

6-1 CAV

# Field PT Menu

1-1 AD

## Individual Fatigue Questionnaire (IFQ)

Sleep			Mental Fatigue			Muscle Soreness		
1pt	2pt	3pt	1pt	2pt	3pt	1pt	2pt	3pt
0-3hr	3-6hr	6-8hr	Tired	Indifferent	Amped	Not Tolerable	Achy	None

Based on scoring, select **ONE (1)** of the A,B or C workouts per day.

Low Preparedness 3-4pts

Mod Preparedness 5-6pts

High Preparedness 7-9pts

## Recovery

Low Preparedness 3-4pts

### Option A

### Option B

### Option C

Circuit	a.	b.	c.	d.	e.	Circuit	a.	b.	c.	d.	e.	Circuit	a.	b.	c.	d.
	Standing Power Toss 2x8	MB Slams 2x8	Push Ups 2x20	Walking Lunges 2x10-15ea	Farmer Carry 2x30m		KB Swings 3x15	50m Jog + 50m Backpedal x3	Sand Bag Row 3x15	Windshield Wipers 3x8ea	MB Slams 3x8-10		Crunches 3x30s	BW Squat 3x30s	Push Ups 3x30s	30m Jog between sets and exercises

Light to moderate loading. Complete as continuous circuit. Rest 30-60s between rounds.

## Maintenance

Mod Preparedness 5-6pts

### Option A

### Option B

### Option C

	Total	1	2	3	Total	1	2	3	Total	1	2	3
Upper	1	Standing Power Toss 3x5	2	Weighted Push Ups 3x6-8	1	Ruck High Pull 2x5	2	1-Arm OHP 2x5	1	Broad Jumps 2x4	2	1-Arm Row 3x5
Lower	3	Weighted Lunges 3x6-8	3	Weighted Lunges 3x6-8	3	Partner Carry 2x30m	3	Partner Carry 2x30m	3	Nordic Curls 3x4-6		

Moderate to Heavy Loading; complete stretch or mobility for 30-60s between sets. Complete as three (3) separate blocks. Rotate Groups at different start points if needed.

## Stimulate

High Preparedness 7-9pts

### Option A

### Option B

### Option C

	Total	1a	1b	2a	2b	3a	3b	Total	1a	1b	2a	2b	3a	3b	
Upper	1a	(1a) Trap Bar Jumps 2x5	(1b) Standing Power Toss 2x3	(2a) OHP 2x4-6	(2b) Knee Tucks 2x8-20	(3a) Suitcase DL 2x4-6ea	(3b) Side Plank 2x:20	1a	DB Snatch 2x4-6	Toes to Bar 2x10-15	2a	Chin Ups 2x4-6	2b	Wt.d T-PU 2x5-8	
Lower	3a	(3a) Suitcase DL 2x4-6ea	(3b) Side Plank 2x:20	3a	Front Squats 2x4-6	3b	Ammo Carry 2x30m	1a	Push Press 2x4-6	1b	Prone T's 2x10-12	2a	Chin Ups 2x4-6	2b	Prone Y's 2x10-12

Heavy Loading, VERY HIGH EFFORT - Complete as three (3) separate blocks; alternate (a) and (b) exercises. Rotate Groups at different start points if needed.

"COTSS"