



HITT
HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 1

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone 3 Cone Drill	2	60 Sec.
Cone J-Hook Reverse Sprint	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Alternating Waves	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. each
Chest Stretch	
Quadricep Stretch	
Hamstring Stretch	
Glute Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



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WARRIOR HITT 2

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	60 Sec.
Ladder Hop Scotch	2	60 Sec.
Ladder Hop Scotch - Single Leg Lift	2	60 Sec.
Ladder Hop Scotch - Leg Lift Alternate	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean Hang Pull	4	6		90 Sec.
Kettlebell Goblet Squat	3	10		60 Sec.
Push Press	4	6		90 Sec.
TRX Speed Skater	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Corkscrews	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. each
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	

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WARRIOR HITT 3

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	2	60 Sec.
Hurdle Hops - Lateral	2	60 Sec.
Hurdle Hops SL - Forward	2	60 Sec.
Hurdle Hops SL - Lateral	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Double Waves	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 4

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone 3 Cone Drill	2	60 Sec.
Cone M-Drill	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean Hang Pull	4	6		90 Sec.
Sandbag Bear Hug Squat	3	10		60 Sec.
Push Press	4	6		90 Sec.
Barbell Lateral Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Rope Kneeling Throws	3		30 Sec.	15 Sec.
Sandbag Lateral Bag Drag	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. each
Chest Stretch	
Shoulder Stretch	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

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WARRIOR HITT 5

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	60 Sec.
Ladder Hop Scotch	2	60 Sec.
Ladder Hop Scotch - Single Leg Lift	2	60 Sec.
Ladder Scissor Switch	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	6		90 Sec.
Barbell Front Squat	4	6		90 Sec.
Barbell Military Press	3	8		60 Sec.
TRX Crossing Balance Lunge	3		30 Sec.	15 Sec.
Sandbag Single Grip Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

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WARRIOR HITT 6

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	2	60 Sec.
Hurdle Hops - Lateral	2	60 Sec.
Hurdle Hops SL - Forward	2	60 Sec.
Hurdle Sprint Progression	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean Hang Pull	4	6		90 Sec.
Kettlebell Goblet Squat	3	10		60 Sec.
Push Press	4	6		90 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Kettlebell Row-Single Arm	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Side Plank Spirals	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. each
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	

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WARRIOR HITT 7

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	60 Sec.
Cone Attack and Retreat	2	60 Sec.
Prone Cone T-Drill	2	60 Sec.
Cone M-Drill	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Barbell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Uppercuts	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



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WARRIOR HITT 8

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	60 Sec.
Ladder Hop Scotch	2	60 Sec.
Ladder Icky Shuffle	2	60 Sec.
Ladder Scissor Switch	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean High Pull	4	4		90 Sec.
Landmine Thrust	3	6		60 Sec.
Split Jerk	4	4		90 Sec.
Landmine Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Uppercuts	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. each
Chest Stretch	
Shoulder Stretch	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



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WARRIOR HITT 9

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	2	60 Sec.
Hurdle Hops - Lateral	2	60 Sec.
Hurdle Lateral Skip	2	60 Sec.
Hurdle Sprint Progression	2	60 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
TRX Speed Skater	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Corkscrews	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



WARRIOR HITT 10

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Zig Zag Drill	2	45 Sec.
Cone X-Drill	2	45 Sec.
Prone Cone T-Drill	2	45 Sec.
Cone M-Drill	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean High Pull	4	4		90 Sec.
Landmine Thrust	3	6		60 Sec.
Split Jerk	4	4		90 Sec.
Barbell Diagonal Lunge	3		30 Sec.	15 Sec.
Dumbbell Push-Up w/ Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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. each
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	



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WARRIOR HITT 11

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder Icky Shuffle	2	45 Sec.
Ladder Scissor Switch	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Barbell Bentover Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Double Waves	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



WARRIOR HITT 12

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward	3	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Lateral Skip	2	45 Sec.
Hurdle Sprint Progression	3	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Clean High Pull	4	4		90 Sec.
Dumbbell Single Leg Squat	3	8		60 Sec.
Split Jerk	4	4		90 Sec.
TRX Crossing Balance Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Side Plank Waves	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. each
Chest Stretch	
Shoulder Stretch	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	



WARRIOR HITT 13

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
Cone X-Drill	2	45 Sec.
Prone Cone T-Drill	2	45 Sec.
Cone M-Drill	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	4	4		90 Sec.
Barbell Front Squat	4	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Barbell Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Single Grip Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Alternating Waves	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	



WARRIOR HITT 14

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder Carioca	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder Icky Shuffle	2	45 Sec.
Ladder Scissor Switch	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Clean	5	2		90 Sec.
Dumbbell Single Leg Squat	3	8		60 Sec.
Push Press	5	2		90 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Double Waves	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. each
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 15

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	3	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Lateral Skip	2	45 Sec.
Hurdle Sprint Progression	3	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	3	4		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Alternating Waves	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 16

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
Cone X-Drill	2	45 Sec.
Prone Cone T-Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Clean	5	2		90 Sec.
Kettlebell Goblet Squat	3	8		60 Sec.
Push Press	5	2		90 Sec.
Landmine Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Sandbag Lateral Bag Drag	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. each
Chest Stretch	
Shoulder Stretch	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 17

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder Carioca	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder Icky Shuffle	2	45 Sec.
Ladder Skiers	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	3	4		60 Sec.
Dumbbell Lateral Lunge	3		30 Sec.	15 Sec.
Dumbbell Bentover Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Corkscrews	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



WARRIOR HITT 18

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	4	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Lateral Skip	2	45 Sec.
Hurdle Crossover Skip	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Power Clean	5	2		90 Sec.
Kettlebell Goblet Squat	3	8		60 Sec.
Push Press	5	2		90 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Uppercuts	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. each
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	



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HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 19

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
Cone X-Drill	2	45 Sec.
Cone Goalie Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	3	4		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 20

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder Carioca	2	45 Sec.
Ladder In In / Out Out - Forward	2	45 Sec.
Ladder In In / Out Out - Lateral	2	45 Sec.
Ladder Skiers	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Clean	5	4		90 Sec.
Sandbag Bear Hug Squat	3	10		60 Sec.
Split Jerk	5	4		90 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Dumbbell Push-Up w/ Row	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Corkscrews	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. each
Chest Stretch	
Shoulder Stretch	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 21

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	4	45 Sec.
Hurdle Lateral Step Over Run	2	45 Sec.
Hurdle Hops SL - Forward/Backward	4	45 Sec.
Hurdle Crossover Skip	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	4		90 Sec.
Barbell Front Squat	5	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Barbell Bentover Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Side Plank Spirals	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 22

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Walk	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Burpees	1		10
Groiners	1		10
Speed Skaters	1		10
Lateral Skip	2	20 Yds.	
Lateral Cross-Over Skip	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone Box Drill #1	2	45 Sec.
20-yard Cone Weave	2	45 Sec.
Cone Goalie Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Clean	5	4		90 Sec.
Sandbag Bear Hug Squat	3	8		60 Sec.
Split Jerk	5	4		90 Sec.
Landmine Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Row-Single Arm	3		30 Sec.	15 Sec.
Med Ball Oblique Toss	3		30 Sec.	15 Sec.
Rope Seated Alternating Waves	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. each
Upper Back Stretch	
Chest Stretch	
Cross Body Stretch	
Quadricep Stretch	
Glute Stretch	
Sumo Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 23

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Highland Fling	1		15
Plank Leg Extension	1		10
Knee To Elbow Push-Up	1		10
Lateral Squat Wave	2	10 Yds.	
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Groiners	1		10
Burpees	1		10
Speed Skaters	1		10
Carioca	2	20 Yds.	
Carioca w/ Knee Drive	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Ladder High Knees	2	45 Sec.
Ladder Single Leg Side Hops - Forward	2	45 Sec.
Ladder In In / Out Out - Lateral	2	45 Sec.
Ladder Skiers	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	4		90 Sec.
Barbell Front Squat	5	4		90 Sec.
Kettlebell Military Press	3	8		60 Sec.
Ammo Can Lateral Lunge	3		30 Sec.	15 Sec.
Kettlebell Renegade Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Corkscrews	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



WARRIOR HITT 24

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Knee To Elbow Push-Up	1		10
Sagittal Leg Swings	1		10
Diagonal Lunge	1	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Lateral Step Squat	2	10 Yds.	
Groiners	1		10
Speed Skaters	1		15
Wideouts	1		15
Build-Up - 50%	1	30 Yds.	
Build-Up - 75%	1	30 Yds.	
Build-Up - 100%	1	30 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Hurdle Hops - Forward/Backward	4	45 Sec.
Hurdle Hops SL - Lateral	4	45 Sec.
Hurdle Hops SL - Forward/Backward	4	45 Sec.
Hurdle Crossover Skip	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Hang Clean	5	2		90 Sec.
Dumbbell Lateral Squat	3	8		60 Sec.
Split Jerk	5	2		90 Sec.
Barbell Diagonal Lunge	3		30 Sec.	15 Sec.
Sandbag Bent Over Row	3		30 Sec.	15 Sec.
Med Ball Side Throw	3		30 Sec.	15 Sec.
Rope Double Waves	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. each
Chest Stretch	
Shoulder Stretch	
Side Bend Stretch	
Quadricep Stretch	
Hamstring Stretch	
Upper Back Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



WARRIOR HITT 25

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Side Straddle Hops	1		15
Highland Fling	1		15
Plank Leg Extension	1		10
Lateral Lunge	2	10 Yds.	
Cross-Over Lunge	2	10 Yds.	
Monster Walk	1	10 Yds.	
Groiners	1		10
Speed Skaters	1		10
Wideouts	1		10
Side Slide w/ Arm Swing	2	20 Yds.	
Lateral Shuffle	2	20 Yds.	
Build-Up - 50%	2	20 Yds.	

NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction.

AGILITY

EXERCISES	SETS	REST
Cone W-Drill	2	45 Sec.
20-yard Cone Weave	2	45 Sec.
Cone Goalie Drill	2	45 Sec.
Cone Combat Glide Shuffle	2	45 Sec.

NOTES: Can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction

STRENGTH AND POWER

EXERCISES	SETS	REPS	TIME	REST
Deadlift	5	2		90 Sec.
Barbell Front Squat	5	2		90 Sec.
Barbell Military Press	5	2		60 Sec.
Sandbag Rotational Lunge	3		30 Sec.	15 Sec.
Ammo Can Row	3		30 Sec.	15 Sec.
Med Ball Side Twist Toss	3		30 Sec.	15 Sec.
Rope Plank Pulls	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. each
Chest Stretch	
Upper Back Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.