



ATHLETIC PERFORMANCE

GENERAL WARM UP
POST WORKOUT
STRETCHING

WORKOUT #3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SPECIFIC WARM UP
2-3 ROUNDS



1 MID THIGH POWER CLEAN

MEDIUM

3 SETS X 4 REPS

X

CHALLENGING

5 SETS X 3 REPS

X

2 BOSCH CLEAN

X

MEDIUM

3+2 SETS X 5 REPS

X

LIGHT

3+2 SETS X 6 REPS

3 MID THIGH CLEAN PULL

MEDIUM

3 SETS X 4 REPS

X

CHALLENGING

4 SETS X 4 REPS

X

4 ASYMMETRY DEADLIFT

X

MEDIUM

3+2 SETS X 8 REPS

X

MEDIUM

3+2 SETS X 5 REPS

5 DB SEATED VERTICAL JUMP

4 SETS X 6 REPS

5 SETS X 6 REPS

5 SETS X 8 REPS

3 SETS X 6 REPS

ACCESSORY



PLANK KB SWITCH
3 SETS X 30-45 SEC



SINGLE LEG BALANCE LUNGE
3 SETS X 6+8 REPS



RUSSIAN TWIST
3 SETS X 16-20 REPS

Military Athlete Body Weight Training Program

**Boston (Mass.). Superintendent of
Public Schools**



Military Athlete Body Weight Training Program:

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

Black Belt ,1996-08 The oldest and most respected martial arts

title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *A Manual of Physical Training and Preparatory Military Instruction for Schools of the*

United States Frederick Arnold Kuenzli, Henry Panzer, 1916 **Physical Training**, 1914 **Strength Training for Coaches** Bruno Pauletto, 1991 Strength Training for Coaches is a guide to setting up or improving a strength training programme Written by the president of the National Strength and Conditioning Association this book covers everything from programme administration and strength training guidelines to designing specific workouts **Mind and Body**, 1915

Hearst's International Combined with Cosmopolitan, 1928 **Farrow's Manual of Military Training** Edward Samuel Farrow, 1920 **Rehabilitation for the Postsurgical Orthopedic Patient** Lisa Maxey, Jim Magnusson, 2013-01-22 With detailed descriptions of orthopedic surgeries Rehabilitation for the Postsurgical Orthopedic Patient 3rd Edition provides current evidence based guidelines to designing effective rehabilitation strategies Coverage of each condition includes an overview of the orthopedic patient's entire course of treatment from pre to post surgery For each phase of rehabilitation this book describes the postoperative timeline the goals potential complications and precautions and appropriate therapeutic procedures New to this edition are a full color design and new chapters on disc replacement cartilage replacement hallux valgus and transitioning the running athlete Edited by Lisa Maxey and Jim Magnusson and with chapters written by both surgeons and physical therapists Rehabilitation for the Postsurgical Orthopedic Patient provides valuable insights into the use of physical therapy in the rehabilitation process Comprehensive evidence based coverage provides an overview of the orthopedic patient's entire course of treatment from pre to post surgery including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs Case study vignettes with critical thinking questions help you develop critical reasoning skills Indications and considerations for surgery describe the mechanics of the injury and the repair process so you can plan an effective rehabilitation program Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase Evidence based coverage includes the latest clinical research to support treatment decisions Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines A Troubleshooting section in each chapter details potential pitfalls in the recovery from each procedure Over 300 photos and line drawings depict concepts procedures and rehabilitation Detailed tables break down therapy guidelines and treatment options for quick reference Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself and physical or occupational therapists discussing therapy guidelines New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement cartilage replacement hallux valgus and

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American Magazine ,1927 *Report Boston (Mass.). Superintendent of Public Schools*,1924 **Documents of the School Committee of the City of Boston** Boston (Mass.). School Committee,1925

Unveiling the Magic of Words: A Report on "**Military Athlete Body Weight Training Program**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Military Athlete Body Weight Training Program**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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