

# 1441 tactical-fire-rescue

"Evolution of Strength Conditioning"

Cplx I [3x]		BeginWk[19of21](1Mc)		Descriptions				Notes & Prog
A	Mobility Complex [Dyn 4:(04:-06)]	1	a	aLower Leg R&L => sArm Hang R&L	3	c	aPNF Lunge & Reach Up=>Quad Hip	
	General	2	b	Sleeper Stretch =>Pillars w/ cLat dRea	4	d	Sh & Chest Stretch Cplx R&L	
B	sA sDb Bench Pr @0 (Flat) R&L[6xe]	1	a		3	c		
	S(x) Integration	2	b		4	d		
C	MR Hip Complex	1	a	Iron Cross R/L[3x]	3	c		
	aPNF	2	b	Iron Cross R/L[3x]	4	d		
D	Push Up Pos Lat Starts=>180o Decel=>Turn & Run R&L[1xe@15-20yds]	1	a	Ld R=>180o R=>180 L Turn & Run	3	c		
		2	b	Ld L=>180o L=>180 R Turn & Run	4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx II [3x] Physio-Evolutions								
A	V-Pull 3[AccNeg+2]	1	a		3	c		sA Opt (f)Neg R&L
	CAR	2	b		4	d		
B	MR GHD R&L[3xe] to Bb FwLungeMv R&L[Alt2xe]	1	a		3	c		
	S(x)Integration of HS, PC into D	2	b		4	d		
C	SpdCd rstd Bounds [6x]=>Unrstd Bounds [6x]	1	a		3	c		
	SOM	2	b		4	d		
D		1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx III [4x] SPEEDCon								
A	Rstd Run (5yd build-up=>10yd "Dive & Drive") [1x]	1	a		3	c		
		2	b		4	d		
B	Complex #1 (Hvy-Low & Light-High) R&L[1xe]	1	a	sDb Sit Up [6x]=>Push Up R/L[3x]	3	c	sDb Oly (RotC&RotJ) R&L[1xe]	
		2	b	Filipino Lat Get Up R/L[1x]	4	d		
C	Push Up Pos Lat Starts=>180o Decel=>Turn & Run R&L[1xe@15-20yds]	1	a	Ld R=>180o R=>180 L Turn & Run	3	c		Partnered Chase
		2	b	Ld L=>180o L=>180 R Turn & Run	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		

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Cplx I [1x]		MidWk[20of21](1Mc)		Descriptions				Notes & Prog
A	Mobility Complex [Dyn 4:(04-:06)]	1	a	aLower Leg R&L => sArm Hang R&L	3	c	aPNF Lunge & Reach Up=>Quad Hip	
		2	b	Sleeper Stretch =>Pillars w/ cLat dRea	4	d	Sh & Chest Stretch Cplx R&L	
B	Agility Drill (Sideline-to-Sideline @5yds: Fw=>Bped=>Drop Step=>Fw) SOM	1	a		3	c		
		2	b		4	d		
C	Rot Burpie Warm Up R&L[1xe] Patterning	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 II [2x] Physio-Evolutions [4:(30:30:30)]								
A	Mb Plv Tilt IsoMUp=>V-Ups w/ dTw=>Mb Wall Short Sets StgR/L	1	a		3	c		
		2	b		4	d		
B	Lateral Starfish R/L=>Push Ups=>sA Sled Push R/L[10-15yds]	1	a		3	c		
		2	b		4	d		
C	PIWt Ovhd Sqt IsoMUp w/ dTw=>BO Row=>PIWt AltRot Sqt J R&L	1	a		3	c	rstd Rot PIWt	
		2	b		4	d		
D	dDb Bloomer=>Dyn Effort Banded Sqt=>PIWt AltRot Sqt J R&L	1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx III [3x] SPEEDCon: [Butt Balance Bicycle Horizontal Scissor Kicks [:30] to...								
A	L-Pulls [:30RM]	1	a		3	c	Child's Pose	
		2	b		4	d	Rot Moose Antlers	
B	sWt (? :OvHd) Deep Step Ups on Bench R&L[Alt@:60]	1	a		3	c		
		2	b		4	d		
C	Mb Lunge J's R/L[9s@:30]=>180o Rot Burpie R&L[Alt@:30]	1	a		3	c		
		2	b		4	d		
D	Agility Drill (Sideline-to-Sideline @5yds: Fw=>Bped=>Drop Step=>Fw) SOM	1	a		3	c		
		2	b		4	d		
E		1	a		3	c		
		2	b		4	d		

Cplx IV [1x]								
A	Auxillary Movements Grip & Neck	1	a	dDb Radial&Ulnar Deviation 3[:30]	3	c		
		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		

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Cplx I [1x]		EndWk[12of21](1Mc)		Descriptions				Notes & Prog
A	Mobility Complex [Dyn 4:(04-:06)]	1	a	aLower Leg R&L => sArm Hang R&L	3	c	aPNF Lunge & Reach Up=>Quad Hip	
	General	2	b	Sleeper Stretch =>Pillars w/ cLat dRea	4	d	Sh & Chest Stretch Cplx R&L	
B	BW V-Pulls [2(AccNeg+3)]=>dDb Bench Press @#3 (45o Incline)[IsoAltUp(	1	a		3	c		
		2	b		4	d		
C	SpdCd Seated Row R&L[2(8x)]	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 II [3x] PhysioEvolutions								
A	Bb Dead Lifts [1-3x]	1	a		3	c		
		2	b		4	d		
B	Bb Oly Opt [1-3x]	1	a		3	c		
		2	b		4	d		
C	Skips for Distance [40yds]	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 III [1x] SPEEDCon [800-1600M Infil, A1&B, A2&B, A3&B then 800-1600M Exfil]								
A1	Front Pillar & Primal	1	a	Front Pillar [:160]	3	c		
	Horizontal @Frontal ESPos to X-Axis	2	b	Mb Quick StgR/L Sqts 4[:20/:20]	4	d		Up & Dwn
A2	Side Pillar Opt, Mb Primal	1	a	Cpt. Morgan's R&L[Alt2(:40xe)]	3	c		
	Horizontal @Lateral ESPos to Y-Axis	2	b	Mb Q-FwLungesIP R&L[Alt2(:20/:20]	4	d		Pull & Punch Out
A3	Supine Bridge, Mb Primal	1	a	Stb Supine Bridge & Roll [:160]	3	c		
	Horizontal @Posterior ESPos to X&Z-Axis	2	b	Mb Q-Step Ups R&L[Alt2x(:20/:20)]	4	d		
B	60 Shuttle (35 & back) [1:1(4x)]	1	a	Sprint=>Sprint	3	c	Lateral Skip R=>Sprint	Percussives
		2	b	Lateral Skip R=>Sprint	4	d	BW Run=>Sprint	
C		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		

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