



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 1

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Heel / Toe Raise	1	10	
Trunk Flexion / Extension	1	10	
Lateral Side Bends	1	10	
Hip Abduction	1	10	
Hip Adduction	1	10	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle	2	45 Sec.
60 Yd. Reverse Shuttle	2	45 Sec.
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Shuttle w Carioca	2	45 Sec.

NOTES: Partner up if space is limited and to shorten "Rest" period if desired. One person completes the exercise before the partner begins their set. For the "Shuffle" and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Active Straight Leg w/ Core Activation	4		30 Sec.	30 Sec.
TRX Assisted Squat	4		30 Sec.	30 Sec.
Cook Hip Lift	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
Reverse Lunge w/ Hamstring Curl	4		30 Sec.	30 Sec.
T-Spine Reach and Rotate	4		30 Sec.	30 Sec.
3 Way Plank	4		30 Sec.	30 Sec.

NOTES: Perform as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "3-Way Planks" each side is held for 10 seconds before switching to the next plank position.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Hip Flexor	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 2

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	10	
Heel / Toe Raise	1	10	
Knee Circles	1	10	
Trunk Flexion / Extension	1	10	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle	2	45 Sec.
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Shuttle w Carioca	2	45 Sec.
60 Yd. Chest Press Sprawl	2	30 Sec.

NOTES: If space is limited partner up. Partners will time the runner's "Rest" period. For the "Shuffle" and "Carioca," facing left AND right is 1 set. For the "Sprawl," partners that are catching/placing the med ball should take only a few steps back so that there is at least 8 passes before reaching the 60 yard mark.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		30 Sec.	30 Sec.
TRX Assisted Bottom Up Squat	4		30 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
Half Kneeling Curl to Press	4		30 Sec.	30 Sec.
Half Kneeling with Rotation	4		30 Sec.	30 Sec.
Mountain Climber	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Split Squat" and "Half Kneeling" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES:
T-Spine Rib Grab	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
Ankle Mobility	

COMBAT FIT. COMBAT READY.



RELOAD HITT 3

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Lateral Side Bends	1	10	
Trunk Flexion / Extension	1	10	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Fire Hydrants	1	10	
Arm Circles	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Reverse Shuttle	2	45 Sec.
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Reverse Carioca Shuttle	2	45 Sec.
10 Yd. Crossover Runs	2	45 Sec.

NOTES: If space is limited or shorter rest period is desired, partner up. When one person finishes their first set, the partner will start their set, and vice versa. For the "Carioca" and "Crossover" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		30 Sec.	30 Sec.
TRX Split Squat (w/T Deltoid Fly)	4		30 Sec.	30 Sec.
TRX Hip Press	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
TRX Cossack	4		30 Sec.	30 Sec.
TRX Long Torso Stretch	4		30 Sec.	30 Sec.
TRX Hurdle Step w/Core Activation	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Single Leg, Split Squat" and "Hurdle Step" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
Elbow to Instep	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 4

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	10	
Trunk Flexion / Extension	1	10	
Fire Hydrants	1	15	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Overhead Sprawl	2	30 Sec.
60 Yd. Chest Press Sprawl	2	30 Sec.
Hills - Sprint	2	45 Sec.
300 Yd. Shuttle	2	45 Sec.

NOTES: For the "Sprawl" exercises, partner up and try to get at least 8 passes before reaching the 60 yard mark. If hills are not available, replace "Sprint" exercise with "Forward Sled Pull."

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		30 Sec.	30 Sec.
TRX Single Leg Squat	4		30 Sec.	30 Sec.
TRX Clock Press	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
TRX Half Kneeling Roll Out	4		30 Sec.	30 Sec.
TRX T-Spine Rotation	4		30 Sec.	30 Sec.
Farmers Carry	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Single Leg, Half Kneeling" and "T-Spine" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Dorsiflexion	
1/2 Kneeling Hip Flexor	
Bretzal	

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RELOAD HITT 5

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Hip Abduction	1	10	
Hip Adduction	1	10	
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Fire Hydrants	1	10	
Arm Circles	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle w Shuffle	2	45 Sec.
60 Yd. Shuttle w Carioca	2	45 Sec.
10 Yd. Resisted Forward Shuttle	2	45 Sec.
5-15 Shuffle to Sprint	2	45 Sec.

NOTES: Partner up and have them time the "Rest" period. For the "Resisted Forward Shuttle," have the person that is running perform all the sets before switching. For the "Shuffle" and "Carioca" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Active Straight Leg w/ Core Activation	4		30 Sec.	30 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		30 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		30 Sec.	30 Sec.
TRX Clock Pull	4		30 Sec.	30 Sec.
TRX Half Kneeling Split Squat	4		30 Sec.	30 Sec.
TRX Resisted Torso Rotation	4		30 Sec.	30 Sec.
TRX Hip Abduction	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up where each person has 30 seconds of work:rest. After both partners have finished their set for one exercise, move onto the next exercise on the list until all 7 exercises are done. Repeat to complete the total sets. For the "Straight Leg, Split Squat, Half Kneeling," and "Torso Rotation" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



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RELOAD HITT 6

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Hip Flexor Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	15	
Heel / Toe Raise	1	15	
Trunk Flexion / Extension	1	10	
Lateral Side Bends	1	10	
Knee Circles	1	10	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Chest Press Sprawl	2	30 Sec.
60 Yd. Overhead Sprawl	2	30 Sec.
5-15 Shuffle to Sprint	2	45 Sec.
100 Yd. Gassers	2	45 Sec.

NOTES: Complete both sets before moving into the next exercise on the list. Partners will time the runner's "Rest" period. For the "Shuffle" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		45 Sec.	45 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	45 Sec.
TRX Clock Press	4		45 Sec.	45 Sec.
TRX Clock Pull	4		45 Sec.	45 Sec.
TRX Half Kneeling Y Fly	4		45 Sec.	45 Sec.
Med Ball Arch Chops	4		45 Sec.	45 Sec.
TRX Body Saw	4		45 Sec.	45 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise until all 7 are done, and then repeat until all sets are complete. For the "Windmill, Split Squat," and "Half Kneeling" exercises, alternate to the other side on the next set, and keep alternating till total sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Hip Flexor	
Elbow to Instep	

COMBAT FIT. COMBAT READY.



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RELOAD HITT 7

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
TFL Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Hip Abduction	1	15	
Hip Adduction	1	15	
Trunk Flexion / Extension	1	10	

ENDURANCE

EXERCISES	SETS	REST
Hills - Sprint	2	45 Sec.
Hills - Shuffle	2	45 Sec.
10 Yd. Resisted Carioca Shuttle	2	45 Sec.
60 Yd. Reverse Carioca Shuttle	2	45 Sec.

NOTES: Partner up. One person will complete both sets before their partner starts their sets. Partner will time the "Rest" period and holds the resistance bands for the runner. If hills are not available, replace "Sprint" with "Forward Sled Pulls" and "Shuffle" with "10 Yd. Resisted Shuffle Shuttle." For the "Shuffle" and "Carioca" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		30 Sec.	30 Sec.
TRX Assisted Squat to Press	4		30 Sec.	30 Sec.
TRX Hip Press	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		30 Sec.	30 Sec.
TRX Power Pull	4		30 Sec.	30 Sec.
3 Way Plank	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person will have 30 seconds of work:rest. After both partners have finished one set for the one exercise, move onto the next exercise and repeat till all sets finished. For the "Power Pull" exercise, alternate to the other side on the next set, and repeat till all sets are complete. For the "3-Way Plank," each plank position is held for 10 seconds.

MOBILITY

EXERCISES	NOTES:
Elbow to Instep	2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
T-Spine Rib Grab	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 8

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Fire Hydrants	1	15	
Knee Circles	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	2	45 Sec.
10 Yd. Resisted Shuffle Shuttle	2	45 Sec.
10 Yd. Resisted Carioca Shuttle	2	45 Sec.
100 Yd. Gassers	2	45 Sec.

NOTES: Partner up. One person will complete both sets with rest time before switching, while the partner times the "Rest" period and holds the resistance bands for the runner. For the "Shuffle" and "Carioca" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		30 Sec.	30 Sec.
TRX Assisted Bottom Up Squat	4		30 Sec.	30 Sec.
Cook Hip Lift	4		30 Sec.	30 Sec.
TRX Clock Pull	4		30 Sec.	30 Sec.
Reverse Lunge w/ Hamstring Curl	4		30 Sec.	30 Sec.
Med Ball Arch Chops	4		30 Sec.	30 Sec.
TRX Hurdle Step w/Core Activation	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Single Leg, Hip Lift," and "Hurdle Step" exercises, alternate to the other side after a set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
T-Spine Rib Grab	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Ankle Mobility	
1/2 Kneeling Hip Flexor	



RELOAD HITT 9

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	15	
Trunk Flexion / Extension	1	15	
Heel / Toe Raise	1	15	
Lateral Side Bends	1	15	
Fire Hydrants	1	15	
Supine Leg Overs	1	10	

ENDURANCE

EXERCISES	SETS	REST
Forward Sled Pull	2	45 Sec.
Reverse Sled Pull	2	45 Sec.
60 Yd. Shuttle	2	45 Sec.
300 Yd. Shuttle	2	45 Sec.

NOTES: Have everyone perform at the same time (if space is available) or partner up and take turns on each set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		30 Sec.	30 Sec.
TRX Single Leg Squat	4		30 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
Half Kneeling Curl to Press	4		30 Sec.	30 Sec.
TRX Resisted Torso Rotation	4		30 Sec.	30 Sec.
Mountain Climber	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Single Leg, Split Squat, Half Kneeling," and "Torso Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Hip Flexor	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 10

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Trunk Flexion / Extension	1	15	
Arm Circles	1	15	
Fire Hydrants	1	15	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Reverse Carioca Shuttle	2	45 Sec.
10 Yd. Crossover Runs	2	45 Sec.
5-15 Shuffle to Sprint	2	45 Sec.
60 Yd. Reverse Shuttle	2	45 Sec.

NOTES: If space is limited, partner up and take turns completing both sets of the exercise. For the "Carioca, Crossover," and "Shuffle" exercises, facing left AND right side is 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		30 Sec.	30 Sec.
TRX Assisted Squat to Press	4		30 Sec.	30 Sec.
TRX Hip Press	4		30 Sec.	30 Sec.
TRX Split Fly	4		30 Sec.	30 Sec.
TRX Half Kneeling Roll Out	4		30 Sec.	30 Sec.
TRX T-Spine Rotation	4		30 Sec.	30 Sec.
TRX Hip Abduction	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Half Kneeling" and "T-Spine Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Dorsiflexion	
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 11

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Arm Circles	1	15	
Lateral Side Bends	1	10	
Trunk Flexion / Extension	1	10	
Knee Circles	1	15	
Prone Leg Overs	1	10	
Fire Hydrants	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	2	30 Sec.
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
100 Yd. Gassers	2	30 Sec.

NOTES: Partner up. One person will complete both sets and rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Shuffle" and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Active Straight Leg w/ Core Activation	4		30 Sec.	30 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		30 Sec.	30 Sec.
TRX Clock Press	4		30 Sec.	30 Sec.
TRX Overhead Back Extension	4		30 Sec.	30 Sec.
Half Kneeling Curl to Press	4		30 Sec.	30 Sec.
Half Kneeling with Rotation	4		30 Sec.	30 Sec.
Farmers Carry	4		30 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 30 seconds of work:rest. After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Straight Leg, Split Squat," and "Half Kneeling" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Elbow to Instep	
Bretzal	

COMBAT FIT. COMBAT READY.



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RELOAD HITT 12

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Fire Hydrants	1	15	
Trunk Flexion / Extension	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Overhead Sprawl	2	30 Sec.
60 Yd. Shuttle w Shuffle	2	30 Sec.
60 Yd. Shuttle w Carioca	2	30 Sec.
60 Yd. Reverse Shuttle	2	30 Sec.

NOTES: Either perform all together or partner up where one person will complete both sets and rest time, while the partner times the "Rest" period. For the "Shuffle" and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill	4		45 Sec.	30 Sec.
TRX Assisted Squat	4		45 Sec.	30 Sec.
Cook Hip Lift	4		45 Sec.	30 Sec.
TRX Clock Pull	4		45 Sec.	30 Sec.
TRX Half Kneeling Split Squat	4		45 Sec.	30 Sec.
TRX Long Torso Stretch	4		45 Sec.	30 Sec.
TRX Body Saw	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Hip Lift, Half Kneeling" and "Torso Stretch" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Ankle Mobility	
Bretzal	

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HITT

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RELOAD HITT 13

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Hip Flexor Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Lateral Side Bends	1	10	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Chest Press Sprawl	3	30 Sec.
Forward Sled Pull	3	30 Sec.
Hills - Shuffle	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	3	30 Sec.

NOTES: Complete all sets before moving into the next exercise on the list. For "Sprawl" exercises, partner up. If hills are not accessible, replace "Hills - Shuffle" with "10 Yd. Resisted Shuffle Shuttle." For "Carioca" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		45 Sec.	30 Sec.
TRX Split Squat (w/T Deltoid Fly)	4		45 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		45 Sec.	30 Sec.
TRX Clock Pull	4		45 Sec.	30 Sec.
TRX Half Kneeling Y Fly	4		45 Sec.	30 Sec.
T-Spine Reach and Rotate	4		45 Sec.	30 Sec.
TRX Hurdle Step w/Core Activation	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Hip Lift, Half Kneeling" and "Torso Stretch" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Ankle Mobility	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 14

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Hip Adduction	1	15	
Hip Abduction	1	15	
Fire Hydrants	1	15	
Arm Circles	1	15	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
Forward Sled Pull	3	30 Sec.
Reverse Sled Pull	3	30 Sec.
60 Yd. Shuttle	3	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: If space is limited, partner up and take turns completing a set of each exercise and timing each other's "Rest" period.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		45 Sec.	30 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	30 Sec.
TRX Hip Press	4		45 Sec.	30 Sec.
TRX Split Fly	4		45 Sec.	30 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		45 Sec.	30 Sec.
TRX Power Pull	4		45 Sec.	30 Sec.
Mountain Climber	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Single Leg, Split Squat," and "Power Pull" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
1/2 Kneeling Dorsiflexion	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 15

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Calf Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Knee Circles	1	15	
Heel / Toe Raise	1	15	
Trunk Flexion / Extension	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	2	30 Sec.

NOTES: Partner up. One person will complete both sets with rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Shuffle, Crossover," and "Carioca" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill Curl to Press	4		45 Sec.	30 Sec.
TRX Assisted Squat to Press	4		45 Sec.	30 Sec.
TRX Clock Press	4		45 Sec.	30 Sec.
TRX Overhead Back Extension	4		45 Sec.	30 Sec.
TRX Cossack	4		45 Sec.	30 Sec.
TRX Resisted Torso Rotation	4		45 Sec.	30 Sec.
TRX Hip Abduction	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill" and "Torso Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Hip Flexor	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Ankle Mobility	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 16

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Fire Hydrants	1	15	
Knee Circles	1	15	
Lateral Side Bends	1	15	
Trunk Flexion / Extension	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	3	30 Sec.
60 Yd. Chest Press Sprawl	3	30 Sec.
100 Yd. Gassers	3	30 Sec.
300 Yd. Shuttle	3	30 Sec.

NOTES: Partner up. One person will complete both sets with rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Sprawl," one partner completes a set then the next partner completes theirs, alternating until the all sets are complete.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		45 Sec.	30 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		45 Sec.	30 Sec.
Cook Hip Lift	4		45 Sec.	30 Sec.
TRX Clock Pull	4		45 Sec.	30 Sec.
TRX Half Kneeling Roll Out	4		45 Sec.	30 Sec.
Med Ball Arch Chops	4		45 Sec.	30 Sec.
Farmers Carry	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Split Squat, Hip Lift," and "Half Kneeling" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Dorsiflexion	
1/2 Kneeling Hip Flexor	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 17

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Heel / Toe Raise	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Reverse Shuttle	3	30 Sec.
60 Yd. Shuttle w Carioca	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: Partner up. One person will complete all sets with rest time, while the partner times the "Rest" period for the runner until their turn comes. For the "Carioca" and "Shuffle" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill	4		45 Sec.	30 Sec.
TRX Split Squat (w/T Deltoid Fly)	4		45 Sec.	30 Sec.
TRX Hip Press	4		45 Sec.	30 Sec.
TRX Overhead Back Extension	4		45 Sec.	30 Sec.
Reverse Lunge w/ Hamstring Curl	4		45 Sec.	30 Sec.
TRX Long Torso Stretch	4		45 Sec.	30 Sec.
3 Way Plank	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Split Squat," and "Torso Stretch" exercises, alternate to the other side after each set until all sets are complete. For the "3 Way Plank," each position is held for 15 seconds.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 18

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Calf Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Prone Leg Overs	1	10	
Fire Hydrants	1	15	
Heel / Toe Raise	1	15	
Lateral Side Bends	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Chest Press Sprawl	3	30 Sec.
60 Yd. Overhead Sprawl	3	30 Sec.
100 Yd. Gassers	3	30 Sec.
300 Yd. Shuttle	3	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners will time the "Rest" period for the runner during the "Gassers" and "Shuttle."

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		45 Sec.	30 Sec.
TRX Single Leg Squat	4		45 Sec.	30 Sec.
TRX Clock Press	4		45 Sec.	30 Sec.
TRX Split Fly	4		45 Sec.	30 Sec.
Half Kneeling Curl to Press	4		45 Sec.	30 Sec.
Half Kneeling with Rotation	4		45 Sec.	30 Sec.
TRX Body Saw	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Single Leg," and "Half Kneeling" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 19

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Shin Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Hip Flexor Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Prone Leg Overs	1	10	
Trunk Flexion / Extension	1	15	

ENDURANCE

EXERCISES	SETS	REST
Hills - Sprint	3	30 Sec.
Hills - Shuffle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: If space is limited, partner up and have them time the "Rest" period between sets. If hills are not accessible, replace "Sprints" with "10 Yd. Resisted Forward Shuttle" and the "Shuffle" with "10 Yd. Resisted Shuffle Shuttle." For the "Shuffle" and "Crossover" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge (Single Leg)	4		45 Sec.	30 Sec.
TRX Assisted Bottom Up Squat	4		45 Sec.	30 Sec.
Split Squat Med Ball Chest Pass	4		45 Sec.	30 Sec.
TRX Overhead Back Extension	4		45 Sec.	30 Sec.
TRX Half Kneeling Y Fly	4		45 Sec.	30 Sec.
T-Spine Reach and Rotate	4		45 Sec.	30 Sec.
TRX Hip Abduction	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Single Leg, Split Squat, Half Kneeling," and "T-Spine" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Elbow to Instep	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
1/2 Kneeling Dorsiflexion	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 20

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Arm Circles	1	15	
Trunk Flexion / Extension	1	15	
Lateral Side Bends	1	15	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Overhead Sprawl	3	30 Sec.
Reverse Sled Pull	3	30 Sec.
60 Yd. Reverse Shuttle	2	30 Sec.
60 Yd. Reverse Carioca Shuttle	2	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners time the runner's "Rest" period. For the "Carioca" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill Curl to Press	4		45 Sec.	30 Sec.
TRX Assisted Squat	4		45 Sec.	30 Sec.
Cook Hip Lift	4		45 Sec.	30 Sec.
TRX Split Fly	4		45 Sec.	30 Sec.
TRX Half Kneeling Split Squat	4		45 Sec.	30 Sec.
TRX T-Spine Rotation	4		45 Sec.	30 Sec.
Mountain Climber	4		45 Sec.	30 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 30 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Hip Lift, Half Kneeling" and "T-spine" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Elbow to Instep	
1/2 Kneeling Dorsiflexion	
Bretzal	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 21

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Glute Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Fire Hydrants	1	20	
Prone Leg Overs	1	10	
Supine Leg Overs	1	10	
Heel / Toe Raise	1	20	
Lateral Side Bends	1	20	
Trunk Flexion / Extension	1	20	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Forward Shuttle	3	30 Sec.
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
60 Yd. Shuttle	3	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners time the runner's "Rest" period. For the "Shuffle" and "Crossover" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Hinge	4		45 Sec.	15 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	15 Sec.
TRX Hip Press	4		45 Sec.	15 Sec.
TRX Clock Pull	4		45 Sec.	15 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		45 Sec.	15 Sec.
TRX Power Pull	4		45 Sec.	15 Sec.
Farmers Carry	4		45 Sec.	

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Split Squat" and "Power Pull" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
Ankle Mobility	2 sets for each side, 30 seconds each set.
1/2 Kneeling Dorsiflexion	Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 22

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Lat Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Prone Leg Overs	1	10	
Hip Abduction	1	15	
Hip Adduction	1	15	
Fire Hydrants	1	15	
Knee Circles	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Crossover Runs	2	30 Sec.
60 Yd. Shuttle w Carioca	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: Partner up. One person will complete all sets with rest time, while the partner times the "Rest" period and holds the resistance bands. For the "Crossover, Carioca," and "Shuffle" exercises, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill	4		45 Sec.	15 Sec.
TRX Assisted Bottom Up Squat	4		45 Sec.	15 Sec.
TRX Clock Press	4		45 Sec.	15 Sec.
TRX Overhead Back Extension	4		45 Sec.	15 Sec.
Reverse Lunge w/ Hamstring Curl	4		45 Sec.	15 Sec.
Med Ball Arch Chops	4		45 Sec.	15 Sec.
TRX Hurdle Step w/Core Activation	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill" and "Hurdle Step" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
1/2 Kneeling Hip Flexor	
Elbow to Instep	
Bretzal	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



RELOAD HITT 23

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Upper Back Foam Roll	1		20 Sec.
Lower Back Foam Roll	1		20 Sec.
Hamstring Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Fire Hydrants	1	15	
Heel / Toe Raise	1	15	
Knee Circles	1	15	
Lateral Side Bends	1	15	
Trunk Flexion / Extension	1	15	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
Hills - Sprint	3	30 Sec.
Hills - Shuffle	2	30 Sec.
Forward Sled Pull	3	30 Sec.
Reverse Sled Pull	3	30 Sec.

NOTES: If hills are not available, replace "Sprints" with "10 Yd. Resisted Forward Shuttles" and the "Shuffles" with "10 Yd. Resisted Shuffle Shuttle." For the "Shuffle" exercise, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
TRX Hip Drop	4		45 Sec.	15 Sec.
TRX Split Squat (w/M Deltoid Fly)	4		45 Sec.	15 Sec.
Split Squat Med Ball Chest Pass	4		45 Sec.	15 Sec.
TRX Clock Pull	4		45 Sec.	15 Sec.
TRX Cossack	4		45 Sec.	15 Sec.
TRX T-Spine Rotation	4		45 Sec.	15 Sec.
3 Way Plank	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Split Squat" and "T-spine" exercises, alternate to the other side after each set until all sets are complete. For the "3 Way Plank" each position is held for 15 seconds.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Dorsiflexion	2 sets for each side, 30 seconds each set. Move slowly to where it takes 2-4 seconds to move and hold the scratch before returning to the starting position. Repeat until finished.
Elbow to Instep	
T-Spine Rib Grab	

COMBAT FIT. COMBAT READY.



RELOAD HITT 24

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Calf Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
TFL Foam Roll	1		20 Sec.
Inner Thigh Foam Roll	1		20 Sec.
Hip Abduction	1	15	
Hip Adduction	1	15	
Prone Leg Overs	1	15	
Supine Leg Overs	1	15	
Knee Circles	1	15	
Heel / Toe Raise	1	15	

ENDURANCE

EXERCISES	SETS	REST
10 Yd. Resisted Shuffle Shuttle	2	30 Sec.
10 Yd. Resisted Carioca Shuttle	2	30 Sec.
10 Yd. Crossover Runs	2	30 Sec.
5-15 Shuffle to Sprint	2	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners time the runner's "Rest" period. For all of exercises above, facing left AND right equals 1 set.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Windmill	4		45 Sec.	15 Sec.
TRX Split Squat (w/Y Deltoid Fly)	4		45 Sec.	15 Sec.
Cook Hip Lift	4		45 Sec.	15 Sec.
TRX Split Fly	4		45 Sec.	15 Sec.
TRX Forward Lunge w/ Hip Flexor Stretch	4		45 Sec.	15 Sec.
TRX Resisted Torso Rotation	4		45 Sec.	15 Sec.
TRX Body Saw	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Split Squat," and "Torso Rotation" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES: 2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
Ankle Mobility	
1/2 Kneeling Dorsiflexion	
Bretzal	

COMBAT FIT. COMBAT READY.



RELOAD HITT 25

MOVEMENT PREP

EXERCISES	SETS	REPS	TIME
Hamstring Foam Roll	1		20 Sec.
Piriformis Foam Roll	1		20 Sec.
Lat Foam Roll	1		20 Sec.
Upper Back Foam Roll	1		20 Sec.
Quad Foam Roll	1		20 Sec.
Shin Foam Roll	1		20 Sec.
Supine Leg Overs	1	10	
Fire Hydrants	1	15	
Heel / Toe Raise	1	15	
Trunk Flexion / Extension	1	10	
Arm Circles	1	15	

ENDURANCE

EXERCISES	SETS	REST
60 Yd. Shuttle	3	30 Sec.
60 Yd. Reverse Shuttle	3	30 Sec.
60 Yd. Chest Press Sprawl	3	30 Sec.
300 Yd. Shuttle	3	30 Sec.

NOTES: Partner up and complete all sets before moving into the next exercise on the list. Partners will time the "Rest" period during the "Shuttle" exercises for the runners.

ACTIVE RECOVERY

EXERCISES	SETS	REPS	TIME	REST
Kettlebell Double Windmill Curl to Press	4		45 Sec.	15 Sec.
TRX Single Leg Squat	4		45 Sec.	15 Sec.
TRX Clock Press	4		45 Sec.	15 Sec.
TRX Clock Pull	4		45 Sec.	15 Sec.
TRX Half Kneeling Roll Out	4		45 Sec.	15 Sec.
TRX Power Pull	4		45 Sec.	15 Sec.
TRX Hip Abduction	4		45 Sec.	15 Sec.

NOTES: Performed as a circuit. If supplies are limited, partner up so each person has 45 seconds of work:rest (vs the 45 & 15 above). After both partners have finished their set for the one exercise, move onto the next exercise on the list, then repeat till all sets are complete. For the "Windmill, Single Leg, Half Kneeling," and "Power Pull" exercises, alternate to the other side after each set until all sets are complete.

MOBILITY

EXERCISES	NOTES:
1/2 Kneeling Hip Flexor	2 sets for each side, 30 seconds each set. For "Bretzal" stretch, hold for set time. For the others, move slow, hold for a few seconds, return to start, and repeat.
T-Spine Rib Grab	
Bretzal	

COMBAT FIT. COMBAT READY.