



COMBAT HITT 1

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Circles	1		10
Trunk Twists	1		10
Bear Crawl	1	20 Yds.	
Frankenstein	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Butt-Kicks	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	2	10 Yds.	15 Sec.
Fast Claw Series	1		15 Sec.
Butt-Kickers	2	20 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	25 Sec.	25 Sec.
Box Jump	2	25 Sec.	25 Sec.
Clap Chest Push-up	2	25 Sec.	25 Sec.
TRX Lunge	2	25 Sec.	25 Sec.
TRX Mid Row	2	25 Sec.	25 Sec.
Russian Twist	2	25 Sec.	25 Sec.
TRX Crunch on Hands	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Hamstring Stretch	
Sumo Stretch	
Hip Flexor Stretch	
Shoulder Stretch	
Neck Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 2

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		10
Scorpions	1		10
Trunk Circles	1		10
Bear Crawl	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Jump Thrust	1		10
Thrusts	1		10
Frog Thrust w/ Jump	1		10
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 75%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling	1	20 Yds.	30 Sec.
Ankling w/ Butt Kick	1	20 Yds.	30 Sec.
B-Skip	1	20 Yds.	30 Sec.
Fast Claw Series	1		30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift-Single Leg	2	25 Sec.	25 Sec.
Diagonal Bound	2	25 Sec.	25 Sec.
Lying Chest Throw	2	25 Sec.	25 Sec.
TRX Lunge W/ Hop	2	25 Sec.	25 Sec.
TRX Sprinters Row	2	25 Sec.	25 Sec.
Med Ball Russian Twist	2	25 Sec.	25 Sec.
TRX Atomic Oblique Push-Up	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Triceps Stretch	
Quadricep Stretch	
Side Bend Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 3
MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		10
Stationary Squat	1		10
Scorpions	1		10
Frankenstein	1	20 Yds.	
Spiderman	1	20 Yds.	
Crab Walk	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Back Peddle Reach	1	20 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.
B-Skip	2	20 Yds.	30 Sec.
Sprints	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	25 Sec.	25 Sec.
TRX Jump Squat	2	25 Sec.	25 Sec.
Clap Chest Push-up	2	25 Sec.	25 Sec.
TRX Sprinter Start w/ Hop	2	25 Sec.	25 Sec.
TRX Inverted Row	2	25 Sec.	25 Sec.
Hanging Windmills	2	25 Sec.	25 Sec.
TRX Pendulum	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 4

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Circles	1		10
Trunk Twists	1		10
Single Leg Balance	1	20 Yds.	
Spiderman	1	20 Yds.	
Bear Crawl	1	20 Yds.	
Jump Thrust	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Back Peddle Reach	1	20 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Butt-Kickers	2	20 Yds.	30 Sec.
Ankling w/ Butt Kick	2	20 Yds.	30 Sec.
Sprints	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	25 Sec.	25 Sec.
Box Depth Jump to Sprint	2	25 Sec.	25 Sec.
Med Ball Underhand Throw	2	25 Sec.	25 Sec.
TRX Split Squat	2	25 Sec.	25 Sec.
TRX Bicep Curl	2	25 Sec.	25 Sec.
Hanging Oblique Knee Raises	2	25 Sec.	25 Sec.
TRX Mountain Climber	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Hamstring Stretch	
Quadricep Stretch	
Triceps Stretch	
Cross Body Stretch	
Sumo Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 5

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		10
Stationary Squat	1		10
Trunk Circles	1		10
Crab Walk	1	20 Yds.	
Bear Crawl	1	20 Yds.	
Spiderman	1	20 Yds.	
Thrusts	1		15
Jump Thrust	1		15
Frog Thrust	1		15
Straight Leg Shuffle - 50%	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	3	40 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing	2	25 Sec.	25 Sec.
Frog Jumps	2	25 Sec.	25 Sec.
Plyo Push-Up Hands Out	2	25 Sec.	25 Sec.
TRX Lunge	2	25 Sec.	25 Sec.
TRX Row (Single Arm)	2	25 Sec.	25 Sec.
Med Ball Single Leg Woodchoppers	2	25 Sec.	25 Sec.
TRX Pike	2	25 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Upper Back Stretch	
Hip Flexor Stretch	
Triceps Stretch	
Glute Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 6

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Twists	1		10
Scorpions	1		10
Single Leg Balance	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Frog Thrust	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	2	15 Yds.	15 Sec.
Ankling	2	15 Yds.	15 Sec.
Ankling w/ Butt Kick	2	15 Yds.	15 Sec.
Sprints	2	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	30 Sec.	25 Sec.
Box Jump	2	30 Sec.	25 Sec.
Clap Chest Push-up	2	30 Sec.	25 Sec.
TRX Step Back Lunge	2	30 Sec.	25 Sec.
TRX Hamstring Curl	2	30 Sec.	25 Sec.
Med Ball Wood Choppers	2	30 Sec.	25 Sec.
TRX Atomic Oblique Push-Up	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Neck Stretch	
Hip Flexor Stretch	
Triceps Stretch	
Shoulder Stretch	
Sumo Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 7

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Twists	1		10
Stationary Squat	1		10
Trunk Circles	1		10
Frankenstein	1	30 Yds.	
Inchworm	1	30 Yds.	
Crab Walk	1	30 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		15 Sec.
B-Skip	2	15 Yds.	15 Sec.
Straight Leg Shuffle	2	40 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	2	30 Sec.	25 Sec.
Lateral Box Jumps	2	30 Sec.	25 Sec.
Alternating Plyo Push-up	2	30 Sec.	25 Sec.
TRX Lunge W/ Hop	2	30 Sec.	25 Sec.
TRX Hamstring Curl	2	30 Sec.	25 Sec.
Med Ball Russian Twist	2	30 Sec.	25 Sec.
TRX Supline Plank on Hands	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 8

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Frontal Leg Swings	1		10
Stationary Squat	1		10
Crab Walk	1	30 Yds.	
Inchworm	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		15 Sec.
Ankling	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Pike Jumps	2	30 Sec.	25 Sec.
TRX Squat	2	30 Sec.	25 Sec.
Alternating Plyo Push-up	2	30 Sec.	25 Sec.
TRX Burpee	2	30 Sec.	25 Sec.
TRX Low Row	2	30 Sec.	25 Sec.
Russian Twist	2	30 Sec.	25 Sec.
TRX Mountain Climber	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Hip Flexor Stretch	
Cross Body Stretch	
Hamstring Stretch	
Sumo Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 9

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Frontal Leg Swings	1		10
Trunk Twists	1		10
Single Leg Balance	1	30 Yds.	
Spiderman	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling w/ Butt Kick	2	15 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	30 Sec.	25 Sec.
Diagonal Bound	2	30 Sec.	25 Sec.
Plyo Push-Up Hands Out	2	30 Sec.	25 Sec.
TRX Abducted Lunge	2	30 Sec.	25 Sec.
TRX Pull-up	2	30 Sec.	25 Sec.
Hanging Windmills	2	30 Sec.	25 Sec.
TRX Oblique Crunch	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Neck Stretch	
Quadricep Stretch	
Shoulder Stretch	
Hip Flexor Stretch	
Sumo Stretch	

COMBAT FIT. COMBAT READY.



HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 10

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Twists	1		10
Trunk Twists	1		10
Stationary Squat	1		10
Crab Walk	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Jump Thrust	1		15
Thrusts	1		15
Frog Thrust w/ Jump	1		15
Straight Leg Shuffle - 50%	1	30 Yds.	
Straight Leg Shuffle - 75%	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle	2	40 Yds.	15 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	15 Sec.
Sprints	4	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing	2	30 Sec.	25 Sec.
Diagonal Bound	2	30 Sec.	25 Sec.
Med Ball Underhand Throw	2	30 Sec.	25 Sec.
TRX Sprinter Start	2	30 Sec.	25 Sec.
TRX High Row	2	30 Sec.	25 Sec.
Med Ball Russian Twist	2	30 Sec.	25 Sec.
TRX Crunch on Elbows	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hamstring Stretch	
Hip Flexor Stretch	
Quadricep Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 11

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		15
Scorpions	1		15
Stationary Squat	1		15
Bear Crawl	1	30 Yds.	
Crab Walk	1	30 Yds.	
Frankenstein	1	30 Yds.	
Thrusts	1		15
Frog Thrust w/ Jump	1		15
Frog Thrust	1		15
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling w/ Butt Kick	2	20 Yds.	30 Sec.
Fast Claw Series	2		30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	2	30 Sec.	25 Sec.
Frog Jumps	2	30 Sec.	25 Sec.
Plyo Push-Up (Single Arm)	2	30 Sec.	25 Sec.
TRX Lunge W/ Hop	2	30 Sec.	25 Sec.
TRX Inverted Row	2	30 Sec.	25 Sec.
Hanging Oblique Knee Raises	2	30 Sec.	25 Sec.
TRX Atomic Push-Up	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 12

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		15
Trunk Twists	1		15
Stationary Squat	1		15
Inchworm	1	30 Yds.	
Single Leg Balance	1	30 Yds.	
Spiderman	1	30 Yds.	
Frog Thrust	1		15
Jump Thrust	1		15
Thrusts	1		15
Straight Leg Shuffle - 50%	1	30 Yds.	
Straight Leg Shuffle - 75%	1	30 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling	2	20 Yds.	30 Sec.
Ankling w/ Butt Kick	2	20 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	30 Sec.	25 Sec.
Box Depth Jump	2	30 Sec.	25 Sec.
Depth Push-up	2	30 Sec.	25 Sec.
TRX Step Back Lunge	2	30 Sec.	25 Sec.
TRX Bicep Curl	2	30 Sec.	25 Sec.
Hanging Windmills	2	30 Sec.	25 Sec.
TRX V-Sit	2	30 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hamstring Stretch	
Quadricep Stretch	
Sumo Stretch	
Upper Back Stretch	



COMBAT HITT 13

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		15
Scorpions	1		15
Trunk Circles	1		15
Single Leg Balance	1	30 Yds.	
Bear Crawl	1	30 Yds.	
Spiderman	1	30 Yds.	
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Back Peddle Reach	1	10 Yds.	
Butt-Kicks	1	10 Yds.	
Straight Leg Shuffle - 50%	1	10 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	3	20 Yds.	30 Sec.
Butt-Kickers	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Dumbbell)	2	45 Sec.	30 Sec.
Split Squat Jump Combo	2	45 Sec.	30 Sec.
Plyo Push-Up (Single Arm)	2	45 Sec.	30 Sec.
TRX Burpee	2	45 Sec.	30 Sec.
TRX Sprinters Row	2	45 Sec.	30 Sec.
Russian Twist	2	45 Sec.	30 Sec.
TRX Pendulum	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Neck Stretch	
Triceps Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 14

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		15
Trunk Twists	1		15
Frontal Leg Swings	1		15
Single Leg Balance	1	20 Yds.	
Crab Walk	1	20 Yds.	
Spiderman	1	20 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Straight Leg Shuffle - 50%	1	10 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 100%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		30 Sec.
B-Skip	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift	2	45 Sec.	30 Sec.
Box Tuck Jump-Single Leg	2	45 Sec.	30 Sec.
Lying Chest Throw	2	45 Sec.	30 Sec.
TRX Sprinter Start w/ Hop	2	45 Sec.	30 Sec.
TRX Pull-up	2	45 Sec.	30 Sec.
Med Ball Russian Twist	2	45 Sec.	30 Sec.
TRX Side Plank	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Neck Stretch	
Shoulder Stretch	
Hamstring Stretch	
Sumo Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 15

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		15
Trunk Twists	1		15
Scorpions	1		15
Inchworm	1	20 Yds.	
Frankenstein	1	20 Yds.	
Spiderman	1	20 Yds.	
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Butt-Kicks	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	4	40 Yds.	45 Sec.
Sprints	4	40 Yds.	45 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Dumbbell Single Leg Deadlift	2	45 Sec.	30 Sec.
Box Depth Jump to Sprint	2	45 Sec.	30 Sec.
Clap Push-up	2	45 Sec.	30 Sec.
TRX Lunge W/ Hop	2	45 Sec.	30 Sec.
TRX Hamstring Curl	2	45 Sec.	30 Sec.
Russian Twist	2	45 Sec.	30 Sec.
TRX Crunch on Hands	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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



COMBAT HITT 16

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Frontal Leg Swings	1		10
Trunk Circles	1		10
Bear Crawl	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Frog Thrust w/ Jump	1		10
Frog Thrust	1		10
Thrusts	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	4	40 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing	2	45 Sec.	30 Sec.
Box Jump	2	45 Sec.	30 Sec.
Clap Chest Push-up	2	45 Sec.	30 Sec.
TRX Lunge	2	45 Sec.	30 Sec.
TRX Inverted Row	2	45 Sec.	30 Sec.
Hanging Oblique Knee Raises	2	45 Sec.	30 Sec.
TRX Mountain Climber	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Hamstring Stretch	
Neck Stretch	
Hamstring Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 17

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Stationary Squat	1		10
Trunk Twists	1		10
Bear Crawl	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Jump Thrust	1		10
Frog Thrust w/ Jump	1		10
Thrusts	1		10
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 75%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle	4	40 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift-Single Leg	2	45 Sec.	30 Sec.
Lateral Squat Jumps	2	45 Sec.	30 Sec.
Plyo Push-Up Hands Out	2	45 Sec.	30 Sec.
TRX Lunge W/ Hop	2	45 Sec.	30 Sec.
TRX Row (Single Arm)	2	45 Sec.	30 Sec.
Med Ball Russian Twist	2	45 Sec.	30 Sec.
TRX V-Sit	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each



COMBAT HITT 18

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Frontal Leg Swings	1		10
Trunk Circles	1		10
Crab Walk	1	20 Yds.	
Spiderman	1	20 Yds.	
Frankenstein	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Back Peddle Reach	1	20 Yds.	
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	4	40 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Pike Jumps	2	45 Sec.	30 Sec.
TRX Overhead Squat	2	45 Sec.	30 Sec.
Med Ball Underhand Throw	2	45 Sec.	30 Sec.
TRX Split Squat	2	45 Sec.	30 Sec.
TRX Pull-up	2	45 Sec.	30 Sec.
Med Ball Wood Choppers	2	45 Sec.	30 Sec.
TRX Plank on Hands	2	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Neck Stretch	
Cross Body Stretch	
Hip Flexor Stretch	
Side Bend Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 19

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Frontal Leg Swings	1		10
Scorpions	1		10
Stationary Squat	1		10
Bear Crawl	1	30 Yds.	
Crab Walk	1	30 Yds.	
Frankenstein	1	30 Yds.	
Frog Thrust w/ Jump	1		10
Frog Thrust	1		10
Jump Thrust	1		10
Back Peddle Reach	1	30 Yds.	
Butt-Kicks	1	30 Yds.	
Straight Leg Shuffle - 50%	1	30 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Ankling	2	20 Yds.	15 Sec.
Ankling w/ Butt Kick	2	20 Yds.	15 Sec.
Fast Claw Series	2		15 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	2	45 Sec.	30 Sec.
Box Jump	2	45 Sec.	30 Sec.
Med Ball Underhand Throw	2	45 Sec.	30 Sec.
TRX Sprinter Start w/ Hop	2	45 Sec.	25 Sec.
TRX Inverted Row	2	45 Sec.	25 Sec.
Hanging Oblique Knee Raises	2	45 Sec.	25 Sec.
TRX Plank on Elbows	2	45 Sec.	25 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hip Flexor Stretch	
Shoulder Stretch	
Sumo Stretch	
Triceps Stretch	



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 20

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		
Stationary Squat	1		
Trunk Twists	1		
Inchworm	1		
Single Leg Balance	1		
Spiderman	1		
Frog Thrust w/ Jump	1		
Frog Thrust	1		
Thrusts	1		
Straight Leg Shuffle - 50%	1		
Straight Leg Shuffle - 75%	1		
Straight Leg Shuffle - 100%	1		

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
B-Skip	2	20 Yds.	15 Sec.
Butt-Kickers	2	20 Yds.	15 Sec.
Sprints	2	40 Yds.	15 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Ammo Can Deadlift-Single Leg	3	30 Sec.	20 Sec.
TRX Jump Squat	3	30 Sec.	20 Sec.
Depth Push-up	3	30 Sec.	20 Sec.
TRX Step Back Lunge	3	30 Sec.	20 Sec.
TRX Inverted Row	3	30 Sec.	20 Sec.
Russian Twist	3	30 Sec.	20 Sec.
TRX Pendulum	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Glute Stretch	
Hamstring Stretch	
Shoulder Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 21

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Trunk Circles	1		10
Frontal Leg Swings	1		10
Inchworm	1	20 Yds.	
Bear Crawl	1	20 Yds.	
Spiderman	1	20 Yds.	
Frog Thrust	1		10
Thrusts	1		10
Frog Thrust w/ Jump	1		10
Straight Leg Shuffle - 75%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	
Back Peddle Reach	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2	10 Yds.	15 Sec.
Straight Leg Shuffle	2	20 Yds.	30 Sec.
Sprints	4	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Dumbbell Single Leg Deadlift	3	30 Sec.	20 Sec.
Box Jump	3	30 Sec.	20 Sec.
Lying Chest Throw	3	30 Sec.	20 Sec.
TRX Sprinter Start w/ Hop	3	30 Sec.	20 Sec.
TRX Bicep Curl	3	30 Sec.	20 Sec.
Med Ball Wood Choppers	3	30 Sec.	20 Sec.
TRX Plank on Hands	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Glute Stretch	
Hip Flexor Stretch	
Side Bend Stretch	
Shoulder Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.



COMBAT HITT 22

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Scorpions	1		10
Stationary Squat	1		10
Trunk Twists	1		10
Frankenstein	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Jump Thrust	1		10
Back Peddle Reach	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		30 Sec.
Straight Leg Shuffle	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	3	30 Sec.	20 Sec.
Frog Jumps	3	30 Sec.	20 Sec.
Plyo Push-Up Hands Out	3	30 Sec.	20 Sec.
TRX Burpee	3	30 Sec.	20 Sec.
TRX Row (Single Arm)	3	30 Sec.	20 Sec.
Med Ball Russian Twist	3	30 Sec.	20 Sec.
TRX Mountain Climber	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Chest Stretch	
Cross Body Stretch	
Hamstring Stretch	
Quadricep Stretch	
Sumo Stretch	



COMBAT HITT 23

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Trunk Circles	1		10
Trunk Twists	1		10
Frankenstein	1	20 Yds.	
Inchworm	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Thrusts	1		10
Jump Thrust	1		10
Frog Thrust	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Butt-Kickers	2	20 Yds.	30 Sec.
Straight Leg Shuffle to Sprint	2	40 Yds.	30 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Pike Jumps	3	30 Sec.	20 Sec.
TRX Jump Squat	3	30 Sec.	20 Sec.
Clap Chest Push-up	3	30 Sec.	20 Sec.
TRX Sprinter Start	3	30 Sec.	20 Sec.
TRX Sprinters Row	3	30 Sec.	20 Sec.
Hanging Oblique Knee Raises	3	30 Sec.	20 Sec.
TRX Side Plank	3	30 Sec.	20 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Hamstring Stretch	
Neck Stretch	
Quadricep Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 24

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Stationary Squat	1		10
Scorpions	1		10
Trunk Twists	1		10
Frankenstein	1	20 Yds.	
Single Leg Balance	1	20 Yds.	
Crab Walk	1	20 Yds.	
Thrusts	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Straight Leg Shuffle to Sprint	3	40 Yds.	45 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Kettlebell Swing-Single Arm	3	45 Sec.	30 Sec.
TRX Jump Squat	3	45 Sec.	30 Sec.
Plyo Push-Up (Single Arm)	3	45 Sec.	30 Sec.
TRX Abducted Lunge	3	45 Sec.	30 Sec.
TRX Pull-up	3	45 Sec.	30 Sec.
Hanging Windmills	3	45 Sec.	30 Sec.
TRX Oblique Crunch	3	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

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

COMBAT FIT. COMBAT READY.



HITT

HIGH INTENSITY TACTICAL TRAINING



COMBAT HITT 25

MOVEMENT PREP

EXERCISES	SETS	DISTANCE	REPS
Trunk Circles	1		10
Trunk Twists	1		10
Scorpions	1		10
Crab Walk	1	30 Yds.	
Inchworm	1	30 Yds.	
Frankenstein	1	30 Yds.	
Jump Thrust	1		10
Frog Thrust	1		10
Frog Thrust w/ Jump	1		10
Butt-Kicks	1	20 Yds.	
Straight Leg Shuffle - 50%	1	20 Yds.	
Straight Leg Shuffle - 100%	1	20 Yds.	

MAX SPEED

EXERCISES	SETS	DISTANCE	REST
Fast Claw Series	2		15 Sec.
Sprints	4	40 Yds.	60 Sec.

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

STRENGTH AND POWER

EXERCISES	SETS	TIME	REST
Romanian Deadlift (Barbell)	3	45 Sec.	30 Sec.
Box Jump	3	45 Sec.	30 Sec.
Med Ball Underhand Throw	3	45 Sec.	30 Sec.
TRX Sprinter Start w/ Hop	3	45 Sec.	30 Sec.
TRX Inverted Row	3	45 Sec.	30 Sec.
Russian Twist	3	45 Sec.	30 Sec.
TRX Oblique Crunch	3	45 Sec.	30 Sec.

NOTES: Exercises should be conducted as a circuit.

FLEXIBILITY

EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 Sec. each
Cross Body Stretch	
Glute Stretch	
Hamstring Stretch	
Quadricep Stretch	
Triceps Stretch	

COMBAT FIT. COMBAT READY.