

MILITARY FIT

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Day 1 | Recruit

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session

10 seconds
up to 10 minutes per session



Lunge Squat Deadlift



Push-up Sit-up Plank



Side plank Side lunge Side squat

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Day 2 | Endurance

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session



Lunge Squat Deadlift



Push-up Sit-up Plank



Side plank Side lunge Side squat

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Day 3 | Endurance

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session



Lunge Squat Deadlift



Push-up Sit-up Plank



Side plank Side lunge Side squat

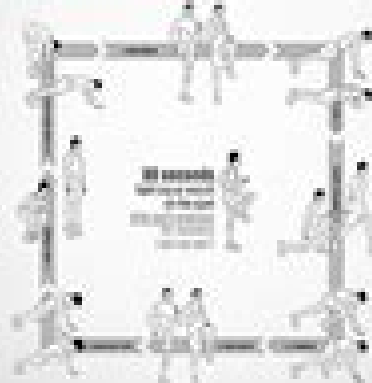
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Day 4 | Full Circuit

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session



10 seconds
up to 10 minutes per session

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Day 10 | Survival

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session

For survival, you need to be able to run, jump, and fight. This is the only way to survive. This is the only way to survive. This is the only way to survive.



Lunge Squat Deadlift



Push-up Sit-up Plank

Side plank Side lunge Side squat

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Day 10 | Flexibility

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session



Lunge Squat Deadlift



Push-up Sit-up Plank



Side plank Side lunge Side squat

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Day 20 | 8-Count

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session



Count 1: lunge
Count 2: squat
Count 3: deadlift
Count 4: push-up
Count 5: sit-up
Count 6: plank
Count 7: side plank
Count 8: side lunge
Count 9: side squat

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Day 20 | Endurance

Week 1: 3 sets
Week 2: 3 sets
Week 3: 3 sets

up to 10 minutes per session



Military Athlete Body Weight Training Program

Lisa Maxey, Jim Magnusson



Military Athlete Body Weight Training Program:

NSCA's Essentials of Tactical Strength and Conditioning NSCA -National Strength & Conditioning Association, Brent A. Alvar, Katie Sell, Patricia A. Deuster, 2017-02-24 The physical demands of tactical professions such as military law enforcement and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury NSCA's *Essentials of Tactical Strength and Conditioning* contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals Designed primarily as a preparatory resource for the National Strength and Conditioning Association NSCA Tactical Strength and Conditioning Facilitator TSAC F certification the text is also useful as a manual for government agencies or a daily reference for strength and conditioning professionals Editors Brent A Alvar Katie Sell and Patricia A Deuster have extensive experience as scholars and practitioners in their respective fields They have assembled a team of distinguished contributors who bring to light current trends in strength and conditioning through their combined experiences as professionals in the fields of academia athletic training firefighting law enforcement military nutrition physical therapy and strength and conditioning The contributors not only provide foundational knowledge of exercise physiology and biomechanical movement patterns but they also comprehensively review all of the components necessary for TSAC Facilitators to design and operate successful training programs for tactical athletes Separate chapters focus on the specific physiological issues related to military law enforcement and fire and rescue personnel including how a strength and conditioning program should directly correlate to their critical job tasks and the specific environmental occupational and exposure concerns for each population Topics such as nutrition supplements injury treatment and rehabilitation wellness interventions and assessments and evaluations are discussed for professionals who work with tactical populations Additionally exercises drills and techniques targeting the specific needs of tactical athletes in areas such as flexibility mobility speed agility power and aerobic endurance are described in great detail and accompanied by full color photos Each chapter of NSCA's *Essentials of Tactical Strength and Conditioning* begins with learning objectives and incorporates key terms diagrams detailed photographs and key points throughout the text to help guide readers and facilitate comprehension of concepts Sidebars and sample programs are included in some chapters to help readers apply theoretical concepts in their professional practice Additionally for instructors using the book or the TSAC F exam prep symposia a presentation package plus image bank with more than 300 photos and illustrations is available making preparation easier with the use of predeveloped materials that correspond with the book's content Ultimately the goal of NSCA's *Essentials of Tactical Strength and Conditioning* is to help prepare those seeking TSAC F certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical athletes that will decrease their risk of injury and optimize performance 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

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 **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

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