

	Day 1 General V	Varm Up We	<u>ek 1</u>					
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 x	15-20 yards ea.	1. Toes, Heels, H	leel-Toe				
	Moving x15-25 yards ea. 1. over hurdl forward 2	2. deep lunge tu	ck 3. lateral lunge	4. toe touches				
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg								
Speed/Speed Mechanics, Decceleration, Plyometrics								
Week 1								
Order	Exercise	Sets	Reps	Distance	Weight			
Decceleration	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				
	<u>Lower Body (de</u>	adlift empha	asis)					
	<u> </u>		Wee	ek 1				
Order	Exercise	Sets	Reps	Тетро	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				



	Day 2 General V	<u> Warm Up Wee</u>	<u>ek 1</u>					
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								
I	Moving x15-25 yards ea. 1. over hurdl forward a	2. deep lunge tuc	k 3. lateral lunge	e 4. toe touches				
	Pogos in place x5 reps - Moving x10 ye	ards 1. both feet	2. R leg 3. L leg	4. Alt leg				
	Speed/Speed Mechanics, I	Decceleration	n. Plvometri	cs				
Week 1								
Order	Exercise	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)	8	1	400m (2 mile)				
	Work/Rest Ration (1:1.5)		Make adjustm	ents as needed				
	Linner Dedu (m							
	<u>Upper Body (pre</u>	essing empha						
Order	Exercise	Oata		ek 1) M/a i sub t			
Order		Sets	Reps	Tempo	Weight			
A1	Floor Press	3	10					
A1 A2				2s pause				
	Floor Press	3	10		30yds			
A2	Floor Press Bent Over Band Row	3	10					
A2 A3 A4	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank	3 3 3 3	10 10 1ea. 30sec					
A2 A3 A4 B1	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups	3 3 3 3 4	10 10 1ea. 30sec 6-8		30yds			
A2 A3 A4 B1 B2	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups 1-Arm Overhead Carry	3 3 3 3 4 4	10 10 1ea. 30sec 6-8 1ea.		30yds 30yds			
A2 A3 A4 B1 B2 B3	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups 1-Arm Overhead Carry Weighted Push ups	3 3 3 3 4 4 4 4	10 10 1ea. 30sec 6-8 1ea. 6-8		30yds			
A2 A3 A4 B1 B2	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups 1-Arm Overhead Carry	3 3 3 3 4 4	10 10 1ea. 30sec 6-8 1ea.		30yds 30yds			
A2 A3 A4 B1 B2 B3	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups 1-Arm Overhead Carry Weighted Push ups	3 3 3 3 4 4 4 4	10 10 1ea. 30sec 6-8 1ea. 6-8		30yds 30yds			
A2 A3 A4 B1 B2 B3 B4	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups 1-Arm Overhead Carry Weighted Push ups Straight Arm Pull Downs	3 3 3 3 4 4 4 4 4 4	10 10 1ea. 30sec 6-8 1ea. 6-8 1ea. 6-8 15		30yds 30yds			
A2 A3 A4 B1 B2 B3 B4 C1	Floor Press Bent Over Band Row 1-Arm 5 Liter Farmers + Waiter Cary Bear Plank Pull Ups 1-Arm Overhead Carry Weighted Push ups Straight Arm Pull Downs Band Tri Ext	3 3 3 3 4 4 4 4 4 4 3	10 10 1ea. 30sec 6-8 1ea. 6-8 15 20ea		30yds 30yds			



				Filysical	Readiness			
	Day 3&4 General	Warm Up We	ek 1					
In Pla	ice x15 sec ea 1. neck circles 2. arm circles 3. ch	ain breakers 4. tr	unk rotations 5.	windmills 6. sco	rpions			
	In Place x10 ea 7. eagles 8. glute bridge	s 9. single leg glu	te 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 hurdl forward 2. deep lunge w twist 3. reverse lunge w reach 4. toe touches								
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg								
Simulated Ruck March (progression 1) Day 3								
			We	ek 1				
Order	Exercise	Sets	Reps	Distance	Weight			
Mechanics	A-March, Ham String March,	2ea.		15 yds				
	Shuffle Arms Swings, Skips,	2ea.		15 yds				
		1st F		dismissed				
Ruck	IOTV +/or FLC +/or DB/KB +/or Water Source (army approved)	2nd F		1-1.5 miles				
		4th F		2-2.5 miles tower-tower				
				tower-tower				
	ACFT (Test Out) Day 4							
			Week 1					
Ordor	Evereice				N A //			
Order	Exercise	Min Score	Wee Max Score	ek 1 Min Att	Max Att			
Order A1	Exercise Maximum Deadlift (x3 Max reps)	Min Score 60			Max Att 340lb			
			Max Score	Min Att				
A1	Maximum Deadlift (x3 Max reps)	60	Max Score 100	Min Att 140lb	340lb			
A1	Maximum Deadlift (x3 Max reps)	60	Max Score 100	Min Att 140lb	340lb			
A1 A2	Maximum Deadlift (x3 Max reps) Standing Power Throw	60	Max Score 100 100	Min Att 140lb 6.5m	340lb 13.1			
A1 A2 B1	Maximum Deadlift (x3 Max reps) Standing Power Throw Hand Release Push Ups	60 60 60	Max Score 100 100 100 100	Min Att 140lb 6.5m 10	340lb 13.1 62			



	Day 5 General V	Wa	rm Up Wee	<u>k 1</u>				
In Pla	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 hurdl forward 2. deep lunge tuck 3. lateral lunge 4. toe touches							
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg								
	Speed/Speed Mechanics, Decceleration, Plyometrics							
				We	ek 1			
Order	Exercise		Sets	Reps	Distance	Weight		
МОВ	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	x100 reps collectively @ 185 lb.		Partner Drag					
Deadlift	-Every time bar is put down (complete reps) the platoon must run 15 yds down & back		_	-RPS w Battle	Buddy to determi down & back	ne who drags		
	-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 determir down & back	ne who carries		
	Challenge Opportunity 3							
Challenge	Description							
ChallengeDescription"Equipment"Bike- x2 MB per team&- x2 25lb DB per teamCarry- x2 Bikes per team			-Make sure This should ii	or your comp to include differe as po nclude cognitive,	allenges up based bany/battalion nt aspects of the r ssible leadership, followi	military life ing, physical,		
Objective	-Teams must record 1 mile on each bikecollectivley - 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.			igness, agressivr	ess, and violence	opputurnities		



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 hurdl forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

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

Speed/Speed Mechanics, Decceleration, Plyometrics

	Week 2				
Exercise	Sets	Reps	Distance	Weight	
5-10 L/R	2	x3			
5-5-5 sh,sh,sh + sp,pd,sp	1	x2ea movement			
Push-up sprints	1	10	10yds		
Broad Jump (stick first set)	3	x4			
Power Skip for Ht.	2	x2	10yds		
Power Skip for Dist.	4	x1	25yds		
	5-10 L/R 5-5-5 sh,sh,sh + sp,pd,sp Push-up sprints Broad Jump (stick first set) Power Skip for Ht.	5-10 L/R25-5-5 sh,sh,sh + sp,pd,sp1Push-up sprints1Broad Jump (stick first set)3Power Skip for Ht.2	ExerciseSetsReps5-10 L/R2x35-5-5 sh,sh,sh + sp,pd,sp1x2ea movementPush-up sprints110Broad Jump (stick first set)3x4Power Skip for Ht.2x2	ExerciseSetsRepsDistance5-10 L/R2x35-5-5 sh,sh,sh + sp,pd,sp1x2ea movementPush-up sprints11010ydsBroad Jump (stick first set)3x4Power Skip for Ht.2x210yds	

Lower Body (deadlift emphasis)

		Week 2				
Order	Exercise	Sets	Reps	Tempo	Weight	
A1	DB RDL *on coach*	3	10	5s		
A2	FFE SpSq (2 stations) *on coach*	3	5ea	5s ea	5% in	
A3	Wall Sit *on coach *	3	60sec		5-10lb	
A4	Weighted Front Plank *on coach*	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		

C3

C4

1-Arm KB/DB Row

Weighted Toe Touches



				Filysical hea				
	Day 2 General V	Varm Up We	<u>ek 2</u>	1 1				
In Pla	ce x15 sec ea 1. neck circles 2. arm circles 3. ch	ain breakers 4. t	runk rotations 5.	windmills 6. scor	pions			
	In Place x10 ea 7. eagles 8. glute bridge	s 9. single leg gl	ute bridge 10. leg	g swings				
Hands on hips no knee bend Moving x15-20 yards ea. 1. Toes, Heels, Heel-Toe								
	Moving x15-25 yards ea. 1. over hurdl forward 2	2. deep lunge tuo	k 3. lateral lunge	e 4. toe touches				
	Pogos in place x5 reps - Moving x10 ye	ards 1. both feet	2. R leg 3. L leg	4. Alt leg				
Speed/Speed Mechanics, Decceleration, Plyometrics								
			·	ek 2				
Order	Exercise	Sets	Reps	Distance	Weight			
Mechanics	A-skip, 123 A-march, Bwd run	2ea.		15 yds	Weight			
	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)	12	1	400m (2 mile)				
	Work/Rest Ration (1:1.5)		Make adjustme	ents as needed				
	<u>Upper Body (pre</u>	<u>essing empn</u>						
Onden	Evention	• /		ek 2				
Order A1	Exercise Floor Press	Sets 3	Reps 8	Tempo 5s Ecc	Weight			
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					
C2	DB Shrug	3	15					

3

3

10ea

50

25-45lb



Day 3&4 General Warm Up Week 2								
in Pla	ace x15 sec ea 1. neck circles 2. arm circles 3. ch	ain breakers 4. tr	runk rotations 5.	windmills 6. sco	rpions			
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 hurdl forward 2. deep lunge w twist 3. reverse lunge w reach 4. toe touches								
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg								
Simulated Ruck March (progression 2) Day 3								
			We	ek 2				
Order	Exercise	Sets	Reps	Distance	Weight			
Mechanics	A-March, Ham String March,	2ea.		15 yds				
	Shuffle Arms Swings, Skips,	2ea.		15 yds				
				dismissed				
Ruck	IOTV +/or FLC +/or DB/KB +/or Water Source (army approved)		Place	1-1.5 miles				
		3rd Place 4th Place		2-2.5 miles				
		4011		tower-tower				
	<u>ACFT (Test</u>	Out) Day 4						
			Wee	ek 2				
Order	Exercise	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			



IRAIN					Physical Re	eadiness	
	Day 5 General V	Na	arm Up Wee	<u>k 2</u>			
In Pla	ace x15 sec ea 1. neck circles 2. arm circles 3. ch	nai	in breakers 4. tru	unk rotations 5.	windmills 6. scor	pions	
	In Place x10 ea 7. eagles 8. glute bridge	ges 9. single leg glute bridge 10. leg swings					
	Hands on hips no knee bend Moving x	c18	5-20 yards ea. 1	I. Toes, Heels, H	Heel-Toe		
	Moving x15-25 yards ea. 1. over hurdl forward a	2.	deep lunge tuck	3. lateral lunge	4. toe touches		
	Pogos in place x5 reps - Moving x10 ye	ar	ds 1. both feet 2	2. R leg 3. L leg	4. Alt leg		
Speed/Speed Mechanics, Decceleration, Plyometrics							
				· · · · · · · · · · · · · · · · · · ·	ek 2		
Order	Exercise		Sets	Reps	Distance	Weight	
МОВ	Knee Hug Hold, Tib		1ea.	10	10s ea	moight	
	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	x100 reps collectively @ 185 lb. -Every time bar is put down (complete reps) the		Partner Drag	-RPS w Battle	Distance x25 yds Buddy to determine	ne who drags	
Deadlift	platoon must run 15 vds down & back				down & back	_	
5 Gal	-Call out every rep completed -When all reps are complete, each soldier must		Partner Carry		Distance x25 yds		
Water Jug Carry	carry x2 jugs of water 20 yds down and back. When all soldiers cross line then challenge will be			-RPS w Battle	Buddy to determin down & back	ie who carries	
Carry	complete.						
	Challenge Opportunity 3						
Challenge	Description						
Foxes	 Foxes & Hares can be on all fours. Hares must Hop vs foxes being able to run on all fours 		-Feel free to n		allenges up based	l on numbers	
& Hares	- 1/5-1/8 of total participants will be the foxes while the rest will be hares		-Make sure	to include differe	pany/battalion ent aspects of the r pssible	nilitary life	
	-The job of the fox is to tag the hares and the hares need to avoid being taged			nclude cognitive,	leadership, followi less, and violence		
	- Foxes should be assigned from each team. Teams			.g. 1000, agr 000111		opputurnitoo	
	get 1 oppertuninty to use different foxes in 2nd game. - Game will be capped depending on size of teams						
	but generally 3 minutes is a good max				1		



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 hurdl forward 2. deep lunge tuck 3. lateral lunge 4. toe touches

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

Speed/Speed Mechanics, Decceleration, Plyometrics

			Week 3				
Order	Exercise	Sets	Reps	Distance	Weight		
Decceleration	Sprint to (Rapid Decceleration 3-5 yards)	1	x6	12 Yrads			
	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)

			Week 3				
Order	Exercise	Sets	Reps	Tempo	Weight		
A1	DB RDL	3	8				
A2	Assissted 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		
В3	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			
l							

C2

C3

C4

DB Shrug

1-Arm KB/DB Row

Weighted Toe Touches



Day 2 General Warm Up V	<u>Neek 3</u>								
In Place x15 sec ea 1. neck circles 2. arm circles 3. chain breakers	4. trunk rotations 5. v	vindmills 6. sco	rpions						
In Place x10 ea 7. eagles 8. glute bridges 9. single le	g glute bridge 10. leg	swings							
Hands on hips no knee bend Moving x15-20 yards	ea. 1. Toes, Heels, H	eel-Toe							
Moving x15-25 yards ea. 1. over hurdl forward 2. deep lunge	tuck 3. lateral lunge	4. toe touches							
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg									
Speed/Speed Mechanics, Deccelera	tion, Plyometric	<u>:S_</u>							
	Wee	k 3							
Order Exercise 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) 16	1	400m (3 mile)							
Work/Rest Ration (1:1.5)	Make adjustmer	nts as needed							
<u>Upper Body (pressing em</u>	phasis)								
	Wee	k 3							
Order Exercise 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								

3

3

3

15

10ea

50

25-45lb



				Physical I	headiness					
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 hurdl forward 2. deep lunge w twist 3. reverse lunge w reach 4. toe touches										
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg										
Simulated Ruck March (progression 3) Day 3										
				ek 3						
Order	Exercise	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 I	2nd Place							
		3rd Place		2-2.5 miles						
		4th Place		tower-tower						
ACFT (Test Out) Day 4										
	ACFT (Test	Out) Day 4								
	<u>ACFT (Test</u>	<u>Out) Day 4</u>	Wee	ek 3						
Order	<u>ACFT (Test</u> Exercise	Out) Day 4 Min Score	Wee Max Score	ek 3 Min Att	Max Att					
Order A1					Max Att 340lb					
	Exercise	Min Score	Max Score	Min Att						
A1	Exercise Maximum Deadlift (x3 Max reps)	Min Score 60	Max Score	Min Att 140lb	340lb					
A1 A2	Exercise Maximum Deadlift (x3 Max reps) Standing Power Throw	Min Score 60 60	Max Score 100 100	Min Att 140lb 6.5m	340lb 13.1					
A1 A2 B1	Exercise Maximum Deadlift (x3 Max reps) Standing Power Throw Hand Release Push Ups	Min Score 60 60 60	Max Score 100 100 100 100	Min Att 140lb 6.5m 10	340lb 13.1 62					



				Physical R	eadiness					
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 hurdl forward 2. deep lunge tuck 3. lateral lunge 4. toe touches										
Pogos in place x5 reps - Moving x10 yeards 1. both feet 2. R leg 3. L leg 4. Alt leg										
Speed/Speed Mechanics, Decceleration, Plyometrics										
			Week 3							
Order	Exercise	Sets	Reps	Distance	Weight					
МОВ	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. -Every time bar is put down (complete rep <mark>s</mark>) the platoon must run 15 vds down & back	Partner Drag	Distance x25 yds -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									
Ghallenge	- Foxes & Hares can be on all fours. Hares must									
Foxes & Hares	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 taged	-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, tougness, agressivness, and violence opputunities								
	 Foxes should be assigned from each team. Teams get 1 oppertuninty to use different foxes in 2nd game. Game will be capped depending on size of teams but generally 3 minutes is a good max 									