



ATHLETIC PERFORMANCE

GENERAL WARM UP
POST WORKOUT
STRETCHING

WORKOUT #3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SPECIFIC WARM UP
2-3 ROUNDS



1 MID THIGH POWER CLEAN

MEDIUM

3 SETS X 4 REPS

X

CHALLENGING

5 SETS X 3 REPS

X

2 BOSCH CLEAN

X

MEDIUM

3+2 SETS X 5 REPS

X

LIGHT

3+2 SETS X 6 REPS

3 MID THIGH CLEAN PULL

MEDIUM

3 SETS X 4 REPS

X

CHALLENGING

4 SETS X 4 REPS

X

4 ASYMMETRY DEADLIFT

X

MEDIUM

3+2 SETS X 8 REPS

X

MEDIUM

3+2 SETS X 5 REPS

5 DB SEATED VERTICAL JUMP

4 SETS X 6 REPS

5 SETS X 6 REPS

5 SETS X 8 REPS

3 SETS X 6 REPS

ACCESSORY



PLANK KB SWITCH
3 SETS X 30-45 SEC



SINGLE LEG BALANCE LUNGE
3 SETS X 6+8 REPS



RUSSIAN TWIST
3 SETS X 16-20 REPS

Military Athlete Body Weight Training Program

Yi-Tong Ma



Military Athlete Body Weight Training Program:

NSCA'S Essentials of Tactical Strength and Conditioning NSCA-National Strength & Conditioning Association, 2017-01-27
NSCA's Essentials of Tactical Strength and Conditioning is the ideal preparatory guide for those seeking TSAC F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military law enforcement and fire and rescue personnel.

Fundamentals of Athletic Training Lorin Cartwright, William A. Pitney, 2011. This work explains concepts in athletic training and presents injuries and illnesses encountered by certified athletic trainers. The book discusses various conditions, illnesses, and diseases along with information on nutrition and the effects of therapeutic, recreational, and performance enhancing drug use.

Tactical Fitness Stewart Smith, 2015-04-14. Achieve the same gold standard of fitness upheld by Special Ops with this unique strength and conditioning program created by a former Navy SEAL. A year-long day by day essential training and workout plan for the heroes of tomorrow: police officers, firefighters, soldiers, and others whose lifesaving jobs demand them to be in optimum physical condition. Over the past decade, Special Ops fitness has morphed into a new fitness genre along with military police and firefighter fitness called tactical fitness. Developed by a former Navy SEAL and built upon Special Ops fitness techniques, Tactical Fitness is designed to train you to perform to the rigorous physical training standards at the same level of excellence required of these Heroes of Tomorrow. At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity including cardiovascular conditioning, strength, muscle coordination, and stamina. Tactical fitness means having the skills needed to save lives and extend the limits of your endurance, whether you are in the military police firefighting professions or just an everyday hero. Designed for both men and women, Tactical Fitness presents a series of scaled workout plans, programs based in calisthenics, cardio, and swimming, supplemented with weights, full body exercises, and functional athletic movements. Unique skills presented also include rope climbing, grip strength, carries, wall climbs, and much more. With Tactical Fitness, you will reach your absolute physical peak with the same workout techniques used by Special Forces, military firefighters, and police. Follow a rigorous fitness curriculum designed to help you exceed the limits of your strength, speed, and endurance. Benefit from all the teaching expertise of former Navy SEAL Stew Smith. Be ready for whatever life throws at you. Tactical Fitness sets a standard of excellence that does more than meet the minimum requirement; it allows you to reach your full physical potential.

A Manual of Physical Training and Preparatory Military Instruction for Schools of the United States Frederick Arnold Kuenzli, Henry Panzer, 1916.

Manual of Military Training James Alfred Moss, 1914.

Rehabilitation for the Postsurgical Orthopedic Patient Lisa Maxey, Jim Magnusson, 2013-01-22. With detailed descriptions of orthopedic surgeries, *Rehabilitation for the Postsurgical Orthopedic Patient* 3rd Edition provides current evidence-based guidelines to designing effective rehabilitation strategies. Coverage of each condition includes an overview of the orthopedic patient's entire course of treatment from pre to post surgery. For each phase of rehabilitation, this book describes the postoperative

timeline the goals potential complications and precautions and appropriate therapeutic procedures New to this edition are a full color design and new chapters on disc replacement cartilage replacement hallux valgus and transitioning the running athlete Edited by Lisa Maxey and Jim Magnusson and with chapters written by both surgeons and physical therapists Rehabilitation for the Postsurgical Orthopedic Patient provides valuable insights into the use of physical therapy in the rehabilitation process Comprehensive evidence based coverage provides an overview of the orthopedic patient s entire course of treatment from pre to post surgery including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs Case study vignettes with critical thinking questions help you develop critical reasoning skills Indications and considerations for surgery describe the mechanics of the injury and the repair process so you can plan an effective rehabilitation program Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase Evidence based coverage includes the latest clinical research to support treatment decisions Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines A Troubleshooting section in each chapter details potential pitfalls in the recovery from each procedure Over 300 photos and line drawings depict concepts procedures and rehabilitation Detailed tables break down therapy guidelines and treatment options for quick reference Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself and physical or occupational therapists discussing therapy guidelines New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement cartilage replacement hallux valgus and transitioning the running athlete New full color design and illustrations visually reinforce the content Updated Suggested Home Maintenance boxes in every chapter provide guidance for patients returning home References linked to MEDLINE abstracts make it easy to access evidence based information for better clinical decision making

Exercise in Rehabilitation Medicine Walter R.

Frontera,David M. Slovik,David Michael Dawson,2006 In this book recognised experts Walter Frontera David Slovik and David Dawson discuss the latest research in exercise rehabilitation medicine

Farrow's Manual of Military Training

Edward Samuel Farrow,1920 *Fit & Active* Maureen K. LeBoeuf,Lawrence F. Butler,2008 We all know the dilemma Kids are tuning in to TVs and video games and tuning out physical activity As a result kids are more overweight than ever More than half of the adult population in the United States are overweight and almost a third are clinically obese An obvious answer is to become and stay fit through regular physical activity The authors of *Fit Active* The West Point Physical Development Program know this and in response they developed a program at West Point the academy that s been educating U S military and political leaders for over 200 years Now you can use the West Point fitness program to meet the needs of your students *Fit Active* The West Point Physical Development Program is a practical ready to use resource that will help you inspire the kids under your charge to be more physically active It includes the following features The system that has worked

for the authors in their West Point program along with detailed strategies for modifying their approach for various ages and environments Activities and ideas that have been reviewed by high school physical education teachers to ensure the suggestions are appropriate for high school students New ideas and information that will help you improve your program Assessment strategies to help you meet state and national physical education standards At West Point fitness is seen as a solid foundation for emotional and intellectual well being and as a way to help prepare students for a lifetime of health physical activity and success in the classroom and beyond With that in mind the authors focus on how to develop and assess your program in part I and in part II they provide core activity courses including basic movement swimming boxing self defense and obstacle courses that develop motor skills In part III they delve into wellness and personal fitness strategies workout designs assessments and related issues and in part IV they outline courses for lifetime activities such as tennis golf ice skating and rock climbing As a result you get a comprehensive resource that is easy to use well illustrated adapted for high school and appropriate for a variety of groups and one that will also help you meet state and national standards Along the way your students will learn leadership skills through sports and become motivated to make physical activity and fitness an integral part of their lives long after they leave school

Athletic Journal ,1925 **American Gymnasia and Athletic Record** ,1905 Training United States. Surgeon-General's Office,William Newbold Bispham,1927 **The Harvard Graduates' Magazine** William Roscoe Thayer,1919 The Posse Gymnasium Journal ... ,1916 **Cobbett's Weekly Political Register** ,1905 **The Yale Alumni Weekly** ,1918 **Cornell University Announcements** Cornell University,1911 Olde Penn ,1918 *Public Papers of Governor* New York (State). Governor,1920 *Physical Training* ,1914

Embracing the Beat of Phrase: An Emotional Symphony within **Military Athlete Body Weight Training Program**

In a world eaten by displays and the ceaseless chatter of instantaneous connection, the melodic beauty and psychological symphony produced by the written term often diminish in to the backdrop, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Military Athlete Body Weight Training Program** a charming literary prize overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that captivating masterpiece conducts visitors on an emotional trip, well unraveling the hidden tunes and profound influence resonating within each carefully crafted phrase. Within the depths with this emotional review, we shall examine the book is central harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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