# HITT

**PFT Prep Program**

## Week 1

### Day 1

<table>
<thead>
<tr>
<th>Warm-Up</th>
<th>Exercise</th>
<th>Sets</th>
<th>Time</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Side Straddle Hops</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Long Strider</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Split Jack Forward</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Gromers</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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<tr>
<td></td>
<td>Thrusts</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Burpees</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
</tbody>
</table>

### METCON

#### Station 1
- Alternating Plyo Push Up
- MB Arch Chops

#### Station 2
- Clap Push-up
- MB Figure 8’s

#### Station 3
- Depth Push-up
- MB Obliques

#### Station 4
- Traveling Push-Up
- MB Single Leg Chops

#### Station 5
- One-Arm Plyo Push-up
- MB Single Leg V-Ups

### Endurance
- 60 Yd. Shuttle
- 4 Reps - 60 Sec. Rest Between Reps

### Cool Down
- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

### Notes:
- Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
- # Sets / Station = 3
- Time / Exercise = 30 sec.
- Total METCON time = 20 min.

### Day 2

<table>
<thead>
<tr>
<th>Warm-Up</th>
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<tbody>
<tr>
<td></td>
<td>Stationary Squat</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Highland Squat</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Arm Circles</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Squat Drops</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Mountain Climbers</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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<tr>
<td></td>
<td>Speed Skaters</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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</tbody>
</table>

### METCON

#### Station 1
- Pull-Ups
- Hanging Knee Raises

#### Station 2
- Pullover
- Hanging Windmills

#### Station 3
- Pushup w/Row
- Hanging Flutter Kicks

#### Station 4
- Pushups
- Hanging Leg Lowers

#### Station 5
- Bicep Curl
- Hanging Oblique Knee Raises

### Endurance
- 110 Yd. Sprints
- 4 Reps - 45 Sec. Rest Between Reps

### Cool Down
- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

### Notes:
- Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
- # Sets / Station = 3
- Time / Exercise = 30 sec.
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

### Day 3

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<thead>
<tr>
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<tr>
<td></td>
<td>Heel / Toe Raise</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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<tr>
<td></td>
<td>Knee To Elbow Push-Up</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Trunk Circles</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Jump Thrust</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Split Squat Drops</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td></td>
<td>Wideouts</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
</tbody>
</table>

### METCON

#### Station 1
- TRX Pull Up
- TRX Atomic Push Up

#### Station 2
- TRX Bicep Curl
- TRX Atomic Oblique Push-Up

#### Station 3
- TRX Low Row
- TRX Crunch - Hands

#### Station 4
- TRX Power Pull
- TRX Oblique Crunch - Hands

#### Station 5
- TRX Spider Man Push Up
- TRX Pike

### Endurance
- 5-15 Shuttle Run (30 Sec. Continuous)
- 4 Reps - 60 Sec. Rest Between Reps

### Cool Down
- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

### Notes:
- Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
- # Sets / Station = 3
- Time / Exercise = 30 sec.
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.
# PFT Prep Program

## HIGH INTENSITY TACTICAL TRAINING

### WEEK 2

#### DAY 1

**WARM-UP**

<table>
<thead>
<tr>
<th>EXERCISES</th>
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<td>1</td>
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<td>Burpees</td>
<td>1</td>
<td>20 sec.</td>
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**METCON**

**STATION 1**

- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**

- Med Ball Slams
- MB Figure 8’s

**STATION 3**

- Med Ball Slams
- MB Obliques
  - Total METCON time = 20 min.

**ENDURANCE**

- 60 Yd. Shuttle
  - 4 Reps - 60 Sec. Rest Between Reps

**COOL DOWN**

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

- Notes: Perform each stretch and hold for 30 seconds. 1 set each

#### DAY 2

**WARM-UP**

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**METCON**

**STATION 1**

- Military Press
- Hanging Knee Raises

**STATION 2**

- Pullover
- Hanging Windmills

**STATION 3**

- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**

- Upright Row
- Hanging Leg Lowers

**STATION 5**

- Bicep Curl
- Hanging Oblique Knee Raise

**ENDURANCE**

- 880 Meter Run
  - 4 Reps - 2 Min. Rest Between Reps

**COOL DOWN**

- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

- Notes: Perform each stretch and hold for 30 seconds. 1 set each

#### DAY 3

**WARM-UP**

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<td>1</td>
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**METCON**

**STATION 1**

- TRX Row (SA)
- TRX Atomic Push Up

**STATION 2**

- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**

- TRX Tricep Press
- TRX Crunch - Hands

**STATION 4**

- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**

- TRX Inverted Row
- TRX Pike

**ENDURANCE**

- 5-15 Shuttle Run (30 Sec. Continuous)
  - 4 Reps - 60 Sec. Rest Between Reps

**COOL DOWN**

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

- Notes: Perform each stretch and hold for 30 seconds. 1 set each
### WEEK 3

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**METCON**

**STATION 1**
- Alternate Plyo Push Up
- MB Arch Chops

**STATION 2**
- Clap Push-up
- MB Figure 8’s

**STATION 3**
- Depth Push-up
- MB Obliques

**STATION 4**
- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**
- One-Arm Plyo Push-up
- MB Single Leg V-Ups

**ENDURANCE**

- 300 Yd. Shuttle
  - 2 Reps - 2 Min. Rest Between Reps

**COOL DOWN**

- GENERAL STRETCHES
  - Neck Stretch
  - Quadricep Stretch
  - Shoulder Stretch
  - Sumo Stretch
  - Triceps Stretch

#### DAY 2
**WARM-UP**

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**METCON**

**STATION 1**
- Pull-Ups
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**
- Pushups
- Hanging Leg Lowers

**STATION 5**
- Bicep Curl
- Hanging Oblique Knee Raises

**ENDURANCE**

- 110 Yd. Sprints
  - 4 Reps - 45 Sec. Rest Between Reps

**COOL DOWN**

- GENERAL STRETCHES
  - Chest Stretch
  - Side Bend Stretch
  - Glute Stretch
  - Upper Back Stretch
  - Hip Flexor Stretch

#### DAY 3
**WARM-UP**

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<td>1</td>
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<td>10 sec.</td>
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<td>Wideouts</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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**METCON**

**STATION 1**
- TRX Pull Up
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Low Row
- TRX Crunch - Hands

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Spider Man Push Up
- TRX Pike

**ENDURANCE**

- 5-15 Shuttle Run (30 Sec. Continuous)
  - 4 Reps - 60 Sec. Rest Between Reps

**COOL DOWN**

- GENERAL STRETCHES
  - Chest Stretch
  - Cross Body Stretch
  - Glute Stretch
  - Hamstring Stretch
  - Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each
**WEEK 4**

### DAY 1

#### WARM-UP

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<tr>
<td>Burpees</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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#### METCON

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Clap Push-up
- MB Figure 8’s

**STATION 3**
- Depth Push-up
- MB Obliques
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

#### ENDURANCE

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>REPS</th>
</tr>
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<tbody>
<tr>
<td>60 Yd. Shuttle</td>
<td>4 Reps</td>
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#### COOL DOWN

<table>
<thead>
<tr>
<th>GENERAL STRETCHES</th>
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</thead>
<tbody>
<tr>
<td>Chest Stretch</td>
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<tr>
<td>Side Bend Stretch</td>
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<tr>
<td>Glute Stretch</td>
</tr>
<tr>
<td>Upper Back Stretch</td>
</tr>
<tr>
<td>Hip Flexor Stretch</td>
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### DAY 2

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<thead>
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<tbody>
<tr>
<td>Stationary Squat</td>
<td>1</td>
<td>20 sec.</td>
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<td>1</td>
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<td>1</td>
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<td>Mountain Climbers</td>
<td>1</td>
<td>20 sec.</td>
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<tr>
<td>Speed Skaters</td>
<td>1</td>
<td>20 sec.</td>
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#### METCON

**STATION 1**
- Pull-Ups
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushups w/Row
- Hanging Flutter Kicks

**STATION 4**
- Pushups
- Hanging Leg Lowers

**STATION 5**
- Bicep Curl
- Hanging Oblique Knee Raise

#### ENDURANCE

<table>
<thead>
<tr>
<th>EXERCISES</th>
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<tr>
<td>110 Yd. Sprints</td>
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#### COOL DOWN

<table>
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<tbody>
<tr>
<td>Neck Stretch</td>
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<td>Shoulder Stretch</td>
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<td>Sumo Stretch</td>
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<td>Triceps Stretch</td>
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### DAY 3

#### WARM-UP

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<td>Heel / Toe Raise</td>
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<td>1</td>
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#### METCON

**STATION 1**
- TRX Pull Up
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Low Row
- TRX Crunch - Hands

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Spider Man Push Up
- TRX Pike

#### ENDURANCE

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<tr>
<td>5-15 Shuttle Run (30 Sec. Continuous)</td>
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#### COOL DOWN

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<td>Hip Flexor Stretch</td>
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# WEEK 5

## DAY 1

### WARM-UP

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<tr>
<td>Burpees</td>
<td>1</td>
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### METCON

**STATION 1**

- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**

- Med Ball Slams
- MB Figure 8’s

**STATION 3**

- Med Ball Slams
- MB Obliques

**STATION 4**

- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**

- One-Arm Plyo Push-up
- MB Single Leg V-Ups

### ENDURANCE

- 60 Yd. Shuttle

### COOL DOWN

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each.

## DAY 2

### WARM-UP

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<tr>
<td>Speed Skaters</td>
<td>1</td>
<td>20 sec.</td>
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</table>

### METCON

**STATION 1**

- Military Press
- Hanging Knee Raises

**STATION 2**

- Pullover
- Hanging Windmills

**STATION 3**

- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**

- Upright Row
- Hanging Leg Lowers

**STATION 5**

- Bicep Curl
- Hanging Oblique Knee Raise

**NOTES:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.

### ENDURANCE

- 880 Meter Run

### COOL DOWN

- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each.

## DAY 3

### WARM-UP

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### METCON

**STATION 1**

- TRX Row (SA)
- TRX Atomic Push Up

**STATION 2**

- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**

- TRX Tricep Press
- TRX Crunch - Hands

**STATION 4**

- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**

- TRX Inverted Row
- TRX Pike

### ENDURANCE

- 5-15 Shuttle Run (30 Sec. Continuous)

### COOL DOWN

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each.

**TOTAL METCON TIME = 20 MIN.**
**WEEK 6**

### DAY 1

**WARM-UP**

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<tr>
<td>Burpees</td>
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</table>

**METCON**

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Clap Push-up
- MB Figure 8’s

**STATION 3**
- Depth Push-up
- MB Obliques
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

**STATION 4**
- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**
- One-Arm Plyo Push-up
- MB Single Leg V-Ups

**ENDURANCE**
- 300 Yd. Shuttle
  - 2 Reps - 2 Min. Rest Between Reps

**COOL DOWN**
- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.

### DAY 2

**WARM-UP**

<table>
<thead>
<tr>
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**METCON**

**STATION 1**
- Pull-Ups
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**
- Pushups
- Hanging Leg Lowers

**STATION 5**
- Bicep Curl
- Hanging Oblique Knee Raise

**ENDURANCE**
- 110 Yd. Sprints
  - 6 Reps - 45 Sec. Rest Between Reps

**COOL DOWN**
- Neck Stretch
- Quadiceps Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**NOTES:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.

### DAY 3

**WARM-UP**

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<td>Wideouts</td>
<td>1</td>
<td>20 sec.</td>
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**METCON**

**STATION 1**
- TRX Pull Up
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Low Row
- TRX Crunch - Hands

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Spider Man Push Up
- TRX Pike

**ENDURANCE**
- 5-15 Shuttle Run (30 Sec. Continuous)
  - 6 Reps - 60 Sec. Rest Between Reps

**COOL DOWN**
- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.

**GENERAL STRETCHES**
- Perform each stretch and hold for 30 seconds. 1 set each
# PFT Prep Program

## WEEK 7

### DAY 1

#### WARM-UP

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#### METCON

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Med Ball Slams
- MB Figure 8’s

**STATION 3**
- Med Ball Slams
- MB Obliques
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

### DAY 2

#### WARM-UP

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<td>Speed Skaters</td>
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#### METCON

**STATION 1**
- Military Press
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushup w/Row
- Hanging Flutter Kicks
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

### DAY 3

#### WARM-UP

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#### METCON

**STATION 1**
- TRX Row (SA)
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Tricep Press
- TRX Crunch - Hands
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Inverted Row
- TRX Pike

---

### ENDURANCE

**STATION 4**
- 60 Yd. Shuttle
  - 6 Reps - 60 Sec. Rest Between Reps

**STATION 5**
- 880 Meter Run
  - 6 Reps - 2 Min. Rest Between Reps

**STATION 6**
- 5-15 Shuttle Run (30 Sec. Continuous)
  - 6 Reps - 60 Sec. Rest Between Reps

### COOL DOWN

**GENERAL STRETCHES**
- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**GENERAL STRETCHES**
- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

---

**NOTES:**
- Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
- # Sets / Station = 3
- Time / Exercise = 30 sec.
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

---

**GENERAL STRETCHES**
- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**GENERAL STRETCHES**
- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

---

**NOTES:**
- Perform each stretch and hold for 30 seconds. 1 set each.
## WEEK 8

### DAY 1

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### METCON

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Clap Push-up
- MB Figure 8’s

**STATION 3**
- Depth Push-up
- MB Obliques

**STATION 4**
- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**
- One-Arm Plyo Push-up
- MB Single Leg V-Ups

### ENDURANCE

- 60 Yd. Shuttle
  - 6 Reps - 60 Sec. Rest Between Reps

### COOL DOWN

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

### WEEK 2

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### METCON

**STATION 1**
- Pull-Ups
- Hanging Knee Raises
- Pullover
- Hanging Windmills

**STATION 2**
- Pushup w/Row
- Hanging Flutter Kicks

**STATION 3**
- Pushups
- Hanging Leg Lowers

**STATION 4**
- Bicep Curl
- Hanging Oblique Knee Raise

### ENDURANCE

- 110 Yd. Sprints
  - 6 Reps - 45 Sec. Rest Between Reps

### COOL DOWN

- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

### WEEK 3

<table>
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### METCON

**STATION 1**
- TRX Pull Up
- TRX Atomic Push Up
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 2**
- TRX Low Row
- TRX Crunch - Hands

**STATION 3**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 4**
- TRX Spider Man Push Up
- TRX Pike

### ENDURANCE

- 5-15 Shuttle Run (30 Sec. Continuous)
  - 6 Reps - 60 Sec. Rest Between Reps

### COOL DOWN

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.

- # Sets / Station = 3
- Time / Exercise = 30 sec.
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

**GENERAL STRETCHES**

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each
# PFT Prep Program

## Week 9

### Day 1

**Warm-Up**

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<tr>
<td>Burpees</td>
<td>1</td>
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</tbody>
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**METCON**

**Station 1**
- Clap Push-up
- MB Figure 8’s
- Depth Push-up
- MB Obliques

**Notes:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.
- # Sets / Station = 3
- Time / Exercise = 30 sec.
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

**Station 2**
- Traveling Push-Up
- MB Single Leg Chops

**Station 3**
- MB Obliques

**Station 4**
- One-Arm Plyo Push-Up
- MB Single Leg V-Ups

**Station 5**
- 300 Yd. Shuttle
  - 3 Reps - 2 Min. Rest Between Reps

**Endurance**
- 300 Yd. Shuttle
- 3 Reps - 2 Min. Rest Between Reps

**Cool Down**
- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**General Stretches**
- Neck Stretch
- Quadriecp Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

### Day 2

**Warm-Up**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
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<th>Rest</th>
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<td>Squat Drops</td>
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<tr>
<td>Mountain Climbers</td>
<td>1</td>
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</tr>
<tr>
<td>Speed Skaters</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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</tbody>
</table>

**METCON**

**Station 1**
- Pull-Ups
- Hanging Knee Raises

**Station 2**
- Pullover
- Hanging Windmills

**Station 3**
- Pushup w/Row
- Hanging Flutter Kicks

**Station 4**
- Pushups
- Hanging Leg Lowers
- Bicep Curl
- Hanging Oblique Knee Raise

**Station 5**
- 110 Yd. Sprints
  - 8 Reps - 45 Sec. Rest Between Reps

**Endurance**
- 5-15 Shuttle Run (30 Sec. Continuous)
  - 8 Reps - 60 Sec. Rest Between Reps

**Cool Down**
- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**General Stretches**
- Neck Stretch
- Quadriecp Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

### Day 3

**Warm-Up**

<table>
<thead>
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<th>Exercise</th>
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<td>Wideouts</td>
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</table>

**METCON**

**Station 1**
- TRX Pull Up
- TRX Atomic Push Up

**Station 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**Station 3**
- TRX Low Row
- TRX Crunch - Hands

**Station 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**Station 5**
- TRX Spider Man Push Up
- TRX Pike

**Endurance**
- 300 Yd. Shuttle
  - 3 Reps - 2 Min. Rest Between Reps

**Cool Down**
- Chest Stretch

**General Stretches**
- Neck Stretch
- Quadriecp Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**Notes:** Perform each stretch and hold for 30 seconds. 1 set each
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<th>WEEK 10</th>
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## DAY 1

### WARM-UP

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<td>1</td>
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### METCON

**STATION 1**

- Alternating Plyo Push Up
- MB Arch Chops

**NOTES:** Exercises in each station are compound sets (no rest in between). After each round is completed for the allotted amount of time, the Marine will switch stations.

### STATION 2

- Med Ball Slams
- MB Figure 8’s

**NOTES:** # Sets / Station = 3

**STATION 3**

- Med Ball Slams
- MB Obliques

**NOTES:** Time / Exercise = 30 sec.

**STATION 4**

- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**

- One-Arm Plyo Push-up
- MB Single Leg V-Ups

### ENDURANCE

- 60 Yd. Shuttle

### COOL DOWN

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

## DAY 2

### WARM-UP

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<tr>
<td>Speed Skaters</td>
<td>1</td>
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### METCON

**STATION 1**

- Military Press
- Hanging Knees Raises

**STATION 2**

- Pullover
- Hanging Windmills

**STATION 3**

- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**

- Upright Row
- Hanging Leg Lower

**STATION 5**

- Bicep Curl
- Hanging Oblique Knee Raises

### ENDURANCE

- 880 Meter Run

### COOL DOWN

- Neck Stretch
- Quadriceps Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

## DAY 3

### WARM-UP

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<td>Wideouts</td>
<td>1</td>
<td>20 sec.</td>
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### METCON

**STATION 1**

- TRX Row (SA)
- TRX Atomic Push Up

**STATION 2**

- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**

- TRX Tricep Press
- TRX Crunch - Hands

**STATION 4**

- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**

- TRX Inverted Row
- TRX Pike

### ENDURANCE

- 5-15 Shuttle Run (30 sec. Continuous)

### COOL DOWN

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each
### WEEK 11

#### DAY 1

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<td>1</td>
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</table>

**METCON**

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Clap Push-up
- MB Figure 8’s

**STATION 3**
- Depth Push-up
- MB Obliques
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

**STATION 4**
- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**
- One-Arm Plyo Push-up
- MB Single Leg V-Ups

#### DAY 2

<table>
<thead>
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<td>Speed Skaters</td>
<td>1</td>
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</table>

**METCON**

**STATION 1**
- Pull-Ups
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**
- Pushups
- Hanging Leg Lowsers

**STATION 5**
- Bicep Curl
- Hanging Oblique Knee Raise

#### DAY 3

<table>
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<tr>
<td>Wideouts</td>
<td>1</td>
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<td>10 sec.</td>
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</table>

**METCON**

**STATION 1**
- TRX Pull-Up
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Low Row
- TRX Crunch - Hands

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Spider Man Push Up
- TRX Pike

#### ENDURANCE

- **DAY 1**
  - 60 Yd. Shuttle: 8 Reps - 60 Sec. Rest Between Reps
  - 110 Yd. Sprints: 8 Reps - 45 Sec. Rest Between Reps

- **DAY 2**
  - 5-15 Shuttle Run (30 Sec. Continuous): 8 Reps - 60 Sec. Rest Between Reps

- **DAY 3**
  - 60 Yd. Shuttle: 8 Reps - 60 Sec. Rest Between Reps

#### COOL DOWN

**GENERAL STRETCHES**
- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

---

**GENERAL STRETCHES**
- Neck Stretch
- Quadripec Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

---

**GENERAL STRETCHES**
- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

---

**GENERAL STRETCHES**
- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

---

**GENERAL STRETCHES**
- Neck Stretch
- Quadripec Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

---

**GENERAL STRETCHES**
- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each
### WEEK 12

#### DAY 1

**WARM-UP**

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**METCON**

**STATION 1**

- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**

- Clap Push-up
- MB Figure 8’s

**STATION 3**

- Depth Push-up
- MB Obliques

**STATION 4**

- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**

- One-Arm Plyo Push-up
- MB Single Leg V-Ups

**ENDURANCE**

- 300 Yd. Shuttle

**COOL DOWN**

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

#### DAY 2

**WARM-UP**

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<td>Speed Skaters</td>
<td>1</td>
<td>20 sec.</td>
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**METCON**

**STATION 1**

- Pull-Ups
- Hanging Knee Raises

**STATION 2**

- Pullover
- Hanging Windmills

**STATION 3**

- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**

- Pushups
- Hanging Leg Lowers

**STATION 5**

- Bicep Curl
- Hanging Oblique Knee Raise

**ENDURANCE**

- 110 Yd. Sprints

**COOL DOWN**

- Neck Stretch
- Quadriecp Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each

#### DAY 3

**WARM-UP**

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<td>1</td>
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**METCON**

**STATION 1**

- TRX Pull Up
- TRX Atomic Push Up

**STATION 2**

- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**

- TRX Low Row
- TRX Crunch - Hands

**STATION 4**

- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**

- TRX Spider Man Push Up
- TRX Pike

**ENDURANCE**

- 5-15 Shuttle Run (30 Sec. Continuous)

**COOL DOWN**

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each
## WEEK 13

### DAY 1

#### WARM-UP

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#### METCON

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Med Ball Slams
- MB Figure 8’s

**STATION 3**
- Med Ball Slams
- MB Obliques
- Rest Between Stations = 30 sec.

**STATION 4**
- Traveling Push-Up
- MB Single Leg Chops

**STATION 5**
- One-Arm Plyo Push-up
- MB Single Leg V-Ups

**ENDURANCE**
- 60 Yd. Shuttle
- 6 Reps - 60 Sec. Rest Between Reps

#### COOL DOWN

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

### DAY 2

#### WARM-UP

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>SETS</th>
<th>TIME</th>
<th>REST</th>
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<tbody>
<tr>
<td>Stationary Squat</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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<tr>
<td>Highland Fling</td>
<td>1</td>
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<td>Arm Circles</td>
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<tr>
<td>Squat Drops</td>
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<td>20 sec.</td>
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<tr>
<td>Mountain Climbers</td>
<td>1</td>
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<tr>
<td>Speed Skaters</td>
<td>1</td>
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#### METCON

**STATION 1**
- Military Press
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**
- Upright Row
- Hanging Leg Lowers

**STATION 5**
- Bicep Curl
- Hanging Oblique Knee Raise

**ENDURANCE**
- 880 Meter Run
- 6 Reps - 2 Min. Rest Between Reps

#### COOL DOWN

- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

### DAY 3

#### WARM-UP

<table>
<thead>
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<td>Heel / Toe Raise</td>
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<tr>
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<tr>
<td>Wideouts</td>
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#### METCON

**STATION 1**
- TRX Row (SA)
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Tricep Press
- TRX Crunch - Hands

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Inverted Row
- TRX Pike

**ENDURANCE**
- 5-15 Shuttle Run (30 Sec. Continuous)
- 6 Reps - 60 Sec. Rest Between Reps

#### COOL DOWN

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each.
# PFT Prep Program

## Week 14

### Day 1

**Warm-Up**

<table>
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<th>Exercises</th>
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<tr>
<td>Burpees</td>
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**METCON**

**Station 1**

- Alternating Plyo Push Up
- MB Arch Chops

**Station 2**

- Clap Push-up
- MB Figure 8’s

**Station 3**

- Depth Push-up
- MB Obliques
  
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

**Station 4**

- MB Obliques
- Hanging Flutter Kicks

**Station 5**

- MB Single Leg V-Ups
- Hanging Oblique Knee Raise

### Day 2

**Warm-Up**

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<td>Speed Skaters</td>
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**METCON**

**Station 1**

- Pull-Ups
- Hanging Knee Raises

**Station 2**

- Pullover
- Hanging Windmills

**Station 3**

- Pushup w/Row
- Hanging Flutter Kicks
  
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

**Station 4**

- Pushups
- Hanging Leg Lowers

**Station 5**

- Bicep Curl
- Hanging Oblique Knee Raise

### Day 3

**Warm-Up**

<table>
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<td>Wideouts</td>
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<td>20 sec.</td>
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**METCON**

**Station 1**

- TRX Pull Up
- TRX Atomic Push Up

**Station 2**

- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**Station 3**

- TRX Low Row
- TRX Crunch - Hands
  
- Rest Between Stations = 30 sec.
- Total METCON time = 20 min.

**Station 4**

- TRX Power Pull
- TRX Oblique Crunch - Hands

**Station 5**

- TRX Spider Man Push Up
- TRX Pike

### Endurance

- 60 Yd. Shuttle
- 6 Reps - 60 Sec. Rest Between Reps

- 110 Yd. Sprints
- 6 Reps - 45 Sec. Rest Between Reps

### Cool Down

**General Stretches**

- Chest Stretch
- Side Bend Stretch
- Glute Stretch
- Upper Back Stretch
- Hip Flexor Stretch

- Neck Stretch
- Quadricep Stretch
- Shoulder Stretch
- Sumo Stretch
- Triceps Stretch

- Chest Stretch
- Cross Body Stretch
- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch

**NOTES:** Perform each stretch and hold for 30 seconds. 1 set each
## WEEK 15

### DAY 1

**WARM-UP**

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<td>Burpees</td>
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**METCON**

- **STATION 1**: Alternating Plyo Push Up, MB Arch Chops
- **STATION 2**: Med Ball Slams, MB Figure 8’s
- **STATION 3**: Med Ball Slams, MB Obliques
- **STATION 4**: Traveling Push-Up, MB Single Leg Chops
- **STATION 5**: One-Arm Plyo Push-up, MB Single Leg V-Ups

**ENDURANCE**

- 300 Yd. Shuttle: 2 Reps - 2 Min. Rest Between Reps

**COOL DOWN**

- GENERAL STRETCHES: Perform each stretch and hold for 30 seconds. 1 set each
  - Chest Stretch
  - Side Bend Stretch
  - Glute Stretch
  - Upper Back Stretch
  - Hip Flexor Stretch

### DAY 2

**WARM-UP**

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<tr>
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<tr>
<td>Speed Skaters</td>
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**METCON**

- **STATION 1**: Military Press, Hanging Knee Raises
- **STATION 2**: Pullover, Hanging Windmills
- **STATION 3**: Pushup w/Row, Hanging Flutter Kicks
- **STATION 4**: Upright Row, Hanging Leg Lowers
- **STATION 5**: Bicep Curl, Hanging Oblique Knee Raise

**ENDURANCE**

- 880 Meter Run: 6 Reps - 2 Min. Rest Between Reps

**COOL DOWN**

- GENERAL STRETCHES: Perform each stretch and hold for 30 seconds. 1 set each
  - Neck Stretch
  - Quadricep Stretch
  - Shoulder Stretch
  - Sumo Stretch
  - Triceps Stretch

### DAY 3

**WARM-UP**

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<tr>
<td>Wideouts</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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**METCON**

- **STATION 1**: TRX Row (SA), TRX Atomic Push Up
- **STATION 2**: TRX Bicep Curl, TRX Atomic Oblique Push Up
- **STATION 3**: TRX Tricep Press, CRUNCH - HANDS
- **STATION 4**: TRX Power Pull, TRX Oblique Crunch - HANDS
- **STATION 5**: TRX Inverted Row, TRX Pike

**ENDURANCE**

- 5-15 Shuttle Run (30 Sec. Continuous): 6 Reps - 60 Sec. Rest Between Reps

**COOL DOWN**

- GENERAL STRETCHES: Perform each stretch and hold for 30 seconds. 1 set each
  - Chest Stretch
  - Cross Body Stretch
  - Glute Stretch
  - Hamstring Stretch
  - Hip Flexor Stretch
## WEEK 16

### DAY 1

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<td>Burpees</td>
<td>1</td>
<td>20 sec.</td>
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### METCON

**STATION 1**
- Alternating Plyo Push Up
- MB Arch Chops

**STATION 2**
- Clap Push-up
- MB Figure 8’s

**STATION 3**
- Depth Push-up
- MB Obliques
  - Rest Between Stations = 30 sec.
  - Total METCON time = 20 min.

### WARM-UP

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### ENDURANCE

<table>
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<tr>
<td>60 Yd. Shuttle</td>
<td>6 Reps - 60 Sec. Rest Between Reps</td>
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<td>110 Yd. Sprints</td>
<td>6 Reps - 45 Sec. Rest Between Reps</td>
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### COOL DOWN

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<td>Glute Stretch</td>
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<td>Upper Back Stretch</td>
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<td>Hip Flexor Stretch</td>
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<td>Neck Stretch</td>
<td>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</td>
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<td>Quadricep Stretch</td>
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<td>Shoulder Stretch</td>
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<td>Sumo Stretch</td>
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### DAY 2

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<td>Hanging Windmills</td>
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<td>Pushup w/Row</td>
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<td>Hanging Flutter Kicks</td>
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<td>Pushups</td>
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<td>Hanging Leg Lowerers</td>
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<td>Bicep Curl</td>
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<td>Hanging Oblique Knee Raise</td>
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### METCON

**STATION 1**
- Pull-Ups
- Hanging Knee Raises

**STATION 2**
- Pullover
- Hanging Windmills

**STATION 3**
- Pushup w/Row
- Hanging Flutter Kicks

**STATION 4**
- Pushups
- Hanging Leg Lowerers

### WARM-UP

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### ENDURANCE

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<td>TRX Atomic Oblique Push Up</td>
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<td>TRX Low Row</td>
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<td>TRX Crunch - Hands</td>
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<td>TRX Power Pull</td>
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<tr>
<td>TRX Oblique Crunch - Hands</td>
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<tr>
<td>TRX Spider Man Push Up</td>
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<td>TRX Pike</td>
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### COOL DOWN

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<td>Hamstring Stretch</td>
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### DAY 3

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### METCON

**STATION 1**
- TRX Pull Up
- TRX Atomic Push Up

**STATION 2**
- TRX Bicep Curl
- TRX Atomic Oblique Push Up

**STATION 3**
- TRX Low Row
- TRX Crunch - Hands

**STATION 4**
- TRX Power Pull
- TRX Oblique Crunch - Hands

**STATION 5**
- TRX Spider Man Push Up
- TRX Pike

### WARM-UP

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>SETS</th>
<th>TIME</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heel / Toe Raise</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td>Knee To Elbow Push-Up</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td>Trunk Circles</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td>Jump Thrust</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td>Split Squat Drops</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
</tr>
<tr>
<td>Wideouts</td>
<td>1</td>
<td>20 sec.</td>
<td>10 sec.</td>
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</tbody>
</table>

### ENDURANCE

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>NOTED</th>
</tr>
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<tbody>
<tr>
<td>TRX Pull Up</td>
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<td>TRX Pike</td>
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</tbody>
</table>

### COOL DOWN

<table>
<thead>
<tr>
<th>EXERCISES</th>
<th>NOTED</th>
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</thead>
<tbody>
<tr>
<td>Chest Stretch</td>
<td>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</td>
</tr>
<tr>
<td>Cross Body Stretch</td>
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</tr>
<tr>
<td>Glute Stretch</td>
<td></td>
</tr>
<tr>
<td>Hamstring Stretch</td>
<td></td>
</tr>
<tr>
<td>Hip Flexor Stretch</td>
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</tbody>
</table>