

3rd Brigade, 10th Mountain Unbreakable Warrior (UBW) Program Manual



UBW

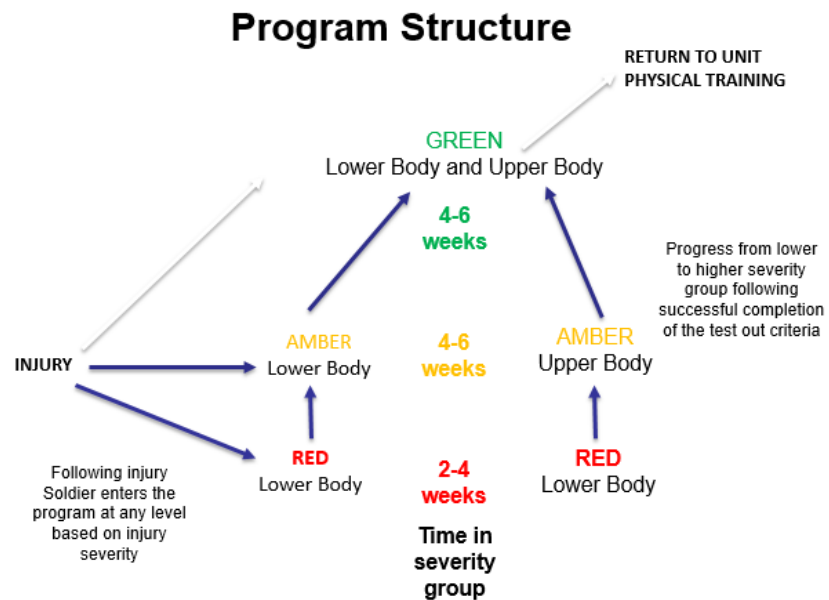
Temporary, musculoskeletal profiles > 2 weeks on profile

NO permanent (P2) profiles, medical evaluation boards (MEBs/P3s), or pregnancy/post-partum profiles.

Unless otherwise directed by the provider or commander, UBW group will be determine by profile severity as shown below:

- Severe: Red
- Moderate: Amber
- Mild: Green

Soldiers must complete the test out criteria prior to progressing to the next stage of the program. See next page



UBW FUNCTIONAL TEST OUT CRITERIA

Red to Amber	Amber to Green	Green to Unit PT
<ol style="list-style-type: none"> 1. 10 Double Leg Air Squats 2. 10 Hand Release Push Ups 3. 30 sec plank 4. Hang from bar x15sec 5. Walk 1mile in 15min 	<ol style="list-style-type: none"> 1. 3 reps deadlift 80lbs 2. Double arm overhead lift/press 20lbs 3. Run x1 mile 4. 60 sec plank 	<p>Pass a modified ACFT at the (GOLD/Moderate) standard:</p> <p><u>upper body injuries:</u></p> <ol style="list-style-type: none"> 1. 3 rep deadlift 2. standing power toss 3. hand release pushup 4. Leg tuck <p><u>Lower body injuries:</u></p> <ol style="list-style-type: none"> 1. 3 rep deadlift 2. Sprint, drag, carry 3. 2 mile run
<p>Soldier must perform without pain or modification in order to pass UWP Annex 10</p>		

Schedule

Day 1: Lower Body Strength and Power

- Lower body strength and power improves the amount and speed of force that the leg muscles can produce. This is necessary for any lifting or carrying tasks, including moving under load (rucking). Lower body strength and power are also essential to strengthen the bones, tendons, and ligaments to prevent injuries in the knees, ankles, hips, and low back.
- ACFT carryover: 3RM Deadlift, Standing Power Throw, Sprint Drag Carry

Day 2: Upper Body Muscular Endurance

- Upper body muscular endurance training improves the body's ability to repetitively lift objects for an extended period and is essential for lifting and carrying objects such as ammo cans or carrying a weapon.
- ACFT carryover: Hand Release Push-Ups, Leg Tuck

Day 3: Aerobic Conditioning

- Aerobic endurance training increases the body's cardiovascular endurance to move continuously for long periods. Training aerobic conditioning is essential to avoid fatigue upon arriving at an objective.
- Typically, aerobic conditioning is trained by running. However, many methods are appropriate to train aerobic conditioning as long as the Soldier maintains an elevated heart rate for a prolonged period of time.
- The goal for Amber is to return to running. Utilize walk-run progressions when able. See attachment
- The goal for Green is to return to rucking. Utilize return to ruck progressions when able. See attachment
- ACFT carryover: 2 Mile Run

Day 4: Lower Body Muscular Endurance and Stability

- Lower body muscular endurance and stability improve body control through the full range of motion which will increase the stability of the knee and hip joints. This type of training also helps increase the performance of aerobic endurance events like rucking and running.
- ACFT Carryover: Sprint Drag Carry, 2 Mile Run

Day 5: Upper Body Strength and Power

- Upper body strength and power improves the amount and speed of force that the upper body muscles can produce. This is essential for tactical athlete tasks including hand to hand combat, grenade throwing, and heavy lifting. They are also essential to strengthen the bones, tendons, and ligaments to prevent injuries in the wrists, elbows, and shoulders.
- ACFT carryover: Hand Release Push-Ups, Leg Tuck

Exercise Volume

Rep ranges are utilized for many of the exercises. This allows the Soldier to identify when he or she should go up in weight. For instance, if the reps for an exercise are listed as 3x5-8 reps, the Soldier will complete a set at that weight, then use the information below to determine the weight for the next set.

- Fewer than 5 reps, go down in weight
- 5-7 reps, stay at that weight
- 8+ reps, go up in weight

Goal	Sets	Reps	Rest	
Strength	2-6	≤6	≥ 85% 1RM	2-5 min.
Power (Max)	2-6	1-2	75-90% 1RM	2-5 min.
Power (Speed)	2-6	1-6	20-70% 1RM	1-5 min.
Hypertrophy	3-6	6-12	67-85% 1RM	1-2 min.
Endurance	2-3	≥ 12	< 67% 1 RM	30 sec.

Warm-Up

Each workout should start with a dynamic warm-up that should 1. elevate the heart rate and 2. warm-up/activate the muscles you are about to use during the workout.

Exercise Selection

Exercises will be changed every 3-4 weeks in Amber and Green, respectively. All exercises should be performed slowly and with control in order to move through the full range of motion, ensure adequate muscle activation, and strengthen the stabilizing muscles. The programs are designed to select exercises from each of the groups below and plug them into the program.

Variable Modifications for Exercises

Regression (easier)	Variable	Progression (harder)
Decreased ROM	Range of motion (ROM)	Increased ROM
Slower (tempo)	Tempo/Speed	Faster (tempo)
More time between sets	Rest	Less time between sets
Double leg, wide stance	Base of support	Single leg, narrow stance
Close to body	Implement placement	Far away from body

Run Training

Speed	Form Drills	Agility Drills
25-100m sprints 5-7s battle ropes 100-300m sprints	Seated arm swings Knee drive/heel pull in forward lean Deficit calf raises (knees bent and straight) High knees Butt kicks Heel pull in forward lean	High knees Butt kicks Ladder drills Side shuffle Carioca

Aerobic Capacity

Running	Low Impact
200-800m intervals (1:1.5 work: rest) Tempo run 1.5-2 mi 1 mi repeats Long slow distance (LSD) run 3-5 mi Walk to run progression – see attachment Return to ruck progression – see attachment	Cardio machine intervals (rower, bike, assault bike, ski erg) Sled pull/push Sled/battle rope drag (arm over arm) Battle ropes Power yoga

Power

Jumps (can be performed forward or lateral, double or single limb)	Throws (can be performed seated, standing, or supine)
Vertical jumps Broad jumps Box jumps Depth jumps Skater hops	Floor press throw Chest pass through Cross body throws Med ball slams

Lower Body Lift

Lower Body				
<i>Squat</i>	<i>Linear Lunge</i>	<i>Lateral/Rotational Lunge</i>	<i>Hip Hinge</i>	<i>Knee Hinge</i>
Back squat Front squat Box squat Leg press Belt squat	Split squat Lunge Step up Bulgarian split squat Pistol squat FFE split squat FFE rear lunge High step up (knee above hip) Bulgarian split squat FFE Bulgarian split squat Pistol squat on plate	Lateral squat Lateral lunge Lateral step-up Banded (ankles/feet) walks Lateral sled pull Hip abduction Hip adduction Transverse lunge Crossover step up Curtsy lunge	Deadlift (hex or straight bar) RDL Good morning Glute bridge weighted Glute ham developer Banded hip extension <u>Single Leg</u> SL RDL Single leg glute bridge	Nordic hamstring curl Banded hamstring curl Hamstring walk outs Swiss ball hamstring curl Partner resisted hamstring curl Med Ball Hamstring

Upper Body Lift

Press		Pull	
<i>Horizontal</i>	<i>Vertical</i>	<i>Horizontal</i>	<i>Vertical</i>
Bench press Floor press Push-up (and variations) Dips	Standing OH (military) press Seated overhead (OH) press Landmine press – single or double arm	Standing or seated row Bent over row Pendlay row Landmine row TRX row	Chin ups/pull ups Lat pull down Straight arm pull down Inverted TRX row

Core

Flexion	Lateral Flexion	Rotation	Extension
McGill curl-up ACFT leg tuck Straight leg sit up Crunch Butterfly crunch Bicycle Leg Lift V up Mountain climber <u>Isometric</u> Plank Dead bug Flutter kick Rollout Birddog Seesaw	Side bend Penguin Side crunch Spiderman Hip dip <u>Isometric</u> Side plank Single arm farmers carry Single arm waiter carry	Russian twist Straight arm twist Windshield wiper Wood chop Banded trunk rotation KB windmill <u>Isometric</u> Pallof press Landmine rainbows	Superman Hip thrust/glute bridge Prone row Banded lawn mower starts <u>Isometric</u> Superman hold

ATTACHMENTS



Adobe Acrobat
Document

Figure 1 Road March Progression



Adobe Acrobat
Document

Figure 2 Return to Running Progression



UBW Amber, Green
Workouts_DEC2021.

Figure 3 UBW Amber/Green Workouts