



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 1

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 2

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Rope Alternating Waves w/ Lunge	
Ammo Can Press	
STATION 2	
Prisoner Squat Jumps	
Sandbag Bent Over Row	
STATION 3	
Romanian Deadlift (Barbell)	
Med Ball Russian Twist	
STATION 4	
Hurdle Hops - Forward	
Prone Superman	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 3

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES:
TRX Balance Lunge	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Ladder High Knees	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES:
Cross Body Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 4

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Kettlebell Overhead Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Cone M-Drill	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 5

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Sandbag Rotational Lunge	
Clap Push-up	
STATION 2	
Box Jump	
Ammo Can Front Raise	
STATION 3	
Kettlebell Swing	
Rope Kneeling Throws	
STATION 4	
Hurdle Hops - Forward/Backward	
Toe Touches	
STATION 5	
Partner Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is placed 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 6

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
TRX Burpee	
Double Kettlebell Push Press	
STATION 2	
Barbell Front Squat	
Sandbag Single Grip Bent Over Row	
STATION 3	
Dumbbell Single Leg Deadlift	
Med Ball Side Twist Toss	
STATION 4	
Ladder Skiers	
Rope Corkscrews	
STATION 5	
Prone Starts	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 7

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 8

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Rope Alternating Waves w/ Lunge	
Ammo Can Press	
STATION 2	
Prisoner Squat Jumps	
Sandbag Bent Over Row	
STATION 3	
Romanian Deadlift (Barbell)	
Med Ball Russian Twist	
STATION 4	
Hurdle Hops - Forward	
Prone Superman	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 9

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
TRX Balance Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Ladder High Knees	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 10

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Kettlebell Overhead Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Cone M-Drill	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is placed 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 11

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Sandbag Rotational Lunge	
Clap Push-up	
STATION 2	
Box Jump	
Ammo Can Front Raise	
STATION 3	
Kettlebell Swing	
Rope Kneeling Throws	
STATION 4	
Hurdle Hops - Forward/Backward	
Toe Touches	
STATION 5	
Partner Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 12

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	NOTES:
TRX Burpee	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Double Kettlebell Push Press	
STATION 2	
Barbell Front Squat	
Sandbag Single Grip Bent Over Row	
STATION 3	
Dumbbell Single Leg Deadlift	
Med Ball Side Twist Toss	
STATION 4	
Ladder Skiers	
Rope Corkscrews	
STATION 5	
Prone Starts	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	NOTES:
Cross Body Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 13

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Lunge w/ Side Reach			25YD	
Plank Leg Extension	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Landmine Lateral Lunge	
Barbell Military Press	
STATION 2	
Sandbag Bear Hug Squat	
TRX Hamstring Curl	
STATION 3	
Kettlebell Clean - Single Arm	
Med Ball Wood Choppers	
STATION 4	
Cone Box Drill #1	
Rope Uppercuts	
STATION 5	
TRX Sprinter Start Series	
Ankling	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 14

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES:
Rope Alternating Waves w/ Lunge	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
TRX Spider Man Push-up	
STATION 2	
Sandbag Overhead Squat	
Rope Squat Pulls	
STATION 3	
Kettlebell Swing-Single Arm	
Hanging Windmills	
STATION 4	
Ladder Icky Shuffle	
Figure 8's	
STATION 5	
Falling Starts	
Ankling w/ Butt Kick	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	NOTES:
Glute Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Hamstring Stretch	
Quadriцеп Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 15

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Groiners	1	30SEC		

METCON

STATION 1	NOTES:
TRX Lunge W/ Hop	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Depth Push-up	
STATION 2	
Box Depth Jump to Sprint	
Med Ball Slams	
STATION 3	
Sandbag Goodmorning	
Russian Twist	
STATION 4	
Hurdle Lateral Skip	
Rope Double Waves	
STATION 5	
Mountain Climber Starts	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES:
Chest Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Upper Back Stretch	
Quadriцеп Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 16

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Lunge w/ Side Reach			25YD	
Plank Leg Extension	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Landmine Lateral Lunge	
Barbell Military Press	
STATION 2	
Sandbag Bear Hug Squat	
TRX Hamstring Curl	
STATION 3	
Kettlebell Clean - Single Arm	
Med Ball Wood Choppers	
STATION 4	
Cone Box Drill #1	
Rope Uppercuts	
STATION 5	
TRX Sprinter Start Series	
Ankling	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Glute Stretch	
Hamstring Stretch	
Quadriцеп Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 17

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES:
Rope Alternating Waves w/ Lunge	Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds
TRX Spider Man Push-up	
STATION 2	Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Sandbag Overhead Squat	
Rope Squat Pulls	
STATION 3	
Kettlebell Swing-Single Arm	
Hanging Windmills	
STATION 4	
Ladder Icky Shuffle	
Figure 8's	
STATION 5	
Falling Starts	
Ankling w/ Butt Kick	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	NOTES:
Glute Stretch	Perform each stretch and hold for 30 seconds. 1 set each
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 13

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Groiners	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
TRX Lunge W/ Hop	
Depth Push-up	
STATION 2	
Box Depth Jump to Sprint	
Med Ball Slams	
STATION 3	
Sandbag Goodmorning	
Russian Twist	
STATION 4	
Hurdle Lateral Skip	
Rope Double Waves	
STATION 5	
Mountain Climber Starts	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 19

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 20

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Rope Alternating Waves w/ Lunge	
Ammo Can Press	
STATION 2	
Prisoner Squat Jumps	
Sandbag Bent Over Row	
STATION 3	
Romanian Deadlift (Barbell)	
Med Ball Russian Twist	
STATION 4	
Hurdle Hops - Forward	
Prone Superman	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 21

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
TRX Balance Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Ladder High Knees	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 22

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Kettlebell Overhead Lunge	
Traveling Push-up	
STATION 2	
Sandbag Front Squat	
Ammo Can Row	
STATION 3	
Romanian Deadlift (Barbell)	
Rope Standing Throws	
STATION 4	
Cone M-Drill	
Med Ball V-Ups	
STATION 5	
Wall Drill Series	
Butt-Kickers	

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total workout time = 45 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 23

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes
Sandbag Rotational Lunge	
Clap Push-up	
STATION 2	
Box Jump	
Ammo Can Front Raise	
STATION 3	
Kettlebell Swing	
Rope Kneeling Throws	
STATION 4	
Hurdle Hops - Forward/Backward	
Toe Touches	
STATION 5	
Partner Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is placed 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds. 1 set each
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 24

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
TRX Burpee	
Double Kettlebell Push Press	
STATION 2	
Barbell Front Squat	
Sandbag Single Grip Bent Over Row	
STATION 3	
Dumbbell Single Leg Deadlift	
Med Ball Side Twist Toss	
STATION 4	
Ladder Skiers	
Rope Corkscrews	
STATION 5	
Prone Starts	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Cross Body Stretch	
Triceps Stretch	
Upper Back Stretch	
Quadriceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMPANY HITT 25

MOVEMENT PREP

EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	

METCON

STATION 1	<p>NOTES: Split unit into 5 separate groups. Half of the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the allotted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes</p>
Ammo Can Lateral Lunge	
TRX Chest Press	
STATION 2	
Kettlebell Goblet Squat	
Pull-ups	
STATION 3	
Sandbag Deadlift	
Rope Kneeling Throws	
STATION 4	
Cone J-Hook Reverse Sprint	
Flutter Kicks	
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN

GENERAL STRETCHES	<p>NOTES: Perform each stretch and hold for 30 seconds. 1 set each</p>
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Hamstring Stretch	

COMBAT FIT. COMBAT READY.