



# MOVEMENT PREP



## ACTIVE DYNAMIC WARM-UP

	ATHLETE HITT	COMBAT HITT	WARRIOR HITT		RELOAD HITT		
GENERAL MOBILITY	Long Strider	Frontal Leg Swings	Highland Fling	GENERAL MOBILITY	Arm Circles	Knee Circles	
	Split Jack Forward	Scorpions	Knee To Elbow Push-Up		Fire Hydrants	Lateral Side Bends	
	Stationary Forward Lunge	Stationary Squat	Plank Leg Extension		Heel / Toe Raise	Prone Leg Overs	
	Stationary Reverse Lunge	Trunk Circles	Sagittal Leg Swings		Hip Abduction	Supine Leg Overs	
	Supine Straight Leg Raise	Trunk Twists	Side Straddle Hops		Hip Adduction	Trunk Flexion / Extension	
MUSCLE ACTIVATION	Walking Knee Hug	Bear Crawl	Cross-Over Lunge	FOAM ROLL	Calf	Foot	
	Walking Leg Cradle	Crab Walk	Cross-Over Walk		TFL	Shin	
	Walking Lunge	Frankenstein	Diagonal Lunge		Piriformis	Hamstring	
	Walking Lunge - Elbow to Instep	Inchworm	Lateral Lunge		Lower Back	Inner Thigh	
	Walking Lunge w/ Side Reach	Single Leg Balance	Lateral Squat Wave		Upper Back	Hip Flexor	
	Walking Lunge w/ Twist	Spiderman	Lateral Step Squat		Lats	Glute	
	Walking Quad Stretch		Monster Walk		Quad		
DYNAMIC MOBILITY	Eight Count Body Builder	Frog Thrust w/ Jump	Burpees				
	Mountain Climbers	Frog Thrust	Groiners				
	Split Squat Drops	Jump Thrust	Speed Skaters				
	Squat Drops	Thrusts	Wideouts				
TRANSIT MOBILITY	Build-Up - 100%	Back Peddle Reach	Build-Up - 100%				
	Build-Up - 50%	Butt-Kicks	Build-Up - 50%				
	Build-Up - 75%	Straight Leg Shuffle - 50%	Build-Up - 75%				
	High Knees	Straight Leg Shuffle - 75%	Carioca				
	Lunge w/ Power Skip	Straight Leg Shuffle - 100%	Carioca w/ Knee Drive				
	Power Skip (Distance)		Lateral Cross-Over Skip				
	Power Skip (Height)		Lateral Shuffle				
			Lateral Skip				
		Side Slide w/ Arm Swing					

**COMBAT FIT. COMBAT READY.**



**FOUNDATIONAL MOVEMENTS**

**WARRIOR HITT**

<b>PUSH</b>	<b>PULL</b>	<b>LUNGE</b>	<b>ROTATION</b>	<b>SQUAT</b>	<b>HINGE</b>	<b>PLANK</b>
<b>VERTICAL</b>	<b>HORIZONTAL</b>	<b>LATERAL</b>	<b>BALLISTIC</b>	<b>FRONT LOAD</b>	<b>CLEAN</b>	<b>DYNAMIC</b>
Ammo Can Press	Ammo Can Row	Ammo Can Lateral Lunge	Med Ball Oblique Toss	Barbell Front Squat	Clean Hang Pull	Rope Alternating Waves
Barbell Explosive Calf Raises	Barbell Bentover Row	Barbell Diagonal Lunge	Med Ball Side Throw	Dumbbell Lateral Squat	Clean High Pull	Rope Corkscrews
Barbell Military Press	Dumbbell Bentover Row	Barbell Lateral Lunge	Med Ball Side Twist Toss	Dumbbell Single Leg Squat	Deadlift	Rope Double Waves
Double Kettlebell Push Press	Dumbbell Pull Over	Barbell Rotational Lunge	Rope Kneeling Throws	Dumbbell Squat	Hang Clean	Rope Plank Pulls
Dumbbell Arnold Press	Dumbbell Push-Up w/ Row	Dumbbell Lateral Lunge	Rope Standing Throws	Dumbbell Sumo Squat	Kettlebell Clean - Single Arm	Rope Seated Alternating Waves
Dumbbell Shoulder Press	Kettlebell Renegade Row	Dumbbell Rotational Lunge		Kettlebell Goblet Squat	Power Clean	Rope Side Plank Spirals
Kettlebell Military Press	Kettlebell Row-Single Arm	Landmine Lateral Lunge		Landmine Thrust	Sandbag Clean	Rope Side Plank Waves
Push Press	Rope Squat Pulls	Sandbag Rotational Lunge		Sandbag Bear Hug Squat	Sandbag Deadlift	Rope Uppercuts
Split Jerk	Sandbag Bent Over Row	TRX Crossing Balance Lunge		Sandbag Front Squat	Sandbag Goodmorning	Sandbag Lateral Bag Drag
	Sandbag Single Grip Bent Over Row	TRX Speed Skater			Triple Extension	

**ATHLETE HITT**

<b>PUSH</b>	<b>PULL</b>	<b>LUNGE</b>	<b>ROTATION</b>	<b>SQUAT</b>	<b>HINGE</b>	<b>PLANK</b>
<b>HORIZONTAL</b>	<b>VERTICAL</b>	<b>LINEAR</b>	<b>LOADED</b>	<b>OVERHEAD / BACK LOAD</b>	<b>SNATCH</b>	<b>VARIABLE</b>
Barbell Bench Press	Ammo Can Front Raise	Rope Alternating Waves w/ Lunge	Landmine Rotation	Barbell Back Squat	Dumbbell Snatch	Figure 8's
Barbell Close Grip Bench Press	Barbell Shrug	Ammo Can Lunge	Med Ball Figure 8's	Barbell Lateral Squat	Hang Snatch	Flutter Kicks
Dumbbell Bench Press	Barbell Upright Row	Barbell Forward Lunge	Sandbag Cyclone	Overhead Squat	Power Snatch	Hanging Flutter Kicks
Dumbbell Incline Bench Press	Dead Hang Pull-Up	Barbell Reverse Lunge	Sandbag Kneeling Around the World	Press Under	Snatch Hang Pull	Hanging Knee Raises
Dumbbell Push-Up	Dumbbell 3 Way Shoulder Raise	Barbell Split Squat	Sandbag Standing Around the World	Quick Drop	Snatch High Pull	Hanging Leg Lower
Dumbbell Push-Up w/ Row	Dumbbell Bicep Curl	Dumbbell Lunges		Sandbag Overhead Squat		Leg Lower
Traveling Push-up	Dumbbell Hammer Curl	Dumbbell Split Squat		Sandbag Shoulder Squat		Med Ball Circuit
TRX Chest Press	Kettlebell Upright Row	Kettlebell Overhead Lunge				Med Ball Crunch
TRX Incline Press	Med Ball Slams	Kettlebell Overhead Lunge-Single Arm				Med Ball Partner Toss
TRX Push Up	Rope Power Jacks	Kettlebell Overhead Split Squat				Med Ball Toe Touches
TRX Spider Man Push-up	Sandbag Bicep Curl	Rope Double Waves w/ Split Squat				Med Ball V-Ups
TRX Tricep Press	Tire Flip	Sandbag Balance Step Lunge				Med Ball V-Ups - Single Leg
		Sandbag Front Lunge				Oblique Heel Touches
		Sandbag Shoulder Lunge				Prone Superman
		Sandbag Suitcase Lunge				Toe Touches
		Split Jump w/ Med Ball Slam				V-Ups

**COMBAT HITT**

<b>PUSH</b>	<b>PULL</b>	<b>LUNGE</b>	<b>ROTATION</b>	<b>SQUAT</b>	<b>HINGE</b>	<b>PLANK</b>
<b>BALLISTIC</b>	<b>SUSPENDED</b>	<b>SUSPENDED</b>	<b>RESISTED</b>	<b>UNLOADED</b>	<b>VARIABLE</b>	<b>SUSPENDED</b>
Alternating Plyo Push-up	TRX Bicep Curl	TRX Abducted Lunge	Hanging Oblique Knee Raises	Box Depth Jump	Ammo Can Deadlift	TRX Atomic Oblique Push-Up
Clap Chest Push-up	TRX Hamstring Curl	TRX Balance Lunge	Hanging Windmills	Box Depth Jump to Sprint	Ammo Can Deadlift-Single Leg	TRX Atomic Push-Up
Clap Push-up	TRX High Row	TRX Burpee	Med Ball Russian Twist	Box Jump	Dumbbell Single Leg Deadlift	TRX Crunch on Elbows
Depth Push-up	TRX Inverted Row	TRX Lunge	Med Ball Single Leg Woodchoppers	Box Tuck Jump-Single Leg	Kettlebell Swing	TRX Crunch on Hands
Lying Chest Throw	TRX Low Row	TRX Lunge W/ Hop	Med Ball Wood Choppers	Diagonal Bound	Kettlebell Swing-Single Arm	TRX Mountain Climber
Med Ball Underhand Throw	TRX Mid Row	TRX Split Squat	Russian Twist	Frog Jumps	Pike Jumps	TRX Oblique Crunch
Plyo Push-Up (Single Arm)	TRX Pull-up	TRX Sprinter Start		Lateral Box Jumps	Romanian Deadlift (Barbell)	TRX Pendulum
Plyo Push-Up Hands Out	TRX Row (Single Arm)	TRX Sprinter Start w/ Hop		Lateral Squat Jumps	Romanian Deadlift (Dumbbell)	TRX Pike
	TRX Sprinters Row	TRX Step Back Lunge		Lateral Squat Jumps		TRX Plank on Elbows
				Prisoner Squat Jumps		TRX Plank on Hands
				Split Squat Jump Combo		TRX Side Plank
				Star Jumps		TRX Supline Plank on Hands
				TRX Jump Squat		TRX V-Sit
				TRX Jump Squat-Single Leg		
				TRX Overhead Squat		
				TRX Squat		

**RELOAD HITT**

<b>PUSH</b>	<b>PULL</b>	<b>LUNGE</b>	<b>ROTATION</b>	<b>SQUAT</b>	<b>HINGE</b>	<b>PLANK</b>
Cook Hip Lift	TRX Clock Pull	Half Kneeling Curl to Press	Half Kneeling with Rotation	TRX Assisted Bottom Up Squat	Kettlebell Double Windmill	3 Way Plank
Split Squat Med Ball Chest Pass	TRX Overhead Back Extension	Reverse Lunge w/ Hamstring Curl	Med Ball Arch Chops	TRX Assisted Squat	Kettlebell Double Windmill Curl to Press	Farmers Carry
TRX Clock Press	TRX Split Fly	TRX Cossack	TRX Long Torso Stretch	TRX Assisted Squat to Press	Kettlebell Windmill	Mountain Climber
TRX Hip Press		TRX Forward Lunge w/ Hip Flexor Stretch	TRX Power Pull	TRX Single Leg Squat	TRX Active Straight Leg w/ Core Activation	TRX Body Saw
		TRX Half Kneeling Roll Out	TRX Resisted Torso Rotation	TRX Split Squat (w/M Deltoid Fly)	TRX Hip Drop	TRX Hip Abduction
		TRX Half Kneeling Split Squat	TRX T-Spine Rotation	TRX Split Squat (w/T Deltoid Fly)	TRX Hip Hinge	TRX Hurdle Step w/Core Activation
		TRX Half Kneeling Y Fly	T-Spine Reach and Rotate	TRX Split Squat (w/Y Deltoid Fly)	TRX Hip Hinge (Single Leg)	



# SPEED, AGILITY & ENDURANCE



ATHLETE HITT	COMBAT HITT	WARRIOR HITT		RELOAD HITT
ACCELERATION	MAX SPEED	AGILITY		ENDURANCE
3 Hop Starts	Ankling	CONES	HURDLES	10 Yd. Resisted Carioca Shuttle
A-Skip	Ankling w/ Butt Kick	20-yard Cone Weave	Hurdle Crossover Run	10 Yd. Resisted Forward Shuttle
Broad Jump Starts	B-Skip	Cone Attack and Retreat	Hurdle Crossover Skip	10 Yd. Resisted Shuffle Shuttle
Falling Starts	Butt-Kickers	Cone Box Drill #1	Hurdle Hops - Forward	100 Yd. Gassers
Mountain Climber Starts	Fast Claw Series	Cone Box Drill #2	Hurdle Hops - Forward/Backward	Forward Sled Pull
Prone Starts	Straight Leg Shuffle	Cone Combat Glide Shuffle	Hurdle Hops - Lateral	300 Yd. Shuttle
Push Up Starts	Assisted/Overspeed Sprints	Cone Goalie Drill	Hurdle Hops SL - Forward	10 Yd. Crossover Runs
TRX Sprinter Start Series	Straight Leg Shuffle to Sprint	Cone Hour Glass Drill	Hurdle Hops SL - Forward/Backward	5-15 Shuffle to Sprint
Wall Drill Series	Sprints	Cone J-Hook Reverse Sprint	Hurdle Hops SL - Lateral	60 Yd. Chest Press Sprawl
Partner Resisted Start w/ Release		Cone Lateral W-Slide	Hurdle Lateral Skip	60 Yd. Overhead Sprawl
Harness Resisted Sprint w/Release		Cone M-Drill	Hurdle Lateral Step Over Run	60 Yd. Reverse Carioca Shuttle
		Prone 3 Cone Drill	Hurdle Sprint Progression	60 Yd. Reverse Shuttle
		Prone 5-10-5 Cone Drill		60 Yd. Shuttle
		Prone Cone T-Drill		60 Yd. Shuttle w Carioca
		Cone W-Drill		60 Yd. Shuttle w Shuffle
		Cone X-Drill		Hills - Shuffle
		Cone Zig Zag Drill		Hills - Sprint
		LADDERS		Reverse Sled Pull
		Ladder Carioca	Ladder In In / Out Out - Forward	
		Ladder High Knees	Ladder In In / Out Out - Lateral	
		Ladder Hop Scotch	Ladder Scissor Switch	
		Ladder Hop Scotch - Leg Lift Alternate	Ladder Single Leg Front/Back Hops - Lateral	
		Ladder Hop Scotch - Single Leg Lift	Ladder Single Leg Side Hops - Forward	
		Ladder Icky Shuffle	Ladder Skiers	

**COMBAT FIT. COMBAT READY.**



**HIGH INTENSITY TACTICAL TRAINING**

## **MOBILITY & FLEXIBILITY**

<b>MOBILITY</b>	<b>FLEXIBILITY</b>
Ankle Mobility	Chest Stretch
Bretzal	Cross Body Stretch
Elbow to Instep	Glute Stretch
1/2 Kneeling Dorsiflexion	Hamstring Stretch
1/2 Kneeling Hip Flexor	Hip Flexor Stretch
T-Spine Rib Grab	Neck Stretch
	Quadriцеп Stretch
	Shoulder Stretch
	Side Bend Stretch
	Sumo Stretch
	Triceps Stretch
	Upper Back Stretch

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