



	ATHLETE HITT 1		
	MOVEMENT PREP		
BAYEIROISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
STA	ARTS / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
TRX Sprinter Start Series	2		15 Sec.
Falling Starts	3	10 Yds.	

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Barbell Back Squat	4	6		90 Sec.
TRX Push Up	3	10		60 Sec.
Kettlebell Overhead Lunge-Single Arm	3		30 Sec.	15 Sec.
Dead Hang Pull-Up	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
V-Ups	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
Chest Stretch	each			
Upper Back Stretch				
Glute Stretch				
Hamstring Stretch				
Quadricep Stretch				
COMBAT FIT. COMBAT READY.				



AT	ILETE HITT 2			
MOVEMENT PREP				
DAVEROUSEDS	SETS	DISTANCE	REPS	
Split Jack Forward	1		15	
Long Strider	1		15	
Supine Straight Leg Raise	1		10	
Walking Lunge - Elbow to Instep	1	20 Yds.		
Walking Lunge w/ Side Reach	1	20 Yds.		
Walking Lunge w/ Twist	1	20 Yds.		
Mountain Climbers	1		20	
Split Squat Drops	1		10	
Squat Drops	1		10	
Power Skip (Height)	1	30 Yds.		
Power Skip (Distance)	1	30 Yds.		
Build-Up - 75%	2	30 Yds.		
STARTS	6 / ACCELERATION			
EXERCISES	SETS	DISTANCE	REST	
Wall Drill Series	2		15 Sec.	
TRX Sprinter Start Series	2		15 Sec.	
Partner Resisted Start w/ Release	2	20 Yds.	30 Sec.	

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Overhead Squat	3	10		60 Sec.
Barbell Bench Press	4	6		90 Sec.
Ammo Can Lunge	3		30 Sec.	15 Sec.
Med Ball Slams	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Prone Superman	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Shoulder Stretch		each		
Chest Stretch				
Triceps Stretch				
Quadricep Stretch				
Hamstring Stretch				
COMBAT FIT. COMBAT READY.				



A	THLETE HITT 3		
M	OVEMENT PREP		
DAYDROISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	
STAR	TS / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
TRX Sprinter Start Series	2		15 Sec.
Prone Starts	2	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	6		90 Sec.
Barbell Back Squat	4	6		90 Sec.
Dumbbell Bench Press	3	10		60 Sec.
Rope Alternating Waves w/ Lunge	3		30 Sec.	15 Sec.
Kettlebell Upright Row	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball Crunch	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
Chest Stretch	each			
Upper Back Stretch				
Glute Stretch				
Hamstring Stretch				
Quadricep Stretch				
COMBAT FIT. COMBAT READY.				





	ATHLETE HITT 4		
	MOVEMENT PREP		
DAXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
STA	ARTS / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Prone Starts	3	20 Yds.	30 Sec.
Push Up Starts	3	20 Yds.	30 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	6		90 Sec.
Press Under	3	6		60 Sec.
Barbell Bench Press	4	6		90 Sec.
Split Jump w/ Med Ball Slam	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Oblique Heel Touches	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Shoulder Stretch		each		
Triceps Stretch				
Glute Stretch				
Hamstring Stretch				
Hip Flexor Stretch				
COMBAT FIT. COMBAT READY.				



ETE HITT 5		
MENT PREP		
SETS	DISTANCE	REPS
1		15
1		15
1		10
1	20 Yds.	
1	20 Yds.	
1	20 Yds.	
1		20
1		10
1		10
1	30 Yds.	
1	30 Yds.	
2	30 Yds.	
ACCELERATION		
SETS	DISTANCE	REST
2		15 Sec.
3	20 Yds.	30 Sec.
3	20 Yds.	30 Sec.
	SETS 1 1 1 1 1 1 1 1 1 1 1 1 1 1 2 ACCELERATION SETS 2 3	SETS DISTANCE 1 1 1 20 Yds. 1 30 Yds. 1 30 Yds. 2 30 Yds. ACCELERATION DISTANCE 2 3 2 20 Yds.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	4	2		90 Sec.
Barbell Back Squat	4	6		90 Sec.
TRX Incline Press	3	8		60 Sec.
Sandbag Front Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Hanging Flutter Kicks	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
Glute Stretch	each			
Hamstring Stretch				
Hip Flexor Stretch				
Quadricep Stretch				
Chest Stretch				
COMBAT FIT. COMBAT READY.				



	ATHLETE HITT 6			
MOVEMENT PREP				
EXERCISES	SETS	DISTANCE	REPS	
Split Jack Forward	1		20	
Stationary Reverse Lunge	1		10	
Supine Straight Leg Raise	1		15	
Walking Lunge	1	20 Yds.		
Walking Knee Hug	1	20 Yds.		
Walking Quad Stretch	1	20 Yds.		
Eight Count Body Builder	1		10	
Mountain Climbers	1		10	
Split Squat Drops	1		10	
Build-Up - 50%	1	40 Yds.		
Build-Up - 75%	1	40 Yds.		
Build-Up - 100%	1	40 Yds.		
STARTS / ACCELERATION				
EXERCISES	SETS	DISTANCE	REST	
TRX Sprinter Start Series	2		15 Sec.	
Broad Jump Starts	3	20 Yds.	30 Sec.	
3 Hop Starts	3	20 Yds.	30 Sec.	

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NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	4	2		90 Sec.
Sandbag Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	6		90 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Dumbbell Bicep Curl	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
Prone Superman	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Chest Stretch		each		
Shoulder Stretch				
Quadricep Stretch				
Hip Flexor Stretch				
Hamstring Stretch				
COMBAT FIT. COMBAT READY.				





	ATHLETE HITT 7		
	MOVEMENT PREP		
EXTERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
STA	ARTS / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Prone Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Power Snatch	4	2		90 Sec.
Barbell Back Squat	4	4		90 Sec.
TRX Push Up	3	10		90 Sec.
Sandbag Shoulder Lunge	3		30 Sec.	15 Sec.
Barbell Shrug	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Flutter Kicks	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Hamstring Stretch	each		
Glute Stretch			
Hip Flexor Stretch			
Upper Back Stretch			
Sumo Stretch			
COMBAT FIT. COMBAT READY.			



AT	HLETE HITT 8		
MOVEMENT PREP			
EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	
STARTS	S / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
TRX Sprinter Start Series	2		15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Power Snatch	4	2		90 Sec.
Quick Drop	3	4		60 Sec.
Barbell Bench Press	4	4		90 Sec.
Barbell Reverse Lunge	3		30 Sec.	15 Sec.
Tire Flip	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Med Ball Circuit	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Chest Stretch		each		
Shoulder Stretch				
Triceps Stretch				
Hamstring Stretch				
Quadricep Stretch				
COMBAT FIT. COMBAT READY.				



ATI	HLETE HITT 9			
MOVEMENT PREP				
EXTREISES	SETS	DISTANCE	REPS	
Split Jack Forward	1		20	
Stationary Reverse Lunge	1		10	
Supine Straight Leg Raise	1		15	
Walking Lunge	1	20 Yds.		
Walking Knee Hug	1	20 Yds.		
Walking Quad Stretch	1	20 Yds.		
Eight Count Body Builder	1		10	
Mountain Climbers	1		10	
Split Squat Drops	1		10	
Build-Up - 50%	1	40 Yds.		
Build-Up - 75%	1	40 Yds.		
Build-Up - 100%	1	40 Yds.		
STARTS	S / ACCELERATION			
EXERCISES	SETS	DISTANCE	REST	
TRX Sprinter Start Series	2		15 Sec.	
Push Up Starts	4	20 Yds.	15 Sec.	
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.	

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Barbell Back Squat	4	4		90 Sec.
Dumbbell Push-Up	3	10		30 Sec.
Sandbag Suitcase Lunge	3		30 Sec.	15 Sec.
Dumbbell Hammer Curl	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Leg Lowers	3		30 Sec.	15 Sec.

FLEXIBILITY		
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.
Hamstring Stretch		each
Hip Flexor Stretch		
Quadricep Stretch		
Glute Stretch		
Chest Stretch		
COMBAT FIT. COMBAT READY.		





ATH	ILETE HITT 10		
моч	VEMENT PREP		
DAVEROISEES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
STARTS	5 / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Prone Starts	4	20 Yds.	30 Sec.
Push Up Starts	4	10 Yds.	30 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	30 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	6		90 Sec.
Sandbag Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	4		90 Sec.
Kettlebell Overhead Lunge-Single Arm	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
V-Ups	3		30 Sec.	15 Sec.

FLEXIBILITY		
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
	each	
COMBA	T FIT, COMBAT READY,	



HLETE HITT 11				
MOVEMENT PREP				
SETS	DISTANCE	REPS		
1		15		
1		15		
1		10		
1	20 Yds.			
1	20 Yds.			
1	20 Yds.			
1		20		
1		10		
1		10		
1	30 Yds.			
1	30 Yds.			
2	30 Yds.			
STARTS / ACCELERATION				
SETS	DISTANCE	REST		
4	10 Yds.	30 Sec.		
4	20 Yds.	30 Sec.		
4	20 Yds.	30 Sec.		
	SETS 1 2 TS / ACCELERATION SETS 4 4	SETS DISTANCE 1 1 1 1 1 20 Yds. 1 30 Yds. 1 30 Yds. 2 30 Yds. 2 30 Yds. 2 30 Yds. SETS DISTANCE 4 10 Yds.		

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Barbell Back Squat	4	4		90 Sec.
TRX Push Up	3	10		30 Sec.
Sandbag Front Lunge	3		30 Sec.	15 Sec.
Barbell Upright Row	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Hanging Leg Lowers	3		30 Sec.	15 Sec.

FLEXIBILITY		
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
Glute Stretch	each	
Cross Body Stretch		
Hip Flexor Stretch		
Quadricep Stretch		
Hamstring Stretch		
COMBAT FIT. COMBAT READY.		



ATHLETE HITT 12				
MOVEMENT PREP				
DAADROISES	SETS	DISTANCE	REPS	
Split Jack Forward	1		20	
Stationary Reverse Lunge	1		10	
Supine Straight Leg Raise	1		15	
Walking Lunge	1	20 Yds.		
Walking Knee Hug	1	20 Yds.		
Walking Quad Stretch	1	20 Yds.		
Eight Count Body Builder	1		10	
Mountain Climbers	1		10	
Split Squat Drops	1		10	
Build-Up - 50%	1	40 Yds.		
Build-Up - 75%	1	40 Yds.		
Build-Up - 100%	1	40 Yds.		
STARTS / ACCELERATION				
EXERCISES	SETS	DISTANCE	REST	
Broad Jump Starts	4	10 Yds.	15 Sec.	
Falling Starts	4	20 Yds.	15 Sec.	
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.	

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NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Overhead Squat	3	6		60 Sec.
Barbell Bench Press	4	4		90 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Dumbbell Hammer Curl	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Flutter Kicks	3		30 Sec.	15 Sec.

FLEXIBILITY		
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
Chest Stretch	each	
Upper Back Stretch		
Glute Stretch		
Hip Flexor Stretch		
Hamstring Stretch		
COMBAT FIT. COMBAT READY.		





	ILETE HITT 13		
MO	VEMENT PREP		
EXERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
STARTS	S / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Broad Jump Starts	4	10 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.

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NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Barbell Back Squat	4	2		90 Sec.
TRX Spider Man Push-up	3	8		60 Sec.
Rope Alternating Waves w/ Lunge	3		30 Sec.	15 Sec.
Kettlebell Upright Row	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Med Ball Circuit	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
Glute Stretch		each	
Hamstring Stretch			
Hip Flexor Stretch			
Quadricep Stretch			
Chest Stretch			
COMBAT FIT. COMBAT READY.			



MENT PREP SETS		
SFTS		
0110	DISTANCE	REPS
1		15
1		15
1		10
1	20 Yds.	
1	20 Yds.	
1	20 Yds.	
1		20
1		10
1		10
1	30 Yds.	
1	30 Yds.	
2	30 Yds.	
ACCELERATION		
SETS	DISTANCE	REST
4	20 Yds.	15 Sec.
4	20 Yds.	15 Sec.
4	20 Yds.	15 Sec.
	ACCELERATION SETS 4 4	1 1 1 20 Yds. 1 30 Yds. 1 30 Yds. 2 30 Yds. 2 30 Yds. 2 30 Yds. 4 20 Yds.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Sandbag Shoulder Squat	3	8		60 Sec.
Barbell Bench Press	4	2		90 Sec.
Ammo Can Lunge	3		30 Sec.	15 Sec.
Dead Hang Pull-Up	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball V-Ups	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Chest Stretch	each		
Shoulder Stretch			
Triceps Stretch			
Quadricep Stretch			
Hamstring Stretch			
COMBAT FIT. COMBAT READY.			



AT	HLETE HITT 15		
MO	VEMENT PREP		
DAVEROISES	SETS	DISTANCE	REPS
Split Jack Forward	1		20
Stationary Reverse Lunge	1		10
Supine Straight Leg Raise	1		15
Walking Lunge	1	20 Yds.	
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Eight Count Body Builder	1		10
Mountain Climbers	1		10
Split Squat Drops	1		10
Build-Up - 50%	1	40 Yds.	
Build-Up - 75%	1	40 Yds.	
Build-Up - 100%	1	40 Yds.	
START	'S / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
3 Hop Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.

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NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Barbell Back Squat	4	2		90 Sec.
Traveling Push-up	3	8		60 Sec.
Barbell Reverse Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
Leg Lowers	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Glute Stretch	each		
Hamstring Stretch			
Hip Flexor Stretch			
Quadricep Stretch			
Chest Stretch			
COMBAT FIT. COMBAT READY.			





AT	HLETE HITT 16		
MO	VEMENT PREP		
DAYBROISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
START	'S / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
3 Hop Starts	4	20 Yds.	15 Sec.
A-Skip	4	10 Yds.	15 Sec.
Partner Resisted Start w/ Release	4	20 Yds.	15 Sec.

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	2		90 Sec.
Split Jump w/ Med Ball Slam	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Prone Superman	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
Chest Stretch		each	
Shoulder Stretch			
Triceps Stretch			
Hamstring Stretch			
Quadricep Stretch			
COMBAT FIT. COMBAT READY.			



AT	HLETE HITT 17		
M	DVEMENT PREP		
EXTERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Supine Straight Leg Raise	1		10
Walking Lunge - Elbow to Instep	1	20 Yds.	
Walking Lunge w/ Side Reach	1	20 Yds.	
Walking Lunge w/ Twist	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
Power Skip (Height)	1	30 Yds.	
Power Skip (Distance)	1	30 Yds.	
Build-Up - 75%	2	30 Yds.	
STARI	rs / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Push Up Starts	4	20 Yds.	15 Sec.

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
SI KENGIH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	4		90 Sec.
Barbell Back Squat	4	2		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Sandbag Shoulder Lunge	3		30 Sec.	15 Sec.
Tire Flip	3		30 Sec.	15 Sec.
Med Ball Figure 8's	3		30 Sec.	15 Sec.
Hanging Flutter Kicks	3		30 Sec.	15 Sec.

NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises.

FLEXIBILITY			
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Glute Stretch	each		
Hip Flexor Stretch			
Quadricep Stretch			
Hamstring Stretch			
0010			

COMBAT FIT. COMBAT READY.



ETE HITT 18					
EMENT PREP					
SETS	DISTANCE	REPS			
1		20			
1		10			
1		15			
1	20 Yds.				
1	20 Yds.				
1	20 Yds.				
1		10			
1		10			
1		10			
1	40 Yds.				
1	40 Yds.				
1	40 Yds.				
STARTS / ACCELERATION					
SETS	DISTANCE	REST			
2		15 Sec.			
4	20 Yds.	15 Sec.			
4	20 Yds.	15 Sec.			
	Image: Set s 1 2 4	SETS DISTANCE 1 1 1 20 Yds. 1 40 Yds. 1 40 Yds. 1 40 Yds. 1 40 Yds. 2 2 4 20 Yds.			

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	4		90 Sec.
Overhead Squat	3	8		60 Sec.
Barbell Bench Press	4	2		90 Sec.
Sandbag Shoulder Lunge	3		30 Sec.	15 Sec.
Med Ball Slams	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Toe Touches	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Chest Stretch		each		
Shoulder Stretch				
Triceps Stretch				
Hamstring Stretch				
Quadricep Stretch				
COMBAT FIT. COMBAT READY.				





	ATHLETE HITT 19		
	MOVEMENT PREP		
EXTERCISES	SETS	DISTANCE	REPS
Split Jack Forward	1		15
Long Strider	1		15
Stationary Forward Lunge	1		10
Walking Knee Hug	1	20 Yds.	
Walking Quad Stretch	1	20 Yds.	
Walking Leg Cradle	1	20 Yds.	
Mountain Climbers	1		20
Split Squat Drops	1		10
Squat Drops	1		10
High Knees	1	30 Yds.	
Lunge w/ Power Skip	1	30 Yds.	
Build-Up - 50%	2	30 Yds.	
ST	ARTS / ACCELERATION		
EXERCISES	SETS	DISTANCE	REST
Wall Drill Series	2		15 Sec.
Falling Starts	4	20 Yds.	15 Sec.
Mountain Climber Starts	4	20 Yds.	15 Sec.

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NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Barbell Back Squat	5	2		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Sandbag Standing Around the World	3		30 Sec.	15 Sec.
Med Ball Crunch	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
Cross Body Stretch	each			
Glute Stretch				
Hamstring Stretch				
Hip Flexor Stretch				
Quadricep Stretch				
COMBAT FIT. COMBAT READY.				



IENT PREP		
SETS	DISTANCE	REPS
1		15
1		15
1		10
1	20 Yds.	
1	20 Yds.	
1	20 Yds.	
1		20
1		10
1		10
1	30 Yds.	
1	30 Yds.	
2	30 Yds.	
CCELERATION		
SETS	DISTANCE	REST
2		15 Sec.
4	20 Yds.	15 Sec.
4	10 Yds.	15 Sec.
	SETS 1 1 1 1 1 1 1 1 1 2 CCELERATION SETS 2 4	SETS DISTANCE 1 1 1 20 Yds. 1 30 Yds. 1 30 Yds. 2 30 Yds. CCELERATION DISTANCE 2 4

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Hang Snatch	5	2		90 Sec.
Quick Drop	3	4		60 Sec.
Barbell Bench Press	5	2		90 Sec.
Ammo Can Lunge	3		30 Sec.	15 Sec.
Dead Hang Pull-Up	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Med Ball Toe Touches	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
Chest Stretch	each			
Shoulder Stretch				
Triceps Stretch				
Quadricep Stretch				
Hamstring Stretch				
COMBAT FIT. COMBAT READY.				



ATH	ILETE HITT 21			
MOVEMENT PREP				
DAM DE COL SE DES	SETS	DISTANCE	REPS	
Split Jack Forward	1		20	
Stationary Reverse Lunge	1		10	
Supine Straight Leg Raise	1		15	
Walking Lunge	1	20 Yds.		
Walking Knee Hug	1	20 Yds.		
Walking Quad Stretch	1	20 Yds.		
Eight Count Body Builder	1		10	
Mountain Climbers	1		10	
Split Squat Drops	1		10	
Build-Up - 50%	1	40 Yds.		
Build-Up - 75%	1	40 Yds.		
Build-Up - 100%	1	40 Yds.		
STARTS	6 / ACCELERATION			
EXERCISES	SETS	DISTANCE	REST	
TRX Sprinter Start Series	2		15 Sec.	
Harness Resisted Sprint w/Release	4	20 Yds.	15 Sec.	
A-Skip	4	10 Yds.	15 Sec.	

NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Barbell Back Squat	5	2		90 Sec.
TRX Incline Press	3	10		60 Sec.
Rope Double Waves w/ Split Squat	3		30 Sec.	15 Sec.
Barbell Shrug	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball Circuit	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Glute Stretch	each		
Hip Flexor Stretch			
Quadricep Stretch			
Hamstring Stretch			
Chest Stretch			
COMBAT FIT. COMBAT READY.			





	ATHLETE HITT 22			
MOVEMENT PREP				
PAYERCISES	SETS	DISTANCE	REPS	
Split Jack Forward	1		15	
Long Strider	1		15	
Stationary Forward Lunge	1		10	
Walking Knee Hug	1	20 Yds.		
Walking Quad Stretch	1	20 Yds.		
Walking Leg Cradle	1	20 Yds.		
Mountain Climbers	1		20	
Split Squat Drops	1		10	
Squat Drops	1		10	
High Knees	1	30 Yds.		
Lunge w/ Power Skip	1	30 Yds.		
Build-Up - 50%	2	30 Yds.		
STA	ARTS / ACCELERATION			
EXERCISES	SETS	DISTANCE	REST	
TRX Sprinter Start Series	2		15 Sec.	
Falling Starts	4	20 Yds.	15 Sec.	
Prone Starts	4	20 Yds.	15 Sec.	

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NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Power Snatch	5	2		90 Sec.
Quick Drop	3	4		60 Sec.
Barbell Bench Press	5	2		90 Sec.
Kettlebell Overhead Lunge	3		30 Sec.	15 Sec.
Rope Power Jacks	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Med Ball Toe Touches	3		30 Sec.	15 Sec.

FLEXIBILITY		
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
Chest Stretch	each	
Upper Back Stretch		
Triceps Stretch		
Hamstring Stretch		
Quadricep Stretch		
COMBAT FIT. COMBAT READY.		



A	THLETE HITT 23			
MOVEMENT PREP				
DAUBROISES	SETS	DISTANCE	REPS	
Split Jack Forward	1		15	
Long Strider	1		15	
Supine Straight Leg Raise	1		10	
Walking Lunge - Elbow to Instep	1	20 Yds.		
Walking Lunge w/ Side Reach	1	20 Yds.		
Walking Lunge w/ Twist	1	20 Yds.		
Mountain Climbers	1		20	
Split Squat Drops	1		10	
Squat Drops	1		10	
Power Skip (Height)	1	30 Yds.		
Power Skip (Distance)	1	30 Yds.		
Build-Up - 75%	2	30 Yds.		
STAR	FS / ACCELERATION			
EXERCISES	SETS	DISTANCE	REST	
Prone Starts	4	20 Yds.	15 Sec.	
Push Up Starts	4	20 Yds.	15 Sec.	
Mountain Climber Starts	4	20 Yds.	15 Sec.	

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NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Barbell Back Squat	5	2		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Rope Alternating Waves w/ Lunge	3		30 Sec.	15 Sec.
Ammo Can Front Raise	3		30 Sec.	15 Sec.
Sandbag Cyclone	3		30 Sec.	15 Sec.
Med Ball Partner Toss	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.	
Glute Stretch		each	
Hamstring Stretch			
Quadricep Stretch			
Hip Flexor Stretch			
Chest Stretch			
COMBAT FIT. COMBAT READY.			



	ATHLETE HITT 24			
MOVEMENT PREP				
EXERCISES	SETS	DISTANCE	REPS	
Split Jack Forward	1		20	
Stationary Reverse Lunge	1		10	
Supine Straight Leg Raise	1		15	
Walking Lunge	1	20 Yds.		
Walking Knee Hug	1	20 Yds.		
Walking Quad Stretch	1	20 Yds.		
Eight Count Body Builder	1		10	
Mountain Climbers	1		10	
Split Squat Drops	1		10	
Build-Up - 50%	1	40 Yds.		
Build-Up - 75%	1	40 Yds.		
Build-Up - 100%	1	40 Yds.		
ST	ARTS / ACCELERATION			
EXERCISES	SETS	DISTANCE	REST	
Prone Starts	4	20 Yds.	15 Sec.	
3 Hop Starts	4	20 Yds.	15 Sec.	
Mountain Climber Starts	4	20 Yds.	15 Sec.	

NOTES: Drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch Hang Pull	4	4		90 Sec.
Press Under	3	6		60 Sec.
Barbell Bench Press	5	2		90 Sec.
Barbell Reverse Lunge	3		30 Sec.	15 Sec.
Sandbag Bicep Curl	3		30 Sec.	15 Sec.
Sandbag Kneeling Around the World	3		30 Sec.	15 Sec.
Hanging Knee Raises	3		30 Sec.	15 Sec.

FLEXIBILITY			
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.		
Chest Stretch	each		
Upper Back Stretch			
Triceps Stretch			
Hamstring Stretch			
Quadricep Stretch			
COMBAT FIT. COMBAT READY.			





ATHLETE HITT 25 MOVEMENT PREP					
Split Jack Forward	1		15		
Long Strider	1		15		
Stationary Forward Lunge	1		10		
Walking Knee Hug	1	20 Yds.			
Walking Quad Stretch	1	20 Yds.			
Walking Leg Cradle	1	20 Yds.			
Mountain Climbers	1		20		
Split Squat Drops	1		10		
Squat Drops	1		10		
High Knees	1	30 Yds.			
Lunge w/ Power Skip	1	30 Yds.			
Build-Up - 50%	2	30 Yds.			
STARTS / ACCELERATION					
EXERCISES	SETS	DISTANCE	REST		
Wall Drill Series	2		15 Sec.		
TRX Sprinter Start Series	2		15 Sec.		
Prone Starts	4	20 Yds.	15 Sec.		

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NOTES: Each set of wall drill series and/or TRX series are performed with a 1 count, 2 count, 3 count and continuous format. Other drills can be performed as a circuit or stand-alone exercises.

STRENGTH AND POWER				
EXERCISES	SETS	REPS	TIME	REST
Snatch High Pull	4	4		90 Sec.
Barbell Back Squat	4	6		90 Sec.
TRX Tricep Press	3	8		60 Sec.
Sandbag Balance Step Lunge	3		30 Sec.	15 Sec.
Tire Flip	3		30 Sec.	15 Sec.
Landmine Rotation	3		30 Sec.	15 Sec.
Med Ball V-Ups	3		30 Sec.	15 Sec.

FLEXIBILITY				
EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
Glute Stretch	each			
Hamstring Stretch				
Hip Flexor Stretch				
Quadricep Stretch				
Chest Stretch				
COMBAT FIT. COMBAT READY.				