 Sec.
5-15 Shuffle to Sprint	2	45 Sec.

NOTES: Partner up and have them time the "Rest" period. For the "Resisted Forward Shuttle," have the person that is running perform all the sets before switching. For the "Shuffle" and "Carioca" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Active Straight Leg w/ Core Activation	4		30 Sec.	30 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		30 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		30 Sec.	30 Sec.
TRX Clock Pull	4		30 Sec.	30 Sec.
TRX Half Kneeling Split Squat	4		30 Sec.	30 Sec.
TRX Resisted Torso Rotation	4		30 Sec.	30 Sec.
TRX Hip Abduction	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Straight Leg, Split Squat, Half Kneeling," and "Torso Rotation" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 6

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Hip Flexor Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	15	
Heel / Toe Raise	1	15	
Trunk Flexion / Extension	1	10	
Lateral Side Bends	1	10	
Knee Circles	1	10	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Chest Press Sprawl	2	30 Sec.
60 Yd. Overhead Sprawl	2	30 Sec.
5-15 Shuffle to Sprint	2	45 Sec.
100 Yd. Gassers	2	45 Sec.

NOTES: Complete both sets before moving into the next exercise on the list. Partners will time the runner's "Rest" period. For the "Shuffle" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		45 Sec.	45 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	45 Sec.
TRX Clock Press	4		45 Sec.	45 Sec.
TRX Clock Pull	4		45 Sec.	45 Sec.
TRX Half Kneeling Y Fly	4		45 Sec.	45 Sec.
Med Ball Arch Chops	4		45 Sec.	45 Sec.
TRX Body Saw	4		45 Sec.	45 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise until all 7 are done, and then repeat until all sets are complete. For the "Windmill, Split Squat," and "Half Kneeling" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Hip Flexor	
Elbow to Instep	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 7

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
TFL Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Hip Abduction	1	15	
Hip Adduction	1	15	
Trunk Flexion / Extension	1	10	

ENDURANCE

EXERCISES	SETS	REST
Hills - Sprint	2	45 Sec.
Hills - Shuffle	2	45 Sec.
10 Yd. Resisted Carioca Shuttle	2	45 Sec.
60 Yd. Reverse Carioca Shuttle	2	45 Sec.

NOTES: Partner up. One person will complete both sets before their partner starts their sets. Partner will time the "Rest" period and holds the resistance bands for the runner. If hills are not available, replace "Sprint" with "Forward Sled Pulls" and "Shuffle" with "10 Yd. Resisted Shuffle Shuttle." For the "Shuffle" and "Carioca" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		30 Sec.	30 Sec.
TRX Assisted Squat to Press	4		30 Sec.	30 Sec.
TRX Hip Press	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		30 Sec.	30 Sec.
TRX Power Pull	4		30 Sec.	30 Sec.
3 Way Plank	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person will have 30 seconds of work:rest. After both partners have finished one set for the one exercise, move onto the next exercise and repeat till all sets finished. For the "Power Pull" exercise, alternate to the other side on the next set, and repeat till all sets are complete. For the "3-Way Plank," each plank position is held for 10 seconds.

MOBILITY

EXERCISES	NOTES:
Elbow to Instep	2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
T-Spine Rib Grab	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 8

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Fire Hydrants	1	15	
Knee Circles	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	2	45 Sec.
10 Yd. Resisted Shuffle Shuttle	2	45 Sec.
10 Yd. Resisted Carioca Shuttle	2	45 Sec.
100 Yd. Gassers	2	45 Sec.

NOTES: Partner up. One person will complete both sets with rest time before switching, while the partner times the "Rest" period and holds the resistance bands for the runner. For the "Shuffle" and "Carioca" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		30 Sec.	30 Sec.
TRX Assisted Bottom Up Squat	4		30 Sec.	30 Sec.
Cook Hip Lift	4		30 Sec.	30 Sec.
TRX Clock Pull	4		30 Sec.	30 Sec.
Reverse Lunge w/ Hamstring Curl	4		30 Sec.	30 Sec.
Med Ball Arch Chops	4		30 Sec.	30 Sec.
TRX Hurdle Step w/Core Activation	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Single Leg, Hip Lift," and "Hurdle Step" exercises, alternate to the other side after a set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
T-Spine Rib Grab	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Ankle Mobility	
1/2 Kneeling Hip Flexor	



RELOAD HITT 9

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	15	
Trunk Flexion / Extension	1	15	
Heel / Toe Raise	1	15	
Lateral Side Bends	1	15	
Fire Hydrants	1	15	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
Forward Sled Pull	2	45 Sec.
Reverse Sled Pull	2	45 Sec.
60 Yd. Shuttle	2	45 Sec.
300 Yd. Shuttle	2	45 Sec.

NOTES: Have everyone perform at the same time (if space is available) or partner up and take turns on each set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		30 Sec.	30 Sec.
TRX Single Leg Squat	4		30 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
Half Kneeling Curl to Press	4		30 Sec.	30 Sec.
TRX Resisted Torso Rotation	4		30 Sec.	30 Sec.
Mountain Climber	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Single Leg, Split Squat, Half Kneeling," and "Torso Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Hip Flexor	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 10

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Trunk Flexion / Extension	1	15	
Arm Circles	1	15	
Fire Hydrants	1	15	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Reverse Carioca Shuttle	2	45 Sec.
10 Yd. Crossover Runs	2	45 Sec.
5-15 Shuffle to Sprint	2	45 Sec.
60 Yd. Reverse Shuttle	2	45 Sec.

NOTES: If space is limited, partner up and take turns completing both sets of the exercise. For the "Carioca, Crossover," and "Shuffle" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		30 Sec.	30 Sec.
TRX Assisted Squat to Press	4		30 Sec.	30 Sec.
TRX Hip Press	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
TRX Half Kneeling Roll Out	4		30 Sec.	30 Sec.
TRX T-Spine Rotation	4		30 Sec.	30 Sec.
TRX Hip Abduction	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Half Kneeling" and "T-Spine Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Dorsiflexion	
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 11

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Arm Circles	1	15	
Lateral Side Bends	1	10	
Trunk Flexion / Extension	1	10	
Knee Circles	1	15	
Prone Leg Overs	1	10	
Fire Hydrants	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	2	30 Sec.
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
100 Yd. Gassers	2	30 Sec.

NOTES: Partner up. One person will complete both sets and rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Shuffle" and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Active Straight Leg w/ Core Activation	4		30 Sec.	30 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		30 Sec.	30 Sec.
TRX Clock Press	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
Half Kneeling Curl to Press	4		30 Sec.	30 Sec.
Half Kneeling with Rotation	4		30 Sec.	30 Sec.
Farmers Carry	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Straight Leg, Split Squat," and "Half Kneeling" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Elbow to Instep	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 12

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Fire Hydrants	1	15	
Trunk Flexion / Extension	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Overhead Sprawl	2	30 Sec.
60 Yd. Shuttle w Shuffle	2	30 Sec.
60 Yd. Shuttle w Carioca	2	30 Sec.
60 Yd. Reverse Shuttle	2	30 Sec.

NOTES: Either perform all together or partner up where one person will complete both sets and rest time, while the partner times the "Rest" period. For the "Shuffle" and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill	4		45 Sec.	30 Sec.
TRX Assisted Squat	4		45 Sec.	30 Sec.
Cook Hip Lift	4		45 Sec.	30 Sec.
TRX Clock Pull	4		45 Sec.	30 Sec.
TRX Half Kneeling Split Squat	4		45 Sec.	30 Sec.
TRX Long Torso Stretch	4		45 Sec.	30 Sec.
TRX Body Saw	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Hip Lift, Half Kneeling" and "Torso Stretch" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Ankle Mobility	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 13

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Hip Flexor Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Lateral Side Bends	1	10	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Chest Press Sprawl	3	30 Sec.
Forward Sled Pull	3	30 Sec.
Hills - Shuffle	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	3	30 Sec.

NOTES: Complete all sets before moving into the next exercise on the list. For "Sprawl" exercises, partner up. If hills are not accessible, replace "Hills - Shuffle" with "10 Yd. Resisted Shuffle Shuttle." For "Carioca" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		45 Sec.	30 Sec.
TRX Split Squat (w/T Deltoid Fly)	4		45 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		45 Sec.	30 Sec.
TRX Clock Pull	4		45 Sec.	30 Sec.
TRX Half Kneeling Y Fly	4		45 Sec.	30 Sec.
T-Spine Reach and Rotate	4		45 Sec.	30 Sec.
TRX Hurdle Step w/Core Activation	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Hip Lift, Half Kneeling" and "Torso Stretch" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Ankle Mobility	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 14

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Hip Adduction	1	15	
Hip Abduction	1	15	
Fire Hydrants	1	15	
Arm Circles	1	15	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
Forward Sled Pull	3	30 Sec.
Reverse Sled Pull	3	30 Sec.
60 Yd. Shuttle	3	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: If space is limited, partner up and take turns completing a set of each exercise and timing each other's "Rest" period.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		45 Sec.	30 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	30 Sec.
TRX Hip Press	4		45 Sec.	30 Sec.
TRX Split Fly	4		45 Sec.	30 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		45 Sec.	30 Sec.
TRX Power Pull	4		45 Sec.	30 Sec.
Mountain Climber	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Single Leg, Split Squat," and "Power Pull" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
1/2 Kneeling Dorsiflexion	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 15

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Calf Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Knee Circles	1	15	
Heel / Toe Raise	1	15	
Trunk Flexion / Extension	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	2	30 Sec.

NOTES: Partner up. One person will complete both sets with rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Shuffle, Crossover," and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill Curl to Press	4		45 Sec.	30 Sec.
TRX Assisted Squat to Press	4		45 Sec.	30 Sec.
TRX Clock Press	4		45 Sec.	30 Sec.
TRX Overhead Back Extension	4		45 Sec.	30 Sec.
TRX Cossack	4		45 Sec.	30 Sec.
TRX Resisted Torso Rotation	4		45 Sec.	30 Sec.
TRX Hip Abduction	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill" and "Torso Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Hip Flexor	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Ankle Mobility	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 16

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Fire Hydrants	1	15	
Knee Circles	1	15	
Lateral Side Bends	1	15	
Trunk Flexion / Extension	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	3	30 Sec.
60 Yd. Chest Press Sprawl	3	30 Sec.
100 Yd. Gassers	3	30 Sec.
300 Yd. Shuttle	3	30 Sec.

NOTES: Partner up. One person will complete both sets with rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Sprawl," one partner completes a set then the next partner completes theirs, alternating until the all sets are complete.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		45 Sec.	30 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		45 Sec.	30 Sec.
Cook Hip Lift	4		45 Sec.	30 Sec.
TRX Clock Pull	4		45 Sec.	30 Sec.
TRX Half Kneeling Roll Out	4		45 Sec.	30 Sec.
Med Ball Arch Chops	4		45 Sec.	30 Sec.
Farmers Carry	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Split Squat, Hip Lift," and "Half Kneeling" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Dorsiflexion	
1/2 Kneeling Hip Flexor	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 17

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Heel / Toe Raise	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Reverse Shuttle	3	30 Sec.
60 Yd. Shuttle w Carioca	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: Partner up. One person will complete all sets with rest time, while the partner times the "Rest" period for the runner until their turn comes. For the "Carioca" and "Shuffle" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill	4		45 Sec.	30 Sec.
TRX Split Squat (w/T Deltoid Fly)	4		45 Sec.	30 Sec.
TRX Hip Press	4		45 Sec.	30 Sec.
TRX Overhead Back Extension	4		45 Sec.	30 Sec.
Reverse Lunge w/ Hamstring Curl	4		45 Sec.	30 Sec.
TRX Long Torso Stretch	4		45 Sec.	30 Sec.
3 Way Plank	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Split Squat," and "Torso Stretch" exercises, alternate to the other side after each set until all sets are complete. For the "3 Way Plank," each position is held for 15 seconds.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 18

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Calf Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Heel / Toe Raise	1	15	
Lateral Side Bends	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Chest Press Sprawl	3	30 Sec.
60 Yd. Overhead Sprawl	3	30 Sec.
100 Yd. Gassers	3	30 Sec.
300 Yd. Shuttle	3	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners will time the "Rest" period for the runner during the "Gassers" and "Shuttle."

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		45 Sec.	30 Sec.
TRX Single Leg Squat	4		45 Sec.	30 Sec.
TRX Clock Press	4		45 Sec.	30 Sec.
TRX Split Fly	4		45 Sec.	30 Sec.
Half Kneeling Curl to Press	4		45 Sec.	30 Sec.
Half Kneeling with Rotation	4		45 Sec.	30 Sec.
TRX Body Saw	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Single Leg," and "Half Kneeling" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
1/2 Kneeling Hip Flexor	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 19

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Shin Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Hip Flexor Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Prone Leg Overs	1	10	
Trunk Flexion / Extension	1	15	

ENDURANCE

EXERCISES	SETS	REST
Hills - Sprint	3	30 Sec.
Hills - Shuffle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: If space is limited, partner up and have them time the "Rest" period between sets. If hills are not accessible, replace "Sprints" with "10 Yd. Resisted Forward Shuttle" and the "Shuffle" with "10 Yd. Resisted Shuffle Shuttle." For the "Shuffle" and "Crossover" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		45 Sec.	30 Sec.
TRX Assisted Bottom Up Squat	4		45 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		45 Sec.	30 Sec.
TRX Overhead Back Extension	4		45 Sec.	30 Sec.
TRX Half Kneeling Y Fly	4		45 Sec.	30 Sec.
T-Spine Reach and Rotate	4		45 Sec.	30 Sec.
TRX Hip Abduction	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Single Leg, Split Squat, Half Kneeling," and "T-Spine" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Elbow to Instep	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Dorsiflexion	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 20

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	15	
Trunk Flexion / Extension	1	15	
Lateral Side Bends	1	15	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Overhead Sprawl	3	30 Sec.
Reverse Sled Pull	3	30 Sec.
60 Yd. Reverse Shuttle	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	2	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners time the runner's "Rest" period. For the "Carioca" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill Curl to Press	4		45 Sec.	30 Sec.
TRX Assisted Squat	4		45 Sec.	30 Sec.
Cook Hip Lift	4		45 Sec.	30 Sec.
TRX Split Fly	4		45 Sec.	30 Sec.
TRX Half Kneeling Split Squat	4		45 Sec.	30 Sec.
TRX T-Spine Rotation	4		45 Sec.	30 Sec.
Mountain Climber	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Hip Lift, Half Kneeling" and "T-spine" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Elbow to Instep	
1/2 Kneeling Dorsiflexion	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 21

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Fire Hydrants	1	20	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	20	
Lateral Side Bends	1	20	
Trunk Flexion / Extension	1	20	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	3	30 Sec.
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
60 Yd. Shuttle	3	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners time the runner's "Rest" period. For the "Shuffle" and "Crossover" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		45 Sec.	15 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	15 Sec.
TRX Hip Press	4		45 Sec.	15 Sec.
TRX Clock Pull	4		45 Sec.	15 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		45 Sec.	15 Sec.
TRX Power Pull	4		45 Sec.	15 Sec.
Farmers Carry	4		45 Sec.	

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Split Squat" and "Power Pull" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set.
1/2 Kneeling Dorsiflexion	Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 22

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Lat Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Prone Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Fire Hydrants	1	15	
Knee Circles	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Crossover Runs	2	30 Sec.
60 Yd. Shuttle w Carioca	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: Partner up. One person will complete all sets with rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Crossover, Carioca," and "Shuffle" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill	4		45 Sec.	15 Sec.
TRX Assisted Bottom Up Squat	4		45 Sec.	15 Sec.
TRX Clock Press	4		45 Sec.	15 Sec.
TRX Overhead Back Extension	4		45 Sec.	15 Sec.
Reverse Lunge w/ Hamstring Curl	4		45 Sec.	15 Sec.
Med Ball Arch Chops	4		45 Sec.	15 Sec.
TRX Hurdle Step w/Core Activation	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill" and "Hurdle Step" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Elbow to Instep	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 23

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Fire Hydrants	1	15	
Heel / Toe Raise	1	15	
Knee Circles	1	15	
Lateral Side Bends	1	15	
Trunk Flexion / Extension	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
Hills - Sprint	3	30 Sec.
Hills - Shuffle	2	30 Sec.
Forward Sled Pull	3	30 Sec.
Reverse Sled Pull	3	30 Sec.

NOTES: If hills are not available, replace "Sprints" with "10 Yd. Resisted Forward Shuttles" and the "Shuffles" with "10 Yd. Resisted Shuffle Shuttle." For the "Shuffle" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		45 Sec.	15 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	15 Sec.
Split Squat Med Ball Chest Pass	4		45 Sec.	15 Sec.
TRX Clock Pull	4		45 Sec.	15 Sec.
TRX Cossack	4		45 Sec.	15 Sec.
TRX T-Spine Rotation	4		45 Sec.	15 Sec.
3 Way Plank	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Split Squat" and "T-spine" exercises, alternate to the other side after each set until all sets are complete. For the "3 Way Plank" each position is held for 15 seconds.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 24

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
Hip Abduction	1	15	
Hip Adduction	1	15	
Prone Leg Overs	1	15	
Supine Leg Overs	1	15	
Knee Circles	1	15	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners time the runner's "Rest" period. For all of exercises above, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		45 Sec.	15 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		45 Sec.	15 Sec.
Cook Hip Lift	4		45 Sec.	15 Sec.
TRX Split Fly	4		45 Sec.	15 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		45 Sec.	15 Sec.
TRX Resisted Torso Rotation	4		45 Sec.	15 Sec.
TRX Body Saw	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Split Squat," and "Torso Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
1/2 Kneeling Dorsiflexion	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 25

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Fire Hydrants	1	15	
Heel / Toe Raise	1	15	
Trunk Flexion / Extension	1	10	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle	3	30 Sec.
60 Yd. Reverse Shuttle	3	30 Sec.
60 Yd. Chest Press Sprawl	3	30 Sec.
300 Yd. Shuttle	3	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners will time the "Rest" period during the "Shuttle" exercises for the runners.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill Curl to Press	4		45 Sec.	15 Sec.
TRX Single Leg Squat	4		45 Sec.	15 Sec.
TRX Clock Press	4		45 Sec.	15 Sec.
TRX Clock Pull	4		45 Sec.	15 Sec.
TRX Half Kneeling Roll Out	4		45 Sec.	15 Sec.
TRX Power Pull	4		45 Sec.	15 Sec.
TRX Hip Abduction	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Single Leg, Half Kneeling," and "Power Pull" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
T-Spine Rib Grab	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 1

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 2

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Rope Alternating Waves w/ Lunge	
Ammo Can Press	
STATION 2	
Prisoner Squat Jumps	
Sandbag Bent Over Row	
STATION 3	
Romanian Deadlift (Barbell)	
Med Ball Russian Twist	
STATION 4	
Hurdle Hops - Forward	
Prone Superman	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 3

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES:
TRX Balance Lunge	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Ladder High Knees	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES:
Cross Body Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 4

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Kettlebell Overhead Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Cone M-Drill	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 5

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Sandbag Rotational Lunge	
Clap Push-up	
STATION 2	
Box Jump	
Ammo Can Front Raise	
STATION 3	
Kettlebell Swing	
Rope Kneeling Throws	
STATION 4	
Hurdle Hops - Forward/Backward	
Toe Touches	
STATION 5	
Partner Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is placed 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 6

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
TRX Burpee	
Double Kettlebell Push Press	
STATION 2	
Barbell Front Squat	
Sandbag Single Grip Bent Over Row	
STATION 3	
Dumbbell Single Leg Deadlift	
Med Ball Side Twist Toss	
STATION 4	
Ladder Skiers	
Rope Corkscrews	
STATION 5	
Prone Starts	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 7

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 8

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Rope Alternating Waves w/ Lunge	
Ammo Can Press	
STATION 2	
Prisoner Squat Jumps	
Sandbag Bent Over Row	
STATION 3	
Romanian Deadlift (Barbell)	
Med Ball Russian Twist	
STATION 4	
Hurdle Hops - Forward	
Prone Superman	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 9

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
TRX Balance Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Ladder High Knees	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 10

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Kettlebell Overhead Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Cone M-Drill	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is placed 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 11

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Sandbag Rotational Lunge	
Clap Push-up	
STATION 2	
Box Jump	
Ammo Can Front Raise	
STATION 3	
Kettlebell Swing	
Rope Kneeling Throws	
STATION 4	
Hurdle Hops - Forward/Backward	
Toe Touches	
STATION 5	
Partner Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 12

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	NOTES:
TRX Burpee	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Double Kettlebell Push Press	
STATION 2	
Barbell Front Squat	
Sandbag Single Grip Bent Over Row	
STATION 3	
Dumbbell Single Leg Deadlift	
Med Ball Side Twist Toss	
STATION 4	
Ladder Skiers	
Rope Corkscrews	
STATION 5	
Prone Starts	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	NOTES:
Cross Body Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 13

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Lunge w/ Side Reach			25YD	
Plank Leg Extension	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Landmine Lateral Lunge	
Barbell Military Press	
STATION 2	
Sandbag Bear Hug Squat	
TRX Hamstring Curl	
STATION 3	
Kettlebell Clean - Single Arm	
Med Ball Wood Choppers	
STATION 4	
Cone Box Drill #1	
Rope Uppercuts	
STATION 5	
TRX Sprinter Start Series	
Ankling	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 14

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES:
Rope Alternating Waves w/ Lunge	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
TRX Spider Man Push-up	
STATION 2	
Sandbag Overhead Squat	
Rope Squat Pulls	
STATION 3	
Kettlebell Swing-Single Arm	
Hanging Windmills	
STATION 4	
Ladder Icky Shuffle	
Figure 8's	
STATION 5	
Falling Starts	
Ankling w/ Butt Kick	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	NOTES:
Glute Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Hamstring Stretch	
Quadriцеп Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 15

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Groiners	1	30SEC		

METCON

STATION 1	NOTES:
TRX Lunge W/ Hop	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Depth Push-up	
STATION 2	
Box Depth Jump to Sprint	
Med Ball Slams	
STATION 3	
Sandbag Goodmorning	
Russian Twist	
STATION 4	
Hurdle Lateral Skip	
Rope Double Waves	
STATION 5	
Mountain Climber Starts	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Upper Back Stretch	
Quadriцеп Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 16

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Lunge w/ Side Reach			25YD	
Plank Leg Extension	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Landmine Lateral Lunge	
Barbell Military Press	
STATION 2	
Sandbag Bear Hug Squat	
TRX Hamstring Curl	
STATION 3	
Kettlebell Clean - Single Arm	
Med Ball Wood Choppers	
STATION 4	
Cone Box Drill #1	
Rope Uppercuts	
STATION 5	
TRX Sprinter Start Series	
Ankling	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Glute Stretch	
Hamstring Stretch	
Quadriцеп Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 17

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES:
Rope Alternating Waves w/ Lunge	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds
TRX Spider Man Push-up	
STATION 2	Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Sandbag Overhead Squat	
Rope Squat Pulls	
STATION 3	
Kettlebell Swing-Single Arm	
Hanging Windmills	
STATION 4	
Ladder Icky Shuffle	
Figure 8's	
STATION 5	
Falling Starts	
Ankling w/ Butt Kick	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	NOTES:
Glute Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 13

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Groiners	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
TRX Lunge W/ Hop	
Depth Push-up	
STATION 2	
Box Depth Jump to Sprint	
Med Ball Slams	
STATION 3	
Sandbag Goodmorning	
Russian Twist	
STATION 4	
Hurdle Lateral Skip	
Rope Double Waves	
STATION 5	
Mountain Climber Starts	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 19

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 20

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Rope Alternating Waves w/ Lunge	
Ammo Can Press	
STATION 2	
Prisoner Squat Jumps	
Sandbag Bent Over Row	
STATION 3	
Romanian Deadlift (Barbell)	
Med Ball Russian Twist	
STATION 4	
Hurdle Hops - Forward	
Prone Superman	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 21

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
TRX Balance Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Ladder High Knees	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 22

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Kettlebell Overhead Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Cone M-Drill	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 23

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Sandbag Rotational Lunge	
Clap Push-up	
STATION 2	
Box Jump	
Ammo Can Front Raise	
STATION 3	
Kettlebell Swing	
Rope Kneeling Throws	
STATION 4	
Hurdle Hops - Forward/Backward	
Toe Touches	
STATION 5	
Parnter Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 24

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
TRX Burpee	
Double Kettlebell Push Press	
STATION 2	
Barbell Front Squat	
Sandbag Single Grip Bent Over Row	
STATION 3	
Dumbbell Single Leg Deadlift	
Med Ball Side Twist Toss	
STATION 4	
Ladder Skiers	
Rope Corkscrews	
STATION 5	
Prone Starts	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 25

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 1

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Circles	1		10
Trunk Twists	1		10
Bear Crawl	1	20 Yds.	
Frankenstein	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Butt-Kicks	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	2	10 Yds.	15 Sec.
Fast Claw Series	1		15 Sec.
Butt-Kickers	2	20 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	25 Sec.	25 Sec.
Box Jump	2	25 Sec.	25 Sec.
Clap Chest Push-up	2	25 Sec.	25 Sec.
TRX Lunge	2	25 Sec.	25 Sec.
TRX Mid Row	2	25 Sec.	25 Sec.
Russian Twist	2	25 Sec.	25 Sec.
TRX Crunch on Hands	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 2

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		10
Scorpions	1		10
Trunk Circles	1		10
Bear Crawl	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Jump Thrust	1		10
Thrusts	1		10
Frog Thrust w/ Jump	1		10
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 75%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling	1	20 Yds.	30 Sec.
Ankling w/ Butt Kick	1	20 Yds.	30 Sec.
B-Skip	1	20 Yds.	30 Sec.
Fast Claw Series	1		30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift-Single Leg	2	25 Sec.	25 Sec.
Diagonal Bound	2	25 Sec.	25 Sec.
Lying Chest Throw	2	25 Sec.	25 Sec.
TRX Lunge W/ Hop	2	25 Sec.	25 Sec.
TRX Sprinters Row	2	25 Sec.	25 Sec.
Med Ball Russian Twist	2	25 Sec.	25 Sec.
TRX Atomic Oblique Push-Up	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



COMBAT HITT 3

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		10
Stationary Squat	1		10
Scorpions	1		10
Frankenstein	1	20 Yds.	
Spiderman	1	20 Yds.	
Crab Walk	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Back Peddle Reach	1	20 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.
B-Skip	2	20 Yds.	30 Sec.
Sprints	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	25 Sec.	25 Sec.
TRX Jump Squat	2	25 Sec.	25 Sec.
Clap Chest Push-up	2	25 Sec.	25 Sec.
TRX Sprinter Start w/ Hop	2	25 Sec.	25 Sec.
TRX Inverted Row	2	25 Sec.	25 Sec.
Hanging Windmills	2	25 Sec.	25 Sec.
TRX Pendulum	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 4

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Circles	1		10
Trunk Twists	1		10
Single Leg Balance	1	20 Yds.	
Spiderman	1	20 Yds.	
Bear Crawl	1	20 Yds.	
Jump Thrust	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Back Peddle Reach	1	20 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Butt-Kickers	2	20 Yds.	30 Sec.
Ankling w/ Butt Kick	2	20 Yds.	30 Sec.
Sprints	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	25 Sec.	25 Sec.
Box Depth Jump to Sprint	2	25 Sec.	25 Sec.
Med Ball Underhand Throw	2	25 Sec.	25 Sec.
TRX Split Squat	2	25 Sec.	25 Sec.
TRX Bicep Curl	2	25 Sec.	25 Sec.
Hanging Oblique Knee Raises	2	25 Sec.	25 Sec.
TRX Mountain Climber	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



COMBAT HITT 5

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		10
Stationary Squat	1		10
Trunk Circles	1		10
Crab Walk	1	20 Yds.	
Bear Crawl	1	20 Yds.	
Spiderman	1	20 Yds.	
Thrusts	1		15
Jump Thrust	1		15
Frog Thrust	1		15
Straight Leg Shuffle - 50%	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	3	40 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing	2	25 Sec.	25 Sec.
Frog Jumps	2	25 Sec.	25 Sec.
Plyo Push-Up Hands Out	2	25 Sec.	25 Sec.
TRX Lunge	2	25 Sec.	25 Sec.
TRX Row (Single Arm)	2	25 Sec.	25 Sec.
Med Ball Single Leg Woodchoppers	2	25 Sec.	25 Sec.
TRX Pike	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Upper Back Stretch	
Hip Flexor Stretch	
Triceps Stretch	
Glute Stretch	



COMBAT HITT 6

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Twists	1		10
Scorpions	1		10
Single Leg Balance	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Frog Thrust	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	2	15 Yds.	15 Sec.
Ankling	2	15 Yds.	15 Sec.
Ankling w/ Butt Kick	2	15 Yds.	15 Sec.
Sprints	2	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	30 Sec.	25 Sec.
Box Jump	2	30 Sec.	25 Sec.
Clap Chest Push-up	2	30 Sec.	25 Sec.
TRX Step Back Lunge	2	30 Sec.	25 Sec.
TRX Hamstring Curl	2	30 Sec.	25 Sec.
Med Ball Wood Choppers	2	30 Sec.	25 Sec.
TRX Atomic Oblique Push-Up	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



COMBAT HITT 7

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Twists	1		10
Stationary Squat	1		10
Trunk Circles	1		10
Frankenstein	1	30 Yds.	
Inchworm	1	30 Yds.	
Crab Walk	1	30 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		15 Sec.
B-Skip	2	15 Yds.	15 Sec.
Straight Leg Shuffle	2	40 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	2	30 Sec.	25 Sec.
Lateral Box Jumps	2	30 Sec.	25 Sec.
Alternating Plyo Push-up	2	30 Sec.	25 Sec.
TRX Lunge W/ Hop	2	30 Sec.	25 Sec.
TRX Hamstring Curl	2	30 Sec.	25 Sec.
Med Ball Russian Twist	2	30 Sec.	25 Sec.
TRX Supline Plank on Hands	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 8

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Frontal Leg Swings	1		10
Stationary Squat	1		10
Crab Walk	1	30 Yds.	
Inchworm	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		15 Sec.
Ankling	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Pike Jumps	2	30 Sec.	25 Sec.
TRX Squat	2	30 Sec.	25 Sec.
Alternating Plyo Push-up	2	30 Sec.	25 Sec.
TRX Burpee	2	30 Sec.	25 Sec.
TRX Low Row	2	30 Sec.	25 Sec.
Russian Twist	2	30 Sec.	25 Sec.
TRX Mountain Climber	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 9

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Frontal Leg Swings	1		10
Trunk Twists	1		10
Single Leg Balance	1	30 Yds.	
Spiderman	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling w/ Butt Kick	2	15 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	30 Sec.	25 Sec.
Diagonal Bound	2	30 Sec.	25 Sec.
Plyo Push-Up Hands Out	2	30 Sec.	25 Sec.
TRX Abducted Lunge	2	30 Sec.	25 Sec.
TRX Pull-up	2	30 Sec.	25 Sec.
Hanging Windmills	2	30 Sec.	25 Sec.
TRX Oblique Crunch	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 10

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Twists	1		10
Trunk Twists	1		10
Stationary Squat	1		10
Crab Walk	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Jump Thrust	1		15
Thrusts	1		15
Frog Thrust w/ Jump	1		15
Straight Leg Shuffle - 50%	1	30 Yds.	
Straight Leg Shuffle - 75%	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle	2	40 Yds.	15 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	15 Sec.
Sprints	4	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing	2	30 Sec.	25 Sec.
Diagonal Bound	2	30 Sec.	25 Sec.
Med Ball Underhand Throw	2	30 Sec.	25 Sec.
TRX Sprinter Start	2	30 Sec.	25 Sec.
TRX High Row	2	30 Sec.	25 Sec.
Med Ball Russian Twist	2	30 Sec.	25 Sec.
TRX Crunch on Elbows	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 11

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		15
Scorpions	1		15
Stationary Squat	1		15
Bear Crawl	1	30 Yds.	
Crab Walk	1	30 Yds.	
Frankenstein	1	30 Yds.	
Thrusts	1		15
Frog Thrust w/ Jump	1		15
Frog Thrust	1		15
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling w/ Butt Kick	2	20 Yds.	30 Sec.
Fast Claw Series	2		30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	2	30 Sec.	25 Sec.
Frog Jumps	2	30 Sec.	25 Sec.
Plyo Push-Up (Single Arm)	2	30 Sec.	25 Sec.
TRX Lunge W/ Hop	2	30 Sec.	25 Sec.
TRX Inverted Row	2	30 Sec.	25 Sec.
Hanging Oblique Knee Raises	2	30 Sec.	25 Sec.
TRX Atomic Push-Up	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 12

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		15
Trunk Twists	1		15
Stationary Squat	1		15
Inchworm	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Spiderman	1	30 Yds.	
Frog Thrust	1		15
Jump Thrust	1		15
Thrusts	1		15
Straight Leg Shuffle - 50%	1	30 Yds.	
Straight Leg Shuffle - 75%	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling	2	20 Yds.	30 Sec.
Ankling w/ Butt Kick	2	20 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	30 Sec.	25 Sec.
Box Depth Jump	2	30 Sec.	25 Sec.
Depth Push-up	2	30 Sec.	25 Sec.
TRX Step Back Lunge	2	30 Sec.	25 Sec.
TRX Bicep Curl	2	30 Sec.	25 Sec.
Hanging Windmills	2	30 Sec.	25 Sec.
TRX V-Sit	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hamstring Stretch	
Quadricep Stretch	
Sumo Stretch	
Upper Back Stretch	



COMBAT HITT 13

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		15
Scorpions	1		15
Trunk Circles	1		15
Single Leg Balance	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Spiderman	1	30 Yds.	
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Back Peddle Reach	1	10 Yds.	
Butt-Kicks	1	10 Yds.	
Straight Leg Shuffle - 50%	1	10 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	3	20 Yds.	30 Sec.
Butt-Kickers	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Dumbbell)	2	45 Sec.	30 Sec.
Split Squat Jump Combo	2	45 Sec.	30 Sec.
Plyo Push-Up (Single Arm)	2	45 Sec.	30 Sec.
TRX Burpee	2	45 Sec.	30 Sec.
TRX Sprinters Row	2	45 Sec.	30 Sec.
Russian Twist	2	45 Sec.	30 Sec.
TRX Pendulum	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Neck Stretch	
Triceps Stretch	



COMBAT HITT 14

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		15
Trunk Twists	1		15
Frontal Leg Swings	1		15
Single Leg Balance	1	20 Yds.	
Crab Walk	1	20 Yds.	
Spiderman	1	20 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Straight Leg Shuffle - 50%	1	10 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		30 Sec.
B-Skip	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	45 Sec.	30 Sec.
Box Tuck Jump-Single Leg	2	45 Sec.	30 Sec.
Lying Chest Throw	2	45 Sec.	30 Sec.
TRX Sprinter Start w/ Hop	2	45 Sec.	30 Sec.
TRX Pull-up	2	45 Sec.	30 Sec.
Med Ball Russian Twist	2	45 Sec.	30 Sec.
TRX Side Plank	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 15

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		15
Trunk Twists	1		15
Scorpions	1		15
Inchworm	1	20 Yds.	
Frankenstein	1	20 Yds.	
Spiderman	1	20 Yds.	
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Butt-Kicks	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	4	40 Yds.	45 Sec.
Sprints	4	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Dumbbell Single Leg Deadlift	2	45 Sec.	30 Sec.
Box Depth Jump to Sprint	2	45 Sec.	30 Sec.
Clap Push-up	2	45 Sec.	30 Sec.
TRX Lunge W/ Hop	2	45 Sec.	30 Sec.
TRX Hamstring Curl	2	45 Sec.	30 Sec.
Russian Twist	2	45 Sec.	30 Sec.
TRX Crunch on Hands	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

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	
Triceps Stretch	



COMBAT HITT 16

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Frontal Leg Swings	1		10
Trunk Circles	1		10
Bear Crawl	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Frog Thrust w/ Jump	1		10
Frog Thrust	1		10
Thrusts	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	4	40 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing	2	45 Sec.	30 Sec.
Box Jump	2	45 Sec.	30 Sec.
Clap Chest Push-up	2	45 Sec.	30 Sec.
TRX Lunge	2	45 Sec.	30 Sec.
TRX Inverted Row	2	45 Sec.	30 Sec.
Hanging Oblique Knee Raises	2	45 Sec.	30 Sec.
TRX Mountain Climber	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



COMBAT HITT 17

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Stationary Squat	1		10
Trunk Twists	1		10
Bear Crawl	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 75%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle	4	40 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift-Single Leg	2	45 Sec.	30 Sec.
Lateral Squat Jumps	2	45 Sec.	30 Sec.
Plyo Push-Up Hands Out	2	45 Sec.	30 Sec.
TRX Lunge W/ Hop	2	45 Sec.	30 Sec.
TRX Row (Single Arm)	2	45 Sec.	30 Sec.
Med Ball Russian Twist	2	45 Sec.	30 Sec.
TRX V-Sit	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



COMBAT HITT 18

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Frontal Leg Swings	1		10
Trunk Circles	1		10
Crab Walk	1	20 Yds.	
Spiderman	1	20 Yds.	
Frankenstein	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Back Peddle Reach	1	20 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	4	40 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Pike Jumps	2	45 Sec.	30 Sec.
TRX Overhead Squat	2	45 Sec.	30 Sec.
Med Ball Underhand Throw	2	45 Sec.	30 Sec.
TRX Split Squat	2	45 Sec.	30 Sec.
TRX Pull-up	2	45 Sec.	30 Sec.
Med Ball Wood Choppers	2	45 Sec.	30 Sec.
TRX Plank on Hands	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Neck Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Side Bend Stretch	
Upper Back Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 19

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		10
Scorpions	1		10
Stationary Squat	1		10
Bear Crawl	1	30 Yds.	
Crab Walk	1	30 Yds.	
Frankenstein	1	30 Yds.	
Frog Thrust w/ Jump	1		10
Frog Thrust	1		10
Jump Thrust	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling	2	20 Yds.	15 Sec.
Ankling w/ Butt Kick	2	20 Yds.	15 Sec.
Fast Claw Series	2		15 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	45 Sec.	30 Sec.
Box Jump	2	45 Sec.	30 Sec.
Med Ball Underhand Throw	2	45 Sec.	30 Sec.
TRX Sprinter Start w/ Hop	2	45 Sec.	25 Sec.
TRX Inverted Row	2	45 Sec.	25 Sec.
Hanging Oblique Knee Raises	2	45 Sec.	25 Sec.
TRX Plank on Elbows	2	45 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hip Flexor Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 20

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		
Stationary Squat	1		
Trunk Twists	1		
Inchworm	1		
Single Leg Balance	1		
Spiderman	1		
Frog Thrust w/ Jump	1		
Frog Thrust	1		
Thrusts	1		
Straight Leg Shuffle - 50%	1		
Straight Leg Shuffle - 75%	1		
Straight Leg Shuffle - 100%	1		

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	2	20 Yds.	15 Sec.
Butt-Kickers	2	20 Yds.	15 Sec.
Sprints	2	40 Yds.	15 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift-Single Leg	3	30 Sec.	20 Sec.
TRX Jump Squat	3	30 Sec.	20 Sec.
Depth Push-up	3	30 Sec.	20 Sec.
TRX Step Back Lunge	3	30 Sec.	20 Sec.
TRX Inverted Row	3	30 Sec.	20 Sec.
Russian Twist	3	30 Sec.	20 Sec.
TRX Pendulum	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



COMBAT HITT 21

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Trunk Circles	1		10
Frontal Leg Swings	1		10
Inchworm	1	20 Yds.	
Bear Crawl	1	20 Yds.	
Spiderman	1	20 Yds.	
Frog Thrust	1		10
Thrusts	1		10
Frog Thrust w/ Jump	1		10
Straight Leg Shuffle - 75%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2	10 Yds.	15 Sec.
Straight Leg Shuffle	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Dumbbell Single Leg Deadlift	3	30 Sec.	20 Sec.
Box Jump	3	30 Sec.	20 Sec.
Lying Chest Throw	3	30 Sec.	20 Sec.
TRX Sprinter Start w/ Hop	3	30 Sec.	20 Sec.
TRX Bicep Curl	3	30 Sec.	20 Sec.
Med Ball Wood Choppers	3	30 Sec.	20 Sec.
TRX Plank on Hands	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hip Flexor Stretch	
Side Bend Stretch	
Shoulder Stretch	
Upper Back Stretch	



COMBAT HITT 22

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Stationary Squat	1		10
Trunk Twists	1		10
Frankenstein	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Jump Thrust	1		10
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		30 Sec.
Straight Leg Shuffle	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	3	30 Sec.	20 Sec.
Frog Jumps	3	30 Sec.	20 Sec.
Plyo Push-Up Hands Out	3	30 Sec.	20 Sec.
TRX Burpee	3	30 Sec.	20 Sec.
TRX Row (Single Arm)	3	30 Sec.	20 Sec.
Med Ball Russian Twist	3	30 Sec.	20 Sec.
TRX Mountain Climber	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Cross Body Stretch	
Hamstring Stretch	
Quadricep Stretch	
Sumo Stretch	



COMBAT HITT 23

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Circles	1		10
Trunk Twists	1		10
Frankenstein	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Butt-Kickers	2	20 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Pike Jumps	3	30 Sec.	20 Sec.
TRX Jump Squat	3	30 Sec.	20 Sec.
Clap Chest Push-up	3	30 Sec.	20 Sec.
TRX Sprinter Start	3	30 Sec.	20 Sec.
TRX Sprinters Row	3	30 Sec.	20 Sec.
Hanging Oblique Knee Raises	3	30 Sec.	20 Sec.
TRX Side Plank	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hamstring Stretch	
Neck Stretch	
Quadricep Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 24

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Scorpions	1		10
Trunk Twists	1		10
Frankenstein	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Crab Walk	1	20 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	3	40 Yds.	45 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	3	45 Sec.	30 Sec.
TRX Jump Squat	3	45 Sec.	30 Sec.
Plyo Push-Up (Single Arm)	3	45 Sec.	30 Sec.
TRX Abducted Lunge	3	45 Sec.	30 Sec.
TRX Pull-up	3	45 Sec.	30 Sec.
Hanging Windmills	3	45 Sec.	30 Sec.
TRX Oblique Crunch	3	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 25

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		10
Trunk Twists	1		10
Scorpions	1		10
Crab Walk	1	30 Yds.	
Inchworm	1	30 Yds.	
Frankenstein	1	30 Yds.	
Jump Thrust	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		15 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	3	45 Sec.	30 Sec.
Box Jump	3	45 Sec.	30 Sec.
Med Ball Underhand Throw	3	45 Sec.	30 Sec.
TRX Sprinter Start w/ Hop	3	45 Sec.	30 Sec.
TRX Inverted Row	3	45 Sec.	30 Sec.
Russian Twist	3	45 Sec.	30 Sec.
TRX Oblique Crunch	3	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



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.



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	



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HIGH INTENSITY TACTICAL TRAINING



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.



HITT

HIGH INTENSITY TACTICAL TRAINING



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.



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.



HITT

HIGH INTENSITY TACTICAL TRAINING



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.



HITT

HIGH INTENSITY TACTICAL TRAINING



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	

COMBAT FIT. COMBAT READY.



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.