

A Special Forces Operator in full combat gear, including a bucket hat, scarf, and tactical vest, is the central focus. He is holding a rifle and looking directly at the camera with a serious expression. The background shows other operators in a rugged, outdoor setting, possibly a training area or a field of operations. The overall tone is gritty and professional.

SF OPERATOR

PRE-SELECTION
PHYSICAL FITNESS TRAINING PROGRAM

CANADIAN SPECIAL OPERATIONS REGIMENT

SPECIAL FORCES OPERATOR

Pre-Selection Physical Fitness Training Program



2ND EDITION
2016



SF OPERATOR
PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



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The Canadian Forces Morale and Welfare Services, in conjunction with the Canadian Special Operation Forces Command have developed the following Special Forces (SF) Operator Pre-Selection Physical Fitness Training Program for the Canadian Special Operations Regiment.

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PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



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PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



SF OPERATOR

1



INTRODUCTION

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PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



INTRODUCTION

The Canadian Special Operations Regiment (CSOR) was officially stood up as a new unit of the Canadian Armed Forces (CAF) on 13 August 2006. CSOR is a high-readiness Special Operations Force capable of conducting and force generating for integrated Special Operation Task Forces to execute operations on behalf of the Government of Canada. The CSOR Special Forces (SF) Operator occupation is comprised of Canadian Army, Royal Canadian Navy, and Royal Canadian Air Force Regular and Reserve personnel who are intelligent, **physically fit**, and in possession of a host of skills that enable them to operate effectively in challenging environments (www.cansofcom.forces.gc.ca). Furthermore, as described in the Canadian Forces Health and Fitness Strategy (Canadian Forces Health and Physical Fitness Strategy, 2007) our Special Operations Forces have the most physically demanding occupations within the CAF. Therefore, it is essential that SF Operators have the physical capacity to efficiently and effectively perform the demands of the job. High levels of physical fitness and personal motivation are critical for the successful completion of the SF Operator Assessment Centre (AC).

The purpose of this comprehensive physical fitness training program is to assist candidates in their preparation for the rigorous physical demands of the SF Operator AC. The SF Operator AC is a structured assessment process designed to measure performance while placing candidates under physical and mental stresses in order to determine a candidate's suitability to undertake the Special Forces course and ultimately be employed as a SF Operator. Therefore, the physical demands placed on candidates during the AC reflect the actual job and training demands. The following training program is designed to assist you in achieving the high levels of physical fitness necessary to complete the SF Operator AC.

This is an extremely strenuous training program. Prior to attempting it, it is recommended that you successfully reach Level 1 in all of the fitness components in the Fitness Check Exercises found on pages 14 - 16 of this manual.

These are the minimum physical fitness requirements for application with CSOR as an SF Operator. Pursuing this program without an adequate base level of fitness may put you at risk of serious injuries.

KEYS TO SUCCESS

Whenever embarking on a new physical fitness training program there are certain key concepts to keep in mind.

- **Check your health:** You need to ensure that you are in good enough health to complete the program and to avoid any injury. It would be wise to obtain medical clearance prior to attempting this program, and all candidates should complete the Fitness for Operational Requirements of CAF Employment, Health Appraisal Questionnaire (Refer to pg 7).
- **Rest, recovery, hydration, and nutrition:** Vital components of any training program are adequate rest, recovery, hydration, and nutrition. Insufficient rest, recovery, hydration, and nutrition can lead to sub-optimal physical gains, overtraining, and possible decreases in performance during the SF Operator AC. Rest and recovery days are built into the program in specific places to ensure that you are properly rested to optimize your training gains. In addition, you must ensure that you are fully re-hydrated, re-fuelled, nourished (see page 6), and getting approximately 8 hours of sleep per night.
- **Monitor your heart rate:** As you exercise, your heart rate (HR) increases in order to supply the working muscles with more oxygen and fuel to meet the demands of the physical exertion. By taking your HR during exercise, you know how hard you are working. This allows you to gauge the intensity of your training sessions and thus increase your effectiveness. If you are not working hard enough then you can make an adjustment immediately to get the most out of your training session, or vice versa, if you are working too hard you can decrease your intensity so that you are able to finish your session. You can take your HR by pressing gently on the side of your neck with your index and middle fingers until you feel a pulse (you may have to move your fingers around slightly). Simply count the number of pulses you feel on your fingers over 15 seconds (sec) and multiply by 4. For example, 20 pulses for

15 sec equates to a HR of 80 beats per minute (bpm). Another reliable method to monitor your HR is by using a commercial HR monitor.

- **Warm up / cool down:** By completing a warm up you will increase muscle temperature, core temperature, and blood flow which will result in faster muscle contractions, increased rates of force development, improvement in muscle strength and power, increased oxygen delivery to working muscles, and enhanced metabolic reactions. In short, by warming up you will mentally and physically prepare yourself for your training session and get the most out of each and every training session. An effective warm up includes light activity such as 8–12 minutes (min) of easy jogging followed by 8–12 min of dynamic stretching. Cooling down after an intense training session is vital for your body's ability to recover from the stress that it just encountered. By completing a cool down after a training session, you allow the body to remove metabolic waste produced and heat, as well as deliver fluids, fuel and hormones which will enhance recovery and limit post training stiffness and soreness. An effective cool down consists of 10–15 min of light activity followed by 8-12 min of static stretching. A structured warm up and cool down can be found in the Exercise Description section for your convenience.
- **Mobility:** Body tissues become stiff and adaptively short through incorrect movement patterns and body positions adopted throughout the day, resulting in loss of range of motion and reductions in ability to generate force. The human body will compensate for poor mobility allowing for function but at a physiological cost of additional wear and tear on tissues and joints as well as an increased risk of injury. Mobility training can help to restore optimal functioning allowing full physical capacities to be available at a moment's notice. Furthermore, with good positioning and movement: i) mechanical inefficiencies disappear reducing the risk of overuse injuries; ii) poor mechanics can be dealt with longer with less physiological cost; and iii) the ability to generate forces and torques increases. Mobility training should be completed for a minimum of 15-20 min each day after the evening workout and should also be performed on the active recovery days following 10-15 min of light activity.

- **Injury management:** Injury prevention is a secondary goal of this training program. Unfortunately, injuries can occur that are beyond your control. If you do sustain an injury, it is crucial that you take immediate action to minimize damage and enhance healing. The RICE strategy outlined below will help to ensure that inflammation is reduced and that recovery and healing are initiated. It is always wise to seek medical attention as soon as possible after sustaining an injury or if a minor injury persists.
 - **R** = Rest the injured body part.
 - **I** = Ice the injured area for 10–20 min every 2–3 hours.
 - **C** = Compress the injured area with an elastic bandage or towel if swelling occurs.
 - **E** = Elevate the injured area above the level of the heart.
- **Train smart:** Training smart incorporates using proper technique, protecting your back, training with a partner, taking care of your feet and legs and ensuring that equipment is safe.
 - Proper technique: descriptions of the correct technique for each exercise prescribed in this program, along with images, is included for your reference and guidance. Furthermore, one training session each week during weeks 2-5 of the training program is dedicated to practicing, reinforcing and learning correct lifting technique. Incorrect lifting technique can result in injury! It is wise to use a lighter load when attempting lifts that are new or that you are not experienced with. Remember to breathe correctly when lifting, that is, exhale when you exert against a resistance and inhale during the less stressful (recovery) phase of the exercise.
 - Protect your back: ensure that you incorporate correct lifting posture. Maintain your back's natural and gentle S-curve, and lift with your legs. Avoid extreme positions and twisting with a load, and always face the object you are going to lift.
 - Train with a partner: training with a partner can provide both motivation and support, assistance if you sustain an injury and act as a "spotter" for when you are doing resistance exercises with free weights.

- Feet and legs: wear training shoes that are appropriate for the training that you are doing (i.e. running shoes for running etc.) and make sure that your footwear fits properly. Wash and dry your feet after each workout and apply moisturizer appropriately. Run on flat even surfaces like tracks, asphalt and level grass.
- Safe equipment: check to make sure that equipment, benches etc., are stable and safe. Check the collars on free weights and make sure that dumbbells (DB) are secure. Finally, check the floor surface for clutter or slippery areas.
- **Training in the heat:** Prolonged intense physical activity (as prescribed in this manual), can result in heat illnesses such as exertional heat stroke and heat exhaustion. These conditions occur most frequently in hot and humid conditions, and can result in withdrawal from training, collapse during or soon after the end of the activity, and cause damage to your internal organs. Some signs and symptoms of the onset of heat stress include: dizziness, disorientation, confusion, irritability, headache, loss of balance, profound fatigue, and hyperventilation. As your body temperature increases, you begin to sweat which results in fluid loss and can lead to dehydration. Dehydration reduces endurance exercise performance, decreases time to exhaustion, and increases body heat storage. Therefore, it is very important to replace your fluids (re-hydrate) to prevent heat stress. Here are some strategies to assist you when you are training in the heat:
 - Avoid training outdoors during the hottest times of the day – usually between 1100 – 1500 hours (hrs).
 - Wear white loose fitting dry fit clothing that allows for air to circulate throughout permitting evaporation and heat dissipation.
 - Acclimatize yourself to the heat by completing short repeated bouts of exposure in the heat.
 - Liberally apply water / sweat- proof 30+SPF sunscreen to all exposed areas.
 - Make sure you are fully hydrated prior to each training session by drinking beverages slowly throughout the day and ensure that urine output is normal and clear.

- Re-hydrate at a rate of 0.4 – 0.8 of a liter (L) per hour during exercise. After exercise consume 1.5 L of fluid for each kilogram (kg) of body weight lost during exercise.
- The best replacement fluids following exercise are electrolyte drinks with 4-8% carbohydrates, cool to cold in temperature, and in volumes of about 200 mL every 15 min.
- **Talk to your supervisor:** Time is the biggest obstacle that you will face when trying to complete the full 12-week training program. Speak with your supervisor and explain the program requirements. In some instances supervisors will allow candidates to complete one of the two prescribed workout sessions during work hours while the second session is to be completed on your own time.
- **Talk to PSP fitness staff:** After reading the manual, if you have questions or require assistance do not hesitate to talk to your PSP fitness staff. They can assist you with the Fitness Checks, help you to tailor the program to your specific needs, and coordinate group training sessions if there are a number of candidates from your unit participating in the AC.
- **Fuel for fitness:** The twice a day training program and SF Operator AC are very physically demanding. Therefore, it is vital that you nourish your body properly to be successful and get the greatest return for your training investment. In the nutrition and exercise table (page 8) are some tips for achieving adequate fuel for your body (Reproduced from the Army Fitness Manual, Land Forces Command). For further information, please see the Top Fuel for Top Performance website at <http://www.forces.gc.ca/health-sante/ps/hpppps/nw-mn/tf-bs-eng.asp>.

HEALTH APPRAISAL QUESTIONNAIRE

<p>This questionnaire is a screening device to identify personnel for whom fitness evaluation and physical activity might be inappropriate at this time.</p>	<p>Yes No</p>
<p>1. To the best of your knowledge, do you have a medical condition or Medical Employment Limitation (MEL) which restricts you from participating in a maximal fitness evaluation or a progressive training program?</p>	<p><input type="checkbox"/> <input type="checkbox"/></p>
<p>2. Is there any other reason you would need to talk to a physician prior to your fitness evaluation or training program?</p>	<p><input type="checkbox"/> <input type="checkbox"/></p>
<p>3. Do you have a valid Periodic Health Assessment (PHA)? If "No", proceed to Blood Pressure.</p>	<p><input type="checkbox"/> <input type="checkbox"/></p>
Blood Pressure	
<p>Your pre-evaluation blood pressure is less than or equal to 150/100 mm Hg</p>	<p><input type="checkbox"/> <input type="checkbox"/></p>
<p><input type="checkbox"/> Your pre-evaluation blood pressure lies between 141/91 mm Hg and 150/100 mm Hg and is considered to be slightly above the normal range. It is recommended that you consult your MO.</p>	
<p>_____</p> <p>Name (<i>print</i>)</p>	<p>_____</p> <p>Date (yy/mm/dd)</p>
<p>_____</p> <p>Signature of CAF member</p>	

If you answered "Yes" to one or both of questions 1 & 2 it is recommended that you see your medical provider prior to attempting this program. If you answered "No" to question 3 please proceed to have your blood pressure measured by a medical provider or your local PSP fitness staff.

Fuel for Training and Recovery

WHEN	BEFORE EXERCISE		DURING EXERCISE		AFTER EXERCISE
	2-4 hrs before	1-2 hrs before	lasting < 1 hr	lasting > 2 hrs	lasting > 3hrs
GOAL	Provide energy and prevent dehydration and hunger during exercise		Stay hydrated	Stay hydrated and provide energy	Stay hydrated, provide energy and replace sodium
FLUIDS	Drink about 300-600 mL (1-2½ cup)	Drink about 150-350 mL (½-1½ cup)	Drink water to thirst	Drink about 150 to 350 mL (½-1½ cup) every 15 or 20 minutes (0.5-1.5 L per hour of exercise)	Drink fluid as soon as possible
FOOD	Tip: Urine amount and color is a good indication of hydration status. Aim for pale yellow! Eat a balanced meal rich in carbohydrate with some protein and low in fat	Eat a snack high in carbohydrate or a liquid meal	Not needed	Add a source of carbohydrate and minerals If needed, easily digested foods high in carbohydrates	Tip: Drink 1.5 L of fluid for every 1 kg weight loss during exercise • Eat a snack as soon as possible • Eat a meal containing carbohydrate and protein
SUGGESTIONS	Meal Suggestions • Rice, vegetables, lean meat and milk • Pasta, tomato/lean meat sauce, apple sauce, milk and juice • Lean meat sandwich • Pancakes with fruit, yogurt and nuts	Snack Suggestions • Smoothie using fruit, milk, soy milk or yogurt • Chocolate milk • Pita with hummus and vegetable juice • A slice of bread with peanut butter and milk • Low-fat muffin and fruit yogurt		Sport drink (commercial or homemade): • Carb concentration of 4-8% (40-80 g carb per litre of fluid) • Sodium intake of 0.5-0.7 g (¼ tsp salt) sodium per litre fluid Water with carbohydrate foods: • Fruit (e.g. bananas, oranges, dates) • Granola bars, cookies, candies, bagels • Special sport gels, bars or candies	Snack Suggestions • Bagel and chocolate milk or yogurt • Sandwich and juice • Granola bar and juice or yogurt drink Meal Suggestions • Pasta with tomato sauce, cheese and a salad • Chicken and vegetable rice, fruit salad and milk • Tuna sandwich, raw veggies and a glass of milk • Chili, bread and milk
	Tip: The tolerance is individual and depends on the type/intensity of exercise (marching vs. running). Avoid trying new foods or drinks before or during competition or rucksack march.				

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A group of four Special Forces operators in full combat gear, including helmets, goggles, and tactical vests, are positioned in a dimly lit, industrial-style training facility. They are holding rifles and appear to be in the middle of a tactical exercise or training drill. The environment features concrete walls and a metal structure in the background.

**PHYSICAL FITNESS
TRAINING PROGRAM**

SF OPERATOR
PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



PHYSICAL FITNESS TRAINING PROGRAM

This training program is broken down into three Levels (1, 2 & 3) and is designed to take you from Level 1 to Level 3 in 12 weeks. The program includes three fitness check weeks, four 2-week training cycles, and a taper week. It is recommended that you complete the program immediately prior to the onset of the SF Operator AC. If you need to repeat certain weeks or if you aren't able to reach Level 3 in all fitness check exercises by the end of week 11, then your preparation time will be longer.

The **Training Prescription** for the program is located on page 12. It is your guide to completing the training program. It includes the fitness check weeks (1, 6 & 11), the taper week (12), and the exercise prescription. The program is broken down into four 2-week training blocks, with training days numbered 1 through 7. Day 1 is normally Monday but can be any day of the week that you decide to start the program. Days 4 and 7 are designated rest, recovery, and mobility days each week to ensure that you build your fitness, resist overtraining and that the quality of training is maintained throughout the week.

Every training modality that you will use to enhance your fitness levels can be found in **Table 1 - Training Prescription**. Along with each training modality is the training load for that day including intensity, and duration / distance. Each training modality is described in further details later on in the manual to assist you. Finally, each training day (including fitness checks and taper weeks) are broken down into morning (AM) / afternoon (PM) workout sessions.

The final week is a taper week and should immediately precede the start of the SF Operator AC. It involves reducing the amount of training while maintaining the intensity of the training sessions. This will continue to provide you with positive training effects while reducing both physical and mental fatigue levels, allowing for the greatest chance of success during the AC.

It is essential that you follow the training prescription as laid out to avoid injuries, overtraining, and to obtain optimal gains in performance.

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PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM

TABLE 1 - TRAINING PRESCRIPTION

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FITNESS CHECK - WEEKS 1,6,11							
AM	2400 m Run	Squats/ Pull-Ups	Ruck March: 7 km 35 kg	Active recovery / Mobility	5 km Run	Push-Ups/ Vertical Jump	Rest
PM		Bench Press/ Sit-Ups				400 m Run	
TRAINING PRESCRIPTION - WEEKS 2 & 3							
AM	Strength (15 RM)/ Core (15)	Muscular Intervals	Strength (5 RM)	Active recovery / Mobility	Ruck March: 14.5 km 35 kg	Strength (10 RM) Power (1 set)	Rest
PM	Aerobic Continuous 5 km	Swimming (600 ml/ Core (S) (45 sec)	Ruck March: 6 km 45 kg		Technique Lift/ Core (25)	Tempo Run (25 min)/ Core (20)	
TRAINING PRESCRIPTION - WEEKS 4 & 5							
AM	Strength (10 RM)/ Core (15)	Muscular Intervals	Strength (15 RM)	Active recovery / Mobility	Ruck March: 7 km 45 kg	Strength (5 RM) Power (2 sets)	Rest
PM	Aerobic Continuous 8 km	Swimming (600 ml/ Core (S) (60 sec)	Ruck March: 16 km 35 kg		Technique Lift/ Core (25)	Tempo Run (30 min)/ Core (20)	
TRAINING PRESCRIPTION - WEEKS 7 & 8							
AM	Strength (8 RM)/ Core (25)	Muscular Intervals	Strength (12 RM)	Active recovery / Mobility	Ruck March: 18 km 35 kg	Aerobic Intervals 5 km (1.5:1)	Rest
PM	Ruck March: 6 km 50 kg	Swimming (800 ml/ Core (S) (60 sec)	Aerobic Intervals 5 km (1.5:1)		Swimming (800 ml/ Core (30)	Strength (5 RM) Power (2 sets)	
TRAINING PRESCRIPTION - WEEKS 9 & 10							
AM	Strength (12 RM) Core (25)	Muscular Intervals	Strength (5 RM)	Active recovery / Mobility	Muscular Intervals	Strength (8 RM) Power (2 sets)	Rest
PM	Ruck March: 20 km 35 kg	Swimming (800 ml/ Core (S) (75 sec)	Aerobic Intervals 5 km (2:1)		Swimming (800 ml/ Core (30)	Ruck March: 7 km 50 kg	
TRAINING PRESCRIPTION - TAPER WEEK 12							
AM	Strength (12 RM) Core (20)	Muscular Intervals	Strength (10 RM)	Active recovery / Mobility	Ruck March: 6 km 35 kg	Aerobic Continuous 2 km	Rest
PM	Aerobic Continuous 5 km	Swimming (400 ml/ Core (S) (45 sec)	Power (2 sets) / Core (15)		Stretch	Stretch	

FITNESS CHECKS

PURPOSE: To aid you in evaluating your current fitness levels in order to ensure that your training is progressing adequately for successful completion of the SF Operator AC. Furthermore, the fitness checks week is used as an unloading week where the overall volume of work is lower during these weeks to facilitate optimal recovery and physical fitness gains. The fitness check weeks encompass a variety of physical fitness components including: Aerobic Power (2400 meters (m) Run), Aerobic Capacity (5 km Run), Anaerobic Capacity (400 m Run), Upper Body Strength (Push-Ups, Pull-Ups, Bench Press), Lower Body Strength (Squats), Lower Body Power (Vertical Jump), Abdominal Strength (Sit-Ups), and Work Capacity (Ruck March).

INSTRUCTIONS: Using **Table 2 - Fitness Checks**, determine your level on each of the 10 fitness exercises and record your level and score (time, weight, distance) on Table 10 - Progress Report Form (page 123). This will allow you to evaluate your performance and identify areas where you need to improve to reach Level 3. Detailed instructions on how to complete each of the 10 fitness exercises is explained with further descriptions and images in the Exercise Description section for your convenience.

NOTE: REMEMBER TO ENSURE THAT YOU PREPARE YOURSELF PROPERLY PRIOR TO EACH TEST BY COMPLETING THE WARM UP, AND TO COOL DOWN AND STRETCH AFTER EACH EXERCISE TO PROMOTE OPTIMAL RECOVERY AND AVOID MUSCLE STIFFNESS AND SORENESS.

FITNESS CHECK EXERCISES

AEROBIC POWER (2400 m) Run: This equates to 6 laps of a 400 m track or measure out the distance on a flat course. Pace yourself to ensure that you achieve your best average speed.

AEROBIC CAPACITY (5 km) Run: This can be run over a flat measured course or 12.5 laps of a 400 m track. Again, to achieve your best average speed, select an appropriate pace and maintain it throughout the duration of the run.

UPPER BODY STRENGTH

- **Push-Ups:** See page 33 for a detailed description. Note the number of push-ups completed without stopping.
- **Pull-Ups:** See page 33 for a detailed description. Note the number of pull-ups completed without stopping.
- **Bench Press:** See page 34 for a detailed description. Work with a partner to ensure safety. Prior to the test, complete a warm up and start the test with a 70 kg load. If you can lift this comfortably continue and do as many repetitions (reps) as possible. If you struggle with this load drop down to 60 kg, or if you can complete more than 20 reps, increase the load accordingly on the next fitness checks.

LOWER BODY STRENGTH

- **Squats:** See page 34 for a detailed description. Prior to the test, do a warm up using a light load (i.e. 5-6 reps at 50% of the testing load), then start the test with a load of 70 kg. Work with a partner to ensure safety.
 - If you can lift this comfortably complete as many reps as possible, if not then drop down to 60 kg for your fitness check.
 - If you successfully complete 20 reps at 70 kg then increase the load to 80 kg for the next fitness checks and so forth.

ABDOMINAL STRENGTH

- **Sit-Ups:** See page 35 for a detailed description. Complete as many as you can in 1 min. Note the number of successful sit-ups completed in 1 min.

LEG POWER

- **Vertical Jump:** Place a vertical line on a wall extending from the floor to a height of 300 centimeters (cm). Stand next to the line, raise your arm as high as possible while keeping your heels on the ground and note the height that you can reach. Step slightly away from the wall, place your feet shoulder width apart, and with a full arm swing and deep knee bend, jump and touch as high as possible. Rest for approximately 10-15 sec and repeat. Repeat 3 times and record the highest height that you can reach. Subtract your reach from your highest score to determine your actual score.

7 km RUCK MARCH (35 kg): Complete the prescribed ruck march in the time indicated while carrying the specified load. In order to avoid injury, DO NOT attempt to complete the march at a faster pace than specified.

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TABLE 2 - FITNESS CHECKS

FITNESS COMPONENT	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
AEROBIC CAPACITY	2400 m Run	10:57 - 10:06	10:05 - 9:22	9:21 - 8:45
	5 km Run	23:13 - 21:33	21:32 - 20:07	20:06 - 18:50
ANAEROBIC CAPACITY	400 m Run	1:28 - 1:22	1:21 - 1:16	1:15 - 1:12
UPPER BODY STRENGTH	Push-Ups	40 - 47	48 - 54	55 - 61
	Pull-Ups	8 - 12	13 - 15	16 - 19
	Bench Press 60 kg	6 - 13 reps	14 - 18 reps	19 - 21 reps
	70 kg	1 - 9 reps	10 - 14 reps	15 - 18 reps
	80 kg		5 - 11 reps	12 - 15 reps
	90 kg		1 - 7 reps	8 - 12 reps
LOWER BODY STRENGTH	Squats 60 kg	11 - 15 reps	16 - 17 reps	18 - 19 reps
	70 kg	7 - 12 reps	13 - 15 reps	16 - 17 reps
	80 kg	5 - 10 reps	11 - 13 reps	14 - 16 reps
	90 kg	2 - 7 reps	8 - 11 reps	12 - 14 reps
ABDOMINAL STRENGTH	Sit-Ups	41 - 46	47 - 52	53 - 58
LEG POWER	Vertical Jump	45 - 52	53 - 59	60 - 66
WORK CAPACITY	March 7 km 35 kg	01:19:00	01:19:00	01:19:00

A group of four Special Forces operators in full combat gear, including helmets, goggles, and tactical vests, are gathered around a large, dark, cylindrical object, possibly a piece of equipment or a vehicle component. They appear to be in a training exercise, with one operator in the foreground looking down at the object. The background is a dark, textured wall, suggesting an indoor training facility.

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TRAINING MODALITIES

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PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



STRENGTH CIRCUIT TRAINING

DAY 1	DAY 3	DAY 6
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PURPOSE: To ensure that you have adequate levels of muscular strength in order to successfully complete the SF Operator AC.

INSTRUCTIONS: The required reps and intensity are indicated in brackets by repetition maximum (RM) in **Table 1 - Training Prescription** for each strength training session. For example, "Strength (15 RM)" means that you choose a load heavy enough that you can only complete 15 reps of the exercise. If you are able to complete more than 15 reps then the load is too light, and if you are unable to complete 15 reps then the load is too heavy. For each strength training session you will complete 2 sets of one of the circuits as described below. Start with Circuit 1 and move to Circuit II for the next session and so forth, until you have completed all 4 circuits then start over with Circuit I. All of the exercises are to be completed in a circuit format such that you move from one exercise to the next with minimal rest in between. At the completion of all of the exercises, recover for 2-4 min then repeat. Detailed descriptions and images of each exercise are located in the Exercise Description section for your convenience. Each circuit is designed to include 1 full body exercise, 3-4 lower body exercises, and 3-4 upper body exercises. Exercises are to be completed in the order specified below for optimal results.

CIRCUIT I	CIRCUIT II
SUMO DEADLIFT TO HIGH PULL	THRUSTERS
SQUAT	DEADLIFT
BENCH PRESS	PUSH-UP ALT HAND ON MB
PULL-UPS	DB ROW ON BENCH
BULGARIAN SPLIT SQUAT	STEP UP TO BOX
BENT OVER ROW	DB OVERHEAD PRESS
T-PUSH-UPS	FARMERS WALK 20 m

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CIRCUIT III	CIRCUIT IV
DB DEADLIFT TO OVERHEAD PRESS	THRUSTERS
FRONT SQUAT	SUMO DEADLIFT
NARROW GRIP BENCH PRESS	SB BENCH PRESS
LAT PULLDOWNS	PULL-UPS
DB 45° LUNGE	OVERHEAD SQUAT
UPRIGHT ROW	PUSH-UP WITH FEET ON MB
MB PUSH-UPS	INVERTED ROW
INVERTED ROW FEET ON SB	FARMERS WALK 20 m

CORE TRAINING

DAY 1	DAY 2	DAY 5	DAY 6
-------	-------	-------	-------

PURPOSE: To ensure that your core musculature is adequate in order to successfully complete the SF Operator AC.

INSTRUCTIONS: The required reps (e.g. 20) or duration (e.g. 60 sec) are indicated in brackets in **Table 1 - Training Prescription** for each core training session. For each core session you will complete 2 sets of either Circuit II or Circuit III. When core (S) is prescribed (see **Table 1 - Training Prescription**) you will complete Circuit I, where you will hold the position correctly for the prescribed duration. All exercises are to be completed in a circuit format so that you move from one exercise to the next with minimal rest in between. At the completion of all of the exercises recover for 2-4 min then repeat. Detailed descriptions and images of each exercise are located in the Exercise Description section for your convenience.

CIRCUIT I	CIRCUIT II
PLANK	SB KNEES TO CHEST
V-SIT	MB RUSSIAN TWIST
PRONE COBRA	WINDSHIELD WIPER
T-STABILIZATION	SINGLE LEG SUPINE BRIDGE
EAGLE	CHOP
SIDE PLANK - BOTH SIDES	SB ROLL OUT
	DEAD BUG

CIRCUIT III

BIRD DOG
MOUNTAIN CLIMBER
STAR
SUPERMAN
STRAIGHT LEG HIP RAISE
STIR THE POT
RAISED LEGS CRUNCH

AEROBIC TRAINING

DAY 1	DAY 3	DAY 6
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PURPOSE: To ensure that your aerobic capacity is sufficient to successfully complete the SF Operator AC.

NOTE: For weeks 2-5 aerobic training will be completed on Day 1 & Day 6, and during weeks 7-10 aerobic training will be completed on Day 3 & Day 6.

INSTRUCTIONS: There are 3 distinct modalities utilized within this training program to achieve the stated purpose. They include Aerobic Continuous, Tempo Run, and Aerobic Intervals. Info regarding Day and Time (AM / PM) of aerobic training sessions can be found in **Table 1 - Training Prescription** on page 12. This training program takes a three pronged approach to determining exercise intensity: i) absolute or time based (Table 3), ii) relative or HR based (Table 4), and iii) feeling based (Table 5). Detailed instructions for how to complete each Aerobic Training modality are as follows:

AEROBIC CONTINUOUS: Run continuously maintaining a constant pace throughout. From **Table 1 - Training Prescription** determine the distance to be completed for the particular day you are at within the program. Consult Table 3 to determine how long it should take you to complete the run (depending on what level you are at - see **Table 2 - Fitness Checks** (page 16)) and the % maximal HR (MHR) you should be working at. For example, for an 8 km run at Level 1 working @ 80% you need to complete the run between 41-44 min. Next, determine your age predicted MHR and determine what your resting HR (RHR) is. Then, determine your training HR (THR) by using the formula $THR =$

$[(MHR - RHR) \times \text{intensity}] + RHR$. For more details see the HR section below. Next, determine what Zone you are in by consulting Table 4. And lastly, consult Table 5 to determine how you should be feeling during the run, for example in Zone 2 “you can converse and have the urge to go faster; breathing deepens”.

TEMPO RUN: Tempo Run is a fast pace run with a short duration. Determine the duration for the Tempo Run from **Table 1 - Training Prescription**, and then complete the run at an intensity of 85% or above your MHR and in Heart Zone Feeling 3-4.

AEROBIC INTERVALS: Aerobic Intervals involves easy running of 65 - 74% MHR (Zone 1) combined with bouts of fast running at 85 - 90% MHR (Zone 3). **Table 1 - Training Prescription** on page 12 indicates the distances to be completed along with the easy to hard running ratio (EASY : HARD). During weeks 7 & 8, you will see 5 km (2:1) - which means you will run 2 min easy and 1 min hard for a total distance of 5 km.

TABLE 3 - AEROBIC TRAINING DISTANCES AND TIMES

DISTANCE / INTENSITY		LEVEL 1	LEVEL 2	LEVEL 3
8 km	75%	00:47:03 - 00:43:39	00:43:38 - 00:40:44	00:40:43 - 00:38:09
	80%	00:44:07 - 00:40:55	00:40:54 - 00:38:11	00:38:10 - 00:35:46
5 km	85%	00:25:57 - 00:24:05	00:24:04 - 00:22:28	00:22:27 - 00:21:03
	90%	00:24:31 - 00:22:44	00:22:43 - 00:21:13	00:21:12 - 00:19:53
2 km	90%	00:09:48 - 00:09:05	00:09:04 - 00:08:29	00:08:28 - 00:07:57
	95%	00:09:17 - 00:08:37	00:08:36 - 00:08:02	00:08:01 - 00:07:32
1 km	95%	00:04:39 - 00:04:19	00:04:18 - 00:04:01	00:04:00 - 00:03:46
	100%	00:04:25 - 00:04:06	00:04:05 - 00:03:49	00:03:48 - 00:03:35

TABLE 4 - THR ZONES

MHR	ZONE 1		ZONE 2		ZONE 3		ZONE 4		ZONE 5	
	EASY		MODERATE		HARD		VERY HARD		MAXIMUM	
RHR	65%	74%	75%	81%	82%	90%	91%	97%	98%	100%

HR: To determine your THR you will first need to check your RHR. To do this, simply take your HR for 30 sec when you wake up in the morning and multiple by 2. Next, determine your age predicted MHR by subtracting your age from 220. Finally, to determine your THR enter your information into the following formula:

$$\text{THR} = [(\text{MHR} - \text{RHR}) \times \text{intensity}] + \text{RHR}$$

Table 6 provides an example for a 25 year old with a RHR of 60 bpm.

$$\text{AGE} = 25$$

$$\text{RHR} = 60$$

$$\text{MHR} = (220 - 25) = 195$$

$$\text{THR} = [(195 - 60) \times 65\%] + 60 = 148$$

$$\text{THR} = [(195 - 60) \times 74\%] + 60 = 160$$

Complete Table 4 with your personal HR information to use as a reference while you train.

TABLE 5 - HR ZONE FEELING

ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
Comfortable to talk & breathe through your nose.	You can converse and have the urge to go faster; breathing deepens.	Breathing becomes noticeable; but not too difficult; conversation is restricted to short sentences.	Breathing becomes heavy; difficult & uncomfortable; experience muscle burn because of lactate buildup.	Extremely difficult & uncomfortable; you will feel breathless & may hear pounding in your chest; intense desire to slow or stop.

TABLE 6 - EXAMPLE OF THR ZONES

MHR	ZONE 1		ZONE 2		ZONE 3		ZONE 4		ZONE 5	
195	EASY		MODERATE		HARD		VERY HARD		MAXIMUM	
RHR	65%	74%	75%	81%	82%	90%	91%	97%	98%	100%
60	148	160								

MUSCULAR INTERVAL TRAINING

DAY 2	DAY 5
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PURPOSE: To ensure that your aerobic / anaerobic power is sufficient to successfully complete the SF Operator AC and to supplement your strength training.

NOTE: Muscular Intervals will be completed on Day 2 only except for weeks 9 & 10 where they will be completed on Day 2 & Day 5.

INSTRUCTIONS: Consult **Table 1 - Training Prescription** on page 12 to determine the exact day and time (either AM or PM) to complete the muscular interval training sessions. For each muscular interval training session, you will complete one of the interval sessions and corresponding physical exercises described. Start with interval session 1 then move to session 2 and so forth.

****ENSURE THAT YOU COMPLETE AN EXTENSIVE WARM UP PRIOR TO EACH MUSCULAR INTERVAL TRAINING SESSION!**

After completing a proper warm up, begin each training session with a run according to Tables 7 & 8 (for example if you are at Level 1, run 200 m in 42-50 sec) followed by a set of physical exercises (i.e. 20 Squats and 20 Push-Ups). Rest for 2 min and continue until you have completed the training session. Detailed descriptions of each exercise are located in the Exercise Description section for your convenience.

SF OPERATOR
PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM

TABLE 7 - MUSCULAR INTERVALS

	INTERVAL SESSION 1	REPS	INTERVAL SESSION 2	REPS	INTERVAL SESSION 3	REPS
1	Run 200 m	1	Run 200 m	1	Run 400 m	1
	Squats	20	MB Overhead Squats	20	Burpee Jumps	20
	Push-Ups	20	MB Push-Ups	20	Bird Dog	20
2	Run 200 m	1	Run 200 m	1	Run 400 m	1
	Squats	15	MB Overhead Squats	15	Burpee Jumps	15
	Push-Ups	15	MB Push-Ups	15	Bird Dog	15
3	Run 200 m	1	Run 400 m	1	Run 400 m	1
	Squat Thrusts	20	MB Squat Throw	20	Mountain Climber	20
	Dead Bug	20	MB Russian Twist	20	Prone Cobra	20
4	Run 400 m	1	Run 1000 m	1	Run 400 m	1
	Squat Thrusts	15	MB Squat Throw	15	Mountain Climber	15
	Dead Bug	15	MB Russian Twist	15	Prone Cobra	15
5	Run 400 m	1	Run 400 m	1	Run 400 m	1
	Lunges	20	MB Lunge	20	Squat Jumps	20
	Hindu Push-Ups	20	MB Shoulder Press	20	T-Push-Ups	20
6	Run 1000 m	1	Run 200 m	1	Run 400 m	1
	Lunges	15	MB Lunge	15	Squat Jumps	15
	Hindu Push-Ups	15	MB Shoulder Press	15	T-Push-Ups	15

TABLE 8 - MUSCULAR INTERVALS RUN TIMES

DISTANCE / INTENSITY	LEVEL 1	LEVEL 2	LEVEL 3
1 km	95%	0:04:39 - 0:04:19	0:04:18 - 0:04:01
	100%	0:04:25 - 0:04:06	0:04:05 - 0:03:49
	105%	0:04:12 - 0:03:54	0:03:53 - 0:03:38
400 m	105%	0:01:41 - 0:01:34	0:01:33 - 0:01:27
	110%	0:01:36 - 0:01:29	0:01:28 - 0:01:23
	115%	0:01:32 - 0:01:25	0:01:24 - 0:01:20
200 m	105%	0:00:50 - 0:00:47	0:00:46 - 0:00:44
	110%	0:00:48 - 0:00:45	0:00:44 - 0:00:42
	115%	0:00:46 - 0:00:42	0:00:41 - 0:00:40

SWIM TRAINING

DAY 2	DAY 5
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PURPOSE: To ensure that your swimming specific aerobic power and capacity are adequate in order to successfully complete the SF Operator AC. Furthermore, swimming is a low impact activity that challenges your aerobic fitness.

INSTRUCTIONS: Complete the prescribed swimming distance indicated in **Table 1 - Training Prescription** on page 12. You may vary the type of stroke that you use throughout each session.

TECHNIQUE LIFT

DAY 5

PURPOSE: To reinforce correct lifting technique in order to build the technical foundation for further more complex training and to facilitate your active recovery.

INSTRUCTIONS: Complete 3 sets of 15 reps for each exercise listed below. Ensure that you focus on proper technique for each and every rep, and move in a smooth, continuous, and controlled manner throughout a full range of motion. Begin without adding weight to the bar, and once you are comfortable with your technique progress to using light weights. DO NOT at any point during one of these sessions attempt any of the lifts listed below with moderate to heavy weights. Detailed descriptions and images of each exercise are located in the Exercise Description section for your convenience.

TECHNIQUE LIFT EXERCISES

SQUATS
DEADLIFT
FRONT SQUATS
DROP SQUATS
OVERHEAD SQUATS
HIGH PULL

POWER TRAINING

DAY 5

PURPOSE: To ensure that you are able to move your body explosively and quickly in order to successfully complete the SF Operator AC.

INSTRUCTIONS: Complete the prescribed number of sets as indicated in brackets after Power in **Table 1 - Training Prescription** on page 12. The amount of reps for each exercise is listed below. Ensure that you complete the power training prior to beginning the strength training. Focus on quality of reps by reacting quickly, limiting your time on the ground and being explosive. ****ENSURE THAT YOU COMPLETE AN EXTENSIVE WARM UP PRIOR TO EACH POWER TRAINING SESSION!** Detailed descriptions and images of each exercise are located in the Exercise Description section for your convenience.

PLYOMETRIC EXERCISES	REPS
FRONT / BACK HOPS	20
SIDE TO SIDE HOPS	20
TUCK JUMPS	12
ALTERNATING JUMPS ON STEP	10
SINGLE LEG JUMPS ON STEP	10

RUCK MARCHING

DAY 1	DAY 2	DAY 5	DAY 6
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PURPOSE: To ensure that you are able to cover long distances carrying a heavy load in order to successfully complete the SF Operator AC.

Note: For weeks 2, 3, 4 & 5 ruck marching will be completed on Day 3 & Day 5. During weeks 7 & 8 ruck marching will be completed on Day 1 & Day 5, and during weeks 9 & 10 ruck marching will be completed on Day 1 & Day 6.

INSTRUCTIONS: Complete the prescribed ruck march specified in **Table 1 - Training Prescription** on page 12. See Table 9 to determine the time required to complete each march. In order to avoid potential injury, DO NOT attempt to complete any of the prescribed marches faster than the time specified.

TABLE 9 - RUCK MARCH LOADS AND TIMES (hr:min:sec)

6 km 45 kg 01:07:00	7 km 45 kg 01:19:00	6 km 50 kg 01:07:00	7 km 50 kg 01:19:00
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14.5 km 35 kg 02:43:00	16 km 45 kg 03:00:00	18 km 35 kg 03:22:00	20 km 35 kg 03:45:00
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MOBILITY

DAY 4

PURPOSE: To release stiff tissues, restore full range of motion and enable good body position and movement. This will help to restore your full physical capacities and make them available to you at a moment's notice.

INSTRUCTIONS: Complete the prescribed mobilization exercises listed in page 30. Ensure that you resolve issues with sore joints and tissues first and that you spend at least 2 min working on each exercise (4 min if the exercise is to be completed on each side of the body) up to 5 min per exercise. Mobilization techniques include: i) pressure wave - lie on a ball or roller completely relaxed, slowly roll the targeted area over the ball or roller using the full weight of your body; ii) contract and relax - identify a tight or sore area underneath the ball or roller, then repeatedly engage and relax the muscle allowing the ball or roller to sink deeper into the tissue; and iii) smash and move - identify a tight or sore area and pin down the tissue with pressure (smash) then move the limb through as much range of motion as possible (move). **NOTE: For daily mobility training, select three areas to work on each day following your evening workout and perform the corresponding exercises. It should take you ~15-20 min per day.** Mobility training changes day to day depending on your areas of restriction, movements you performed and positions that you have adopted throughout the day.

You may experience some discomfort during mobility work as releasing restricted tissue can be rather uncomfortable. But there is a difference between discomfort and pain. If you experience any sharp, shooting, hot, or burning pain at any time, or if your body is telling you that something is not right, stop mobility work on that area immediately.

“Exercise and mobility techniques taken from Becoming a Supple Leopard by Dr. Kelly Starett and Glen Cordoza.”

MOBILITY EXERCISES

PLANTAR SURFACE SMASH
CALF SMASH
LATERAL ANTERIOR COMPARTMENT SMASH
ADDUCTOR SMASH
QUAD SMASH AND MOVE
COUCH MOBILIZATION
HIP EXTERNAL ROTATION WITH FLEXION
HAMSTRING SMASH AND MOVE
IT BAND SMASH
GLUTE SMASH AND MOVE
OBLIQUE SIDE SMASH
LOW BACK SMASH
TRICEPS EXTENTION SMASH AND MOVE
ANTERIOR COMPARTMENT SMASH
OVERHEAD TISSUE SMASH
SHOULDER ROTATOR SMASH AND MOVE
T-SPINE EXTENSION SMASH WITH SIDE TO SIDE

The background image shows three special forces operators in a tactical environment. They are wearing camouflage uniforms, helmets, and carrying rifles. One operator is in the foreground on the left, another is slightly behind him, and a third is on the right, crouching near a concrete structure. The scene is dimly lit, suggesting an indoor or night-time setting.

SF OPERATOR

4

EXERCISE DESCRIPTION

SF OPERATOR
PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



FITNESS CHECKS



Push-Ups

- Take a position with hands flat on the floor, underneath the shoulders, fingers pointing forwards, back straight, and head neutral.
- Lower the torso down towards the ground until arms reach a 90° angle then push up back to the starting position.
- Engage the abdominals to maintain a straight back and a neutral head posture throughout the exercise.



Pull-Ups

- Grasp the bar with an overhand grip slightly wider than shoulder width apart.
- Hang with arms fully extended, knees flexed and ankles crossed.
- Pull yourself up until your chin is above the bar.
- Lower down to the starting position in a slow controlled manner.
- Pause momentarily at the bottom to ensure that you do not swing or kip.



Bench Press

- Lie on a bench with your feet flat on the floor, hips, shoulders and head in contact with the bench.
- Grasp the bar with an overhand grip slightly wider than shoulder width apart.
- Lift the load above the chest, with arms fully extended.
- Lower the bar to approximately 5 cm above the chest.
- Push the bar back up to the starting position.



Squats

- Stand with feet shoulder width apart, toes pointing forwards, back erect, and head in a neutral position.
- Squeeze the shoulder blades together and raise the shoulders to create a shelf for the bar.
- Rest the bar on the shelf and squat down until the thighs are parallel to the floor while maintaining a neutral head position and knees aligned over the feet.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body.



Sit-Ups

- Lie supine on the ground with the feet on the ground, knees bent to 90°, hands behind ears and elbows pointed forwards.
- Keep the elbows pointed forwards, feet in contact with the ground and hands touching the head, sit-up so that the elbows touch the top of the knees.
- Return to the starting position ensuring that the shoulder blades make contact with the ground.

STRENGTH CIRCUIT I

Sumo Deadlift to High Pull



- Stand with feet flat one and a half to two times shoulder width apart, toes pointed outwards.
- Screw the feet into the floor, engage the glutes and abdominals to brace the spine and set the shoulders in a stable position.
- Squat down with the hips, lower the shoulders and grasp the barbell with an overhand grip with hands approximately 30 cm apart, back flat, shoulders slightly in front of the barbell and a neutral head position.
- Lift the barbell off the floor by extending knees and hips and lifting chest upwards until standing erect.
- Continue by pulling the barbell up along the abdomen towards the chin, keeping the elbows pointed out to the sides.



Squats

- Stand with feet shoulder with apart, toes pointing forwards, back erect, and head in a neutral position.
- Squeeze the shoulder blades together and raise the shoulders to create a “shelf” for the bar.
- Rest the bar on the “shelf” and squat down until the thighs are parallel to the floor while maintaining a neutral head position, and knees aligned over the feet.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body.



Bench Press

- Lie on a bench with your feet flat on the floor, hips, shoulders and head in contact with the bench.
- Grasp the bar with an overhand grip slightly wider than shoulder width apart.
- Lift the load above the chest, with arms fully extended.
- Lower the bar to approximately 5 cm above the chest.
- Push the bar back up to the starting position.



Pull-Ups

- Grasp the bar with an overhand grip slightly wider than shoulder width apart.
- Hang with arms fully extended, knees flexed and ankles crossed.
- Pull yourself up until your chin is above the bar.
- Lower down to the starting position in a slow controlled manner.
- Pause momentarily at the bottom to ensure that you do not swing or kip.



Bulgarian Split Squats

- Stand with feet shoulder width apart, hold the bar across your upper back with an overhand grip and lift the elbows to create a “shelf” for the bar, head in a neutral head position, with chest up and out.
- Assume a staggered stance by placing the instep of your back foot on a box or bench keeping the majority of the weight on the front leg.
- Lower your body by flexing the hips and knees until the front leg is parallel to the ground while keeping the head neutral and chest up and out.
- Return to the starting position by pushing the heel of your front foot into the ground and extending the knees and hips, while maintaining the integrity of the torso (head neutral, chest up and out).



Bent Over Row

- Grasp the bar with an overhand grip slightly wider than shoulder width apart, with feet flat on the floor, approximately shoulder width apart, knees slightly flexed (bent), and torso flexed with a flat back.
- Allow the bar to hang with arms fully extended.
- Pull the bar up to the torso, keeping the torso rigid, back flat, and knees slightly bent.
- Lower the bar back to the starting position.

T-Push-Up



- Take a position with hands flat on the floor, fingers pointed forwards, shoulder width apart, back straight and head neutral.
- Lower the torso down towards the ground until arms reach a 90° angle.
- Push the body back up to starting position forcefully, while maintaining a flat back and a neutral head posture.
- Continue by rotating the left side of the body upward and lift the left arm over the left shoulder.
- Lower the hand back down and repeat the entire exercise for the right side.
- One rep consists of completing both left and right sides of the body.



DB T-Push-Up

- Take a position with hands on DB on the floor shoulder width apart, palms facing each other, back straight, and head neutral.
- Lower the torso down towards the ground until arms reach a 90° angle.
- Push yourself back up to the starting position forcefully, while maintaining a flat back and a neutral head posture.
- Continue by rotating the right side of your body upward and pull the DB over your right shoulder.
- Lower the DB back down and repeat the entire exercise for the left side.
- One rep consists of completing movements on both left and right sides of the body.

STRENGTH CIRCUIT II



Thrusters



- Stand with feet shoulder width apart, hold the bar across the front of the shoulders and collar bone with an overhand grip, and lift the upper arms until they are parallel with the floor, head neutral, with chest up and out.
- Keeping the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral) until you are in standing position.

- Continue the exercise by pressing the bar up and over your head until the arms are fully extended, body is completely straight, and the bar is slightly behind the head.
- Lower the bar back to the starting position and repeat.

Deadlift



- Stand erect with feet flat on the floor between hip and shoulder width apart, toes pointed forwards.
- Squat down with the hips, lower the shoulders and grasp the bar with an overhand grip with hands slightly wider than shoulder width and outside the knees, back flat, chest up and out, shoulders slightly in front of the bar, and a neutral head position.
- Contract the abdominals, holding the back in place and not allowing it to round.
- Forcefully lift the bar off the floor by extending knees and hips and lifting chest upwards until standing fully erect.
- Keep the bar as close to the shins / body as possible during the lift.
- Lower the bar by flexing knees and hips while maintaining the integrity of the torso (flat back, do not bent forwards).



Push-Ups Alternating Hand on Medicine Ball (MB)

- Take a position with one hand flat on the floor with the other hand on a MB, shoulder width apart, fingers pointing forwards, back straight and head neutral.
- Keep one hand on the MB and lower your body so that the upper arms are parallel to the floor.
- Push up to starting position while maintaining a straight back and a neutral head posture.
- Once at the starting position, roll the MB to the opposite hand and repeat.
- One rep consists of completing a push-up with each hand on the MB.



DB Row on Bench

- Take a position with one hand on a DB and the other hand on a bench (or step), shoulder width apart, back straight and head neutral.
- Brace the core by engaging the abdominals and squeezing the glutes.
- Row the DB up towards your shoulder.
- Lower the DB back down.



Step Up to Box

- Stand with feet shoulder with apart and hold the bar across your upper back with an overhand grip, and lift the elbows to create a “shelf” for the bar, head neutral, with chest up and out.
- Place the entire foot of the lead (stepping) leg on the box.
- Shift the weight to the lead leg, press the heel of the lead leg into the box and forcefully extend the lead hip and knee to push up the body onto the box.
- Once standing fully erect on the box lower the body until the trail leg touches the floor and repeat.
- One set consists of completing the required number of reps with each leg.



DB Overhead Press

- Stand with feet shoulder width apart, hold a pair of DB with an overhand grip and palms facing forwards, just outside and above the shoulder.
- Press the DB upwards until the arms are fully extended, maintaining the integrity of the torso (abdominals engaged, upper body remains static).
- Lower the DB in a controlled manner to the starting position.





Farmers Walk 20 m

NOTE: FOR THIS EXERCISE COMPLETE ONE REP ONLY. VARY THE INTENSITY BY INCREASING THE LOAD CARRIED.

- Grasp one kettlebell (or DB) in each hand with an overhand grip, arms hanging by the sides, standing erect, head neutral, chest up and out, and feet hip width apart.
- Engage the abdominals to maintain an erect posture throughout the exercise.
- Walk 20 m carrying the kettlebells (or DB) at the sides with head neutral and chest up and out.
- At the 20 m mark turn around and walk back.

STRENGTH CIRCUIT III

DB Deadlift to Overhead Press



- Stand with feet flat on the floor between hip and shoulder width apart, toes pointed forwards, grasping a pair of DB with an overhand grip, with palms facing each other.
- Squat down with the hips, and lower the shoulders, keeping the back flat, chest up and out, shoulders slightly in front of the knees and a neutral head position.
- Contract the abdominals, holding the back in place and not allowing it to round, forcefully lift and extend the knees and hips and lifting chest upwards until standing fully erect, keeping the DB as close to the sides as possible.
- Continue by curling the DB until they are above the shoulders, palms facing forward.
- Press the DB upwards until the arms are fully extended, maintaining the integrity of the torso (abdominals engaged, upper body remains static).
- Lower the DB back to the starting position in a controlled manner.

Front Squats



- Stand with feet shoulder width apart, hold the bar across the front of the shoulders and collar bone with an overhand grip and lift the upper arms until they are parallel with the floor, head neutral, with chest up and out.
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.



- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral).

Narrow Grip Bench Press



- Lie on a bench with your feet flat on the floor, hips, shoulders and head in contact with the bench.
- Grasp the bar with an overhand grip shoulder width apart.
- Lift the load above the chest, with arms fully extended.



- Lower the bar to approximately 5 cm above the chest.
- Push the bar back up to the starting position.



Lat Pulldowns

- Sit erect at a lat pulldown machine and grasp the bar with an overhand grip slightly wider than shoulder width apart, arms fully extended.
- Pull the bar down to the upper chest and squeeze the shoulder blades together.
- Slowly return the bar to the starting position.



DB 45° Lunge

- Stand erect with feet flat on the floor shoulder width apart, toes pointed slightly outwards, grasping a pair of DB with an overhand grip with palms facing each other.
- Step forward with the lead leg on a 45° angle, slowly lowering your body by flexing the hip and knee of the lead leg.
- Keep your torso upright during the entire movement, with abdominals engaged head neutral and chest slightly out.
- Return to the starting position by pushing the heel of the lead leg into the ground and extending the knees and hips, while maintaining the integrity of the torso (head neutral, chest up and out).



Upright Row

- Stand erect with feet flat on the floor, shoulder width apart.
- Grasp the bar with an overhand grip with hands slightly wider than the hips, arms fully extended and a neutral head position.
- Pull the bar up along the abdomen towards the chin, keep the elbows pointed out to the sides, abdominals engaged to maintain the integrity of the upper body.
- Lower the bar slowly to the starting position.



MB Push-Ups

- Take a position with hands on a MB, back straight and head neutral.
- Lower the torso down until it touches the MB and push back up to the starting position.
- Maintain a straight back and a neutral head posture throughout the exercise.



Inverted Row with Feet on a Swiss Ball

- Grasp the bar with an overhand grip, hands shoulder width apart, arms fully extended, feet on a Swiss ball and body completely straight.
- Squeeze the shoulder blades together, and pull with the arms until the torso touches the bar.
- Keep abdominals engaged to maintain a straight body.
- Slowly lower back to the starting position.

STRENGTH CIRCUIT IV



Thrusters

- Stand with feet shoulder width apart, hold the bar across the front of the shoulders and collar bone with an overhand grip, and lift the upper arms until they are parallel with the floor, head neutral, with chest up and out.
- Keeping the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral) until you are in standing position.

- Continue the exercise by pressing the bar up and over your head until the arms are fully extended, body is completely straight and the bar is slightly behind the head.
- Lower the bar back to the starting position and repeat.



Sumo Deadlift

- Stand with feet flat one and a half to two times shoulder width apart, toes pointed outwards.
- Squat down with the hips, lower the shoulders and grasp the bar with an overhand grip with hands approximately 30 cm apart, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position.
- Contract your abdominals, holding the back in place and not allowing it to round.
- Lift the bar off the floor by extending knees and hips and lifting chest upwards until standing erect.
- Return to the starting position in a controlled manner.



DB Bench Press on a Swiss Ball

- Hold a pair of DB by the handles and lie on a Swiss ball with feet flat on the floor, arms fully extended, hips raised so that the body forms a straight line, upper back and shoulders in contact with the Swiss ball.
- Lower the DB down to the sides of the chest with the palms facing the knees keeping the wrists stiff.

- Push the DB upward until the arms are fully extended, while keeping the feet flat on the floor, shoulders, and upper back in contact with the Swiss ball.



Pull-Ups

- Grasp the bar with an overhand grip slightly wider than shoulder width apart.
- Hang with arms fully extended, knees flexed and ankles crossed.
- Pull yourself up until your chin is above the bar.
- Lower down to the starting position in a slow controlled manner.
- Pause momentarily at the bottom to ensure that you do not swing or kip.





Overhead Squats

- Stand with feet shoulder width apart, and grasp the MB, with arms fully extended holding the MB slightly behind the head, head neutral, with chest up and out.
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.
- Engaging the abdominals to maintain the integrity of the upper body (chest up and out, head neutral).
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body.



Push-Ups with Feet on MB

- Take a position with hands flat on the floor shoulder width apart, fingers pointing forwards, back straight and head neutral, and toes placed on a MB.
- Lower the body to the floor such that the upper arms are parallel with the ground, while maintaining feet on MB.
- Push up back to starting position while maintaining a straight back and a neutral head posture.

Inverted Rows



- Grasp the bar with an overhand grip hands shoulder width apart, arms fully extended, heels in contact with the ground and body completely straight.
- Squeeze the shoulder blades together, and pull with the arms until the torso touches the bar, keeping abdominals engaged to maintain a straight body.
- Slowly lower back to the starting position.

Farmers Walk 20 m

NOTE: FOR THIS EXERCISE COMPLETE ONE REP ONLY. VARY THE INTENSITY BY INCREASING THE LOAD CARRIED.



- Grasp one kettlebell (or DB) in each hand with an overhand grip, arms hanging by the sides, standing erect, head neutral, chest up and out, and feet hip width apart.
- Engage the abdominals to maintain an erect posture throughout the exercise.
- Walk 20 m carrying the kettlebells at the sides with head neutral and chest up and out.
- At the 20 m mark turn around and walk back.

CORE CIRCUIT I (STABILIZATION)



Plank

- Take a position with forearms on the floor and elbows directly underneath the shoulders.
- Form a straight line with the body, shoulders back, chest slightly out and head neutral.
- Brace the core by engaging the abdominals and squeezing the glutes.



V-Sit

- Sit on the floor leaning back so that the torso is at a 45° angle with the ground.
- Knees are bent approximately 90°.
- Feet are held a few cm off the floor.
- Head is neutral.
- Elbows by the sides, arms crossed over the chest.



Prone Cobra

- Lie face down on the floor with straight legs and arms next to the sides palms down.
- Engage the glutes and lower back musculature, raise the head, chest, arms, and legs off of the floor.
- Hold this position for the prescribed amount of time.



T-Stabilization

- Take a position with hands flat on the floor, shoulder width apart, fingers pointing forwards, back straight and head neutral.
- Engage the abdominals in order to keep the body rigid and shift the weight to the right arm.
- Rotate the torso up and to the left until one shoulder is over top of the other.



Eagle

- Lie face down on the floor with straight legs and arms out from the sides.
- Engage the glutes and lower back musculature, raise the head, chest, arms, and legs off of the floor.
- Hold this position for the prescribed amount of time.





Side Plank

- Lie on the floor on the right side with legs straight, and feet stacked on top of each other.
- Prop the torso up on the right forearm with the elbow directly under the right shoulder.
- Ensure that the left shoulder is directly over top of the right.
- Engage the abdominals to keep the body rigid.
- Raise the hips off the floor creating a straight line from ankles to shoulders.
- One set consists of completing the exercise for both sides of the body.

CORE CIRCUIT II

Swiss Ball Knees to Chest



- Assume a push-up position with arms fully extended, placing the shins on a Swiss ball forming a straight line from the head to the ankles.
- Engage the abdominals to ensure that you maintain the correct posture.
- Roll the Swiss ball towards the chest by pulling it forward with the feet.
- Return to starting position.



MB Russian Twist

- Sit on the floor leaning back so that your torso is at a 45° angle with the ground and knees are bent at approximately 90°.
- Feet are held a few cm off the floor, head is neutral, elbows by the sides, and arms bent holding a MB with palms facing each other.
- Engage the abdominals in order to maintain the correct posture.
- Rotate the torso from side to side.



Windshield Wiper

- Lie supine on the floor with arms out to the sides, palms facing down.
- Raise the knees so that there is a 90° angle of the knees and hips.
- Engage the abdominals to maintain the correct posture.
- Lower the legs as far to the right as possible, return to centre then lower to the left and repeat.



Single Leg Supine Bridge

- Lie supine on the floor with one foot flat on the floor, heel pulled up to the buttock, and the other leg extended, arms resting on the floor by the sides, and head on the floor.
- Engage the glutes and raise the hips off of the floor, lifting the extended leg off the floor.
- Hold for a count of one and then return to the starting position and repeat.





Chop

- Stand erect with feet slightly wider than shoulder width apart, both hands grasping the cable pulley handle located slightly above the shoulder.
- Keep the arms fixed and pull the handle down to the hip on an angle using the abdominal muscles.
- Complete the prescribed number of reps on both sides.



Swiss Ball Roll Out

- Assume a plank position with elbows on a Swiss ball.
- Slowly roll the ball forwards by straightening arms and extending shoulders.
- Engage the abdominals to pull the ball back to the starting position.

NOTE: IF THIS EXERCISE PRESENTS TOO MUCH OF A CHALLENGE AT FIRST THEN COMPLETE THE EXERCISE WITH KNEES ON THE FLOOR UNTIL YOU ARE ABLE TO COMPLETE IT WITH STRAIGHT LEGS.



Dead Bug

- Lie supine on the floor with arms out to the sides.
- Raise the knees such that there is a 90° angle of the knees and hips, while simultaneously raising the arms so that the hands are reaching towards the ceiling.
- Lower the left leg and arm towards the floor while raising the right arm above the head.
- Return to the starting position and complete using the opposite side.

CORE CIRCUIT III

Bird Dog



- Take a position on the floor on all fours with palms flat on the floor and shoulder width apart.
- Engage the abdominals to ensure you maintain correct posture.
- Extend the right arm and left leg creating a straight diagonal line from wrist to ankle.
- Crunch the right elbow and the left knee so that they touch.
- Return to starting position and repeat with opposite arm and leg.



Mountain Climber

- Assume a push-up position with arms fully extended forming a straight line from the head to the ankles.
- Engage the abdominals in order to keep the body rigid throughout the exercise.

- Raise the right foot off the floor and bring the knee as close to the chest as possible placing it back on the floor.
- Dynamically switch positions of the legs (i.e. right leg extended with left knee close to chest).
- One rep consists of both legs being brought up towards the chest.



Star

- Lie supine on the floor with straight legs about shoulder width apart and arms out from the sides.
- Raise the right leg to the middle of the torso while simultaneously raising the left arm and shoulder to the middle of the torso.
- Touch the left hand to the right foot then return to the starting position and repeat with the opposite sides.



Superman

- Lie face down on the floor with the legs straight and arms fully extended above the head, with palms facing down.
- Engage the glutes and back musculature.
- Raise the head, chest, arms and legs off of the floor.
- Pause momentarily and return to the starting position.



Straight Leg Hip Raise

- Lie supine on the floor with arms down by the sides palms facing down.
- Keep the legs straight and raise them such that there is a 90° angle of the hips.
- Reach the legs towards the ceiling such that the hips and lower back come up off of the ground.
- Return to the starting position.



Stir the Pot

NOTE: IF THIS EXERCISE PRESENTS TOO MUCH OF A CHALLENGE AT FIRST THEN COMPLETE THE EXERCISE WITH KNEES ON THE FLOOR UNTIL YOU ARE ABLE TO COMPLETE IT WITH STRAIGHT LEGS.

- Assume a plank position with elbows on a Swiss ball.
- Slowly make circles with your elbows while engaging the abdominals to maintain the plank position.
- Complete 5 circles clockwise followed by 5 counter clockwise circles.



Straight Leg Crunch

- Lie supine on the floor with arms down by the sides.
- Keep the legs straight and raise them such that there is a 90° angle of the hips, while simultaneously raising the arms so that the hands are in line with the feet.
- Engage the abdominals and reach the hands upward towards the feet lifting the shoulder blades off the ground.
- Lower back down ensuring that the shoulder blades touch the ground.

MUSCULAR INTERVAL SESSION 1



Body Weight Squats

- Stand with feet shoulder width apart, arms hanging at your sides, head neutral, with chest up and out.
- Keep the knees aligned over the feet, heels on the floor and chest up and out, squat down until the thighs are parallel to the floor while simultaneously flexing the arms to shoulder height.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral).



Push-Ups

- Take a position with hands flat on the floor, underneath the shoulders, fingers pointing forwards, back straight and head neutral.
- Lower the torso down towards the ground until arms reach a 90° angle, then push up back to the starting position.
- Engage the abdominals to maintain a straight back, and neutral head posture throughout the exercise.



Squat Thrusts

- Take a position with hands flat on the floor, underneath the shoulders, fingers pointed forwards, legs fully extended, back straight and head neutral.
- In one smooth motion bring the knees as close to the chest as possible while maintaining the hands on the ground.
- Return to the starting position ensuring the correct posture.



Dead Bug

- Lie supine on the floor with arms out to the sides.
- Raise the knees such that there is a 90° angle of the knees and hips, while simultaneously raising the arms so that the hands are reaching towards the ceiling.
- Lower the left leg and arm towards the floor while raising the right arm above the head.
- Return to the starting position and complete using the opposite side.



Lunge

- Stand with feet shoulder width apart, arms hanging at your sides, head neutral, with chest up and out.
- Engage the abdominals to ensure a rigid upper body and upright posture.
- Take a step with the right leg in front of the body such that there is a 90° angle at both knees.
- Return to the starting position and repeat with the opposite side.
- One rep consists of completing the exercise with both legs.



Hindu Push-Ups

- Take a position with hands flat on the floor shoulder width apart, fingers pointing forwards, legs extended, back straight and head neutral.
- Move feet slightly wider than shoulder width apart.
- Raise your hips such that your body forms an inverted (upside down) "V".
- Keeping your hips elevated, lower your body until your chin nearly touches the floor, then lower your hips until they almost touch the floor as you simultaneously raise your head and shoulders towards the ceiling.
- Reverse the movement back to the starting position.

MUSCULAR INTERVAL SESSION 2



Overhead Squats

- Stand with feet shoulder width apart, and grasp the MB, with arms fully extended holding the MB slightly behind the head, head neutral, with chest up and out.
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.
- Engaging the abdominals to maintain the integrity of the upper body (chest up and out, head neutral).
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body.



MB Push-Ups

- Take a position with hands on a MB, back straight and head neutral.
- Lower the torso down until it touches the MB and push back up to the starting position.
- Maintain a straight back and a neutral head posture throughout the exercise.



MB Squat Throw

- Stand with feet shoulder with apart, grasp the MB with palms facing each other, arms are such that the MB is in front of the face.
- Keep the knees aligned over the feet and heels on the floor and chest up and out.
- Lower your body by flexing the knees and hips until your thighs are parallel to the floor, engaging the abdominals to maintain the integrity of the upper body (chest up and out, head neutral).
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while simultaneously extending the arms to throw the MB in the air towards the ceiling.
- Retrieve the MB and repeat.



MB Russian Twist

- Sit on the floor leaning back so that your torso is at a 45° angle with the ground and knees are bent at approximately 90°.
- Feet are held a few cm off the floor, head is neutral, elbows by the sides, and arms bent holding a MB with palms facing each other.
- Engage the abdominals in order to maintain the correct posture.
- Rotate the torso from side to side.



MB Lunge

- Stand with feet shoulder width apart, arms holding a MB in front of the chest with palms facing each other head neutral, with chest up and out.
- Engage the abdominals to ensure a rigid upper body and upright posture, take a step with the left leg in front of the body such that there is a 90° angle at both knees.
- Return to the starting position and repeat with the opposite side.
- One rep consists of completing the exercise with both legs.





MB Shoulder Press

- Stand with feet shoulder width apart, and hold a MB between the palms, just above the shoulders.
- Press the MB upwards until the arms are fully extended while maintaining the integrity of the torso (abdominals engaged, upper body remains static).
- Lower the MB in a controlled manner to the starting position.



MUSCULAR INTERVAL SESSION 3

Burpee Jumps



- Stand with feet shoulder with apart, arms hanging at your sides, head neutral, with chest up and out.
- Take a position with hands flat on the floor, underneath the shoulders, fingers pointed forwards, knees underneath the chest.
- In one smooth motion kick the legs out so that the back is straight and the head is neutral (push-up position).
- Pull the knees back underneath the chest while maintaining the hands on the ground.
- From this position raise the head and chest, extend the hips knees and ankles propelling the body up into the air.



Bird Dog

- Take a position on the floor on all fours with palms flat on the floor and shoulder width apart.
- Engage the abdominals to ensure you maintain correct posture.
- Extend the right arm and left leg creating a straight diagonal line from wrist to ankle.
- Crunch the right elbow and the left knee so that they touch.
- Return to starting position and repeat with opposite arm and leg.



Mountain Climber

- Assume a push-up position with arms fully extended forming a straight line from the head to the ankles.
- Engage the abdominals in order to keep the body rigid throughout the exercise.
- Raise the right foot off the floor and bring the knee as close to the chest as possible placing it back on the floor.
- Dynamically switch positions of the legs (i.e. right leg extended with left knee close to chest).
- One rep consists of both legs being brought up towards the chest.



Prone Cobra

- Lie face down on the floor with straight legs and arms next to the sides palms down.
- Engage the glutes and lower back musculature, raise the head, chest, arms, and legs off of the floor.
- Hold this position for the prescribed amount of time.



Squat Jumps

- Stand with feet shoulder width apart, arms hanging at your sides, head neutral, with chest up and out.
- Keep knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips while simultaneously moving the arms back along the spine.
- Forcefully push your heels into the floor, extend the hips, knees and ankles propelling the body up in the air while simultaneously bringing the arms up towards the ceiling.



T-Push-Up



- Take a position with hands flat on the floor, fingers pointed forwards, shoulder width apart, legs extended, back straight and head neutral.
- Lower the torso down towards the ground until arms reach a 90° angle.
- Push the body back up to starting position forcefully, while maintaining a flat back and a neutral head posture.
- Continue by rotating the left side of the body upward and lift the left arm over the left shoulder.
- Lower the hand back down and repeat the entire exercise for the right side.
- One rep consists of completing both left and right sides of the body.

TECHNIQUE LIFT

Squats



- Stand with feet shoulder width apart, toes pointing forwards, back erect, and head in a neutral position.
- Squeeze the shoulder blades together and raise the shoulders to create a “shelf” for the bar.
- Rest the bar on the “shelf” and squat down until the thighs are parallel to the floor while maintaining a neutral head position and knees aligned over the feet.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body.



Deadlift

- Stand erect with feet flat on the floor between hip and shoulder width apart, toes pointed forwards.
- Squat down with the hips, lower the shoulders and grasp the bar with an overhand grip with hands slightly wider than shoulder width and outside the knees, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position.
- Contract the abdominals, holding the back in place and not allowing it to round.
- Forcefully lift the bar off the floor by extending knees and hips and lifting chest upwards until standing fully erect.
- Keep the bar as close to the shins / body as possible during the lift.
- Lower the bar by flexing knees and hips while maintaining the integrity of the torso (flat back, do not bent forwards).



Front Squats

- Stand with feet shoulder with apart, hold the bar across the front of the shoulders and collar bone with an overhand grip and lift the upper arms until they are parallel with the floor, head neutral, with chest up and out.
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.



- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral).



Overhead Squats

- Stand with feet shoulder width apart, and grasp the MB, with arms fully extended holding the MB slightly behind the head, head neutral, with chest up and out.
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor.
- Engaging the abdominals to maintain the integrity of the upper body.
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body.



Drop Squats



- Stand erect with feet shoulder width apart, hands grasping the bar with an overhand grip, shoulder width apart.
- Lower shoulders until the bar is above slightly bent knees.
- Forcefully extend the knees, push the hips forward, and lift the bar between waist and shoulder height.
- Dynamically drop underneath the bar in a low squat position with hips lower than 90°, head neutral, chest up and out, bar resting on shoulders and upper arms parallel to the ground.

High Pull



- Stand erect with feet flat on the floor between hip and shoulder width apart, toes pointed forwards.
- Squat down with the hips, lower the shoulders and grasp the bar with an overhand grip with hands slightly wider than shoulder width and outside the knees, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position.
- Contract the abdominals, holding the back in place and not allowing it to round.
- Forcefully lift the bar off the floor by extending knees, hips and ankles, and lifting the chest upwards until standing fully erect.
- The lift needs to be forceful enough so that the bar continues upwards with the elbows pointing out towards the sides, until just under the chin.
- Lower the bar in a controlled manner and repeat.

POWER EXERCISES

Front / Back Hops



- Stand erect with knees slightly bent, hands at sides, and head neutral.
- Lean slightly forward to shift the weight to the balls of the feet, then hop forwards approx 8 cm.
- Upon the feet coming in contact with the ground, immediately get your balance and hop backwards approx 8 cm.
- One rep consists of a hop forwards and backwards.
- Continue until the prescribed reps have been completed.

Side to Side Hops



- Stand erect with knees slightly bent, hands at sides, and head neutral.
- Lean slightly forwards to shift the weight to the balls of the feet, then hop sideways (left) approx 8 cm.
- Upon the feet coming in contact with the ground immediately get your balance and hop sideways (right) approx 8 cm.
- One rep consists of a sideways hop to the left and one to the right.
- Continue until the prescribed reps have been completed.

Tuck Jumps



- Stand erect with knees slightly bent, hands slightly back, head neutral and eyes focused straight ahead.
- Flex the hips, knees and ankles and lean slightly forward to shift the weight to the balls of the feet.
- Then forcefully extend the hips, knees and ankles and explode upwards into the air pulling the knees to the chest at the peak of the jump.
- Extend the legs to land back on the ground.
- Upon the feet coming in contact with the ground immediately get your balance and complete another jump.

Alternating Jumps on Step



- Stand erect and parallel with a step or box and place your entire left foot on the step.
- Flex the hips, knees and ankles and slightly lean forwards.
- Forcefully extend the hip, knee and ankle of primarily the left leg jumping in the air such that the right leg will land on the step and the left leg will land on the ground.
- Upon the foot coming in contact with the ground immediately get your balance and complete another jump.

Single Leg Jumps on Step



- Stand erect and parallel with a step or box and place your entire left foot on the step.
- Flex the hips, knees and ankles and slightly lean forwards.
- Forcefully extend the hip, knee and ankle of primarily the left leg jumping straight up and down with the left leg landing on the step and the right landing on the ground.
- Upon the foot coming in contact with the ground immediately get your balance and complete another jump.



WARM UP

Prior to completing the dynamic stretches ensure that you have warmed up by lightly jogging, skipping or spinning for 8-12 min to increase muscle temperature and blood flow. Measure out a 12 m area to complete the 3-step stretches. Complete one rep of each stretch then lightly jog back to the starting point. For all other dynamic stretches complete one set of 10 reps for each exercise. **NOTE: If you have an area of your body that is still tight after completing the dynamic stretches take a few moments to further stretch that area or any other areas you feel that you need to.**

DYNAMIC STRETCHES



3-Step Hamstring Stretch

- Stand erect and shift weight to right (trail) leg.
- Extend the left (lead) leg in front of the body keeping it straight, touching the heel on the ground and toes pulled up towards the chest.
- Flex the torso (lean towards the ground) while maintaining the integrity of the left leg.
- Return to standing position.
- Take 3 steps in order to alternate legs and repeat on the opposite side.



3-Step Heel to Buttock

- Stand erect and shift weight to right (non-involved) leg.
- Flex the left (involved) knee and grasp the ankle just above the foot with the left hand.
- Gently pull the left heel to the buttock and return to an erect position with the body forming a straight line.
- Return to starting position.
- Take 3 steps in order to alternate legs and repeat on the opposite side.



3-Step Knee to Chest

- Stand erect and shift weight to right (non-involved) leg.
- Flex the left (involved) hip and knee, and grasp the shin just below the knee with both hands.
- Gently pull the left knee to the chest and return to an erect position with the head neutral and chest up and out.
- Return to starting position.
- Take 3 steps in order to alternate legs and repeat on the opposite side.



3-Step Knee to Side

- Stand erect and shift weight to right (non-involved) leg.
- Flex the left (involved) hip and knee, and grasp the shin just below the knee with the left hand.
- Gently pull the left knee to the side and return to an erect position with the head neutral and chest up and out.
- Return to standing position.
- Take 3 steps in order to alternate legs and repeat on the opposite side.



Plank to Lunge

- Assume a plank position with arms fully extended, back straight and head neutral.
- Engage the abdominals to maintain a straight line from head to ankles throughout the exercise.
- Flex the right knee and hip and bring the knee to the right shoulder placing the right foot by the right hand.
- Pause momentarily (1-2 sec) to feel the stretch.
- Return to the starting position and repeat with the opposite side.
- One rep consists of stretching both left and right sides.



Dynamic Leg to Arm

- Lie supine on the floor with legs straight, feet shoulder width apart, arms out to the side and palm facing up.
- Lift the left (involved) leg off the ground, flex the left hip and rotate your hips to the right bringing the left foot to the right hand in a controlled manner.
- Return to the starting position and repeat on the opposite side.
- One rep consists of stretching both the left and right sides.



Scorpion

- Lie face down on the floor with legs straight, feet shoulder width apart, elbows away from the sides in line with the shoulders.
- Lift the right leg off of the floor, rotate your torso to the right, flex the right knee and keep the right shoulder on the ground.
- Bring the right foot as close to the left shoulder as possible maintaining a 90° bend at the knee.
- Return to the starting position and repeat on the opposite side.
- One rep consists of stretching both the left and right sides.



Supine Bridge

- Lie supine on the floor with feet flat on the floor, heels pulled up to the buttocks, arms resting on the floor by the sides, and head back in a neutral position.
- Engage the abdominals to maintain a straight back.
- Engage the glutes and raise the hips off of the floor.
- Hold for a count of one and then return to the starting position.



Quadruped Extension/Rotation



- Take a position on all fours on the floor with the hands directly underneath the shoulders and the knees directly underneath the hips.
- Place one hand on the back of the head with the thumb slightly above the ear, elbow relaxed at the side.
- Rotate the thoracic spine such that the shoulder and elbow move internally (towards the heart).
- Next rotate the thoracic spine in the opposite direction such that the shoulder and elbow reach towards the ceiling.
- Return to the starting position.





Adductor Dips

- Kneel on the floor with the torso erect and externally rotate one leg perpendicular to the body such that the knee is bent to approximately 90° and is pointing to the side.
- Engage the abdominals to maintain the correct posture.
- Slowly lunge to the side until there is a comfortable stretch and pause for a count of one.
- Return to the starting position.

Split Stance Adductor Mobilization



- Assume a quadrupedal position on a floor with the hands underneath the shoulders and the knees directly underneath the hips.
- Abduct one leg out to the side until there is a light stretch in the adductors (inner thigh).
- Engage the abdominals to maintain the correct posture.
- Slowly sit back onto the heel of the bent leg and return to the starting position.





Squat to Stand

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides.
- Engage the abdominals to maintain a flat back.
- Flex the torso and grasp the feet underneath the big toes.
- Flex the knees and hips such that a squatting position is achieved.
- Return to the starting position.



Arm Flings

- Stand erect with feet flat on the floor, shoulder width apart, arms hanging at the sides, head neutral and eyes focused straight ahead.
- Keeping the arms straight, raise them to a 90° angle with the torso, palms facing down.
- Swing the arms across the body with the right arm above the left, engage the abdominals to keep the body erect.
- Return to the starting position and repeat with the left arm above the right.
- One rep consists of each arm being above the other.

Linear Arm Swings



- Stand erect with feet flat on the floor, shoulder width apart, arms hanging at the sides, head neutral and eyes focused straight ahead.
- Keeping the arms straight, raise them above the head allowing for a slight bend in the elbows.
- Swing the arms down back as far as possible.
- Engage the abdominals to keep the body erect.
- Continue swinging the arms until the prescribed reps are complete.



COOL DOWN

Prior to completing the static stretches below, ensure that you have cooled down by lightly jogging or spinning for 8-12 min to remove metabolic waste and heat, and to deliver nutrients and hormones. For each exercise slowly stretch to the end of your range of motion and hold for 15-20 sec. Stretch until you feel tightness, and if you feel a sharp pain you are stretching too far.

STATIC STRETCHES



Standing Gastrocnemius

- Stand erect and shift weight to left (non-involved) leg.
- Step forwards slightly with the right leg, flex the hip and knee with a slight forward lean of the torso.
- Extend the left leg backwards, keeping the leg straight and pressing the left heel into the floor.
- To increase the stretch further flex (bend) the right knee and hip while maintaining a straight left leg and left heel pressed into the floor.
- Return to the starting position and repeat for the opposite side.



Standing Soleus

- Stand erect and shift weight to left leg.
- Step forwards slightly with the right leg, flex the hip and knee with a slight forward lean of the torso.
- Extend the left leg backwards, keeping the leg straight and pressing the left heel into the floor.
- Once the heel is on the floor flex the leg (bend the left knee and feel the stretch in a different part of the calf).
- To increase the stretch further flex (bend) the right knee and hip while maintaining the correct posture of the left leg.
- Return to the starting position and repeat for the opposite side.



Seated Hamstring

- Sit on the floor with legs straight out in front, feet pulled up towards the face, body erect, shoulders back, head neutral, chest up and out, arms resting on the thighs.
- Engage the abdominals and upper back muscles to maintain the correct posture.
- Straighten the arms and reach as far forward as possible while maintaining a rigid upper body.



Modified Hurdler

- Sit on the floor with legs straight out in front, feet pulled up towards the face, body erect, shoulders back, head neutral, chest up and out, arms resting on the thighs.
- Bend and rotate the right leg such that the sole of the right foot rests against the inside of the left thigh.
- Straighten the arms and reach as far forward as possible trying to grasp the left foot while maintaining a rigid upper body.



Seated Groin

- Sit on the floor with legs pulled in such that the soles of the feet are touching, body erect, head neutral, chest up and out, arms resting on the inside of the legs with hands gently grasping the ankles.
- Gently press on the inner thighs with the forearms pushing the knees outwards towards the ground, while maintaining an erect upper body.
- Note: This exercise can also be performed with forward flexion of the trunk, by simply leaning the trunk forwards towards the feet.



Lying Quadriceps

- Lie on the floor on the right side, with the legs straight, left arm resting on the side and right arm out supporting the head, the body should form a straight line from head to ankles.
- Grasp the left ankle with the left hand while simultaneously flexing the left knee.
- Gently pull the left heel to the left buttock, while maintaining a straight line from head to knee.
- Return to the starting position and repeat for the opposite side.



Kneeling Hip Flexor

- Kneel on the floor with the legs bent to a 90° angle, body erect, head neutral, chest up and out and arms hanging by the sides creating a straight line from the head to the knees.
- Flex the right hip bringing the right foot in front of the body contacting the ground with a 90° angle of the knee.
- Lean the torso back slightly pressing the left hip forwards to intensify the stretch.
- Return to the starting position and repeat with the opposite leg.





Lying Piriformis

- Lie on the floor with the left leg bent and the right hip and knee flexed and rotated outwards such that the right ankle is resting on the left knee, arms resting on the floor at the sides, head and shoulders resting on the floor.
- Grasp the left leg just above the knee with both hands gently pulling the knee as close to the chest as possible.
- Return to the starting position and repeat for the opposite side.



Seated Crossover Glute

- Sit on the floor with legs straight out in front, feet pulled up towards the face, body erect, shoulders back, head neutral, chest up and out, and arms resting on the thighs.
- Flex the right hip and knee, bringing the knee towards the chest maintaining a straight left leg and rigid upper body.
- Cross the right foot over the left leg and rest the sole of the foot on the ground against the left knee.
- Cross the arms over the right knee and pull the knee to the chest.
- Return to starting position and repeat for the opposite side.

Standing Iliotibial (IT) Band



- Stand erect feet shoulder width apart, head neutral, chest up and out and arms hanging by the sides.
- Shift weight to the right leg crossing the left leg in front of the right.
- Lean the torso to the left and press the right hip outwards keeping the right leg straight.
- Return to starting position and repeat for the opposite side.

Standing Straddle with Forward Flexion



- Stand erect with feet wider than shoulder width apart, head neutral, chest up and out and arms hanging by the sides.
- Flex the torso and reach the hands down towards the floor as far as possible keeping the legs straight.





Lat Stretch

- Take a position on all fours on the floor with the knees under the hips and the hands flat on the floor underneath the shoulders.
- Sit backwards such that the glutes are resting on the heels and simultaneously reach forwards with the hands.



Hands Behind Back

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides.
- Place the hands behind the back, fingers interlocked while maintaining an erect posture.
- Press the shoulders down, the chest further outwards and lift the hands as high as possible behind the back, while keeping the torso erect.



Shoulder Abduction

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides.
- Raise the hands above the head, interlock the fingers, straighten the arms and reach as high as possible towards the ceiling.



Standing Triceps

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides.
- Raise the arms above the head with the left arm resting on the upper back and the right hand resting on the left elbow.
- Gently press down on the left elbow with the right hand to intensify the stretch.

MOBILITY

Focus mobility sessions on resolving any issues with painful tissues or joints first then focus on areas that restrict movement. Spend a minimum of 2 min mobilizing tissues (on each side) to induce a therapeutic response, or continue until some improvement is achieved. Mobilize only 3 areas (i.e. shoulders, glutes and quads etc.) per session to achieve optimal results. Note: programming for mobility changes day to day depending on individual areas of restriction or pain.

MOBILITY EXERCISES



Plantar Surface Smash

- Stand erect with feet flat on the floor, arms hanging by the sides and one lacrosse type ball under the heel of one foot.
- Apply as much pressure on top of the ball that can be tolerated and slowly move the heel side to side, then forwards and backwards.
- Progressively move the contact position of the ball underneath the foot towards the toes in approximately 2 cm increments and repeat.

Calf Smash



- Sit on the floor with legs straight out in front, torso erect, and leaning back at approximately 45° with hands on the floor behind the torso.
- Position a foam roller underneath the heel cord (Achilles tendon) of one leg and cross the opposite leg over top.
- Apply pressure with the top leg and slowly move the bottom leg side to side, then forwards and backwards.
- Progressively move the contact position of the roller underneath the leg towards the knee in approximately 5 cm increments and repeat.

Lateral Anterior Compartment Smash



- Take a position on the floor on all fours with palms flat on the floor and shoulder width apart.
- Position one lacrosse type ball underneath the outside of one shin.
- Move your centre of mass forwards or backwards to adjust the pressure on the ball.
- Slowly work across the tissue by moving the leg over the ball forwards and backwards.
- Stop at any uncomfortable areas and move the foot in all directions until the discomfort has lessened, then continue.

Adductor Smash



- Lie face down on the floor on top of the hands with one leg extended and the other bent such that there is a 90° angle at the hip and knee joints.
- Position the foam roller underneath the knee of the bent leg and create pressure by driving the hip towards the floor.
- Slowly move the leg side to side and forwards and backwards along the length of the adductors.



Quad Smash and Move



- Lie face down on the floor on top of the forearms, with elbows directly underneath the shoulders, one leg extended and a foam roller positioned underneath one quadriceps (thigh muscle) directly above the knee, perpendicular to the body.
- Slowly roll side to side, then forwards and backwards.
- Stop at any uncomfortable areas and pull the heel towards the buttock and return to the starting position, and repeat until the discomfort has lessened, then continue.
- Progressively move the contact position of the roller underneath the quadriceps towards the groin in approximately 5 cm increments and repeat.
- Repeat this process for the inner and outer parts of the quadriceps.



Couch Mobilization



- Take a position on all fours with the feet backed up against a box (or wall).
- Slide one leg back driving the knee into the corner, engage the glutes to support the lower back and move the other leg such that the foot is flat on the floor and the knee is bent to 90°.
- Move the hip towards the floor and lift the torso into an upright position.
- If an upright position cannot be achieved position a box or chair in front for additional stability or keep the palms on the floor.



Hip External Rotation with Flexion

- Take a position on all fours on the floor, bring one leg forwards such that the shin is on the floor with the knee behind the wrist and foot behind the wrist of the opposite hand.
- Place the hands on the knee and foot, extend the back leg, and bend the knee.
- Engage the abdominals and with a flat back lower the chest towards the floor.
- To enhance the stretch slowly rotate to the right and left.

Hamstring Smash and Move



- Sit erect on a box with knees bent at approximately 90° with one lacrosse type ball positioned underneath one leg.
- Shift as much weight as possible on to the ball and move side to side then forwards and backwards.
- Stop at any uncomfortable areas and then repeatedly extend and flex the leg until the discomfort lessens, then continue.



IT Band Smash



- Lie on the floor on one side with the hands directly underneath the shoulders, the bottom leg extended and top leg bent and crossed over top of the bottom leg with the foot flat on the floor.
- Position a foam roller underneath the hip.
- Apply pressure on the roller and slowly roll along the leg until the roller reaches just above the knee.
- Roll back to the starting position.



Glute Smash and Move



- Sit on the floor such that the torso is at a 45° angle, knees are bent to approximately 90° and the hands on the floor behind the torso.
- Position a lacrosse type ball under one hip and externally rotate the leg dropping the knee to the floor.
- Slowly move side to side, then forwards and backwards.
- Stop at any uncomfortable areas and repeatedly contract / relax the glutes until the discomfort lessens, then continue.

Oblique Side Smash



- Lie on the floor on one side with the elbow directly underneath the shoulder and the top leg bent.
- Position a foam roller underneath the oblique between the ribcage and hip.
- Slowly roll side to side and twist the torso over the roller.
- Progressively move the contact position of the ball underneath the side until all of the tissue has been worked.

Low Back Smash



- Lie supine on the floor with the lower legs on a box (or chair) such that the knee and hip joints are at approximately 90°.
- Position a lacrosse type ball under one side of the lower back just above the pelvis.
- Slowly move side to side.
- Re-adjust the position of the ball underneath the low back until all of the tissue has been worked.

Triceps Extension Smash and Move



- Stand erect in a squat rack with the bar height set such that the bar is between the nipples and the arm pit with one arm resting on the bar and the other hand holding the bar.
- Position the arm on the bar such that the head of the triceps (directly above the elbow joint) is on the bar with the arm bent.
- Slowly move the arm forwards and backwards along the bar.
- Stop at any uncomfortable areas and slowly bend and straighten the arm then move the arm side to side until the discomfort lessens, then continue.
- If a squat rack and bar is not available this exercise can be performed lying face down on the floor using a lacrosse type ball.



Anterior Compartment Smash

- Lie face down on the floor with legs extended, one arm behind the back and the other on the floor.
- Position one lacrosse type ball underneath the chest just below the shoulder of the arm that is behind the back.
- Slowly move side to side, then forwards and backwards.
- Stop at any uncomfortable areas and place the other arm behind the back until the discomfort lessens then continue.



Overhead Tissue Smash

- Lie on the floor on one side with the bottom leg extended and the top leg bent.
- Position one lacrosse type ball underneath the lower end of the arm pit.
- Slowly roll side to side and then oscillate around the area.

Shoulder Rotator Smash and Move



- Lie supine on the floor with the knees bent, with one arm bent at 90° and elevated above the head.
- Position a lacrosse type ball underneath the shoulder just above the armpit of the elevated arm.
- Slowly internally rotate the hand such that the palm is touching the floor (if possible).
- Slowly return to the starting position.

T-Spine Smash Extension with Side to Side



- Lie supine on the floor with feet flat, knees bent at 90° and arms wrapped around the chest.
- Position a foam roller underneath the back at the base of the rib cage.
- Progressively move the roller up the back towards the head in small increments.
- To increase spinal extension engage the glutes and elevate the hips.
- Stop at any particularly stiff areas and slowly roll side to side.

A soldier in a combat environment, viewed from behind, looking through a doorway. The soldier is wearing a green uniform and a helmet. The background is a dark, industrial-looking interior with concrete walls and a doorway leading to a brighter area. The overall tone is gritty and realistic.

SF OPERATOR

PERSONAL TRAINING LOGS

SF OPERATOR
PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM



SF OPERATOR
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Completed	Notes:			Time	Level (1, 2, 3)		
Swimming							
Completed	Notes:			Time	Level (1, 2, 3)		

TABLE 10 - PROGRESS REPORT FORM

Fitness Components	Exercise	WEEK 1			WEEK 6			WEEK 11		
		Score	Level	Change	Score	Level	Change	Score	Level	Change
AEROBIC CAPACITY	2400 m Run									
	8 km Run									
ANAEROBIC CAPACITY	400 m Run									
UPPER BODY STRENGTH	Bench Press (60 kg)									
	70 kg									
	80 kg									
	90kg									
LOWER BODY STRENGTH	Squats (60 kg)									
	70 kg									
	80 kg									
	90kg									
ABDOMINAL	Sit-ups									
LEG POWER	Vertical Jump (cm)									
WORK CAPACITY	March (7 km 35 kg)									

Please direct any comments or suggestions
pertaining to this manual in writing to

**CANADIAN FORCES MORALE
AND WELFARE SERVICES**

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