

## Hellraiser Athlete Warrior Book

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## Movement Prep

### Conditions:

1. Platoon-to Squad-size element in D-Quad
2. 20 m of open space

\*\*All workouts will be preceded by this movement prep routine. Start off each exercise in this routine with slow movement and a limited range of motion, working to faster movements with wider range of motion.

### Calisthenics: (conducted in extended rectangular formation)

Exercise	Weight	Repetitions	Sets	Rest Phase
Bend and Reach	N/A	3-5	1	None
Around-the-world	N/A	3-5	1	None
Squat	N/A	3-5	1	None
Windmill	N/A	3-5	1	None
Leg Whips	N/A	3-5	1	None
Balance & Reach, Forward	N/A	3-5	1	None
Pushup/Pushup +/-Rotations	N/A	3-5	1	None
Squat-Reach-Jump	N/A	3-5	1	None

**Movement Drills:** Perform the following drills over a 20-meter distance, unless otherwise indicated:

Exercise	Weight	Distance	Sets	Rest Phase
Side-Step-Lunge	N/A	5 steps & reverse	1	None
Corkscrew Lunge	N/A	5 steps & reverse	1	None
Walking Lunge & Reach	N/A	10 steps ea. leg	1	None
Walking Bend & Reach	N/A	10 steps ea. leg	1	None
Verticals	N/A	20m down & back	1	None
Laterals	N/A	20m down & back	1	None
Crossovers	N/A	20m down & back	1	None
Shuttle Run	N/A	20m down-back-down	1	None

## Recovery

### Conditions:

1. Platoon-to Squad-size element in D-Quad
2. Open space sufficient to conduct an extended rectangular formation

\*\*Walk as needed to bring the heart rate back to within about 20-30 beats of the resting level, then finish with the exercises below. The exercises with an \* are considered motion exercises rather than static stretches. The last four stretches are performed in standing. Wolfhounds who find tight muscle groups should be encouraged to stretch on their own throughout the day. The stretch routine also provides a good opportunity for squad leaders to give their men feedback on the PT session.

Exercise	Time	Sets	Rest Phase
Mountain Climber Stretch	30-60 sec.	1	None
Seated Hip Rotations*	1-4 sec.	3-4	None
Quadriceps Stretch (side-lying)	30-60 sec.	1	None
Posterior Hip Stretch (supine)	30-60 sec.	1	None
Scorpion*	1-4 sec.	3-4	None
Rotational Spine Stretch (supine)*	1-4 sec.	3-4	None
Prone Press*	1-4 sec.	3-4	None
Prayer Stretch w/ Diagonals	30-60 sec.	1	None
Hip Flexor Stretch	30-60 sec.	1	None
Hamstring Stretch	30-60 sec.	1	None
2-Part Gastroc-Soleus Stretch (wall or partner)	30-60 sec.	1	None
Pectoralis Stretch (wall or partner)	30-60 sec.	1	None

## **Hybrid Menu # 1 – Tabata Basics**

### **Conditions:**

3. Squad-size element in D-Quad
4. 1x stopwatch
5. 2x pull-up bars
6. 2x “coffee-can” bars.

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Squats	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Nordic Hamstrings	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Sit Ups	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Heel Claps	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Push Ups	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Coffee Can Curls	Coffee Can Bar	Max in 20 Seconds	8	10 Seconds
5 minute rest				
300-yard shuttle run	N/A	Out, Back, and Out	4	60 seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Each Tabata “Set” is a four-minute cycle, consisting of eight cycles of twenty seconds’ work followed by twenty seconds rest. Soldiers are to complete as many reps in the twenty seconds as good form will allow. Modify exercises to minimize strain on connective tissues as form breaks down (i.e., push-ups on knees).

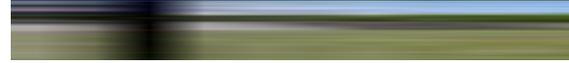
### **AAR Comments:**

**Sustains-** Good overload, Movement prep amending IOT cater to workout, Bring a 3x5 cheat sheet, AAR

**Improves-** Keeping set # accountability, Bring water, Recon pull-up bars, Take out Nordic hamstrings.

## Hybrid Menu # 1 Smart Card

### NORDIC HAMSTRING



- Exercise can be performed in buddy teams, or by using a sit-up bar or other low, well-anchored bar to hold the heels in place.
- Do not bend at the waist; keep the trunk and thighs lined up as shown in the second picture.
- The first few repetitions involve leaning forward without going to the ground. Once you reach an angle where you are unable to return to the starting position, allow the straight trunk to fall forward and use a plyo-pushup to return to the starting position.

### HEEL CLAPS



- This exercise can be performed from a pull-up bar or rope
- Maintain the flexed-elbow position and lift the knees to the elbows
- Maintain control throughout the entire exercise—do not let the body swing back and forth or use momentum to get the knees up
- An advanced technique on the pull-up bar is to tap the heels above the bar.

## **Hybrid Menu # 2 – Tabata Intermediate**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1x stopwatch
3. 4x kettlebells, 25-40#
4. 2x “coffee-can” bars
5. 2x Medicine Balls, 12-20#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Squat-Thrust	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Kettlebell Walking Lunge	35-40#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Supine Bicycle	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Medball Sit Ups	12-20#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Coffee-Can Military Press	1 Bar	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Kettlebell Rows	20-35#	Max in 20 Seconds	8	10 Seconds
5 minute rest				
Verticals to Sprint	N/A	25 Meters	1	20 Seconds
Forward Fall to Sprint	N/A	25 Meters	1	20 Seconds
Mountain Climber to Sprint	N/A	25 Meters	1	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	1	20 Seconds
1 minute rest then repeat for total 5 iterations				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Each Tabata “Set” is a four-minute cycle, consisting of eight cycles of twenty seconds’ work followed by twenty seconds rest. Soldiers are to complete as many reps in the twenty seconds as good form will allow. Modify exercises to minimize strain on connective tissues as form breaks down (i.e., push-ups on knees).

## **Hybrid Menu # 3 – Tabata Advanced**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1x stopwatch
3. 4x kettlebells, 20-45#
4. 2x Medicine Balls, 12-20#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Wall-Ball shots	12-20#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Star Lunge Series	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Medball V-Ups	12-20#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Hanging Leg Raise	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
IBA Push-Ups	IBA no side plates	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Kettlebell Rows	20-35#	Max in 20 Seconds	8	10 Seconds
5 minute rest				
Box Drills	N/A	10 Meters	1	20 Seconds
T-Drills	N/A	10 Meters	1	20 Seconds
Lateral Shuffle	N/A	3 Meters Staggered	1	20 Seconds
1 minute rest then repeat for total 4 iterations				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Each Tabata “Set” is a four-minute cycle, consisting of eight cycles of twenty seconds’ work followed by twenty seconds rest. Soldiers are to complete as many reps in the twenty seconds as good form will allow. Modify exercises to minimize strain on connective tissues as form breaks down (i.e., push-ups on knees. **This workout will incorporate advanced exercise techniques and equipment. Since the goal is to conduct the workout at a pace that keeps heart rates elevated, do not attempt until soldiers have mastered the exercises outlined below.**

## **Hybrid Menu # 4 – Circuit Training # 1**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x stopwatch
3. 2 x LMTV Tires
4. 2 x Medicine Balls, 12-20#
5. 2 x 20' Climbing Ropes
6. 2 x “Coffee-Can” Bars
7. 2 x Plyo-Jump Boxes

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Plyo-Jumps	N/A	Max in round time	1	15 Seconds
Nordic Hamstrings	N/A	Max in round time	1	15 Seconds
Medball Core Series	12-20#	Max in round time	1	15 Seconds
Frog Kicks	N/A	Max in round time	1	15 Seconds
Coffee-Can Overhead Press	1 Bar	Max in round time	1	15 Seconds
Pull-Ups	N/A	Max in round time	1	15 Seconds
Tire Flips	LMTV Tire	Max in round time	1	15 Seconds
Rope Climb	N/A	Max in round time	1	15 Seconds
1 minute rest then Repeat for 3 iterations (round 1: 60 sec, 2: 45 sec., 3: 30 sec)				
Sprint	N/A	800 Meters	1	1 Minute
Sprint	N/A	400 Meters	1	1 Minute
Sprint	N/A	200 Meters	1	1 Minute

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** The intent with all hybrid workouts is to keep the heart rate elevated throughout. Allow minimal rest between circuits, completing 3 full rounds of the circuit. Round one is 60 seconds' work, round two is 45 seconds' work, and round three is 45 seconds. Utilize weights appropriate to soldiers' individual experience and fitness levels. Do not train to muscle failure; modify exercises when form breaks down to avoid placing stress on connective tissues.

## **Hybrid Menu # 5 – Circuit Training # 2**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x stopwatch
3. 4 x Medicine Balls, 12-20#
4. 2 x 20' Climbing Ropes **or** Pull-Up Bars
5. 2 x Kettlebells, 25-35#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Mountain Climbers	N/A	Max in round time	1	15 Seconds
Star Lunge Series	N/A	Max in round time	1	15 Seconds
Hanging Leg Raises	N/A	Max in round time	1	15 Seconds
Medball Core Series	12-20#	Max in round time	1	15 Seconds
Skedco Drag (25 Meters)	150#	Max in round time	1	15 Seconds
Close-Hand Pushups	N/A	Max in round time	1	15 Seconds
Medball Slams	12-20#	Max in round time	1	15 Seconds
Turkish Get-Ups	25-35#	Max in round time	1	15 Seconds
1 minute rest then Repeat for 3 iterations (round 1: 60 sec, 2: 45 sec., 3: 30 sec)				
Box Drills	N/A	10 Meters	1	20 Seconds
T-Drills	N/A	10 Meters	1	20 Seconds
Lateral Shuffle	N/A	3 Meters Staggered	1	20 Seconds
1 minute rest then repeat for total 4 iterations				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** The intent with all hybrid workouts is to keep the heart rate elevated throughout. Allow minimal rest between circuits, completing 3 full rounds of the circuit. Round one is 60 seconds' work, round two is 45 seconds' work, and round three is 45 seconds. Utilize weights appropriate to soldiers' individual experience and fitness levels. Do not train to muscle failure; modify exercises when form breaks down to avoid placing stress on connective tissues.

## **Hybrid Menu # 6 – Battle-Focused PT # 1**

### **Conditions:**

1. Squad-size element in D-Quad in ACU's and IBA's
2. 1 x Litter per each 4 soldiers
3. 1 x Skedco per each 4 soldiers
4. 150# weight per each Litter/Skedco Set
5. 1 x 5-gallon water jug per soldier (full)
6. 2 x 20' Climbing Ropes
7. 1 x Cone Set
8. 1 x 1-Mile run course starting and ending at D-Quad
9. 1 x 50 Meter Course in D-Quad

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Pace	Sets	Rest Phase
1-Mile Run	IBA	8:30-9:00/mile pace	1	None
Litter Carry	150#	1 Lap Around Quad	1	None
Skedco Drag	150#	100 Meters	1	None
Buddy Carry	Buddy's Weight	100 Meters	1	None
Low Crawl	IBA	50 Meters	1	None
High Crawl	IBA	50 Meters	1	None
Buddy Rush	IBA	100 Meters	1	None
Water Can Carry	1 5-Gallon Can	1 Lap Around Quad	1	None
Rope Climb	IBA	20' Rope	1	None
Illinois Agility Test	IBA	N/A	1	None
1-Mile Run	IBA	8:30-9:00/mile pace	1	None

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. These workouts are intended to be completed in ACU's, IBA's (side plates may be added at leaders' discretion and depending on individual soldier fitness).

## **Hybrid Menu # 7 – Battle-Focused PT # 2**

### **Conditions:**

1. Squad-size element in D-Quad in ACU's and IBA's
2. STB O-Course (see smart card for location)
3. 2 x 20' Climbing Ropes
4. 1 x Cone Set
5. 1 x 50 Meter Course in D-Quad

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Pace	Sets	Rest Phase
Run to STB O-Course	IBA	8:30-9:00/mile pace	1	None
STB O-Course	IBA	15:00	2	5 Minutes
Run to D-Quad	IBA	8:30-9:00/mile pace	1	None
Rope Climb	IBA	20' Climbing Rope	2	1 Minute
Tire Flips	LMTV Tires	Sand Pit down & back	1	None
Buddy Carries	Buddy's Weight	50 Meters	3	30 Seconds
2 Minutes' Rest				
Verticals to Sprint	N/A	25 Meters	1	20 Seconds
Forward Fall to Sprint	N/A	25 Meters	1	20 Seconds
Mountain Climber to Sprint	N/A	25 Meters	1	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	1	20 Seconds
1 Minutes' Rest Then Repeat for 3 Iterations				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. These workouts are intended to be completed in ACU's, IBA's (side plates may be added at leaders' discretion and depending on individual soldier fitness).

## **Hybrid Menu # 8 – Stamina #1**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Stopwatch
3. 2 x LMTV Tires
4. 1 x Cone Set
5. 1 x 100 Meter Course in D-Quad
6. 2 x Pull-Up Bars

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Run one mile start & end at D-Quad	N/A	7:30-8:00/mile pace	1	None
Push-Ups	N/A	Max to form failure	2	None
Pull-Ups	N/A	Max to form failure	2	None
Heel Claps	N/A	Max to form failure	2	None
Tire Flips	LMTV Tire	Sand Pit down & back	2	None
Rocky Twist	N/A	Max in one minute	1	None
Sit-Ups	N/A	Max in one minute	1	None
Shuttle Run	N/A	300 meters	2	2 Minutes
Rest one minute				
Push-Ups	N/A	Max to form failure	2	None
Pull-Ups	N/A	Max to form failure	2	None
Heel Claps	N/A	Max to form failure	2	None
Tire Flips	LMTV Tire	Sand Pit down & back	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Shuttle Run	N/A	300 meters	1	2 Minutes
Rest one minute				
Push-Ups	N/A	Max to form failure	1	None
Pull-Ups	N/A	Max to form failure	1	None
Heel Claps	N/A	Max to form failure	1	None
Tire Flips	LMTV Tire	Sand Pit down & back	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Run one mile start & end at D-Quad	N/A	7:30-8:00/mile pace	1	None

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. The run should be completed as a release run, with soldiers beginning the exercise series immediately upon returning to D-Quad. Set the stop watch up at the sit-up/ Rocky Twist station on continuous, so that soldiers will be able to time themselves as they arrive at that station, as well as timing rest periods.

## **Hybrid Menu # 9 – Stamina 2**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Stopwatch
3. 2 x Kettlebells, 25-35#
4. 1 x Cone Set
5. 1 x 100 Meter Course in D-Quad
6. 2 x Medicine Balls, 12#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Run one mile start & end at D-Quad	N/A	7:30-8:00/mile pace	1	None
Plyometric Push-Ups	N/A	Max to form failure	2	None
Kettlebell Rows	25-35#	Max to form failure	2	None
Frog Kicks	N/A	Max to form failure	2	None
Wall-Ball Shots	12#	Max to form failure	2	None
Rocky Twist	N/A	Max in one minute	1	None
Sit-Ups	N/A	Max in one minute	1	None
Shuttle Run	N/A	300 meters	2	2 Minutes
Rest one minute				
Plyometric Push-Ups	N/A	Max to form failure	2	None
Kettlebell Rows	25-35#	Max to form failure	2	None
Frog Kicks	N/A	Max to form failure	2	None
Wall-Ball Shots	12#	Max to form failure	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Shuttle Run	N/A	300 meters	1	2 Minutes
Rest one minute				
Plyometric Push-Ups	N/A	Max to form failure	1	None
Kettlebell Rows	25-35#	Max to form failure	1	None
Frog Kicks	N/A	Max to form failure	1	None
Wall-Ball Shots	12#	Max to form failure	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Run one mile start & end at D-Quad	N/A	7:30-8:00/mile pace	1	None

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. The run should be completed as a release run, with soldiers beginning the exercise series immediately upon returning to D-Quad. Set the stop watch up at the sit-up/ Rocky Twist station on continuous, so that soldiers will be able to time themselves as they arrive at that station, as well as timing rest periods.

## **Hybrid Menu # 10 – MedBall Relays**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Stopwatch
3. 1 x Medicine Ball per each 2 soldiers, 12-20#
4. 1 x Cone Set
5. 1 x 100 Meter Course in D-Quad
6. 1 x 25 Meter Grass Course
7. 1 x 25 Meter Sand Pit Course

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Pace/Distance	Sets	Rest Phase
Run 1.5 mile start & end at Stoneman Field	N/A	7:30-8:00/mile pace	1	None
One Bounce Medball Drill	12-20#	100 Meters out & back	3	1 Minute
Lateral Toss & Shuffle	12-20#	100 Meters out & back	3	1 Minute
Medball Suicide Relays	12-20#	25m out-back-out	1	None
Non-running partner completes push-ups until partner completes iteration				
Medball Sand Pit Relays	12-20#	25m out & back x 2	1	None
Non-running partner completes sit-ups until partner completes iteration				
Medball Suicide Relays	12-20#	25m out-back-out	1	None
Non-running partner completes lunges until partner completes iteration				
Medball Sand Pit Relays	12-20#	25m out & back x 2	1	None
Non-running partner completes squats until partner completes iteration				
Medball Suicide Relays	12-20#	25m out-back-out	1	None
Non-running partner completes pull-ups until partner completes iteration				
Medball Sand Pit Relays	12-20#	25m out & back x 2	1	None
Non-running partner completes flutter kicks until partner completes iteration				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.



## **Hybrid Menu # 11 – Angie**

### **Conditions:**

1. Squad-size element in D-Quad
2. Pull Up Bars
3. Weight Vests as needed (advanced)

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Pull Ups	0-20lbs	100	Varies	Varies
Push Ups	None	100	Varies	Varies
Situps	None	100	Varies	Varies
Body Squats	0-50lbs	100	Varies	Varies

Conduct exercises in any order in least amount of sets required to complete 100 reps of each exercise in the shortest amount of time.

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

## **Hybrid Menu # 12 – Linda**

### **Conditions:**

1. Squad-size element in D-Quad
2. 3 x Olympic Bars
3. 12 Olympic weights, 8 Rubber Olympic Weights
4. Weight Vests as needed (advanced)

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Power Clean	$\frac{3}{4}$ BW	10-9-8...3-2-1	10	None
Bench Press	BW	10-9-8...3-2-1	10	None
Deadlift	1 $\frac{1}{2}$ BW	10-9-8...3-2-1	10	None

Conduct exercises in the shortest amount of time possible.

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

## **Hybrid Menu # 13 – Fran**

### **Conditions:**

1. Squad-size element in D-Quad
2. Pull Up Bars
3. Weight Vests as needed (advanced)

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Thrusters	95lbs	21-15-9-3	3	None
Pull Ups	0	21-15-9-3	3	None

Conduct exercises in the shortest amount of time necessary.

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

## **Hybrid Menu # 14 – Barbara**

### **Conditions:**

1. Squad-size element in D-Quad
2. Pull Up Bars
3. Weight Vests as needed (advanced)

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

#### **5 Rounds of:**

Exercise	Weight	Reps	Sets	Rest Phase
Pull Ups	0-20lbs	20	1	None
Push Ups	None	30	1	None
Situps	None	40	1	None
Body Squats	0-50lbs	50	1	None
Rest				3 min

Conduct exercises five times with three minutes of rest in between each overall set. The individual sets should be conducted as fast as possible.

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

## **Hybrid Menu # 15 – Diane**

### **Conditions:**

1. Squad-size element in D-Quad
2. Olympic Bar with Weights
3. Wall to lean against

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

#### **3 Rounds of:**

Exercise	Weight	Reps	Sets	Rest Phase
Dead lift	225lbs	21-15-9	1	None
Handstand Pushups	None	21-15-9	1	None
Rest				3 min

Conduct exercises in as little time as necessary.

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

## **Hybrid Menu # 16 – Isabel**

### **Conditions:**

1. Squad-size element in D-Quad
2. Olympic Bar, weights, and platform

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Snatch	135lbs	30	1	None

Complete exercise as with proper form as quickly as possible.

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

# **Hybrid Menu # 17 – Caveman #1**

## **Conditions:**

1. Squad Size Element
2. 1x stopwatch
3. 2x Tire
4. 2x Boxes
5. Pull-up Bars
6. Australian Pull-up Bars

**Movement Prep:** Complete standard movement prep drill (10 minutes).

## **Exercises:**

Exercise	Weight	From	To	Rest Phase
Tire Flip	Tire	D Quad	D Quad	NONE
Box Jumps	Body	D Quad	D Quad	NONE
Heal Claps	Body	D Quad	D Quad	NONE
Australian Pull-up	Body	D Quad	D Quad	NONE
1 Min Rest				

## **Notes:**

- 1) 3 rounds of caveman workout
- 2) Buddy teams
- 3) Compete with buddy to get most reps

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Hybrid Menu # 18 – Heather**

### **Conditions:**

1. Squad Size Element
2. 2x Med balls
3. 2x Boxes
4. 2x Tires

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Med Ball Sprints	20 lbs	1	1	NONE
5 Burpees	Body	5	1	NONE
Box Jumps	Body	15	1	NONE
Tire Flip	Tire	25 m	1	NONE
REST 2 MINUTES				
As many times as possible in 2 10 min rounds				

### **Notes:**

1. Each Team is assigned their own lane
2. Compete with buddy for max reps
3. Try to keep heart rate up

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Hybrid Menu # 19 – Max Agility**

### **Conditions:**

1. Squad Size Element
2. 2x Ladder
3. 6x cones

### **Exercises:**

Exercise	Weight	Duration 1 <sup>st</sup> /2nd	Sets	Rest Phase
Ladder drill	Body	Full ladder	1	While Partner works
T-Drill	Body	Full T-Drill	1	While Partner Works
REPEAT AS MANY TIMES AS POSSIBLE				

### **Notes:**

1. **Movement Prep**
2. **1 man work while the other Actively Coaches**
3. **Recovery/AAR**

## **Hybrid Menu # 20 – Elisa**

### **Conditions:**

- 1. Highly motivated Soldiers**

### **Exercises:**

Exercise	Weight	Duration 1 <sup>st</sup> /2nd	Sets	Rest Phase
Helicopter	body	2 min	1	While Partners Carry
Shoot and leap over				
Battle buddy assisted squat				

### **Notes:**

- 1. Movement Prep**
- 2. Recovery/AAR**

## **Hybrid Menu # 21 – Gloria**

### **Conditions:**

1. 2x Row machine
2. Pull-up Bars
3. 2x 45 lb bar
4. 2x 20 lb med ball

: Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Row	N/A	500m	1	none
Thrusters	45 lb	25	1	none
Pull ups	Body	15	1	1 minute
Wall ball	Body	25	1	1 minute
Elevated push ups	Body	15	1	none
Sit ups	Body	25	1	none
Pull ups	Body	15	1	1 minute

3 rounds for fastest time

### **Notes:**

1. Movement Prep
2. Soldiers go through events one at a time
3. Time stops when Soldier completes lap.
4. Time starts again whenever 1 minute rest has occurred **OR** circuit is available
5. Execute rounds for fastest time
6. Recovery

## **Hybrid Menu # 22 – Iris**

### **Conditions:**

1. Highly motivated soldiers

### **Exercises:**

Exercise	Weight	Duration	Sets	Rest Phase
Sprint	Body	400m	1	none
Push up, sit up, flutter kick	Body	50	1	none
Sprint	Body	400m	1	none
Push up, sit up, Flutter kick	Body	40	1	none
Sprint	Body	400m	1	none
Push up, sit up, flutter kick	Body	30	1	none
Rest for 2 min				

### **Notes:**

2. Movement Prep
3. Soldiers pair up for Exerciser and Coach/Recorder
4. Form Discipline is Stressed
5. Recovery/AAR

## **Hybrid Menu # 23 - MEDIVAC # 1**

### **Conditions:**

7. Squad Size Element
8. 1x stopwatch
9. 2x IR Buzz Saw
10. 2x SKEDCO
11. 2x 9 Line Cards
12. 2x VS-17 Panel

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	From	To	Rest Phase
Buddy Carry	Body	D Quad	Gimlet Field	Duration of 9 Line
2 minute rest				
SKEDCO Drag	Body	Gimlet Field	Baseball Field	Duration of 9 Line
2 minute rest				
Sit Ups	Body	Baseball Field	Start of Valley	Duration of 9 Line
2 minute rest				
Heel Claps	Body	Start of Valley	Other side of Valley	Duration of 9 Line
2 minute rest				

### **Notes:**

- 4) Assign 1 casualty per Team
- 5) Wound Description, LZ Loc., Type of carry is given
- 6) 9 Line is sent
- 7) Movement begins
- 8) REPEAT AT EVERY LZ**
- 9) Return by reversing order of movements

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Hybrid Menu # 24 - Raid # 1**

### **Conditions:**

4. Squad Size Element
5. 1x Battling Ropes
6. 2x TRX
7. 2x Kettle Bell
8. 1x 25m Rope
9. 1x Tourniquet
10. 2x Field Dressing
11. 2x DAGR
12. 2x 9 Line Cards
13. 2x MBITR

### **Exercises:**

Exercise	Weight	Duration 1 <sup>st</sup> /2 <sup>nd</sup>	Sets	Rest Phase
Med Ball Push Up	Body	45/30sec	METT-TC	While Partner Works
Kettle Bell Pull	Body	45/30sec	METT-TC	While Partner Works
Battling Ropes	Body	45/30sec	METT-TC	While Partner Works
TRX Chest Row	Body	45/30sec	METT-TC	While Partner Works
TRX Triceps Extension	Body	45/30sec	METT-TC	While Partner Works
Common Tasks Testing 10 minutes total				
REPEAT AS MANY TIMES AS POSSIBLE				

### **Notes:**

- 4. Movement Prep**
- 5. ID Route, Partners and Events**
- 6. Discuss Active Coaching Techniques before SP**
- 7. Run selected route at slow pace(infil)**
- 8. Arrive at OBJ, ea. 2 man team begins their station's exercises**
- 9. 1 man work while the other Actively Coaches**
- 10. They switch after the allotted time, then rotate to next station**
- 11. When a team returns to their first station Common Tasks Tests are assigned at random; i.e. 9 Line/DAGR/1<sup>st</sup> Aid/etc...**
- 12. Run selected route at slow pace (exfil)**
- 13. Recovery/AAR**



## **Hybrid Menu # 26 - Big Dog Mad Dog**

### **Conditions:**

5. 2x Tire
6. 1x Sledge Hammer
7. 1x Climbing Rope
8. 1x Stopwatch(per Soldier)

: Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Tire Flip	N/A	10	1	none
Rope Climb	Body	1	1	none
Sledge Hammer on Tire	N/A	10	1	none
Lap Around Quad	Body	1	1	1 minute

5 rounds for fastest time

### **Notes:**

7. Movement Prep
8. Soldiers go through events one at a time
9. Time stops when Soldier completes lap.
10. Time starts again whenever 1 minute rest has occurred **OR** circuit is available
11. Execute rounds for fastest time
12. Recovery

### **AAR Comments:**

**Sustains-** Good use of sledgehammer

**Improves-** More stopwatches. Designate total time & break time keepers. More group development. CTT before/after events, while waiting. 4X tires. LPD on the rope.

## **Hybrid Menu # 27 - 555 DEAL**

### **Conditions:**

2. Tough Box
3. Heavy Bag
4. Incline Sit Up Bench
5. 20 lb Med Ball
6. Dueling Ropes

### **Exercises:**

Exercise	Weight	Duration	Sets	Rest Phase
Box Jump	Body	1 min	1	none
Rope Swing	Body	1 min	1	none
Heavy Bag Twist	40 lbs	1 min	1	none
Incline Sit Up	Body	1 min	1	none
Med Ball Squat Toss	20 lbs	1 min		
Rest for 2 min				
5 rounds for most reps				

### **Notes:**

13. Movement Prep
14. Soldiers pair up for Exerciser and Coach/Recorder
15. Form Discipline is Stressed
16. Soldiers complete entire circuit then rest between each round
17. On completion of all five rounds Soldiers immediately change roles and begin
18. Execute events for most reps
19. Recovery/AAR

## **Hybrid Menu # 28 - The Fancy Leg**

### **Conditions:**

1. 1x Stopwatch
2. 2x 5gal Water Jug per Soldier
3. 1x Chain per Soldier
4. 1x Agility Ladder per Soldier
5. 10x Cones per Soldier

### **Exercises:**

Exercise	Weight	Distance	Sets	Rest Phase
2x Water Jug Carries	2x Water Jugs	30m	1	none
Body Squats	Body	N/A	1	none
Chain Pull	40 lbs	30m	1	none
Snake Ladder	Body	1 length	1	none
Cone Weave	Body	30m		
Rest for 1 min				
4 rounds for time				

### **Notes:**

1. Movement Prep
2. Cycle through events
3. Recovery/AAR

## **Hybrid Menu # 29 - Underwater Beep Test**

### **Conditions:**

1. 10m section of Pool
2. 2x Stopwatch
3. 1x Set of Buoys

### **Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Underwater Swim	N/A	1	15	15sec, 14, 13, etc.

15 rounds for earliest done

### **Notes:**

1. Slow run to Pool
2. Free Swim to Prime Muscles and Nerves
3. Each team starts off touching the wall
4. Command of "GO" is given
5. Teams swim under water to the other side of the buoys
6. When the first Team member breaks the surface time starts.
7. 15 seconds are allotted for breathing
8. Then teams swim back to wall underwater with 14 seconds to breath when the first surfaces
9. This back and forth process continues until only 1 second is allowed
10. If a team member surfaces early in the deep end: the brick is passed around team 3 times ***or***
11. If a team member surfaces early in the shallow end: 10 jumps are conducted by all in team
12. Fastest to complete are the victors
13. Recovery

# **Movement Menu # 1 – Ladder 1/360 Core**

## **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Agility Ladders
3. 1 x Cone Set
4. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep drill (10 minutes).

## **Exercises:**

Exercise	Sets	Rest Phase
Sprint/High Knees	3	20 seconds
Two Step/High Knees	3	20 seconds
Three Step	3	20 seconds
Four Step	3	20 seconds
Hop	3	20 seconds
Hop Scotch	3	20 seconds
Lateral 4-step	3	20 seconds
Lateral Hop	3	20 seconds
2 minutes' rest before 360 core series		
1-Minute Plank Drills	3 each side	1 minute
1-Minute Supine Bicycle	2	1 minute
1-Minute Arc Pushups	2	1 Minute
1-Minute Double Crunch	2	1 Minute
1-Minute Prone Row	2	1 Minute

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Set up cones in T-Shape 5 meters apart following the agility ladder. After each run through the ladder, complete on T-Drill before returning to the start. Complete three sets of each drill before moving on to the next.

## **AAR Comments:**

**Sustains-** New Approach

**Improves-** Add more stations. Add weapon/rubber duck.

## **Movement Menu # 2 – Cone Drills/360 Core**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Cone Set
3. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Sets	Rest Phase
Pro Shuttle	5	20 seconds
Illinois Agility	5	20 seconds
Oklahoma Drill	5	20 seconds
Forward Shuffle	5	20 seconds
Lateral Shuffle	5	20 seconds
Box/Rectangle Drill	5	20 seconds
2 minutes' rest before 360 core series		
1-Minute Plank Drills	3 each side	1 minute
1-Minute Supine Bicycle	2	1 minute
1-Minute Arc Pushups	2	1 Minute
1-Minute Double Crunch	2	1 Minute
1-Minute Prone Row	2	1 Minute

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Soldiers will complete 5 iterations of each drill with minimal rest before cones are reset for the next drill. Allow no more than 1 minute between sets for cone reset.

## **Movement Menu # 3 – Sprints/360 Core**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x 50-meter sprint course

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Verticals to Sprint	N/A	50 Meters	5	20 Seconds
Forward Fall to Sprint	N/A	50 Meters	5	20 Seconds
Mountain Climber to Sprint	N/A	50 Meters	5	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	5	20 Seconds
Rest 5 minutes before beginning 360 core series				
Plank Drills	N/A	1 minute each side	3 each side	1 minute
Supine Bicycle	N/A	Max 1 minute	2	1 minute
Arc Pushups	N/A	Max 1 Minute	2	1 Minute
Double Crunch	N/A	Max 1 Minute	2	1 Minute
Prone Row	N/A	Max 1 Minute	2	1 Minute

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Soldiers will complete 5 iterations of each sprint drill. Each sprint will be completed down-and-back on a 50-meter course unless otherwise noted.

## **Movement Menu # 4 – Ladders/Medball Series**

### **Conditions:**

1. Squad-size element in D-Quad
2. 2 x Agility Ladders
3. 1 x Agility Hurdle Set
4. 4 x medicine balls 12-20#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Sprint/High Knees	N/A	2 Ladders	5	20 Seconds
Two Step/High Knees	N/A	2 Ladders	5	20 Seconds
Three Step	N/A	2 Ladders	5	20 Seconds
Four Step	N/A	2 Ladders	5	20 Seconds
Hop	N/A	2 Ladders	5	20 Seconds
Hop Scotch	N/A	2 Ladders	5	20 Seconds
Lateral 4-step	N/A	2 Ladders	5	20 Seconds
Lateral Hop	N/A	2 Ladders	5	20 Seconds
Rest 5 minutes before beginning MedBall series				
Chest Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Staggered Toss	12-20#	Max 1 Minute	3	30 Seconds
Partner Underhand Toss	12-20#	Max 1 Minute	3	30 Seconds
Rotation Toss	12-20#	Max 1 Minute	3	30 Seconds
Partner Rotation Toss	12-20#	Max 1 Minute	3	30 Seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Set up equipment as follows: 1 ladder, then hurdles set 1 meter apart, followed by the second ladder, with one cone set 5 meters after the last ladder. Soldiers will complete each exercise on both ladders, with the hurdles in between. For the hurdles, alternate between single-leg and two-leg hops.

## **Movement Menu # 5 – Cone Drills/Medball Series**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Cone Set
3. 4 x medicine balls 12-20#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Pro Shuttle	N/A	N/A	5	20 Seconds
Illinois Agility	N/A	N/A	5	20 Seconds
Oklahoma Drill	N/A	N/A	5	20 Seconds
Forward Shuffle	N/A	N/A	5	20 Seconds
Lateral Shuffle	N/A	N/A	5	20 Seconds
Box/Rectangle Drill	N/A	N/A	5	20 Seconds
Rest 5 minutes before beginning MedBall series				
Partner Side Toss	12-20#	Max 1 Minute	3	30 Seconds
Partner Over and Under	12-20#	Max 1 Minute	3	30 Seconds
Partner Standing Side Pass	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Chest Pass	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Overhead Pass	12-20#	Max 1 Minute	3	30 Seconds
Side to Side Tap	12-20#	Max 1 Minute	3	30 Seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Soldiers will complete 5 iterations of each drill with minimal rest before cones are reset for the next drill. Allow no more than 1 minute between sets for cone reset.

## **Movement Menu # 6 – Sprints/Medball Series**

### **Conditions:**

1. Squad-size element in D-Quad
2. 1 x Cone Set
3. 4 x medicine balls 12-20#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Verticals to Sprint	N/A	50 Meters	5	20 Seconds
Forward Fall to Sprint	N/A	50 Meters	5	20 Seconds
Mountain Climber to Sprint	N/A	50 Meters	5	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	5	20 Seconds
Rest 5 minutes before beginning MedBall series				
Chest Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Staggered Toss	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Chest Pass	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Overhead Pass	12-20#	Max 1 Minute	3	30 Seconds
Side to Side Tap	12-20#	Max 1 Minute	3	30 Seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Soldiers will complete 5 iterations of each sprint drill. Each sprint will be completed down-and-back on a 50-meter course unless otherwise noted.

## **Movement Menu # 7 – Combo 1 (short)**

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 2 x Agility Ladders
3. 1 x Stopwatch
4. 3-Mile Road Course, starting and ending in D-Quad

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Two Step Ladder	N/A	2	2	20 Seconds
Three Step Ladder	N/A	2	2	20 Seconds
Four Step Ladder	N/A	2	2	20 Seconds
Hop Scotch Ladder	N/A	2	2	20 Seconds
Rest 2 minutes then repeat for two full iterations				
Plank Drills	N/A	Max 30 Seconds	1 each side	30 Seconds
Supine Bicycle	N/A	Max 30 Seconds	1	30 Seconds
Arc Pushups	N/A	Max 30 Seconds	1	30 Seconds
Double Crunch	N/A	Max 30 Seconds	1	30 Seconds
Prone Row	N/A	Max 30 Seconds	1	30 Seconds
Rest 2 minutes then repeat for two full iterations				
Run three miles	N/A	8:00/mile pace	1	N/A

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Set up with two ladders in a row, with each counting as one repetition. Soldiers will run through the two-ladder set twice before moving on to the next drill. Soldiers will complete the 360-core series with a partner, working 30 seconds on, then 30 seconds off with one partner working and one resting.

## **Movement Menu # 8 – Combo 2 (short)**

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 1 x Cone Set
3. 4 x Medicine Balls, 12-20#
4. 1 x Stopwatch
5. 3-Mile Road Course, starting and ending in D-Quad

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Pro Shuttle Cone	N/A	1	4	30 Seconds
Rest 2 Minutes				
Illinois Agility Cone	N/A	1	4	30 Seconds
Rest 2 minutes then begin med ball series				
Chest Toss	12-20#	Max 30 Seconds	1	30 Seconds
Partner Rotational Toss	12-20#	Max 30 Seconds	1	30 Seconds
Partner Over & Under	12-20#	Max 30 Seconds	1	30 Seconds
Sit Up and Chest Toss	12-20#	Max 30 Seconds	1	30 Seconds
Rest 1 minutes then repeat for four full iterations				
Run three miles	N/A	8:00/mile pace	1	N/A

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Soldiers will complete the medicine ball series with a partner, working 30 seconds on, then 30 seconds off with one partner working and one resting.

## **Movement Menu # 9 – Combo 3 (long)**

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 2 x Agility Ladders
3. 1 x Stopwatch
4. 1 x Cone Set

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Sprint/High Knees Ladder	N/A	2	2	15 Seconds
Two Step/High Knees Ladder	N/A	2	2	15 Seconds
Four Step Ladder	N/A	2	2	15 Seconds
Rest One Minute before transitioning to Cone Drills				
Oklahoma Drill	N/A	4	1	30 Seconds
Rest One Minute before transitioning to Sprint Drills				
Partner Breakaways	N/A	6	1	45 Seconds
Rest One Minute before transitioning to 360 Core Drills				
Plank Drills	N/A	Max 30 Seconds	1 each side	30 Seconds
Supine Bicycle	N/A	Max 30 Seconds	1	30 Seconds
Arc Pushups	N/A	Max 30 Seconds	1	30 Seconds
Double Crunch	N/A	Max 30 Seconds	1	30 Seconds
Prone Row	N/A	Max 30 Seconds	1	30 Seconds
Rest One Minute then Repeat for Two Full Iterations				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Set up ladders consecutively, with each ladder counting as one repetition. Complete both ladders twice for two sets before moving on the next drill. Soldiers will complete the 360 core series with a partner, working 30 seconds on, then 30 seconds off with one partner working and one resting.

## **Movement Menu # 10 – Combo 4 (long)**

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 2 x Agility Ladders
3. 1 x Stopwatch
4. 1 x Cone Set

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Chest Toss	12-20#	Max in 45 Seconds	2	45 Seconds
Overhead Toss	12-20#	Max in 45 Seconds	2	45 Seconds
Rotation Toss	12-20#	Max in 45 Seconds	2	45 Seconds
Partner Side Toss	12-20#	Max in 45 Seconds	1	45 Seconds
Sit Up and Overhead Toss	12-20#	Max in 45 Seconds	1	45 Seconds
2 Minutes' Rest, then 30 Seconds on/30 off for 2 <sup>nd</sup> Iteration, 15 on/15 off for 3rd				
Illinois Agility Drill	N/A	4	1	1 Minute
Rest One Minute before transitioning to Sprint Drills				
Laterals to run	N/A	25 Meters each side	4	30 Seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Movement #11 - Squad Attack # 1**

### **Conditions:**

5. Squad Size Element
6. 2x Jump Rope
7. 2x Agility Ladders
8. 10x Cones

**Movement Prep:** Complete standard movement prep drill (10 minutes).

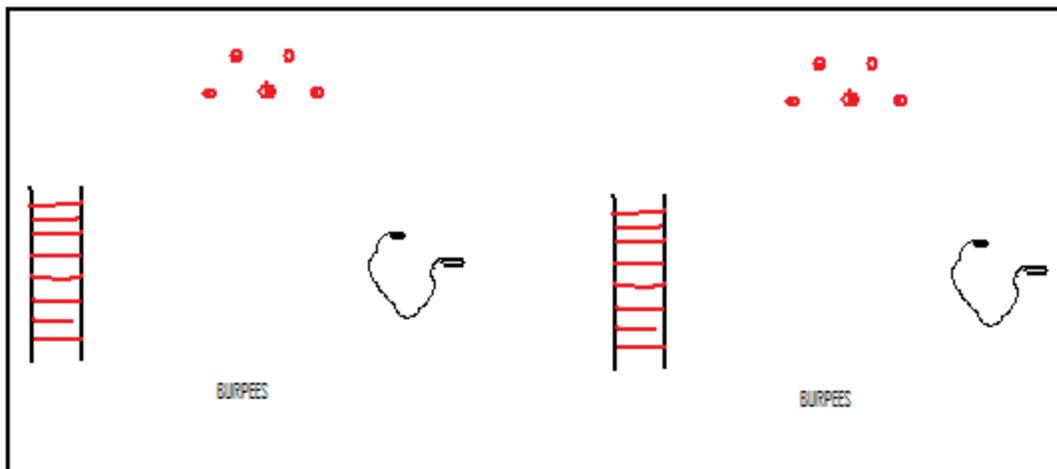
### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Jump Rope	Body	20	1	METT-TC
Burpee	Body	10	1	METT-TC
High Knees	Body	Complete Ladder	1	METT-TC
Cones	Body	Complete "K"	1	METT-TC
REST 2 MINUTES				
REPEAT AS MANY TIMES AS POSSIBLE				

### **Notes:**

4. Each Team is assigned their own lane
5. Team members wait behind a station in the Front Leaning Rest (FLR)
6. A "bound" consists of doing the current exercise
7. Unless a Soldier is bounding they are in the FLR
8. On the command of the Squad Leader (SL) the Team Leader (TL) bounds his men.
9. After each member of the Squad has conducted a complete circuit the TL's conduct L.A.C.E. report by executing 1 Push Up next to each of his Soldiers, then the SL does 10 Push Ups.
10. While L.A.C.E. is being conducted ALL others in Squad conduct Push Ups

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).



## **Lilly (Track Workout)**

### **Conditions:**

1. Squad-or Platoon-size element
2. 1x stopwatch
3. ¼-Mile Track

**Movement Prep:** Move to ¼-Mile Track prior to movement prep. Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Sprint	N/A	400 Meters	8	Walk 200 Meters
Sprint	N/A	200 Meters	6	Walk 100 Meters
Sprint	N/A	100 Meters	4	Walk 100 Meters
2 minutes rest				
Forward Plank	N/A	1 Minute	1	15 Seconds
Left Side Plank	N/A	1 Minute	1	15 Seconds
Right Side Plank	N/A	1 Minute	1	10 Seconds
1 minute rest, then repeat at 45 seconds for 2 <sup>nd</sup> iteration and 30 seconds for 3 <sup>rd</sup>				

**Recovery:** Complete standard recovery/flexibility drill after moving back to D-Quad (10 minutes).

### **AAR Comments:**

**Sustains-** The repetitions of the sprints

**Improves-** Add +2 sets for each exercise if individual is capable(requires SL trust and interpretation of his soldiers).

## **Sarah (Tempo Run)**

### **Conditions:**

1. Platoon-size element, divided into ability groups (see notes below)
2. 3-Mile Road Course, starting and ending at D-Quad
3. 4 x Medicine Balls 12-20#

**Movement Prep:** Complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Road Run 85% of 2-Mile Pace	N/A	4 Miles	1	N/A
2 minutes rest				
Sit-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps
Push-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps

**Recovery:** Complete standard recovery/flexibility drill after moving back to D-Quad (10 minutes).

**Notes:** Split soldiers into ability groups according to most recent 2-mile APFT Run times. Group soldiers as follows: A) 13:00 and below, B) 13:01-13:45, C) 13:46-14:30, D) 14:31-15:30, E) 15:31+

## **Meredith (Duck Hill)**

### **Conditions:**

1. Platoon-or Squad-size element
2. Duck Hill

**Movement Prep:** Move to Duck Hill at 9:00/mile pace, then complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run Duck Hill down & back	N/A	90% effort	8	1 Minute
2 minutes rest, then move back to D-Quad at 9:00/mile pace				
Sit-Ups	N/A	Max in one minute	1	None
Push-Ups	N/A	Max in one minute	1	None
Squats	N/A	Max in one minute	1	None
Rest one minute then repeat for 45 seconds in 2 <sup>nd</sup> iteration and 30 seconds in 3rd				

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Cavena (Fartlek Run)**

### **Conditions:**

1. Squad-size element
2. 5-Mile Road Course
3. GPS for Pacing
4. 2 x Pull-Up Bar

**Movement Prep:** complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Mile One	N/A	9:00/mile	1	N/A
Mile Two	N/A	7:00/mile	1	N/A
Mile Three	N/A	9:00/mile	1	N/A
Mile Four	N/A	7:00/mile	1	N/A
Mile Five	N/A	9:00/mile	1	N/A
Rest Three Minutes				
Pull-Ups	N/A	10 Reps	1	30 seconds
Pull-Ups	N/A	8 Reps	1	30 Seconds
Pull-Ups	N/A	6 Reps	1	30 Seconds
Pull-Ups	N/A	6 Reps	1	30 Seconds
Pull-Ups	N/A	8 Reps	1	30 Seconds
Pull-Ups	N/A	10 Reps	1	30 Seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** This workout is intended to be completed as a five-mile run on a road course, with the pace set for each one-mile zone as described above.

## **Rebecca (Track Intervals)**

### **Conditions:**

1. Platoon-or Squad-size element
2. ¼-Mile Track
3. 1 x Stop Watch

**Movement Prep:** move to 1/4-mile track prior then complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Sprint 200 Meters	N/A	50 seconds or less	15	1.5 minutes
Rest Three Minutes				
Front Plank	N/A	One minute	1	30 seconds
Side Plank	N/A	One Minute each side	1	30 Seconds
Prone Row	N/A	One Minute	1	30 Seconds
Supine Bicycle	N/A	One Minute	1	30 Seconds
Flutter Kicks	N/A	One Minute	1	30 Seconds

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Crystal (Terrain Run)**

### **Conditions:**

1. Platoon-or Squad-size element
2. Trans to Wailua
3. 1 x water supply per soldier

**Movement Prep:** complete standard movement prep drill at Dillingham Airfield (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run from base of trail to summit	N/A	40 minutes or less	1	5 minutes
Run from summit to base	N/A	30 Minutes or less	1	N/A

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Gina (Track Intervals)**

### **Conditions:**

1. Platoon-or Squad-size element
2. ¼-Mile Track
3. 1 x Stop Watch

**Movement Prep:** move to 1/4-mile track prior then complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run 800 Meters	N/A	2-Mile Run Pace	4	3 minutes
Rest Three Minutes				
Sit-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps
Push-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Kelly (Sustained Tempo Run)**

### **Conditions:**

1. Platoon-or Squad-size element
2. Trans to Bowan Field
3. Road Course to Kolekole Pass (see map)
4. GPS for Pacing

**Movement Prep:** complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run from Bowan Field to Pass Gate & Back	N/A	9:00/mile	1	N/A

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Melissa (30/30's)**

### **Conditions:**

1. Platoon-or Squad-size element in D-Quad
2. 1 x Stop Watch
3. Whistle to signal 30-second time splits
4. 4 X 20' Climbing Ropes

**Movement Prep:** complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Sprint at maximum effort	N/A	30 seconds	10	Walk 30 Seconds
Walk 4-5 minutes for rest/recovery				
Sprint at maximum effort	N/A	30 seconds	10	Walk 30 Seconds
Walk 4-5 minutes for rest/recovery				
Hanging Leg Raises	N/A	25 Repetitions	4	30 Seconds
2 Minutes Rest				
Rope Climb Relays	N/A	20' Climbing Rope	3	1 Minute

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

**Notes:** Utilize roadways within D-Quad for sprints. Complete relays in teams of 3-4 soldiers each. Losing teams complete 50 pushups before next iteration of the relay; complete three total relays, with each soldier climbing once per relay.

## **Misty (Sustained Tempo Run)**

### **Conditions:**

1. Platoon-or Squad-size element
2. Road Course to Kolekole Pass (see map)
3. GPS for Pacing

**Movement Prep:** complete standard movement prep drill (10 minutes).

### **Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run to Kolekole Pass Gate & Back	N/A	9:00/mile	1	N/A

**Recovery:** Complete standard recovery/flexibility drill (10 minutes).

## **Strength Physical Training Menu 1**

(Ground Based Zero strength power upper)

### **Conditions:**

1. Squad-Size Element
2. D-Quad Gym with Ground-Based Equipment reserved
3. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep prior to moving to gym

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Zero Woodchopper Down	125% body weight	10-12	4	15
Zero Woodchopper Up	125% body weight	10-12	4	15
Right Combo Twist	75% body weight	8-10	4	10
Left Combo Twist	75% body weight	8-10	4	10
Right Combo Incline	60% body weight	6-8	4	10
Left Combo Incline	60% body weight	6-8	4	10
Jammer	60% body weight	6-8	4	10
Planks	N/A	1min each side	1	30
Double Crunch	N/A	1min	2	30

**Recovery:** Complete standard recovery drill (10 minutes)

**Notes:** Conduct 4 sets in consecutive order. Squad members will have to start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

## **Strength Physical Training Menu 2**

(Kettlebell and medicine ball upper body)

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 4 X Kettlebells, 40-50#
3. 3 x Medicine Balls, 20#
4. 2 x 20' Climbing Rope
5. 2 x Pull-up Bar
6. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep drills (10 minutes)

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Kettle Bell Clean and Press	40-50lbs	8-10	3	60
Kettle Bell Lunge	40-50lbs	10-12	3	60
Pullup (no kip)		unassisted until failure of form	3	60
Overhead Medicine Ball Toss	20lbs	12	3	60
Rotational Medicine Ball Toss Left	20lbs	12	3	30
Rotational Medicine Ball Toss Right	20lbs	12	3	30
Arms only rope climb	N/A	1 or until 75% failure to avoid fall	1	60
Rope climb with foot over foot lock	N/A	1 or until 75% failure	3	60
Heel Clap	N/A	8 or until failure of form	3	60
Ankles to Bar	N/A	8 or until failure of form	3	60

**Recovery:** Complete standard recovery drill (10 minutes)

### **AAR Comments:**

**Improves-**Rotate kettle ball exercises in between ropes/bars to retain grip.

## **Strength Physical Training Menu 3**

(around-the-world strength gym lifts)

### **Conditions:**

1. Squad-Size Element
2. D-Quad Gym with Ground-Based Equipment reserved
3. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep prior to moving to gym

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Dumbbell Press Flat	Leader Dictated	6-8	3	120
Deadlift	Leader Dictated	6-8	3	120
Latpull Down	Leader Dictated	6-8	3	120
Straight Leg Dead Lift	Leader Dictated	6-8	3	120
Dumbbell Military Press	Leader Dictated	6-8	3	120
Bent Over Row	Leader Dictated	6-8	3	120
Free hang leg raises	N/A	Until failure of form	3	120
feet inclined ring pushups	N/A	8-10	3	60

**Recovery:** Complete standard recovery drill

## **Strength Physical Training Menu 4**

(kettlebell and medicine ball core and back/arms)

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 6 x Kettlebells, 25-40#
3. 2 x Medicine Balls, 20#
4. 2 x Pull-up Bar
5. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep drills (10 minutes)

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
laying medicine ball catch obliques	12-20#	10 each side	3	30
Kettle Bell Lunge	25-40#	10	3	30
Kettle Bell high pull	25-40#	8-10	3	30
Overhead Medicine Ball Toss	12-20#	10	3	30
Standing figure eight with kettle bell	25-40#	10 clockwise, 10 counter	3	30
Swing and raise	25-40#	8-10	3	30
kettle bell around the world	25-40#	10 clockwise, 10 counter	3	30
Renegade row with kettlebells	25-40#	6-8 each arm	3	30
Pullups	N/A	8-10	3	30

**Recovery:** Complete standard recovery drill

## **Strength Physical Training Menu 5**

(battle-focused, primary legs)

### **Conditions:**

1. Squad-Size Element
2. Trans to Duck Hill
3. 1 x 60# Ruck Per Soldier
4. 2 x Kettlebells, 25-40#
5. 1 x Skedco
6. 1 x Stop Watch

**Movement Prep:** Link up at Duck Hill (see map). Complete standard movement prep drills (10 minutes)

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Ruck descent and climb duck hill	60lbs	1	1	60
Standing figure eight kettlebell	25-45#	10 clockwise, 10 counter	1	60
Two arm tricep extension	25-45#	6-8	3	60
Ruck descent and climb duck hill	60lbs	1	3	60
Two arm bending row	Leader dictated	6-8	3	60
Double Crunch	N/A	until failure of form	3	60
Ruck descent and climb duck hill	60l#	1	1	60
Skedco pull up duckhill	150l#	1	1	60

**Recovery:** Complete standard recovery drill

**Notes:** This event is intended to be completed by a squad-size

element in ACU's, with 60-lb. rucks. Utilize soldiers' rucks for weight on the Skedco litter. Soldiers will rest while waiting for kettlebells; soldiers will complete all other exercises simultaneously.

## **Strength Physical Training Menu 6**

(battle focused, upper strength)

### **Conditions:**

1. Squad-Size Element in D-Quad with ACU's
2. 1 x IBA Per Soldier
3. 4 x 20' Climbing Rope
4. 2 x Pull-Up Bars

**Movement Prep:** Complete standard movement prep drills (10 minutes)

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
IBA pullups	IBA	6-8	3	60
Tire flips with IBA	IBA	1 length of sandpit	3	60
IBA rope climb	IBA	1	2	60
IBA partner drag	IBA + partner	1x25m	2	60
IBA Star Lunge Series	IBA	2 revolutions	1	60
Ankles to bar	N/A	6-8	3	30
Heel Clap	N/A	6-8	3	30
Hanging leg raises	N/A	6-8	3	30
Rest 5 minutes then repeat				

**Recovery:** Complete standard recovery drill (10 minutes).

**Notes:** Soldiers should be staggered through exercises in order to prevent backlogs at various stations. This workout is intended to be completed by a squad-size element in ACU's.

## **Strength Physical Training Menu 7**

(core and leg mass/strength and power movements)

### **Conditions:**

1. Squad-Size Element
2. D-Quad Gym
3. 4 x straight bars
4. Ring Set
5. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep prior to moving to gym

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Deadlift	80% 1-rep max	4-6	2	120
Ring hanging leg raises	N/A	8-10	3	60
Power clean	135#	4-6	2	120
Planks	N/A	45s each side	3	60
Single leg squat	N/A	4-6 each leg	2	120
Reverse plank	N/A	15	3	60
Straight leg deadlift	80% DL weight	6-8	3	60

**Recovery:** Complete standard recovery drill (10 minutes)

**Notes:** Conduct 4 sets in consecutive order. Squad members will have to start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

## **Strength Physical Training Menu 8**

(Ground based strength-power)

### **Conditions:**

4. Squad-Size Element
5. D-Quad Gym with Ground-Based Equipment reserved
6. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep prior to moving to gym

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Zero Woodchopper Down	125% body weight	8-10	2	30
Zero Woodchopper Up	125% body weight	8-10	2	30
Ground Based Deadlift	75% body weight	6-8	2	30
Right Combo Decline	75% body weight	10-12	2	30
Left Combo Decline	75% body weight	10-12	2	30
Squat High Pull	75% body weight	8-10	2	30
Right Combo Twist	75% body weight	8-10	2	30
Left Combo Twist	75% body weight	8-10	2	30
Ground Based Stiff leg deadlift	75% body weight	8-10	3	30

**Recovery:** Complete standard recovery drill (10 minutes)

**Notes:** Conduct 2 sets in consecutive order. Squad members will have to

start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

## **Strength Physical Training Menu 9** (Kettlebell special strength-endurance)

### **Conditions:**

1. Squad-Size Element in D-Quad
2. 7 x Kettlebells, 25-45#
3. 1 x rope for rope swings

**Movement Prep:** Complete standard movement prep drills (10 minutes)

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Kettle bell core rotations	25-35#	10-12	3	30
Kettle Bell Lunge	35-45#	10	3	30
Partner situp with kettle bell exchange	20#	10-12	3	30
Kettle Bell Clean and Press	45#	8-10	3	30
Rope swings	Rope	45 seconds	3	30
Kettle Bell Squat	25-35#	8-10	3	30
Kettle Bell around the world	25-35#	8 clockwise, 8 counter	3	30
Turkish Get-Ups	25-35#	8-10	3	30

**Recovery:** Complete standard recovery drill (10 minutes)

**Notes:** Conduct 3 sets of each exercise in consecutive order. Squad members will have to start on separate stations and may run into backlogs at

certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

## **Strength Physical Training Menu 10**

(gym upper with core work)

### **Conditions:**

1. Squad-Size Element
2. D-Quad Gym
3. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep prior to moving to gym

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Bench Press	85% body weight	6-8	3	120
Declined ring pushups	N/A	6-8	2	120
Chest Fly with dumbbells	35-60#	6-8	3	120
Wall/vertical pushups partner assisted	N/A	4-6	2	120
Military dumbbell press	30-55#	6-8	3	120
Metronome pushup	N/A	Until failure of form	1	120
Declined dumbbell press	45-65#	6-8	3	120
Ring pushups	N/A	6-8	1	120
Supline Bicycle	N/A	50	2	30
Ankles to Bar	N/A	4-6	2	30
Heel Clap	N/A	4-6	2	30

**Recovery:** Complete standard recovery drill (10 minutes)

**Notes:** Conduct exercises in consecutive order. Squad members will have to start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

## **Strength Physical Training Menu 11 “Private Crusher”**

### **Conditions:**

1. Squad-Size Element
2. Kettle bells, grassy area
3. 1 x Stop Watch

**Movement Prep:** Complete standard movement prep prior to moving to gym

### **Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Broad Jump Burpees	Body Weight	Down/back	3	120
Body Weight Squats	Body Weight	50	3	120
Tire Flip	Tire	Down/Back	3	120
Chain Drag	Chain	Down/Back	3	120
Throughs	20-35#	10	3	120
Kettle bell swings	20-35#	10	3	120
Suicides	Body Weight	Dwn/Bck/Dwn/Bck	3	120