

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 1 General Warm Up Week 1

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 1			
		Sets	Reps	Distance	Weight
Deceleration	5-10-5 L/R	1	x5ea		
	5-5-5 sh,sh,sh + sh,sp,sh	1	x2ea movement		
Acceleration	Push-up sprints	1	10	10yds	
Plyometrics	Broad Jump	2	x5 stick ea.		
	Power Skip for Ht.	2	x2	10yds	

## Lower Body (deadlift emphasis)

Order	Exercise	Week 1			
		Sets	Reps	Tempo	Weight
A1	Band Good Morning	3	10		
A2	DB/KB SpSq	3	8ea.		
A3	Weighted Wall Sit	3	45sec		45lb
A4	Weighted Front Plank	3	45sec		45lb
B1	SL Glute Bridge	3	8ea		
B2	Alt Lat Squats	3	8ea.		5-10lb
B3	Band Glute Medius	3	8ea.		
B4	Hamstring Walkouts	3	8		
C1	Black Burns	3	10ea		
C2	Peterson Squat	3	10ea		
C3	Partner Back Ext	3	4	10s hold	
C4	Partner Standing Core Base Stance	3		40s	

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 2 General Warm Up Week 1

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 1			
		Sets	Reps	Distance	Weight
Mechanics	A-skip, 123 A-march, Bwd run	2ea.		15 yds	
	Hk Run, Str8 Leg Run, Gallop	2ea.		15yds	
Acceleration	Power Skip for Dist.	2	x2	20yds	
Top End	Falling Start	1	3	25yds	
Top End	400m shuttle (by 200m) Work/Rest Ration (1:1.5)	8	1	400m (2 mile)	
Make adjustments as needed					

## Upper Body (pressing emphasis)

Order	Exercise	Week 1			
		Sets	Reps	Tempo	Weight
A1	Floor Press	3	10		
A2	Bent Over Band Row	3	10	2s pause	
A3	1-Arm 5 Liter Farmers + Waiter Cary	3	1ea.		30yds
A4	Bear Plank	3	30sec		
B1	Pull Ups	4	6-8		
B2	1-Arm Overhead Carry	4	1ea.		30yds
B3	Weighted Push ups	4	6-8		25-45lb
B4	Straight Arm Pull Downs	4	15		
C1	Band Tri Ext	3	20ea		
C2	DB Shrug	3	15		
C3	1-Arm KB/DB Row	3	10ea		
C4	Weighted Toe Touches	3	50		25-45lb

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 3&4 General Warm Up Week 1

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge w twist 3. reverse lunge w reach 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Simulated Ruck March (progression 1) Day 3

Order	Exercise	Week 1			
		Sets	Reps	Distance	Weight
Mechanics	A-March, Ham String March,	2ea.		15 yds	
	Shuffle Arms Swings, Skips,	2ea.		15 yds	
Ruck	IOTV +/-or FLC +/-or DB/KB +/-or Water Source (army approved)	1st Place		dismissed	
		2nd Place		1-1.5 miles	
		3rd Place		2-2.5 miles	
		4th Place		tower-tower	

## ACFT (Test Out) Day 4

Order	Exercise	Week 1			
		Min Score	Max Score	Min Att	Max Att
A1	Maximum Deadlift (x3 Max reps)	60	100	140lb	340lb
A2	Standing Power Throw	60	100	6.5m	13.1
B1	Hand Release Push Ups	60	100	10	62
B2	Sprint Drag (shuffle) Carry (sprint)	60	100	2:30	1:30
C1	Plank	60	100	1:20	3:30
C2	2-Mile Run Alt: 5k row, 12k bike, 1k swim, or 2.5 mile walk	60	100	22:00	13:31

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 5 General Warm Up Week 1

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 1			
		Sets	Reps	Distance	Weight
MOB	Knee Hug Hold, Tib	1ea.	10	10s ea	
	90-90 knee, heel, leg hover	1ea.	5ea.	10s ea	
	90-90 Rotation hold	2ea	5ea.	5s ea	
	Shoulder CARs	1	10ea		
	All above optional or choose a few they are time consuming				

Challenge Opportunity 1		Challenge Opportunity 2	
Challenge	Description	Challenge	Description
Trap Bar Deadlift	x100 reps collectively @ 185 lb.	Partner Drag	Distance x25 yds
	-Every time bar is put down (complete reps) the platoon must run 15 yds down & back		-RPS w Battle Buddy to determine who drags down & back
	-Call out every rep completed		Distance x25 yds
5 Gal Water Jug Carry	-When all reps are complete, each soldier must carry x2 jugs of water 20 yds down and back. When all soldiers cross line then challenge will be complete.	Partner Carry	-RPS w Battle Buddy to determine who carries down & back

Challenge Opportunity 3	
Challenge	Description
Bike & Carry	"Equipment" - x2 MB per team - x2 25lb DB per team - x2 Bikes per team
Objective	-Teams must record 1 mile on each bike collectively - Teams must record x30 OH MB Slams + x30 MB Situp and Tosses ea. - Teams must record x25 SA DB Snatches + x25 DB Toe Touches ea.

-Feel free to make your own challenges up based on numbers or your company/battalion  
-Make sure to include different aspects of the military life as possible  
This should include cognitive, leadership, following, physical, adaptive, toughness, aggressiveness, and violence opportunities

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 1 General Warm Up Week 2

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 2			
		Sets	Reps	Distance	Weight
Deceleration	5-10 L/R	2	x3		
	5-5-5 sh,sh,sh + sp,pd,sp	1	x2ea movement		
Acceleration	Push-up sprints	1	10	10yds	
Plyometrics	Broad Jump (stick first set)	3	x4		
	Power Skip for Ht.	2	x2	10yds	
	Power Skip for Dist.	4	x1	25yds	

## Lower Body (deadlift emphasis)

Order	Exercise	Week 2			
		Sets	Reps	Tempo	Weight
A1	DB RDL <b>*on coach*</b>	3	10	5s	
A2	FFE SpSq (2 stations) <b>*on coach*</b>	3	5ea	5s ea	5% in
A3	Wall Sit <b>*on coach*</b>	3	60sec		5-10lb
A4	Weighted Front Plank <b>*on coach*</b>	3	60sec		45lb
B1	SL Glute Bridge	3	8ea		
B2	Lat Squats	3	8ea.		
B3	Band Glute Medius	3	10ea.		
B4	Hamstring Walkouts (w 1-arm kb/db press)	3	4ea		
C1	Black Burns	3	10ea		
C2	Peterson Squat	3	10ea		
C3	Partner Back Ext	3	5	10s hold	
C4	Partner Standing Core Staggered Stance	3		30s ea	

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 2 General Warm Up Week 2

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 2			
		Sets	Reps	Distance	Weight
Mechanics	A-skip, 123 A-march, Bwd run	2ea.		15 yds	
	Hk Run, Str8 Leg Run, Gallop	2ea.		15yds	
Acceleration	Power Skip for Dist.	2	x2	20yds	
Top End	Falling Start	1	6	25yds	
Top End	400m shuttle (by 200m) Work/Rest Ration (1:1.5)	12	1	400m (2 mile)	
Make adjustments as needed					

## Upper Body (pressing emphasis)

Order	Exercise	Week 2			
		Sets	Reps	Tempo	Weight
A1	Floor Press	3	8	5s Ecc	
A2	Bent Over Band Row	3	8	5s Ecc	
A3	1-Arm 5 Liter Farmers + Waiter Cary	3	1ea.		30yds
A4	Bear Plank	3	30sec		
B1	Pull Ups	4	4-6	2s pause	
B2	1-Arm Overhead Carry	4	1ea.		30yds
B3	Weighted Push ups	4	6-8		25-45lb
B4	Straight Arm Pull Downs	4	15		
C1	Band Tri Ext	3	20ea		
C2	DB Shrug	3	15		
C3	1-Arm KB/DB Row	3	10ea		
C4	Weighted Toe Touches	3	50		25-45lb

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 3&4 General Warm Up Week 2

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge w twist 3. reverse lunge w reach 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Simulated Ruck March (progression 2) Day 3

Order	Exercise	Week 2			
		Sets	Reps	Distance	Weight
Mechanics	A-March, Ham String March,	2ea.		15 yds	
	Shuffle Arms Swings, Skips,	2ea.		15 yds	
Ruck	IOTV +/-or FLC +/-or DB/KB +/-or Water Source (army approved)	1st Place		dismissed	
		2nd Place		1-1.5 miles	
		3rd Place		2-2.5 miles	
		4th Place		tower-tower	

## ACFT (Test Out) Day 4

Order	Exercise	Week 2			
		Min Score	Max Score	Min Att	Max Att
A1	Maximum Deadlift (x3 Max reps)	60	100	140lb	340lb
A2	Standing Power Throw	60	100	6.5m	13.1
B1	Hand Release Push Ups	60	100	10	62
B2	Sprint Drag (shuffle) Carry (sprint)	60	100	2:30	1:30
C1	Plank	60	100	1:20	3:30
C2	2-Mile Run Alt: 5k row, 12k bike, 1k swim, or 2.5 mile walk	60	100	22:00	13:31

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 5 General Warm Up Week 2

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 2			
		Sets	Reps	Distance	Weight
MOB	Knee Hug Hold, Tib	1ea.	10	10s ea	
	90-90 knee, heel, leg hover	1ea.	5ea.	10s ea	
	90-90 Rotation hold	2ea	5ea.	5s ea	
	Shoulder CARs	1	10ea		
	All above optional or choose a few they are time consuming				

### Challenge Opportunity 1

Challenge	Description
Trap Bar Deadlift	x100 reps collectively @ 185 lb.
	-Every time bar is put down (complete reps) the platoon must run 15 vds down & back
	-Call out every rep completed
5 Gal Water Jug Carry	-When all reps are complete, each soldier must carry x2 jugs of water 20 yds down and back. When all soldiers cross line then challenge will be complete.

### Challenge Opportunity 2

Challenge	Description
Partner Drag	Distance x25 yds
	-RPS w Battle Buddy to determine who drags down & back
Partner Carry	Distance x25 yds
	-RPS w Battle Buddy to determine who carries down & back

### Challenge Opportunity 3

Challenge	Description
Foxes & Hares	- Foxes & Hares can be on all fours. Hares must Hop vs foxes being able to run on all fours - 1/5-1/8 of total participants will be the foxes while the rest will be hares -The job of the fox is to tag the hares and the hares need to avoid being tagged
	- Foxes should be assigned from each team. Teams get 1 opportunity to use different foxes in 2nd game. - Game will be capped depending on size of teams but generally 3 minutes is a good max

-Feel free to make your own challenges up based on numbers or your company/battalion  
-Make sure to include different aspects of the military life as possible  
This should include cognitive, leadership, following, physical, adaptive, toughness, aggressiveness, and violence opportunities



# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 1 General Warm Up Week 3

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 3			
		Sets	Reps	Distance	Weight
Deceleration	Sprint to (Rapid Deceleration 3-5 yards)	1	x6	12 Yards	
	5-5 sh,sh + sh,sp + sp,sh	1	x2ea		
Acceleration	Push-up sprints	1	10	10yds	
Plyometrics	Leaps	3		20 yds	
	Power Skip for Ht.	2	x2	10yds	
	Power Skip for Dist.	4	x1	25yds	

## Lower Body (deadlift emphasis)

Order	Exercise	Week 3			
		Sets	Reps	Tempo	Weight
A1	DB RDL	3	8		
A2	Assisted Sissy Squat	3	8ea.		5% in
A3	SL Wall Sit	3	90sec		45lb
A4	Weighted Front Plank	3	90sec		45lb
B1	MB SL Glute Bridge	3	8ea		
B2	RFE SpSq	3	8ea.		5% in
B3	Side Plank Clamshells	3	8ea.		
B4	Nordic Eccentric Curls (alt Ham walk out)	3	8		
C1	Black Burns	3	10ea		
C2	Peterson Squat	3	10ea		5-10lb
C3	Partner Back Ext	3	4	10s hold	
C4	Partner Standing Core StS	3		40s	

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 2 General Warm Up Week 3

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 3			
		Sets	Reps	Distance	Weight
Mechanics	A-skip, 123 A-march, Bwd run	2ea.		15 yds	
	Hk Run, Str8 Leg Run, Gallop	2ea.		15yds	
Acceleration	Power Skip for Dist.	2	x2	20yds	
Top End	Falling Start	1	6	25yds	
Top End	400m shuttle (by 200m) Work/Rest Ration (1:1.5)	16	1	400m (3 mile)	
Make adjustments as needed					

## Upper Body (pressing emphasis)

Order	Exercise	Week 3			
		Sets	Reps	Tempo	Weight
A1	Floor Press	3	8	5s Ecc	
A2	Bent Over Band Row	3	8	5s Ecc	
A3	1-Arm 5 Liter Farmers + Waiter Cary	3	1ea.		30yds
A4	Bear Plank	3	30sec		
B1	Pull Ups	4	6-8		
B2	1-Arm Overhead Carry	4	1ea.		30yds
B3	Weighted Push ups	4	6-8		25-45lb
B4	Straight Arm Pull Downs	4	15	2s pause	
C1	Band Tri Ext	3	20ea		
C2	DB Shrug	3	15		
C3	1-Arm KB/DB Row	3	10ea		
C4	Weighted Toe Touches	3	50		25-45lb

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 3&4 General Warm Up Week 3

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge w twist 3. reverse lunge w reach 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Simulated Ruck March (progression 3) Day 3

Order	Exercise	Week 3			
		Sets	Reps	Distance	Weight
Mechanics	A-March, Ham String March,	2ea.		15 yds	
	Shuffle Arms Swings, Skips,	2ea.		15 yds	
Ruck	IOTV +/-or FLC +/-or DB/KB +/-or Water Source (army approved)	1st Place		dismissed	
		2nd Place		1-1.5 miles	
		3rd Place		2-2.5 miles	
		4th Place		tower-tower	

## ACFT (Test Out) Day 4

Order	Exercise	Week 3			
		Min Score	Max Score	Min Att	Max Att
A1	Maximum Deadlift (x3 Max reps)	60	100	140lb	340lb
A2	Standing Power Throw	60	100	6.5m	13.1
B1	Hand Release Push Ups	60	100	10	62
B2	Sprint Drag (shuffle) Carry (sprint)	60	100	2:30	1:30
C1	Plank	60	100	1:20	3:30
C2	2-Mile Run Alt: 5k row, 12k bike, 1k swim, or 2.5 mile walk	60	100	22:00	13:31

# UBW 2-2 Amber/Green TRAINING PROGRAM



## Day 5 General Warm Up Week 3

**In Place x15 sec ea** 1. neck circles 2. arm circles 3. chain breakers 4. trunk rotations 5. windmills 6. scorpions

**In Place x10 ea** 7. eagles 8. glute bridges 9. single leg glute bridge 10. leg swings

**Hands on hips no knee bend Moving x15-20 yards ea.** 1. Toes, Heels, Heel-Toe

**Moving x15-25 yards ea.** 1. over hurdle forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

**Pogos in place x5 reps - Moving x10 yards** 1. both feet 2. R leg 3. L leg 4. Alt leg

## Speed/Speed Mechanics, Deceleration, Plyometrics

Order	Exercise	Week 3			
		Sets	Reps	Distance	Weight
MOB	Knee Hug Hold, Tib	1ea.	10	10s ea	
	90-90 knee, heel, leg hover	1ea.	5ea.	10s ea	
	90-90 Rotation hold	2ea	5ea.	5s ea	
	Shoulder CARs	1	10ea		
	All above optional or choose a few they are time consuming				

### Challenge Opportunity 1

Challenge	Description
Trap Bar Deadlift	x100 reps collectively @ 185 lb.
	-Every time bar is put down (complete reps) the platoon must run 15 vds down & back
	-Call out every rep completed
5 Gal Water Jug Carry	-When all reps are complete, each soldier must carry x2 jugs of water 20 yds down and back. When all soldiers cross line then challenge will be complete.

### Challenge Opportunity 2

Challenge	Description
Partner Drag	Distance x25 yds
	-RPS w Battle Buddy to determine who drags down & back
Partner Carry	Distance x25 yds
	-RPS w Battle Buddy to determine who carries down & back

### Challenge Opportunity 3

Challenge	Description
Foxes & Hares	- Foxes & Hares can be on all fours. Hares must Hop vs foxes being able to run on all fours - 1/5-1/8 of total participants will be the foxes while the rest will be hares -The job of the fox is to tag the hares and the hares need to avoid being tagged
	- Foxes should be assigned from each team. Teams get 1 opportunity to use different foxes in 2nd game. - Game will be capped depending on size of teams but generally 3 minutes is a good max

-Feel free to make your own challenges up based on numbers or your company/battalion  
-Make sure to include different aspects of the military life as possible  
This should include cognitive, leadership, following, physical, adaptive, toughness, aggressiveness, and violence opportunities