



Mission Nutrition+

4-week workout program

CAFCONNECTION.CA/NCR/NUTRITION2021



PROGRAM OVERVIEW

This document is a structured, 4-week program that will improve your strength, metabolic conditioning, and mobility to help you find your balance, as part of PSP Ottawa's MISSION NUTRITION+ initiative. Along with easy-to-follow workouts, you will be challenged each week to complete a FORCE fitness checkpoint test so you can check your progress.

TWO WAYS TO USE THIS FITNESS PROGRAM

1. As a standalone program designed to maximize the use of the sandbag kit.
2. As a complement to your current physical training. For this option, repurpose any of the individual workouts and alter the number of sets, reps, time per movement or sequences to meet your training needs.

STRENGTH AND CONDITIONING WORKOUTS

Each week, you will be challenged with two strength and conditioning workouts. The goal is to get moving... and then keep moving! With PSP functional strength and conditioning workouts, you will feel strong and balanced, whenever you want and wherever you are.

FORCE SPECIFIC WORKOUTS

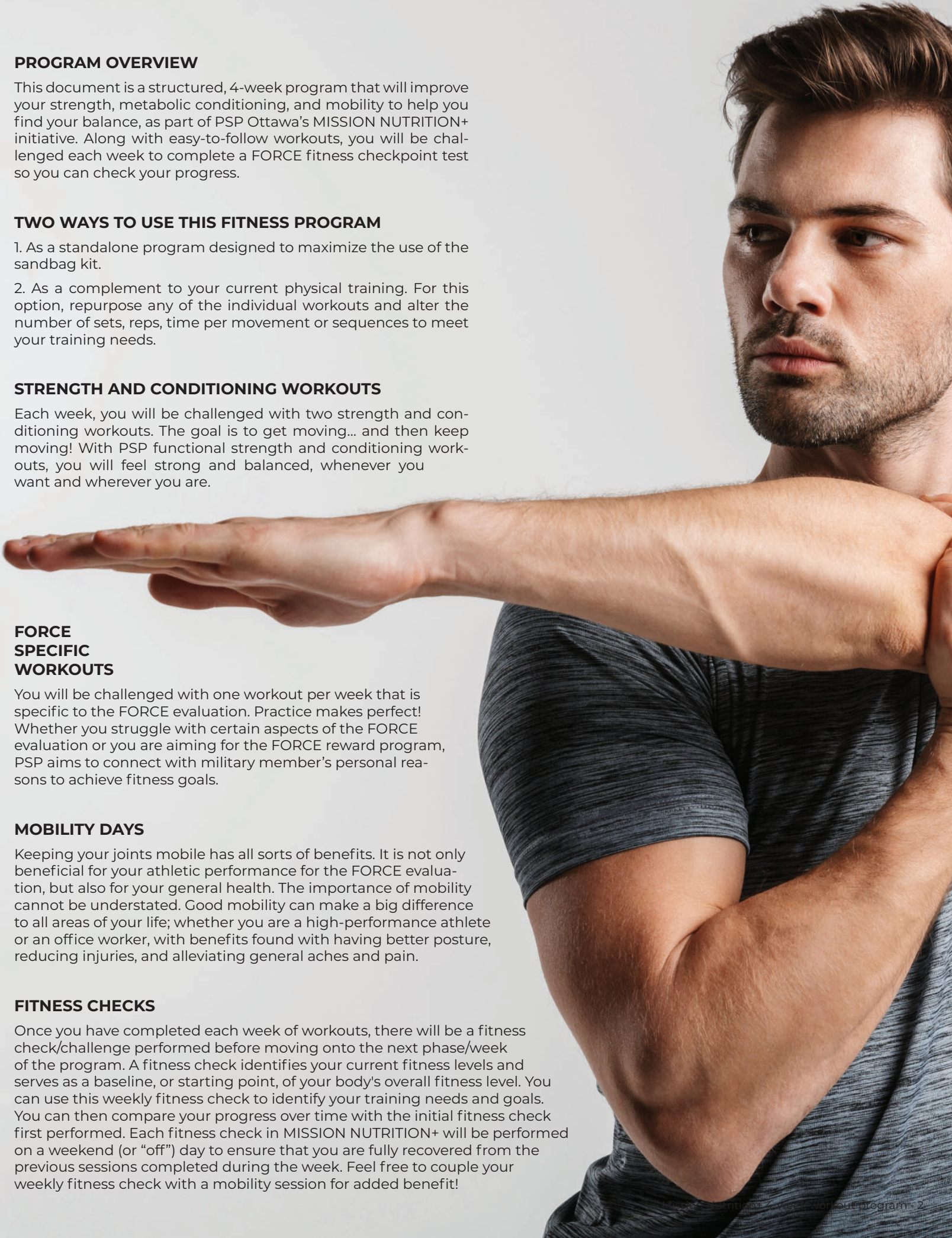
You will be challenged with one workout per week that is specific to the FORCE evaluation. Practice makes perfect! Whether you struggle with certain aspects of the FORCE evaluation or you are aiming for the FORCE reward program, PSP aims to connect with military member's personal reasons to achieve fitness goals.

MOBILITY DAYS

Keeping your joints mobile has all sorts of benefits. It is not only beneficial for your athletic performance for the FORCE evaluation, but also for your general health. The importance of mobility cannot be understated. Good mobility can make a big difference to all areas of your life; whether you are a high-performance athlete or an office worker, with benefits found with having better posture, reducing injuries, and alleviating general aches and pain.

FITNESS CHECKS

Once you have completed each week of workouts, there will be a fitness check/challenge performed before moving onto the next phase/week of the program. A fitness check identifies your current fitness levels and serves as a baseline, or starting point, of your body's overall fitness level. You can use this weekly fitness check to identify your training needs and goals. You can then compare your progress over time with the initial fitness check first performed. Each fitness check in MISSION NUTRITION+ will be performed on a weekend (or "off") day to ensure that you are fully recovered from the previous sessions completed during the week. Feel free to couple your weekly fitness check with a mobility session for added benefit!



WHATS IN YOUR KIT?



(1 & 2) Training Sandbag, (3) Strength Mobility Band, (4) Lacrosse Ball, (5) Mini band package

SOCIAL MEDIA

Connecting with Canadian military members and supporting the community has always been at the core of why we do what we do. Now, more than ever, when connectivity matters most, PSP fitness is utilizing its resources to help you stay fit, healthy, safe, and informed.

The physical fitness of all the Canadian Armed Forces members is essential and critical components of operational readiness. It is the responsibility, in part, of the PSP Fitness team to develop and sustain a strong, healthy and fit CF. This includes providing high-quality physical training that is delivered in a professional, effective, and safe manner.

CAF Connection

<https://www.cafconnection.ca/National/Programs-Services/For-Military-Personnel/Military-Fitness.aspx>

Facebook

@PSPFitnessOttawa

Instagram

@PSPFitnessOttawa

HEALTH PROMOTION

Strengthening the Forces is a Health Promotion program designed to assist Canadian Armed Forces (CAF) personnel, Regular and Primary Reserve, to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and to enjoy a high quality of life.

Health Promotion programs focuses on four main areas including: addictions awareness and prevention, injury prevention and active living, nutritional wellness, and social wellness. View the below website for upcoming workshops and webinars, or email HealthPromotionNCR@cfmws.com to set up a briefing for your unit.

CAF Connection

www.cafconnection.ca/ncr/healthpromotion

Facebook

@PSPHPOttawa

Instagram

@PSPOttawaHealthPromotion

4 WEEKS MISSION NUTRITION

Week:	Mon:	Tues:	Weds:	Thurs:	Fri:	Sat:	Sun:
1 BRONZE	STRENGTH & CON- DITIONING DAY 1	OFF	STRENGTH & CON- DITIONING DAY 2	MOBILITY DAY 3	STRENGTH & CON- DITIONING FORCE SPECIFIC DAY 4	OFF	MOBILITY REPEAT DAY 3
2 SILVER	STRENGTH & CON- DITIONING DAY 1	OFF	STRENGTH & CON- DITIONING DAY 2	MOBILITY DAY 3	STRENGTH & CON- DITIONING FORCE SPECIFIC DAY 4	OFF	MOBILITY REPEAT DAY 3
3 GOLD	STRENGTH & CON- DITIONING DAY 1	OFF	STRENGTH & CON- DITIONING DAY 2	MOBILITY DAY 3	STRENGTH & CON- DITIONING FORCE SPECIFIC DAY 4	OFF	MOBILITY REPEAT DAY 3
4 PLATINUM	STRENGTH & CON- DITIONING DAY 1	OFF	STRENGTH & CON- DITIONING DAY 2	MOBILITY DAY 3	STRENGTH & CON- DITIONING FORCE SPECIFIC DAY 4	OFF	MOBILITY REPEAT DAY 3

SAMPLE WORKOUT TIMINGS

Workout Options				
Workout Time	Warm-up	Strength	Conditioning	Cool-Down
~15 minutes	2-3 Rounds	1 Round	1 Round	1-2 Round
~20-25 minutes	2-3 Rounds	2 Rounds	2 Rounds	1-2 Round
~25-30 minutes	2-3 Rounds	2 Rounds	2-3 Rounds	2-3 Rounds
~35 Minutes	3 Rounds	3 Rounds	3 Rounds	3 Rounds



WEEK 1: STRENGTH & CONDITIONING DAY #1

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Jumping Jacks	30-60s	10s		W1
	A2.	Air Squats	30-60s	10s		W2
	A3.	Lizard with Rotation	30-60s	10s		W3
STRENGTH		Exercise:	Work:	Rest:	Weight used:	Map:
	B1.	Sandbag Squat	30s max reps Goal: 8-12	15-30s	Set 1: Set 2: Set 3:	S1
	B2.	Hand Release Push-up	30s max reps Goal: 8-12	15-30s	Set 1: Set 2: Set 3:	S2
	B3.	Sandbag Deadlift	30s max reps Goal: 8-12	15-30s	Set 1: Set 2: Set 3:	S3
	B4.	Single Arm Sandbag row	30s max Goal: 8-12/arm reps/ arm	15-30s	Set 1: Set 2: Set 3:	S4
	B5.	Alt Plank Taps	30s max reps Goal: 20 reps	45-60s repeat round 1-3x	Set 1: Set 2: Set 3:	S5
CONDITIONING		Exercise:	Work:	Rest:	Weight used:	Map:
	C1.	High Knees over SB	20s	10-15s	Set 1: Set 2: Set 3:	C1
	C2.	Shoulder Taps	20s	10-15s	Set 1: Set 2: Set 3:	S6
	C3.	Drop Squats	20s	10-15s 1-5x	Set 1: Set 2: Set 3:	C2
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Half Kneeling Archer	30-60s	As needed		M1
	D2.	Child's Pose	30-60s	As needed		M2
	D3.	Lizard Hip Opener	30-60s	As needed		M3
	D4.	90/90	30-60s	As needed		M4
	D5.	Twisted Cross	30-60s	As needed		M5

WEEK 1: STRENGTH & CONDITIONING DAY #2

WARM-UP		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	A1.	High Knees	30-60s			10s		W4
	A2.	Air Squats arms overhead	30-60s			10s		W5
	A3.	Inchworm Push-up	30-60s			10s		W6
STRENGTH		Exercise:	Work:			Rest:	Weight used:	Map:
	B1.	SB Ground to Overhead	30s max reps Goal: 8-12			15-30s	Set 1: Set 2: Set 3:	S7
	B2.	Alt Reverse Lunges	30s max reps Goal: 16-20			15-30s	Set 1: Set 2: Set 3:	S8
	B3.	Single Leg Deadlift + Row	30s max reps Goal: 8-10/side			15-30s	Set 1: Set 2: Set 3:	S9
	B4.	SB Floor Press	30s max Goal: 12-15			15-30s	Set 1: Set 2: Set 3:	S10
	B5.	Lateral Pull + Mountain Climber	30s max reps Goal: 8-12			45-60s 1-3x	Set 1: Set 2: Set 3:	S11
CONDITIONING		Exercise:	R 1:	R 2:	R 3:	Rest:	Weight used:	Map:
	C1.	Sandbag Swings	30s	20s	10s	10s	Set 1: Set 2: Set 3:	S12
	C2.	Burpees	30s	20s	10s	10s	Set 1: Set 2: Set 3:	C3
	C3.	Core Leg Raises	30s	30s	20s	10s 1-3x	Set 1: Set 2: Set 3:	S13
COOL-DOWN		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	D1.	Thread the Needle	30-60s			As needed		M6
	D2.	Banded Hamstring	30-60s			As needed		M7
	D3.	Iron Cross	30-60s			As needed		M8
	D4.	Wrist Complex	30-60s			As needed		M9
	D5.	Couch Stretch	30-60s			As needed		M10

WEEK 1: MOBILITY DAY #3:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Bottoms of Feet	30-60s			M11
	A2.	Glutes	30-60s			M12
	A3.	Pecs / Deltoids	30-60s			M13
MOBILITY		Exercise:	Work:	Rest:		Map:
	B1.	Half Kneeling Shoulder Rotations	30-60s			M14
	B2.	90/90 Rockers	30-60s			M15
	B3.	Prone Swimmers	30-60s			M16
	B4.	Half Kneeling FWD Fold	30-60s			M17
	B5.	T-Spine Windmills	30-60s	1-3x		M18
ACTIVATION		Exercise:	Work:	Rest:		Map:
	C1.	Clamshells	30-60s	10s		S14
	C2.	Hollow Hold	30-60s	10s		S15
	C3.	Wall Slides	30-60s	10s		S16

WEEK 1: FORCE SPECIFIC DAY #4:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Lunge Complex	30-60s	10s		F1
	A2.	Side Bend and Reach	30-60s	10s		F2
	A3.	Bottoms up Burpee	30-60s	10s		F4
FORCE		Exercise:	Work:	Rest:	Reps:	Map:
	B1.	Sandbag lift	30s max reps	15-30s		M14
	B2.	Renegade Row	30s max reps	15-30s		M15
	B3.	SB Ground to Shoulder Squat	30s max reps	15-30s		M16
	B4.	High Knees x 10, Burpee x 1 Repeat	30s max reps	15-30s		M17
	B5.	Alt plank leg lifts	30s max reps	45-60s 1-3x		M18
OPTIONAL ONDITIONING		Exercise:	Work:	Rest:	Time Achieved:	
	C1.	Run	1 mile	As needed		
	C2.	Walk/ Bike	5km	As needed		
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Downward Dog	30-60s	As needed		M19
	D2.	Prone Chest Stretch	30-60s	As needed		M20
	D3.	Lying Knee Hugs	30-60s	As needed		M21
	D4.	Figure 4 stretch	30-60s	As needed		M22
	D5.	Combat Stretch	30-60s	As needed		M23

FITNESS CHECK

	Week #1 (RUSHES)	Week #2 (SANDBAG LIFT)	Week #3 (ILS)	Week #4 (DRAG)
Touch the line, drop down hands up + 5 jumping jacks Repeat 7 times	Time:			

WEEK 2: STRENGTH & CONDITIONING DAY #1

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Jumping Jacks	30-60s	10s		W1
	A2.	Air Squats arms Overhead	30-60s	10s		W5
	A3.	Inchworm Push-up	30-60s	10s		W6
STRENGTH		Exercise:	Work:	Rest:	Weight used:	Map:
	B1.	Sandbag Squat	30s max reps Goal: 8-12	15-30s	Set 1: Set 2: Set 3:	S1
	B2.	Alt Reverse Lunges	30s max reps Goal: 16-20	15-30s	Set 1: Set 2: Set 3:	S8
	B3.	SB Ground to Overhead	30s max reps Goal: 8-12	15-30s	Set 1: Set 2: Set 3:	S7
	B4.	Hand Release Push-ups	30s max reps Goal: 12-15	15-30s	Set 1: Set 2: Set 3:	S2
	B5.	Single Leg Deadlift + Row	30s max reps Goal: 8-10/side	45-60s repeat round 1-3x	Set 1: Set 2: Set 3:	S9
CONDITIONING		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	C1.	High Knees over SB	30s	10-15s		C1
	C2.	Shoulder Taps	30s	10-15s		S6
	C3.	Burpees	30s	10-15s 1-5x		C3
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Thread the Needle	30-60s	As needed		M6
	D2.	Banded Hamstring	30-60s	As needed		M7
	D3.	Iron Cross	30-60s	As needed		M8
	D4.	Wrist Complex	30-60s	As needed		M9
	D5.	Couch Stretch	30-60s	As needed		M10

WEEK 2: STRENGTH & CONDITIONING DAY #2

WARM-UP		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	A1.	High Knees	30-60s			10s		W4
	A2.	Air Squats Arms Overhead	30-60s			10s		W5
	A3.	Lizard with Rotation	30-60s			10s		W3
STRENGTH		Exercise:	Work:			Rest:	Weight used:	Map:
	B1.	Sandbag Deadlift	30s max reps Goal: 8-12			15-30s	Set 1: Set 2: Set 3:	S3
	B2.	Single Arm Sandbag Row	30s max reps Goal: 12-15/side			15-30s	Set 1: Set 2: Set 3:	S4
	B3.	SB Floor Press	30s max reps Goal: 8-12			15-30s	Set 1: Set 2: Set 3:	S10
	B4.	Lateral Pull + Mountain Climber	30s max reps Goal: 8-12			15-30s	Set 1: Set 2: Set 3:	S11
	B5.	Alt Plank Taps	30s max reps Goal: 20			45-60s repeat round 1-3x	Set 1: Set 2: Set 3:	S5
CONDITIONING		Exercise:	R 1:	R 2:	R 3:	Rest:	Weight used:	Map:
	C1.	Sandbag Swings	30s	20s	10s	10s	Set 1: Set 2: Set 3:	S12
	C2.	Drop Squats	30s	20s	10s	10s	Set 1: Set 2: Set 3:	C2
	C3.	Core Leg Raises	30s	30s	20s	10s 1-3x	Set 1: Set 2: Set 3:	S13
COOL-DOWN		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	D1.	Half Kneeling Archer	30-60s			As needed		M1
	D2.	Child's Pose	30-60s			As needed		M2
	D3.	Lizard Hip Opener	30-60s			As needed		M3
	D4.	90/90	30-60s			As needed		M4
	D5.	Twisted Cross	30-60s			As needed		M5

WEEK 2: MOBILITY DAY #3:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Bottoms of Feet	30-60s			M11
	A2.	Glutes	30-60s			M12
	A3.	Pecs/ Deltoids	30-60s			M13
MOBILITY		Exercise:	Work:	Rest:		Map:
	B1.	Half Kneeling Shoulder Rotations	60s			M14
	B2.	90/90 Rockers	60s			M15
	B3.	Prone Swimmers	60s			M16
	B4.	Half Kneeling FWD Fold	60s			M17
	B5.	T-Spine Windmills	60s	1-3x		M18
ACTIVATION		Exercise:	Work:	Rest:		Map:
	C1.	Clamshells	30-60s	10s		S14
	C2.	Hollow Hold	30-60s	10s		S15
	C3.	Wall Slides	30-60s	10s		S16

WEEK 2: FORCE SPECIFIC DAY #4:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Lunge Complex	30-60s	10s		F1
	A2.	Side Bend and Reach	30-60s	10s		F2
	A3.	Low Lateral Squat Walk	30-60s	10s		F3
	A4.	Bottoms up Burpee	30-60s	10s		F4
FORCE		Exercise:	Work:	Rest:	Map:	
	B1.	Sandbag lift	30s max reps	15-30s	F5	
	B2.	Renegade Row	30s max reps	15-30s	F6	
	B3.	SB Ground to Shoulder Squat	30s max reps	15-30s	F7	
	B4.	High Knees x 10, Burpee x 1 Repeat	30s max reps	15-30s	F8	
	B5.	Wall Sits	30s max reps	45-60s 1-3x	F9	
OPTIONAL CONDITIONING		Exercise:	Work:	Rest:	Time Achieved:	
	C1.	Run	1.5 mile	As needed		
	C2.	Walk/ Bike	6km	As needed		
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Downward Dog	30-60s	As needed		M19
	D2.	Prone Chest Stretch	30-60s	As needed		M20
	D3.	Lying Knee Hugs	30-60s	As needed		M21
	D4.	Figure 4 stretch	30-60s	As needed		M22
	D5.	Combat Stretch	30-60s	As needed		M23

WEEK 2: FITNESS CHECK

Don't have time to complete the full workout? No problem! We have options ranging from 15-35 minutes to keep you moving.

	Week #1 (RUSHES)	Week #2 (SANDBAG LIFT)	Week #3 (ILS)	Week #4 (DRAG)
Sandbag lift to shoulder height Repeat 30 times	Time: Sandbag weight:	Time: Sandbag weight:		

WEEK 3: STRENGTH & CONDITIONING DAY #1

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Air Squats	30-60s	10s		W2
	A2.	Inchworm Push-ups	30-60s	10s		W6
	A3.	Lizard with Rotation	30-60s	10s		W3
STRENGTH		Exercise:	Work:	Rest:	Weight used:	Map:
	B1.	Sandbag Squat	45s max reps Goal: 6-12	15-30s	Set 1: Set 2: Set 3:	S1
	B2.	Alt Reverse Lunges	45s max reps Goal: 20-24	15-30s	Set 1: Set 2: Set 3:	S8
	B3.	Alt Plank taps	45s max reps Goal: 8-12	15-30s	Set 1: Set 2: Set 3:	S18
	B4.	Sandbag Deadlift	45s max reps Goal: 12-15	15-30s	Set 1: Set 2: Set 3:	S3
	B5.	SB Swings	45s max reps Goal: 20	45-60s 1-3x	Set 1: Set 2: Set 3:	S12
CONDITIONING		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	C1.	Lateral Pull + Mountain Climber	30s	10-15s		S11
	C2.	Drop Squats	30s	10-15s		C2
	C3.	Core Leg Raises	30s	10-15s 1-5x		S13
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Lizard Stretch	30-60s	As needed		M3
	D2.	Half Kneeling FWD fold	30-60s	As needed		M17
	D3.	Figure 4 Stretch	30-60s	As needed		M22
	D4.	90/90	30-60s	As needed		M4
	D5.	Couch Stretch	30-60s	As needed		M10

WEEK 3: STRENGTH & CONDITIONING DAY #2

WARM-UP		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	A1.	Wall Slides	30-60s			10s		S16
	A2.	Inchworm Push-ups	30-60s			10s		W6
	A3.	Air squats arms overhead	30-60s			10s		W5
STRENGTH		Exercise:	Work:			Rest:	Weight used:	Map:
	B1.	SB Ground to Overhead	45s max reps Goal: 8-12			15-30s	Set 1: Set 2: Set 3:	S7
	B2.	Hand Release Push-ups	45s max reps Goal: 12-20			15-30s	Set 1: Set 2: Set 3:	S2
	B3.	Single Arm Sandbag Row	30s max reps Goal: 8-12			15-30s	Set 1: Set 2: Set 3:	S4
	B4.	Lateral Pull + Mountain Climber	45s max reps			15-30s	Set 1: Set 2: Set 3:	S10
	B5.	Shoulder Taps	45s max reps Goal: 20			45-60s 1-3x	Set 1: Set 2: Set 3:	S6
CONDITIONING		Exercise:	R 1:	R 2:	R 3:	Rest:	Weight used:	Map:
	C1.	Alt Plank Taps	30s	20s	10s	10s	Set 1: Set 2: Set 3:	S12
	C2.	Alt Plank Leg Lifts	30s	20s	10s	10s	Set 1: Set 2: Set 3:	C2
	C3.	Plank Hold	30s	20s	10s	10s	Set 1: Set 2: Set 3:	S13
COOL-DOWN		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	D1.	Half Kneeling Archer	30-60s			As needed		M1
	D2.	Child's Pose	30-60s			As needed		M2
	D3.	Thread the Needle	30-60s			As needed		M6
	D4.	Wrist Complex	30-60s			As needed		M9
	D5.	Twisted Cross	30-60s			As needed		M5

WEEK 3: MOBILITY DAY #3:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Bottoms of Feet	30-60s			M11
	A2.	Glutes	30-60s			M12
	A3.	Pecs/ Deltoids	30-60s			M13
MOBILITY		Exercise:	Work:	Rest:		Map:
	B1.	Downward Dog	60s			M19
	B2.	90/90 Rockers	60s			M15
	B3.	Prone Swimmers	60s			M16
	B4.	Twisted Cross	60s			M5
	B5.	Banded Hamstring stretch	60s	1-3x		M7
ACTIVATION		Exercise:	Work:	Rest:		Map:
	C1.	Clamshells	30-60s	10s		S14
	C2.	Hollow Hold	30-60s	10s		S15
	C3.	Wall Slides	30-60s	10s		S16

WEEK 3: FORCE SPECIFIC DAY #4:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Lunge Complex	30-60s	10s		F1
	A2.	Side Bend and Reach	30-60s	10s		F2
	A3.	Low Lateral Squat Walk	30-60s	10s		F3
	A4.	Bottoms up Burpee	30-60s	10s		F4
FORCE		Exercise:	Work:	Rest:	Map:	
	B1.	Sandbag lift	45s max reps	15-30s	F5	
	B2.	Renegade Row	45s max reps	15-30s	F6	
	B3.	SB Ground to Shoulder Squat	45s max reps	15-30s	F7	
	B4.	High Knees x 10, Burpee x 1 Repeat	45s max reps	15-30s	F8	
	B5.	Wall Sits	45s max reps	45-60s 1-3x	F9	
OPTIONAL CONDITIONING		Exercise:	Work:	Rest:	Time Achieved:	
	C1.	Run	2.0 miles	As needed		
	C2.	Walk/ Bike	6.5km	As needed		
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Downward Dog	30-60s	As needed		M19
	D2.	Prone Chest Stretch	30-60s	As needed		M20
	D3.	Lying Knee Hugs	30-60s	As needed		M21
	D4.	Figure 4 stretch	30-60s	As needed		M22
	D5.	Combat Stretch	30-60s	As needed		M23

WEEK 3: FITNESS CHECK

Don't have time to complete the full workout? No problem! We have options ranging from 15-35 minutes to keep you moving.

	Week #1 (RUSHES)	Week #2 (SANDBAG LIFT)	Week #3 (ILS)	Week #4 (DRAG)
<p>Intermediate loaded shuttle</p> <p>Sandbag carry 30 steps with the bag 30 high knee without the bag</p> <p>Repeat 3 times</p>	<p>Time:</p> <p>Sandbag weight:</p>	<p>Time:</p> <p>Sandbag weight:</p>	<p>Time:</p> <p>Sandbag weight:</p>	

WEEK 4: STRENGTH & CONDITIONING DAY #1

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Air Squats	30-60s	10s		W2
	A2.	Inchworm Push-ups	30-60s	10s		W6
	A3.	Lizard with Rotation	30-60s	10s		W3
STRENGTH		Exercise:	Work:	Rest:	Weight used:	Map:
	B1.	Sandbag Squat	60s max reps Goal: 6-12	15-30s	Set 1: Set 2: Set 3:	S1
	B2.	Sandbag Deadlift	60s max reps Goal: 6-12	15-30s	Set 1: Set 2: Set 3:	S3
	B3.	Alt Reverse Lunges	60s max reps Goal: 16-24	15-30s	Set 1: Set 2: Set 3:	S8
	B4.	Hand Release Push-ups	60s max reps Goal: 10-15	15-30s	Set 1: Set 2: Set 3:	S2
	B5.	Single Arm Sandbag Rows	60s max reps Goal: 8-12/side	45-60s 1-3x	Set 1: Set 2: Set 3:	S4
CONDITIONING		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	C1.	Lateral Pull + Mountain Climber	45s	10-15s		S11
	C2.	Alt Plank taps	45s	10-15s		S5
	C3.	Core Leg Raises	45s	10-15s 1-5x		S13
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Lizard Stretch	30-60s	As needed		M3
	D2.	Child's Pose	30-60s	As needed		M2
	D3.	Thread the needle	30-60s	As needed		M6
	D4.	Banded Hamstring Stretch	30-60s	As needed		M7
	D5.	Couch Stretch	30-60s	As needed		M10

WEEK 4: STRENGTH & CONDITIONING DAY #2

WARM-UP		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	A1.	Jumping Jacks	30-60s			10s		W1
	A2.	High Knees	30-60s			10s		W4
	A3.	Bottoms up Burpee	30-60s			10s		F4
STRENGTH		Exercise:	Work:			Rest:	Weight used:	Map:
	B1.	SB Ground to Overhead	60s max reps Goal: 6-12			15-30s	Set 1: Set 2: Set 3:	S7
	B2.	Single Leg Deadlift + Row	60s max reps Goal: 20-24			15-30s	Set 1: Set 2: Set 3:	S9
	B3.	Shoulder Taps	60s max reps Goal: 20+			15-30s	Set 1: Set 2: Set 3:	S6
	B4.	SB Floor Press	60s max reps Goal: 12-20			15-30s	Set 1: Set 2: Set 3:	S10
	B5.	Hollow Hold	60s hold			45-60s 1-3x	Set 1: Set 2: Set 3:	S15
CONDITIONING		Exercise:	R 1:	R 2:	R 3:	Rest:	Map:	
	C1.	High Knees over SB	30s	40s	50s	10s	C1	
	C2.	SB Swings	30s	40s	50s	10s	S12	
	C3.	Burpees	30s	40s	50s	10s 1-3x	C3	
COOL-DOWN		Exercise:	Work:			Rest:	Rounds Completed:	Map:
	D1.	Lizard Stretch	30-60s			As needed		M3
	D2.	Half Kneeling FWD fold	30-60s			As needed		M17
	D3.	Combat Stretch	30-60s			As needed		M23
	D4.	Banded Hamstring Stretch	30-60s			As needed		M7
	D5.	Twisted cross	30-60s			As needed		M5

WEEK 4: MOBILITY DAY #3:

WARM-UP		Exercise with Lacrosse Ball:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Bottoms of Feet	30-60s			M11
	A2.	Glutes	30-60s			M12
	A3.	Pecs/ Deltoids	30-60s			M13
MOBILITY		Exercise:	Work:	Rest:		Notes:
	B1.	T-Spine Windmills	2 mins			M18
	B2.	90/90	2 mins			M4
	B3.	Couch Stretch	2 mins			M10
	B4.	Lying Knee Hugs	2 mins			M21
	B5.	Iron Cross	2 mins	1-3x		M8
ACTIVATION		Exercise:	Work:	Rest:		Map:
	C1.	Clamshells	30-60s	10s		S14
	C2.	Plank Hold	30-60s	10s		S17
	C3.	Prone Swimmers	30-60s	10s		M16

WEEK 4: FORCE SPECIFIC DAY #4:

WARM-UP		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	A1.	Lunge Complex	30-60s	10s		F1
	A2.	Side Bend and Reach	30-60s	10s		F2
	A3.	Low Lateral Squat Walk	30-60s	10s		F3
	A4.	Bottoms up Burpee	30-60s	10s		F4
FORCE		Exercise:	Work:	Rest:	Map:	
	B1.	Sandbag lift	60s max reps	15-30s	F5	
	B2.	Renegade Row	60s max reps	15-30s	F6	
	B3.	SB Ground to Shoulder Squat	60s max reps	15-30s	F7	
	B4.	High Knees x 10, Burpee x 1 Repeat	60s max reps	15-30s	F8	
	B5.	Wall Sits	60s hold	45-60s 1-3x	F9	
OPTIONAL CONDITIONING		Exercise:	Work:	Rest:	Time Achieved:	
	C1.	Run	2.5 miles	As needed		
	C2.	Walk/ Bike	7.0km	As needed		
COOL-DOWN		Exercise:	Work:	Rest:	Rounds Completed:	Map:
	D1.	Downward Dog	30-60s	As needed		M19
	D2.	Prone Chest Stretch	30-60s	As needed		M20
	D3.	Lying Knee Hugs	30-60s	As needed		M21
	D4.	Figure 4 stretch	30-60s	As needed		M22
	D5.	Combat Stretch	30-60s	As needed		M23

WEEK 4: FITNESS CHECK

Don't have time to complete the full workout? No problem! We have options ranging from 15-35 minutes to keep you moving.

	Week #1 (RUSHES)	Week #2 (SANDBAG LIFT)	Week #3 (ILS)	Week #4 (DRAG)
Sandbag Reserve Walking Lunges Repeat 30 steps	Time: Sandbag weight:	Time: Sandbag weight:	Time: Sandbag weight:	Time: Sandbag weight:

EXERCISE MAP

WARM-UP



W1. Jumping Jacks



W2. Air Squat



W3. Lizard with Rotation



W4. High Knees

EXERCISE MAP

WARM-UP



W5. Air Squats arms Overhead



W2. Air Squat

EXERCISE MAP

STRENGTH



S1. Sandbag Squat



S2. Hand Release Pushup



S3. Sandbag Deadlift



S4. Single Arm Sandbag Row

EXERCISE MAP

STRENGTH



S5. Alt Plank Taps (out front)



S6. Shoulder Taps



S7. Sandbag Ground to Overhead



S8. Alt Reverse Lunge

EXERCISE MAP

STRENGTH



S9. Single Leg Deadlift + Row



S10. Sandbag Floor Press



S11. Lateral Pull + Mountain Climber



S12. SB Swings

EXERCISE MAP

STRENGTH



S13. Core Leg Raises



S14. Clamshells



S15. Hollow Hold



S16. Wall Slides

EXERCISE MAP

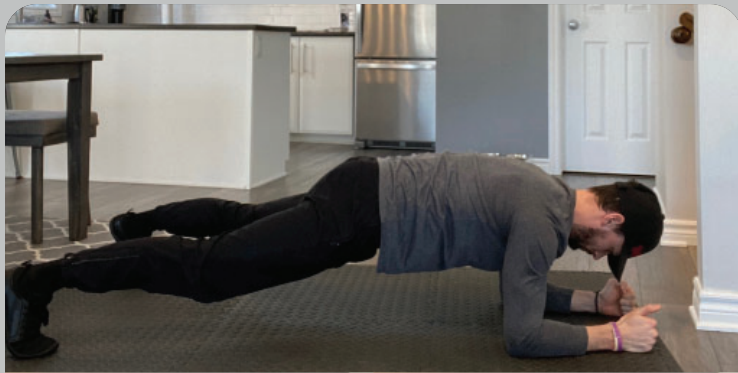
STRENGTH



S17. Plank Hold



S18. Plank taps out to side



S19. Alt Plank Leg Lifts

EXERCISE MAP

CONDITIONING



C1. High knees over Sandbag



C2. Drop Squats



C3. Burpees

EXERCISE MAP

MOBILITY



M1. Half Kneeling Archer



M2. Child's Pose



M3. Lizard Hip Opener



M4. 90/90

EXERCISE MAP

MOBILITY



M5. Twisted Cross



M6. Thread the Needle



M7. Banded Hamstring



M8. Iron Cross

EXERCISE MAP

MOBILITY



M9. Wrist Complex



M10. Couch Stretch



M11. Lacrosse Ball bottoms of feet



M12. Lacrosse Ball Glutes

EXERCISE MAP

MOBILITY



M13. Lacrosse Ball Pecs/ Delts



M14. Half Kneeling Shoulder Rotations



M15. 90/90 Rockers



M16. Prone Swimmers

EXERCISE MAP

MOBILITY



M17. Half Kneeling FWD Fold



M18. T spine windmills



M19. Downward Dog



M20. Prone Chest Stretch

EXERCISE MAP

MOBILITY



M21. Lying Knee Hugs



M22. Figure 4 Stretch



M23. Combat Ankle Stretch

EXERCISE MAP

FORCE



F1. Lunge Complex



F2. Side bend and reach



F3. Low Lateral Squat Walk



F4. Bottoms up Burpee

EXERCISE MAP

FORCE



F5. Sandbag Lift



F6. Renegade Rows



F7. SB Ground to Shoulder Squat



F8. High Knees x 10, Burpees x 1

EXERCISE MAP

FORCE



F9. Wall Sits