

1441 tactical-fire-rescue

"Evolution of Strength Conditioning"

Cplx I [3x]		BeginWk[10of27](1Mc)	Descriptions					Notes & Prog
A	Mobility Complex [Dyn 4(:04-:06)]	1	a	Inch Worms	3	c	Butterfly Wall Stretch	
	General	2	b	ITB Iron Cross R&L	4	d	Pitcher's Lunge R&L	
B	Primal Wup	1	a	F&W sL Pillars w/ cLat Reach [:30xe]	3	c		
	Specific	2	b	Leg Cradle TwLunge [:30]	4	d		
C	dWt sL Starfish Sqt R&L[Alt4xe]	1	a	Full Cans	3	c		
	Shoulder blades retracted & depressed w/ neutral spine	2	b	Empty Cans	4	d		
D	Push Up Start to Quick Feet-to-Go	1	a	Push Up Ld R/L to Fw R/L	3	c	Push Up Ld R/L to Lat Xo R/L	
	Specific "Dive & Drive"	2	b	Push Up Ld R/L to Lat Open R/L	4	d		
E	Pro Agility 3-cone L-Drill [Mvmt-Sprint-Mvt]	1	a	Shuffle Away R&L	3	c	Backpedal	
	Patterning	2	b	Shuffle Towards R&L	4	d		

Cplx II [3x] Physio-Evolutions

A	MR Hip Complex	1	a	Iron Cross R/L[4x]	3	c	Butterfly [8x]	
	aPNF	2	b	Iron Cross R/L[4x]	4	d		
B	V-Pull 4[AccNeg+2]	1	a		3	c		
	aPNF	2	b		4	d		
C	Partnered Floor GHDs R&L[4x] to Bb FwLungeIP R&L[Alt2xe]	1	a		3	c		
	S(x)Integration of HS, PC into D	2	b		4	d		
D	Push Up Pos Lat Starts to Decel R&L[10yds]	1	a	Open R&L	3	c		
		2	b	Cross Over (X0) R&L	4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx III [3x] SPEEDCon

A	SpCd rstd Skips [10yds]	1	a		3	c		
		2	b		4	d		
B	sDb Complex #1 R&L[1xe]	1	a	Straight Leg Sit Up to cLat High Roll	3	c	Filipino Lat Get-Up R/L[1x]	
		2	b	Push Up to Reach (Dwn-to-Up) R/L[1	4	d	Rot sSkiPole dJs R&L[1xe]	R&L[Alt2xe]
C	Pro Agility 3-cone L-Drill [Mvmt-Sprint-Mvt]	1	a	Shuffle Away R&L	3	c	Backpedal	
	Patterning	2	b	Shuffle Towards R&L	4	d		
D		1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx IV [1x]

A	Auxillary Movements	1	a	dDb Sup&Pro 3[:30]	3	c		
	Grip & Neck	2	b	MR Neck Flx&Ext [3Pos@4xe]	4	d		
B	SMR & Static Mobility Complex #1 [:20-:30 or 3-4 Deep Breaths per movem]	1	a		3	c		
		2	b		4	d		

Earn your Kumidlat every moment through the proper implementation of comprehensive, orthopedically sound, scientifically based and performance driven preparedness training systems.

1441 tactical-fire-rescue

"Evolution of Strength Conditioning"

Cplx I [1x]		MidWk[11of27](1Mc)	Descriptions					Notes & Prog
A	Mobility Complex [Dyn 4(:04-:06)]	1	a	Inch Worms	3	c	Butterfly Wall Stretch	
	General	2	b	ITB Iron Cross R&L	4	d	Pitcher's Lunge R&L	
B	Swimmers' Crunches [4Pos@:20xe]	1	a	R Hand & R Leg Up	3	c	R Hand & L Leg Up	
		2	b	L Hand & R Leg Up	4	d	L Hand & L Leg Up	
C	Primal Wup [:60]	1	a	Camel Ups	3	c	Trap Bar Sqt	
	Specific	2	b	Lateral Lunge w/ H-Rot	4	d		
D	Push Up Pos X-Jacks to ITB TwSlow Kick R&L[Alt@:60]	1	a		3	c		sWt
		2	b		4	d		
E	Agility Drill	1	a	Rope Ladder (Lat High Knees) R&L	3	c	Lat Log Roll (Trap Check) R/L	
	Acute & Chronic Patterning	2	b	F-B Bag Drill R/L	4	d		

Cplx II [3x] Physio-Evolutions [4(:20:20)]								
A	Mb 1/2 Superman (Supine) to Mb Long Snappers	1	a		3	c		
	Spinal X-Axis	2	b		4	d		
B	Trap Bar Push Ups to sWt Standing Truck Drivers	1	a		3	c		
	Push from ESPos (Elongated Spinal Pos)	2	b		4	d		
C	Stb Bungie H-Pulls [IsoMUp to RM]	1	a		3	c		
	Pull from ESPos (Elongated Spinal Pos)	2	b		4	d		
D	sDb Step Ups R&L[Alt-TX@:40xe]	1	a		3	c		
	Dev F(x) Lat Line control	2	b		4	d		
E	Agility Drill	1	a	Rope Ladder (Lat High Knees) R&L	3	c	Lat Log Roll (Trap Check) R/L	
	Speed of Movement	2	b	F-B Bag Drill Moving Lat R/L	4	d		

Cplx III [3x] SPEEDCon: [3:min On/1:min Off - V-Ups [:20] to...								
A	dDb BO Row [:40RM]	1	a		3	c		
		2	b		4	d		
B	sDb AltRotLunge Js R&L[Alt@:60RM]	1	a		3	c		
		2	b		4	d		
C	Push Up Pos X-Jacks to ITB TwSlow Kick R&L[Alt@:60]	1	a		3	c		
		2	b		4	d		
D		1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx IV [1x]								
A	Auxillary Movements	1	a	dDb Radial&Ulnar Deviation 3[:30]	3	c		
	Grip & Neck	2	b	MR Neck LatFlx R&L 2[2Pos@6xe]	4	d		
B	SMR & Static Mobility Complex #1 [:20-:30 or 3-4 Deep Breaths per movem]	1	a		3	c		
		2	b		4	d		

Earn your Kumidlat every moment through the proper implementation of comprehensive, orthopedically sound, scientifically based and performance driven preparedness training systems.

1441 tactical-fire-rescue

"Evolution of Strength Conditioning"

Cplx I [1x]		EndWk[12of27](1Mc)	Descriptions					Notes & Prog
A	Mobility Complex [Dyn 4(:04-:06)]	1	a	Inch Worms	3	c	Butterfly Wall Stretch	
	General	2	b	ITB Iron Cross R&L	4	d	Pitcher's Lunge R&L	
B	dWt Shoulder Complex [8x]	1	a	Retract	3	c	Row	[10x]
	Shoulder & Spinal Stability	2	b	Abduct-Extrot	4	d		
C	Primal Wup	1	a	Alt SL Hip Drop to Starfish R&L[:45]	3	c	sDb Goblet Sqts [:45]	
	Specific	2	b	See-SawIP R&L[Alt:90]	4	d		
D		1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx II [1x] PhysioEvolutions [8(Tabata@:45)]

A	Bb Back Sqt	1	a		3	c		
		2	b		4	d		
B	Bb Oly [HC]	1	a		3	c		
		2	b		4	d		
C	sDb Oly [HS]	1	a		3	c		
		2	b		4	d		
D	Mb Lunge Js R&L[1xe]	1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx III [1x] SPEEDCon [8(Tabata@:45)]

A	100s	1	a		3	c		
		2	b		4	d		
B		1	a		3	c		
		2	b		4	d		
C		1	a		3	c		
		2	b		4	d		
D		1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx IV [1x]

A	Auxillary Movements	1	a	Rstd Spinning Kuddyears [4Pos@:60x]	3	c		
	Grip & Neck	2	b	MR Neck Rotation R&L 2[2Pos@6xe]	4	d		
B	SMR & Static Mobility Complex #1 [:20-:30 or 3-4 Deep Breaths per movem]	1	a		3	c		
		2	b		4	d		

Earn your Kumidlat every moment through the proper implementation of comprehensive, orthopedically sound, scientifically based and performance driven preparedness training systems.