

**MOBILITY:
SEE MOBILITY
MODULE MAP
(FRONT)**

EXERCISE

REPS/TIME

MAP

TRX Forward Lunge with Hip Flexor Stretch

5 reps each leg

A1

TRX Wall Slides (Stand Facing)

5 reps together/
5 reps each arm

A2

TRX Hip Hinge (Wide Stance)

5 reps

B1

TRX Long Torso Stretch

3 reps each side

B2

TRX Half Kneeling Roll Out

5 reps each side

C1

TRX Cossack Stretch

6 reps alternating

C2

TRX Split Fly

8 reps alternating

D1

STRENGTH: SEE PHASE I MAP

1

Round

TRX Squat Row

45 sec

K5

TRX Chest Press

45 sec

H5

TRX Plank

4 x 10 sec

D2

TRX Hip Abduction

45 sec

C1



Rest

1-2 min

2

Round

TRX Squat

45 sec

H6

TRX Row Series (L, M, H)

45 sec

G7

TRX Triceps Press

45 sec

M5

TRX Side Plank

3 x 10 sec each side

E1



Rest

1-2 min

3

Round

TRX Biceps Curl

45 sec

N6

TRX Hamstring Curl

45 sec

D1

TRX Spiderman Push-up

8 reps each leg

E3



Rest

1-2 min

AC

AC1 - 300 yd shuttle run

Rest 3-4 min
Repeat run
Record results

Week 1: Day 1

M

1

2

3

AC

WORKOUT DURATION: 40 MIN

LEVEL:



Trx 12 Week Military Conditioning Guide

Dawes, Jay



Trx 12 Week Military Conditioning Guide:

The Total Fitness Manual Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover *Men's Health Natural Bodybuilding Bible* Tyler English,2013-06-04 A natural bodybuilder reference demonstrates how to promote muscle growth and definition without steroids counseling today s young athletes on how to take healthier approaches to bodybuilding through clean nutritional and fitness practices Original 50 000 first printing **Recreation Management** ,1962 **The Volleyball Coaching Bible, Volume II** American Volleyball Coaches Association (AVCA),Reynaud, Cecile,2015-05-01 Learn how to establish a successful high school college or beach volleyball program In this resource 20 successful volleyball coaches share how to set expectations build a positive and winning culture recruit and run camps Endorsed by the AVCA the book includes drills used by top coaches for each position developing a scouting report as well as in game strategies for match situations **The Volleyball Coaching Bible, Volume II** American Volleyball Coaches Association,Cecile Reynaud,2015-06-01 Building on the success of the first volume of *The Volleyball Coaching Bible* the American Volleyball Coaches Association AVCA brings you *The Volleyball Coaching Bible Volume II* Featuring contributions from 20 of the top volleyball minds in the game today this resource will help you build your program shape and improve your team and sharpen your coaching skills in key areas such as these Building and managing your program Developing players skills by position Establishing and implementing match strategy Training and conditioning athletes Offensive tactics Scouting and analyzing opponents Evaluating statistics and using them to your advantage Planning practices *The Volleyball Coaching Bible Volume II* presents the drills top coaches use for developing players at each position and offers insights on in game strategies for various match situations including strategic serving defensive schemes and on the go decision making In addition to on court Xs and Os you ll learn what it takes to establish a successful high school college and beach volleyball program Setting program expectations and tactics building a positive and winning culture recruiting the right way and running camps are all keys to sustained program success shared in *The Volleyball Coaching Bible Volume II* Endorsed by the AVCA and edited by volleyball coaching legend Cecile Reynaud *The Volleyball Coaching Bible Volume II* covers the entire court in describing and coaching the nuances of the game and shaping a successful program It s a practical and motivational resource that you ll refer to season after season in your coaching career

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variations and training advice this is a must have for anyone seeking to maximize their workout and their results The Special Ops Workout Mike Mejia, CSCS, Stewart Smith, LT, USN, 2014-02-04 Train like a Special Ops warrior and get in the best shape of your life with this insider's fitness guide to the most effective military workouts in the world Elite Special Operations teams like the Army Special Forces Army Rangers Navy SEALs Air Force Special Ops represent the best of the best in the military These teams of specially trained warriors perform the most difficult politically sensitive and dangerous missions known to the United States military The Special Ops Workout gives an inside look at the intense physical preparation required to become part of one of these elite teams from conditioning workouts and nutritional information to training and selection guidelines Nationally known fitness expert Mike Mejia and former US Navy SEAL and fitness author Stewart Smith teamed up to give an insider's look into some of the toughest military training in the world By focusing on the strength and endurance conditioning essential to success in Special Operations teams these experts show how to use real Special Ops workouts to get in the best physical shape of your life Whether your goal is to make it into the Special Forces or just bring extra intensity into your regular workout routine The Special Ops Workout is a resource that will add a powerful boost to any fitness regimen It features A specially formulated 12 week total body conditioning workout The Army Ranger and Green Beret 6 week workout The Air Force PJ CCT 6 week workout The Navy SEAL 6 week workout The ultimate in high powered nutrition info An insider's view of Special Ops training with our exclusive Real Deal insider tips **TRX Suspension Training** Afiz H Clyde, 2023-08-05 Unlock the Power of TRX Suspension Training and Transform Your Fitness Journey Are you ready to take your workouts to the next level and achieve remarkable results Look no further TRX Suspension Training The Complete Guide to Building Strength Flexibility and Balance is your ultimate resource for mastering the revolutionary fitness phenomenon that is taking the world by storm Discover the Secret Weapon of Elite Athletes and Fitness Enthusiasts Alike Whether you're a seasoned athlete or a fitness newbie TRX Suspension Training offers an unparalleled full body workout that will ignite your progress like never before This comprehensive guide empowers you with expert knowledge step by step instructions and practical tips to optimize your training sessions and achieve remarkable results Unleash the Potential of Your Body Inside and Out With TRX Suspension Training you'll engage every muscle group and core stability enhancing your overall strength flexibility and balance Say goodbye to stale gym routines and embrace the dynamic versatility of TRX as you target specific muscle groups or challenge yourself with a full body blast What You'll Find Inside 1 Comprehensive TRX Training Techniques From the basics to advanced exercises discover how to perform each move correctly for maximum effectiveness and safety 2 Tailored Workouts for All Levels Whether you're a beginner or a seasoned athlete find customized workouts to suit your fitness level and target your specific goals 3 Fusion Workouts for Enhanced Results Integrate TRX with other training methods to amplify your gains and achieve a well rounded fitness routine 4 Mobility and Flexibility Drills Enhance your range of motion and prevent injuries with targeted stretching routines designed

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