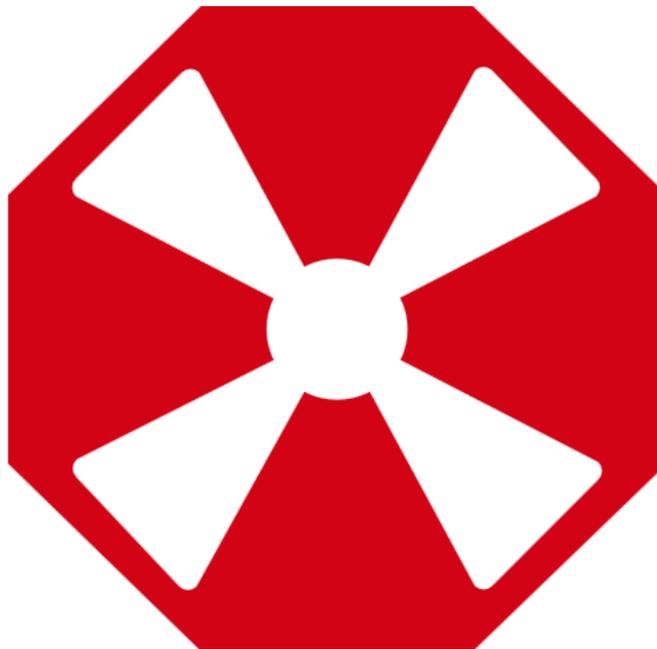


**8<sup>th</sup> Army**  
**Soldier Athlete Warrior (SAW)**  
**Guide**



***Pacific Victors!***

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A digital version of the SAW Program Guide and Workout Menu can be found on the 8<sup>th</sup> Army share drive at:  
**<http://8tharmy.korea.army.mil/fitness.asp>**

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## CREATING A MONTHLY PLAN

### Monthly Basics

One week per month will probably be shortened because of field training. In such a case, plan three hard weeks of training and one week of active recovery. During the week of active recovery, runs are shorter and/or less intense; strength days involve fewer sets and less weight, and movement skills training concentrates more on skill development and less on creating a conditioning effect.

- If only **four PT sessions are available for a given week, alternate days that** emphasize endurance with days that emphasize strength.
- If only **three PT sessions are available for a given week, the preferred choice** is two sessions that emphasize endurance and one strength.
- If only **two PT sessions are available for a given week, perform one** endurance workout and one strength workout.

### Weekly Basics

Schedule 3 different strength workouts for every 6 day period: one heavy resistance workout, one power/power-endurance (or hybrid) workout, and one muscular endurance workout.

Combine **strength** workouts with **hybrid, speed/agility,** and **low-intensity endurance** workouts.

Schedule 3 different endurance-emphasis workouts for every 6 day period. Once per week (except on recovery weeks) perform interval training of some sort (30-30s, track intervals, pool intervals, etc). Increase time/distance/interval reps by no more than 10% per week.

Combine **endurance** workouts with **core** workouts.

Soldiers should do something physical for at least an hour on the weekend.

General Purpose, 6-Day, Rotating Schedule					
PT1	PT2	PT3	PT4	PT5	SAT
Movement Prep/Warm Up (10 min)					
-Choose event from Strength (Heavy) <b>and/or</b> -Choose Hybrid Session <b>and/or</b> -Light Endurance	-Choose from Endurance Menu <b>and</b> -Choose from Core Menu	-Choose event from Strength (Power/Hybrid) <b>and</b> -Speed & Agility and/or Power Drill <b>and</b> -Partner Shuttle	-Choose from Interval Menu <b>and</b> -Choose from Core Menu	-Choose event from Strength (Endurance) <b>or</b> -Choose Hybrid Session <b>and/or</b> -Light Endurance / Footmarch	-Individual PT with endurance emphasis (Hike, Surf, Swim, Cardio Machines, Jog...)
Recovery Activities/Cool Down (10-12 min)					

**Example Monthly Schedule with “light week”**

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	SAT
<b>Week 1</b>	Movement Prep	Movement Prep	Movement Prep	Movement Prep	Movement Prep	Movement Prep
	>Heavy Strength Menu >Hybrid Menu	>Endurance >Core Menu	>Power Strength Menu >Speed/Agility >Partner Shuttle	>Intervals >Core Menu	>Footmarch	>Individual Hike, Swim, or Jog
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
<b>Week 2</b>	Movement Prep	Movement Prep	Movement Prep	Movement Prep	Movement Prep	Movement Prep
	>Heavy Strength Menu >Hybrid Menu >Endurance Menu (light)	>Endurance >Core Menu	>Hybrid Menu >Power Drill >Partner Shuttle	>Intervals >Core Menu	>Muscular Endurance Menu >Endurance Menu (light)	>Individual Hike, Swim, or Jog
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
<b>Week 3</b>	Movement Prep	Movement Prep	Movement Prep	Movement Prep	Movement Prep	Movement Prep
	>Heavy Strength Menu >Hybrid Menu >Endurance Menu (light)	>Endurance >Core Menu	>Power Strength Menu >Speed/Agility and Power Drill >Partner Shuttle	>Intervals >Core Menu	>Hybrid >Footmarch	>Individual Hike, Swim, or Jog
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
<b>Light Week</b>	Movement Prep					
	Schedule 3 light workouts. Execute 1 event from the Core Menu each day and choose a light endurance event per day: >Pool, Cardio machines for 45 minutes, Endurance Menu (low-moderate intensity/duration)					
	Recovery					

## MOVEMENT PREP

Movement Prep will be conducted before **every** PT session. It should last about 10 min. It will consist of both **Calisthenics** and **Movement Drills**.

### Calisthenics

Calisthenics may be performed in an extended, rectangular formation for large groups or in a circle for squads/sections. Perform 3-5 repetitions for each exercise, beginning with slow movements through an easy range-of-motion, adding just a little speed and range-of motion with each repetition.

- Bend and Reach
- Around the World
- Squat
- Windmill
- Leg Whips
- Balance and Reach, Rearward
- Pushup+/Pushups/Rotations
- Squat-Reach-Jump

### Movement Drills

Perform the movement drills as indicate below, using an extended, rectangular formation. The last four movement drills are performed over a 20 meter distance. Pause as need between exercises to avoid fatigue. After movement prep, the body should be warm, loose and primed for intense activity – but not fatigued.

- Side-Step Lunge (5 reps then reverse)
- Corkscrew Lunge (5 reps then reverse)
- Walking Lunge & Reach (10 steps each leg)
- Walking Bend and Reach (10 steps each leg)
- Verticals (down and back)
- Laterals (down and back)
- Crossovers (down and back)
- Shuttle Run (down-back-down)

## RECOVERY

Movement Prep will be conducted after **every** PT session. It will consist of 4 phases:

- 1. Safely decrease heart-rate, respiratory rate, and body temperature**
- 2. Improve functional flexibility**
- 3. Replace nutrients**
- 4. Rest enough so that the body is ready for subsequent PT or missions.**

Only the first two objectives are met on the PT field. This means that meeting objectives three and four are a personal responsibility. Leaders (NCOs) must educate and motivate their Soldiers to follow the nutritional and sleep guidelines put forth in the SAW classes.

### **Decrease Heart Rate, Respiratory Rate, and Body Temperature**

Walk as needed to bring the heart rate back to within about 20-30 beats of the resting level, about 2-5 min.

### **Flexibility Drill**

The exercises with an \* are considered motion exercises rather than static stretches, and need only be held for 1-3 seconds, 3-4 reps each side. The other exercises are stretches and should be held for 15-30 seconds, 1 rep. The last four stretches are performed in standing. Soldiers that find tight muscle groups should be encouraged to stretch on their own throughout the day. The stretch routine also provides a good opportunity for squad/section leaders to give their Soldiers feedback on the PT session.

Mountain Climber Stretch  
Seated Hip Rotations\*  
Quadriceps Stretch (side-lying)  
Posterior Hip Stretch (supine)  
Scorpion\*  
Rotational Spine Stretch (supine)\*  
Prone Press\*  
Prayer Stretch w/Diagonals  
Hip Flexor Stretch  
Hamstring Stretch  
2-Part Gastroc-Soleus Stretch (wall or partner)  
Pectoralis Stretch (wall or partner)

### **Replace Nutrients**

Immediately after each PRT fitness session, the Leader of PT discuss the re-hydrate and restoration of nutrients for Athlete Warriors. The optimal post-exercise meal for the SAW program meets the following criteria: 1) ingested within 30 minutes after exercise, 2) about 3:1 ratio of carbs to protein, 3) at least 250 calories. The Leader research and discuss the types of foods and/or nutrition supplements recommended by the unit nutritionist and/or sports medicine physician for that day's PRT session.

**Rest**

Leaders (NCOs) must ensure Soldiers gain between 7 and 8 hours of sound sleep every night in a Sleep-Inducing Environment. A quiet, dark, and cool environment can help promote sound slumber. To achieve such an environment, lower the volume of outside noise with earplugs or a "white noise" appliance. Use heavy curtains, blackout shades, or an eye mask to block light. Keep the temperature comfortably cool—between 60 and 75°F—and the room well ventilated. And make sure your bedroom is equipped with a comfortable mattress and pillows. (Remember that most mattresses wear out after ten years.)

## STRENGTH MENU

Strength workouts should be scheduled with 3 workouts for every 7-10 day period: one **heavy resistance** workout, one **power/power-endurance** workout, and one **muscular endurance** workout. Leaders must ensure that every Soldier masters form for every strength training exercise.

### Heavy Resistance

The heavy resistance workout is based on the 4-rep max. This means that the fourth rep is completed with perfect form. The heavy resistance workout must balance pushing, pulling, and leg-dominant exercises (Don't over-emphasize the bench press).

#### SAW STANDARD

Choose one from each column below:

##### **Push**

Bench Press  
Seated Press  
Dumbbell Press  
Push Press

##### **Legs/Back**

Deadlift  
Stiff-leg Deadlift  
Leg Press  
Back Squat

##### **Pull**

Seated Cable Row  
Lat Pull-down  
Seated Machine Row  
Bent-over Row

- Perform a warm-up set at about 50% of 4-rep max.
- Perform the second set at about 75% of 4-rep max.
- Perform 2 sets at 4-rep max. Adjust the weight so that the fourth rep is the last rep that can be completed with perfect form. Do not continue to muscle failure or allow a repetition that involves jerking or other compensatory movements. Each set will last about 15-20 seconds. Each individual should have 60 seconds rests between sets, for a 1:3-4 work-to rest ratio. Finish all sets before moving to the next station.

#### SAW FIELD STANDARD

Choose one from each column below:

##### **Push**

Body Armor Pushup  
Sandbag Pushup  
Handstand Pushup  
Incline Pushup

##### **Legs/Back**

Kit/Ruck Squats  
Kit/Ruck Lunges  
Kit/Ruck Step-ups

##### **Pull**

Body Armor Pull-up  
Body Armor Inverted Row  
Body Armor Rope Climb  
Arm-only Rope Climb

- Perform a warm-up set of 15 reps without weight (1-2 reps for rope climb)
- Perform at least 3 sets of at least 12 reps (1-2 reps for rope climb). Do not continue to muscle failure or allow a repetition that involves jerking or other compensatory movements. Each individual should have 60 seconds rests between sets. Finish all sets before moving to the next station.

**SAW AROUND THE WORLD STRENGTH**

**Conditions:**

1. Squad-Size Element
2. D-Quad Gym with Ground-Based Equipment reserved
3. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Dumbbell Press Flat	Leader Dictated	6-8	3	120
Deadlift	Leader Dictated	6-8	3	120
Latpull Down	Leader Dictated	6-8	3	120
Straight Leg Dead Lift	Leader Dictated	6-8	3	120
Dumbbell Military Press	Leader Dictated	6-8	3	120
Bent Over Row	Leader Dictated	6-8	3	120
Free hang leg raises	N/A	Until failure of form	3	120
feet inclined ring pushups	N/A	8-10	3	60

**SAW LEG AND CORE**

**Conditions:**

1. Squad-Size Element
2. Fitness Center
3. 4 x straight bars
4. Ring Set
5. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Deadlift	80% 1-rep max	4-6	2	120
Ring hanging leg raises	N/A	8-10	3	60
Power clean	135#	4-6	2	120
Planks	N/A	45s each side	3	60
Single leg squat	N/A	4-6 each leg	2	120
Reverse plank	N/A	15	3	60
Straight leg deadlift	80% DL weight	6-8	3	60

**Notes:** Conduct 4 sets in consecutive order. Squad/Section members will have to start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

SAW UPPER BODY AND CORE

**Conditions:**

1. Squad-Size Element
2. Fitness Center
3. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest (sec)
Bench Press	85% body weight	6-8	3	120
Declined ring pushups	N/A	6-8	2	120
Chest Fly with dumbbells	35-60#	6-8	3	120
Wall/vertical pushups partner assisted	N/A	4-6	2	120
Military dumbbell press	30-55#	6-8	3	120
Metronome pushup	N/A	Until failure of form	1	120
Declined dumbbell press	45-65#	6-8	3	120
Ring pushups	N/A	6-8	1	120
Supline Bicycle	N/A	50	2	30
Ankles to Bar	N/A	4-6	2	30
Heel Clap	N/A	4-6	2	30

**Notes:** Conduct exercises in consecutive order. Squad/Section members will have to start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member of the squad.

### **Power/Power Endurance**

For the power/power-endurance workouts (Ground Base, cleans, Tabata intervals, etc.), don't add so much weight or so many reps that the speed of movement is compromised. The goal is full-body stabilization focusing on core strength. Basically this means that the speed with which the movement is initiated is maintained until completion of the movement...or "start fast, finish fast."

#### SAW GROUND BASE STANDARD

Set up the machines for the following six stations with a weight soldiers can do for 20 seconds:

- Right Combo Twist
- Left Combo Twist
- Combo Incline (1st Set Left, 2nd Set Right)
- Combo Decline (1st Set Left, 2nd Set Right)
- Zero Woodchopper Up (1st Set Left, 2nd Set Right)
- Jammer

- 2 Soldiers at each station – 1 performing and 1 resting.
- Perform 20 seconds of work with perfect form
- After both Soldiers have completed the lift, move to the next station. Complete the entire circuit twice, with a 2-3 minute break between iterations.

#### SAW TABATA GROUND BASE

Set up the machines with a weight soldiers can do for 20 seconds:

<b>Station 1</b>	<b>Station 2</b>	<b>Station 3</b>	<b>Station 4</b>
Right Combo Twist	Right Combo Incline	Zero Woodchopper Up	Jammer
Left Combo Twist	Left Combo Incline	Zero Woodchopper Down	

- Perform 8 sets of 20 seconds of work and 10 seconds rest, alternating Left and Right
- After both Soldiers have completed the lift, move to the next station. Complete the entire circuit twice, with a 2-3 minute break between iterations.

**SAW UPPER BODY GROUND BASE #1**

**Conditions:**

1. Squad-Size Element
2. Fitness Center with Ground-Based Equipment reserved
3. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Zero Woodchopper Down	125% body weight	10-12	4	15
Zero Woodchopper Up	125% body weight	10-12	4	15
Right Combo Twist	75% body weight	8-10	4	10
Left Combo Twist	75% body weight	8-10	4	10
Right Combo Incline	60% body weight	6-8	4	10
Left Combo Incline	60% body weight	6-8	4	10
Jammer	60% body weight	6-8	4	10
Planks	N/A	1min each side	1	30
Double Crunch	N/A	1min	2	30

**Notes:** Conduct 4 sets in consecutive order. Squad/Section members start on separate stations and may get backed up; fix by keeping a separation of two stations between each member.

**SAW GROUND BASE #2**

**Conditions:**

1. Squad-Size Element
2. Fitness Center with Ground-Based Equipment reserved
3. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Zero Woodchopper Down	125% body weight	8-10	2	30
Zero Woodchopper Up	125% body weight	8-10	2	30
Ground Based Deadlift	75% body weight	6-8	2	30
Right Combo Decline	75% body weight	10-12	2	30
Left Combo Decline	75% body weight	10-12	2	30
Squat High Pull	75% body weight	8-10	2	30
Right Combo Twist	75% body weight	8-10	2	30
Left Combo Twist	75% body weight	8-10	2	30
Ground Based Stiff leg deadlift	75% body weight	8-10	3	30

**Notes:** Conduct 4 sets in consecutive order. Squad/Section members start on separate stations and may get backed up; fix by keeping a separation of two stations between each member.

**Muscular Endurance**

There are dozens of variations on the muscular endurance workout. If you are alternating pushing, pulling, legs, and core, you are meeting the intent.

SAW STANDARD

- Single-leg Squat (2 sets, 15 reps each leg; adjust depth as needed)
- Pull-Ups/Ropes Tng (2 sets of 12 reps; partner or elastic band assistance as needed)
- Core (Supine Bicycle and/or Supine Twist (1 set, 1 minute)
- Single-leg Stiff-leg Deadlift (1 set, 15 reps each leg; adjust range-of-motion as needed)
- Nordic Hamstring (Kneeling w/partner hold at ankle; use pads at knees as needed; 1 set of 15 reps)
- Push-ups (1 Ranger pushing, 1 spotting; perform 3 sets at 60, 40, and 30 seconds each)
- Hanging Crunches (2 sets of 12 reps; partner assistance as needed)
- Star Lunge Series (2 sets of 5 reps each direction – see execution note below)
- Pull-ups/Push-ups (1 set each, max good reps with only transitional rest in between)
- Core (Planks, Side-planks)

SAW KETTLEBELL AND MEDBALL UPPER BODY

**Conditions:**

1. Squad-Size Element
2. 4 X Kettlebells, 40-50#
3. 3 x Medicine Balls, 20#
4. 2 x 20' Climbing Rope
5. 2 x Pull-up Bar
6. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest (sec)
Kettle Bell Clean and Press	40-50lbs	8-10	3	60
Kettle Bell Lunge	40-50lbs	10-12	3	60
Pullup (no kip)		unassisted until failure of form	3	60
Overhead Medicine Ball Toss	20lbs	12	3	60
Rotational Medicine Ball Toss Left	20lbs	12	3	30
Rotational Medicine Ball Toss Right	20lbs	12	3	30
Arms only rope climb	N/A	1 or until 75% failure to avoid fall	1	60
Rope climb with foot over foot lock	N/A	1 or until 75% failure	3	60
Heel Clap	N/A	8 or until failure of form	3	60
Ankles to Bar	N/A	8 or until failure of form	3	60

**AAR Comments:**

**Improves**-Rotate kettle ball exercises in between ropes/bars to retain grip.

**SAW BATTLE-FOCUSED LOWER BODY**

**Conditions:**

1. Squad-Size Element (using a Hill)
2. 1 x 60# Ruck Per Soldier
3. 2 x Kettlebells, 25-40#
4. 1 x Skedco
5. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest (sec)
Ruck descent and climb a hill	60lbs	1	1	60
Standing figure eight kettlebell	25-45#	10 clockwise, 10 counter	1	60
Two arm tricep extension	25-45#	6-8	3	60
Ruck descent and climb a hill	60lbs	1	3	60
Two arm bending row	Leader dictated	6-8	3	60
Double Crunch	N/A	until failure of form	3	60
Ruck descent and climb a hill	60l#	1	1	60
Skedco pull up a hill	150l#	1	1	60

**Notes:** This event is intended to be completed by a squad-size element in ACU's, with 60-lb. rucks. Utilize soldiers' rucks for weight on the Skedco litter. Soldiers will rest while waiting for kettlebells; soldiers will complete all other exercises simultaneously.

**SAW BATTLE-FOCUSED UPPER BODY**

**Conditions:**

1. Squad-Size Element with ACU's
2. 1 x IBA Per Soldier
3. 4 x 20' Climbing Rope
4. 2 x Pull-Up Bars

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
IBA pullups	IBA	6-8	3	60
Tire flips with IBA	IBA	1 length of sandpit	3	60
IBA rope climb	IBA	1	2	60
IBA partner drag	IBA + partner	1x25m	2	60
IBA Star Lunge Series	IBA	2 revolutions	1	60
Ankles to bar	N/A	6-8	3	30
Heel Clap	N/A	6-8	3	30
Hanging leg raises	N/A	6-8	3	30
Rest 5 minutes then repeat				

**Notes:** Soldiers should be staggered through exercises in order to prevent backlogs at various stations. This workout is intended to be completed by a squad-size element in ACU's.

SAW KETTLEBELL SPECIAL

**Conditions:**

1. Squad-Size Element in Fitness Center
2. 7 x Kettlebells, 25-45#
3. 1 x rope for rope swings

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Kettle bell core rotations	25-35#	10-12	3	30
Kettle Bell Lunge	35-45#	10	3	30
Partner situp with kettle bell exchange	20#	10-12	3	30
Kettle Bell Clean and Press	45#	8-10	3	30
Rope swings	Rope	45 seconds	3	30
Kettle Bell Squat	25-35#	8-10	3	30
Kettle Bell around the world	25-35#	8 clockwise, 8 counter	3	30
Turkish Get-Ups	25-35#	8-10	3	30

**Notes:** Conduct 3 sets of each exercise in consecutive order. Squad/Section members will have to start on separate stations and may run into backlogs at certain stations; this can be fixed by keeping a separation of two stations between each member.

## ENDURANCE MENU

Endurance workouts should be scheduled with 3 workouts for every 7-10 day period. Progress time/distance/interval reps by no more than 10% per week. Don't run hard and/or long on consecutive days. During recovery weeks (generally one for every 4 or 5 weeks of hard training), replace intervals, long runs, and foot marches with pool workouts and cardio machines.

### Intervals

Intervals must be run as close to the prescribed "effort" as possible. The bottom line is to 1) finish the prescribed number of intervals, 2) maintain good running form throughout, 3) have essentially the same time for each interval, and 4) feel that you've challenged yourself.

#### 30/30s

30 seconds running at 80-90% max effort, 30 seconds walking. Perform 10 reps, take a 4-5 minute walking break, then repeat 10 more reps.

#### TIME INTERVALS

Determine the time duration of the intervals you want to run and use the chart below to determine the adequate number of intervals and rest for your workout:

<b>Time</b>	<b>Effort</b>	<b># of Intervals</b>	<b>Rest Between Intervals</b>
0:45	90%	15-20	1.5-2 min
1:30	80%	6-12	1.5-3 min
3:00	2-mi pace	3-6	2-3 min

#### DISTANCE/TRACK INTERVALS

Determine the distance of the intervals you want to run and use the chart below to determine the adequate number of intervals and rest for your workout:

<b>Distance</b>	<b>Effort</b>	<b># of Intervals</b>	<b>Rest Between Intervals</b>
200	90%	15-20	1.5-2 min
400	80%	6-12	1.5-3 min
800	2-mi pace	3-6	2-3 min

#### FARTLEK RUN

"Last one up" drills for no more than 30 min. If in a smaller group, you can run for a set time or distance (30 seconds or about 200m) between slow jogs of about twice the time (1 min or about 300 m).

SAW “CAVENA” (FARTLEK)

**Conditions:**

1. Squad-size element
2. 5-Mile Road Course
3. GPS for Pacing
4. 2 x Pull-Up Bar

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Mile One	N/A	9:00/mile	1	N/A
Mile Two	N/A	7:00/mile	1	N/A
Mile Three	N/A	9:00/mile	1	N/A
Mile Four	N/A	7:00/mile	1	N/A
Mile Five	N/A	9:00/mile	1	N/A
Rest Three Minutes				
Pull-Ups	N/A	10 Reps	1	30 seconds
Pull-Ups	N/A	8 Reps	1	30 Seconds
Pull-Ups	N/A	6 Reps	1	30 Seconds
Pull-Ups	N/A	6 Reps	1	30 Seconds
Pull-Ups	N/A	8 Reps	1	30 Seconds
Pull-Ups	N/A	10 Reps	1	30 Seconds

**Notes:** This workout is intended to be completed as a five-mile run on a road course, with the pace set for each one-mile zone as described above.

SAW “REBECCA”

**Conditions:**

1. Platoon-or Squad-size element
2. ¼-Mile Track
3. 1 x Stop Watch

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Sprint 200 Meters	N/A	50 seconds or less	15	1.5 minutes
Rest Three Minutes				
Front Plank	N/A	One minute	1	30 seconds
Side Plank	N/A	One Minute each side	1	30 Seconds
Prone Row	N/A	One Minute	1	30 Seconds
Supine Bicycle	N/A	One Minute	1	30 Seconds
Flutter Kicks	N/A	One Minute	1	30 Seconds

SAW “LILLY”

**Conditions:**

1. Squad-or Platoon-size element
2. 1x stopwatch
3. ¼-Mile Track

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Sprint	N/A	400 Meters	8	Walk 200 Meters
Sprint	N/A	200 Meters	6	Walk 100 Meters
Sprint	N/A	100 Meters	4	Walk 100 Meters
2 minutes rest				
Forward Plank	N/A	1 Minute	1	15 Seconds
Left Side Plank	N/A	1 Minute	1	15 Seconds
Right Side Plank	N/A	1 Minute	1	10 Seconds
1 minute rest, then repeat at 45 seconds for 2 <sup>nd</sup> iteration and 30 seconds for 3 <sup>rd</sup>				

**AAR Comments:**

**Sustains-** The repetitions of the sprints

**Improves-** Add +2 sets for each exercise if individual is capable (requires Leader (NCO) trust and interpretation of his soldiers).

SAW “MEREDITH” (HILLS)

**Conditions:**

1. Platoon-or Squad-size element
2. Duck Hill

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run a Hill down & back	N/A	90% effort	8	1 Minute
2 minutes rest, then move back to D-Quad at 9:00/mile pace				
Sit-Ups	N/A	Max in one minute	1	None
Push-Ups	N/A	Max in one minute	1	None
Squats	N/A	Max in one minute	1	None
Rest one minute then repeat for 45 seconds in 2 <sup>nd</sup> iteration and 30 seconds in 3 <sup>rd</sup>				

SAW “GINA”

**Conditions:**

1. Platoon-or Squad-size element
2. ¼-Mile Track
3. 1 x Stop Watch

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Run 800 Meters	N/A	2-Mile Run Pace	4	3 minutes
Rest Three Minutes				
Sit-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps
Push-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps

SAW “MELISSA” (30/30)

**Conditions:**

1. Platoon-or Squad-size element
2. 1 x Stop Watch
3. Whistle to signal 30-second time splits
4. 4 X 20’ Climbing Ropes

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Sprint at maximum effort	N/A	30 seconds	10	Walk 30 Seconds
Walk 4-5 minutes for rest/recovery				
Sprint at maximum effort	N/A	30 seconds	10	Walk 30 Seconds
Walk 4-5 minutes for rest/recovery				
Hanging Leg Raises	N/A	25 Repetitions	4	30 Seconds
2 Minutes Rest				
Rope Climb Relays	N/A	20’ Climbing Rope	3	1 Minute

**Notes:** Utilize roadways within D-Quad for sprints. Complete relays in teams of 3-4 soldiers each. Losing teams complete 50 pushups before next iteration of the relay; complete three total relays, with each soldier climbing once per relay.

**Distance**

Remember, training anaerobically (strength) will improve aerobic (cardio) capacity. However, the reverse is not true. For this reason, it is a mistake to train only the aerobic system when missions require full-spectrum endurance.

SUSTAINED PACE RUN

- Start with 30 minutes and increase 3-4 min per week
- Do not exceed 60 minutes

TEMPO RUN

- Jog for 5 minutes
- Run at 90% effort for 20 minutes
- Finish hard like a race

TERRAIN RUN

- Consider the risk for injury
- Try to stay on smooth trails; otherwise, wear boots and shorten the distance
- Stay around 30 minutes

AEROBIC SWIMMING

- Slow, steady pace for 20-40 minutes

SAW “SARAH” (TEMPO RUN)

**Conditions:**

1. Platoon-size element, divided into ability groups (see notes below)
2. 3-Mile Road Course, starting and ending at the same location
3. 4 x Medicine Balls 12-20#

**Exercises:**

Exercise	Weight	Distance/Time	Sets	Rest Phase
Road Run 85% of 2-Mile Pace	N/A	4 Miles	1	N/A
2 minutes rest				
Sit-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps
Push-Ups, 30 Repetitions	N/A	1 Minute	6	Remainder of minute following completion of 30 reps

**Notes:** Split soldiers into ability groups according to most recent 2-mile APFT Run times. Group soldiers as follows: A) 13:00 and below, B) 13:01-13:45, C) 13:46-14:30, D) 14:31-15:30, E) 15:31+

## CORE MENU

Core drills should be performed 2-3 times per week. Emphasis is on mastering the correct positions and movements. Sloppy execution likely does more harm than good.

### 360-CORE

This drill is performed on the ground, alternating between exercises that work the front, back, and sides of the core. Minimize or eliminate rest between exercises by moving directly to the next position, keeping the core muscles engaged throughout.

- Plank 30 seconds (Progress to 3-point then 2-point diagonal support)
- 2 complete Pushups with Left and Right Walking Arcs
- 10 4-count Supine Bicycle
- 10 Double Crunch
- Side-Bridge 30 seconds (Progress to alternating single leg support)
- Supine Bridge 30 seconds (left leg support)
- Supine Bridge 30 seconds (right leg support)
- Reverse Plank 30 seconds (Progress to 3-point support)
- 10 Prone Row (Slow, steady pace for 20-40 minutes)

### ELASTIC BAND DRILL

Soldiers each have an elastic band around their waist and a pole or anchor. Perform reps of each exercise for 1 minute. Maintain the end position (most tension in the band) for 3-5 seconds. Always maintain body control. For most drills, this means maintaining the power stance.

- Side-Step Squat Left/Right
- Backward Walk to Squat
- Walking Lunge Away from Circle
- Bear Walk
- Backward Walk with Side-Step (½ circle in each direction)
- Lateral Lunge and Twist L/R (Using Arms)
- Backward Walk to Squat and Row (Using arms, first set straight row, second set hand over hand)

MEDBALL DRILL

A solid wall is needed for this drill. Perform the drill in groups of two or three, 30 seconds work and 30 seconds rest. Perform Short-Range drills in order at max intensity (2 sets) before the Medium-Range drills. For the Partnered Medium-Range drills, the intensity should be reduced and each exercise maintained for 1 minute. Rest briefly (about 10 seconds) before the next exercise in the drill.

**Short-Range (against wall, 2 sets):**

- Chest Toss
- Overhead Toss
- Overhead Toss Staggered-Stance Left
- Overhead Toss Staggered-Stance Right
- Rotation Toss Left
- Rotation Toss Right

**Medium-Range (against wall, 1 set):**

- Chest Toss
- Rotational Toss Left
- Rotational Toss Right

**Partner, Medium-Range (1 min each):**

- Underhand Toss
- Rotational Toss L
- Rotation Toss R

**SAW KETTLEBELL AND MED BALL CORE, BACK, AND ARMS**

**Conditions:**

1. Squad-Size Element
2. 6 x Kettlebells, 25-40#
3. 2 x Medicine Balls, 20#
4. 2 x Pull-up Bar
5. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest (sec)
laying medicine ball catch obliques	12-20#	10 each side	3	30
Kettle Bell Lunge	25-40#	10	3	30
Kettle Bell high pull	25-40#	8-10	3	30
Overhead Medicine Ball Toss	12-20l#	10	3	30
Standing figure eight with kettle bell	25-40#	10 clockwise, 10 counter	3	30
Swing and raise	25-40#	8-10	3	30
kettle bell around the world	25-40#	10 clockwise, 10 counter	3	30
Renegade row with kettlebells	25-40#	6-8 each arm	3	30
Pullups	N/A	8-10	3	30

SAW AGILITY/CORE #1

**Conditions:**

1. Squad-size element
2. 1 x Agility Ladders
3. 1 x Cone Set
4. 1 x Stop Watch

**Exercises:**

Exercise	Sets	Rest Phase
Sprint/High Knees	3	20 seconds
Two Step/High Knees	3	20 seconds
Three Step	3	20 seconds
Four Step	3	20 seconds
Hop	3	20 seconds
Hop Scotch	3	20 seconds
Lateral 4-step	3	20 seconds
Lateral Hop	3	20 seconds
2 minutes' rest before 360 core series		
1-Minute Plank Drills	3 each side	1 minute
1-Minute Supine Bicycle	2	1 minute
1-Minute Arc Pushups	2	1 Minute
1-Minute Double Crunch	2	1 Minute
1-Minute Prone Row	2	1 Minute

**Notes:** Set up cones in T-Shape 5 meters apart following the agility ladder. After each run through the ladder, complete on T-Drill before returning to the start. Complete three sets of each drill before moving on to the next.

**Improves-** Add more stations. Add weapon/rubber duck.

SAW AGILITY/CORE #2

**Conditions:**

1. Squad-size element
2. 1 x Cone Set
3. 1 x Stop Watch

**Exercises:**

Exercise	Sets	Rest Phase
Pro Shuttle	5	20 seconds
Illinois Agility	5	20 seconds
Oklahoma Drill	5	20 seconds
Forward Shuffle	5	20 seconds
Lateral Shuffle	5	20 seconds
Box/Rectangle Drill	5	20 seconds
2 minutes' rest before 360 core series		
1-Minute Plank Drills	3 each side	1 minute
1-Minute Supine Bicycle	2	1 minute
1-Minute Arc Pushups	2	1 Minute
1-Minute Double Crunch	2	1 Minute
1-Minute Prone Row	2	1 Minute

**Notes:** Soldiers will complete 5 iterations of each drill with minimal rest before cones are reset for the next drill. Allow no more than 1 minute between sets for cone reset.

SAW MOVEMENT/CORE #3

**Conditions:**

1. Squad-size element
2. 1 x 50-meter sprint course

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Verticals to Sprint	N/A	50 Meters	5	20 Seconds
Forward Fall to Sprint	N/A	50 Meters	5	20 Seconds
Mountain Climber to Sprint	N/A	50 Meters	5	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	5	20 Seconds
Rest 5 minutes before beginning 360 core series				
Plank Drills	N/A	1 minute each side	3 each side	1 minute
Supine Bicycle	N/A	Max 1 minute	2	1 minute
Arc Pushups	N/A	Max 1 Minute	2	1 Minute
Double Crunch	N/A	Max 1 Minute	2	1 Minute
Prone Row	N/A	Max 1 Minute	2	1 Minute

**Notes:** Soldiers will complete 5 iterations of each sprint drill. Each sprint will be completed down-and-back on a 50-meter course unless otherwise noted.

SAW MOVEMENT/CORE #4**Conditions:**

1. Squad-Size Element
2. 2 x Agility Ladders
3. 1 x Stopwatch
4. 3-Mile Road Course, starting and ending in D-Quad

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Two Step Ladder	N/A	2	2	20 Seconds
Three Step Ladder	N/A	2	2	20 Seconds
Four Step Ladder	N/A	2	2	20 Seconds
Hop Scotch Ladder	N/A	2	2	20 Seconds
Rest 2 minutes then repeat for two full iterations				
Plank Drills	N/A	Max 30 Seconds	1 each side	30 Seconds
Supine Bicycle	N/A	Max 30 Seconds	1	30 Seconds
Arc Pushups	N/A	Max 30 Seconds	1	30 Seconds
Double Crunch	N/A	Max 30 Seconds	1	30 Seconds
Prone Row	N/A	Max 30 Seconds	1	30 Seconds
Rest 2 minutes then repeat for two full iterations				
Run three miles	N/A	8:00/mile pace	1	N/A

**Notes:** Set up with two ladders in a row, with each counting as one repetition. Soldiers will run through the two-ladder set twice before moving on to the next drill. Soldiers will complete the 360-core series with a partner, working 30 seconds on, then 30 seconds off with one partner working and one resting.

SAW MOVEMENT/CORE #5**Conditions:**

1. Squad-Size Element
2. 2 x Agility Ladders
3. 1 x Stopwatch
4. 1 x Cone Set

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Sprint/High Knees Ladder	N/A	2	2	15 Seconds
Two Step/High Knees Ladder	N/A	2	2	15 Seconds
Four Step Ladder	N/A	2	2	15 Seconds
Rest One Minute before transitioning to Cone Drills				
Oklahoma Drill	N/A	4	1	30 Seconds
Rest One Minute before transitioning to Sprint Drills				
Partner Breakaways	N/A	6	1	45 Seconds
Rest One Minute before transitioning to 360 Core Drills				
Plank Drills	N/A	Max 30 Seconds	1 each side	30 Seconds
Supine Bicycle	N/A	Max 30 Seconds	1	30 Seconds
Arc Pushups	N/A	Max 30 Seconds	1	30 Seconds
Double Crunch	N/A	Max 30 Seconds	1	30 Seconds
Prone Row	N/A	Max 30 Seconds	1	30 Seconds
Rest One Minute then Repeat for Two Full Iterations				

**Notes:** Set up ladders consecutively, with each ladder counting as one repetition. Complete both ladders twice for two sets before moving on the next drill. Soldiers will complete the 360 core series with a partner, working 30 seconds on, then 30 seconds off with one partner working and one resting.

**SAW AGILITY/MEDBALL #1****Conditions:**

1. Squad-size element
2. 2 x Agility Ladders
3. 1 x Agility Hurdle Set
4. 4 x medicine balls 12-20#

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Sprint/High Knees	N/A	2 Ladders	5	20 Seconds
Two Step/High Knees	N/A	2 Ladders	5	20 Seconds
Three Step	N/A	2 Ladders	5	20 Seconds
Four Step	N/A	2 Ladders	5	20 Seconds
Hop	N/A	2 Ladders	5	20 Seconds
Hop Scotch	N/A	2 Ladders	5	20 Seconds
Lateral 4-step	N/A	2 Ladders	5	20 Seconds
Lateral Hop	N/A	2 Ladders	5	20 Seconds
Rest 5 minutes before beginning MedBall series				
Chest Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Staggered Toss	12-20#	Max 1 Minute	3	30 Seconds
Partner Underhand Toss	12-20#	Max 1 Minute	3	30 Seconds
Rotation Toss	12-20#	Max 1 Minute	3	30 Seconds
Partner Rotation Toss	12-20#	Max 1 Minute	3	30 Seconds

**Notes:** Set up equipment as follows: 1 ladder, then hurdles set 1 meter apart, followed by the second ladder, with one cone set 5 meters after the last ladder. Soldiers will complete each exercise on both ladders, with the hurdles in between. For the hurdles, alternate between single-leg and two-leg hops.

SAW AGILITY/MEDBALL #2

**Conditions:**

1. Squad-size element
2. 1 x Cone Set
3. 4 x medicine balls 12-20#

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Pro Shuttle	N/A	N/A	5	20 Seconds
Illinois Agility	N/A	N/A	5	20 Seconds
Oklahoma Drill	N/A	N/A	5	20 Seconds
Forward Shuffle	N/A	N/A	5	20 Seconds
Lateral Shuffle	N/A	N/A	5	20 Seconds
Box/Rectangle Drill	N/A	N/A	5	20 Seconds
Rest 5 minutes before beginning MedBall series				
Partner Side Toss	12-20#	Max 1 Minute	3	30 Seconds
Partner Over and Under	12-20#	Max 1 Minute	3	30 Seconds
Partner Standing Side Pass	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Chest Pass	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Overhead Pass	12-20#	Max 1 Minute	3	30 Seconds
Side to Side Tap	12-20#	Max 1 Minute	3	30 Seconds

**Notes:** Soldiers will complete 5 iterations of each drill with minimal rest before cones are reset for the next drill. Allow no more than 1 minute between sets for cone reset.

SAW AGILITY/MEDBALL #3

**Conditions:**

1. Squad-size element
2. 1 x Cone Set
3. 4 x medicine balls 12-20#

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Verticals to Sprint	N/A	50 Meters	5	20 Seconds
Forward Fall to Sprint	N/A	50 Meters	5	20 Seconds
Mountain Climber to Sprint	N/A	50 Meters	5	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	5	20 Seconds
Rest 5 minutes before beginning MedBall series				
Chest Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Toss	12-20#	Max 1 Minute	3	30 Seconds
Overhead Staggered Toss	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Chest Pass	12-20#	Max 1 Minute	3	30 Seconds
Sit-Up and Overhead Pass	12-20#	Max 1 Minute	3	30 Seconds
Side to Side Tap	12-20#	Max 1 Minute	3	30 Seconds

**Notes:** Soldiers will complete 5 iterations of each sprint drill. Each sprint will be completed down-and-back on a 50-meter course unless otherwise noted.

SAW AGILITY/MEDBALL #4

**Conditions:**

1. Squad-Size Element
2. 1 x Cone Set
3. 4 x Medicine Balls, 12-20#
4. 1 x Stopwatch
5. 3-Mile Road Course, starting and ending in D-Quad

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Pro Shuttle Cone	N/A	1	4	30 Seconds
Rest 2 Minutes				
Illinois Agility Cone	N/A	1	4	30 Seconds
Rest 2 minutes then begin med ball series				
Chest Toss	12-20#	Max 30 Seconds	1	30 Seconds
Partner Rotational Toss	12-20#	Max 30 Seconds	1	30 Seconds
Partner Over & Under	12-20#	Max 30 Seconds	1	30 Seconds
Sit Up and Chest Toss	12-20#	Max 30 Seconds	1	30 Seconds
Rest 1 minutes then repeat for four full iterations				
Run three miles	N/A	8:00/mile pace	1	N/A

**Notes:** Soldiers will complete the medicine ball series with a partner, working 30 seconds on, then 30 seconds off with one partner working and one resting.

SAW AGILITY/MEDBALL #5

**Conditions:**

1. Squad-Size Element
2. 2 x Agility Ladders
3. 1 x Stopwatch
4. 1 x Cone Set

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Chest Toss	12-20#	Max in 45 Seconds	2	45 Seconds
Overhead Toss	12-20#	Max in 45 Seconds	2	45 Seconds
Rotation Toss	12-20#	Max in 45 Seconds	2	45 Seconds
Partner Side Toss	12-20#	Max in 45 Seconds	1	45 Seconds
Sit Up and Overhead Toss	12-20#	Max in 45 Seconds	1	45 Seconds
2 Minutes' Rest, then 30 Seconds on/30 off for 2 <sup>nd</sup> Iteration, 15 on/15 off for 3rd				
Illinois Agility Drill	N/A	4	1	1 Minute
Rest One Minute before transitioning to Sprint Drills				
Laterals to run	N/A	25 Meters each side	4	30 Seconds

## HYBRID MENU

Hybrid workouts involve risk when lifts/exercises for which soldiers are not technically proficient are chosen, or when soldiers allow form to get sloppy due to fatigue. Build volume over time. If you have not been training an exercise, don't do 50, high-speed reps the first session – that's a recipe for tendinitis or joint injury. 1) Don't let fatigue win...maintain form in the face of deep fatigue. Concentrate! 2) Definitely don't let fatigue win with a weight over your head. 3) Structure workouts so that more demanding/complex movements (example: Get Ups) are performed early in the workout...before deep fatigue.

### STAMINA DRILL

Run 8-10 minutes at an easy-moderate pace

<b>Round 1:</b>	1. Max reps push-ups, pull-ups, push-ups, chin-ups, push-ups, heel claps.	2. Lunge Drill: 2 sets of 20 reps on each leg (cycling forward, rear, diagonal, side, or transitional lunges)	3. Core Work: One to two minutes using a variety of core exercises (medball slams/wall tosses, 360-core, sit-ups).	4. 300-yard shuttle at a challenging pace (80% effort). Take a two-minute walking recovery (hydrate)
<b>Round 2:</b>	Max reps push-ups, pull-ups, push-ups, chin-ups.	Repeat Lunge Drill (15 reps each leg)	Repeat Core Work	Repeat 300-yard shuttle
<b>Round 3:</b>	Max reps push-ups, heel claps.	Repeat Lunge Drill (10 reps each leg)	Repeat Core Work	Repeat 300-yard shuttle

Run 8-10 minutes at an easy-moderate pace

### MEDBALL RELAYS

**One-Bounce MedBall Drill:** Perform this drill over a large, flat field of about 100-yard length. One Soldier performs a maximal medicine ball (3 or 4kg) throw (backward/overhead), then races forward past his partner to prepare to receive the partner's throw. The partner race ahead to catch the ball on one bounce, then performs the throw. One partner must catch the MedBall past the 100-yard line and both partners must run to the line. After one catch past the 100-yard line, immediately return in the opposite direction. Attempt to catch the ball from the power stance – do not let momentum from running carry you more than one step past the point where the ball is caught. If the ball is dropped or takes more than one bounce, both partners are penalized (Leader discretion – 10 seconds added at end or 10 pushups where the ball was dropped).

**Suicide Relays:** Carry the MedBall while performing suicides over 5, 10, and 20 yards (same course as Partner Shuttle Drill). Touch the MedBall to each line. End the 20-yard segment by running through the Start/Finish line, while handing the ball to the partner. Perform 5 reps, then rest 3-5 minutes and repeat.

### PARTNER SHUTTLE

One partner runs the shuttle course (down and back over 10, 20, and 30-meter segments) while the other performs calisthenics (PU, SU, supine bicycle, pull-ups, etc.) from the muscular endurance session. If fatigue precludes good form, discontinue calisthenics and begin walking for recovery between shuttle runs. This activity is meant to be performed at high level of intensity. Length of the session is variable based on fitness and the other PT events preceding or following. Generally we start with 6-8 minutes and progress over the phases to longer sessions and/or the addition of kit.

### “NOT A RECOVERY DAY” (aka NARD)

#### **Get-Ups**

One set of 8-12 reps with each arm. Choose a weight that you can control. Alternate sides or perform left and right side sets separately. The kettle-bell is the preferred implement, but dumbbells can work also. Go straight to the next station.

#### **Ground Base Combo Twist**

Three timed sets each side (30s, 25s, 20s). Take no rest between sides and minimal time between sets. Load a weight that allows you to maintain speed of movement. Take a short break before moving the next station.

#### **Kettle-Bell Swings**

Three sets of 15 reps, choosing the weight accordingly. Rest no more than 30s between sets. Take a short water break as you transition to the next station.

#### **MedBall Throws**

Rotational throws are preferred, either with the bouncing MedBall against a wall or the Dynamax balls with a partner. Perform three, 1-minute sets (switching sides at the 30s mark), with no more than a 30s rest between sets. Take a short break before moving the next station.

#### **Air Squat/Push-ups/Pull-ups**

Start the clock; perform 15 air squats, 10 push-ups, 5 pull-ups for speed. Rest until the clock strikes 1minute. Continue for 15 minutes. Take a short water break as you transition to the next station.

#### **Anaerobic Big Finish**

Row, bike, or sprint for up to three minutes. Consider racing on the rower for 500 meters or track/street for ½ mile.

“HINE’S HELL”

30 seconds sled push or sled drag  
30 Seconds Isometric Squat Hold  
30 Seconds Burpees  
30 Seconds Rest  
30 seconds Renegade Rows (~30lb KB)  
30 seconds Push-ups on kettle bells  
30 seconds mountain climbers on kettle bells  
30 Seconds Rest  
30 seconds Pull-Ups  
30 seconds Isometric Holds at the Top of the Pull-Up bar.  
30 seconds hanging leg raises  
30 Seconds Rest  
30 Seconds Kettle bell Cleans (~30lb KB)  
30 Seconds Kettle bell Push-Presses (~30lb KB)  
30 Seconds Air Squats  
30 Seconds Rest  
Then immediately start over at Bag Push. Complete 3 rounds.

“RNUT SPECIAL”

The entire group completes 15 air squats, 10 push-ups, and 5 pull-ups as quickly as possible in a 1 minute timeframe. This usually takes 30-40 seconds. The remainder of the 1 minute will be rest and movement to the next station.

Then each Soldier will go to one of 4 stations

- 1) Tire Flips for 20m
- 2) Lateral jumps over orange cone or log
- 3) Med Ball Slams-20lb ball
- 4) Burpees

Persons at station 2, 3, 4 go as long as it takes the person doing tire flips to flip tire 20m.

Then repeat the 15 air squats, 10 push-up, and 5 pull-ups. Then rotate to the next station of the 4 stations listed about.

Continue for 10 rounds.

SAW “PRIVATE CRUSHER”

**Conditions:**

1. Squad-Size Element
2. Kettle bells, grassy area
3. 1 x Stop Watch

Exercises:

Exercise	Weight	Repetitions	Sets	Rest Phase (s)
Broad Jump Burpees	Body Weight	Down/back	3	120
Body Weight Squats	Body Weight	50	3	120
Tire Flip	Tire	Down/Back	3	120
Chain Drag	Chain	Down/Back	3	120
Throughs	20-35#	10	3	120
Kettle bell swings	20-35#	10	3	120
Suicides	Body Weight	Dwn/Bck/Dwn/Bck	3	120

SAW BEGINNERS TABATA

**Conditions:**

1. Squad-size element
2. 1x stopwatch
3. 2x pull-up bars
4. 2x “coffee-can” bars.

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Squats	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Nordic Hamstrings	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Sit Ups	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Heel Claps	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Push Ups	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Coffee Can Curls	Coffee Can Bar	Max in 20 Seconds	8	10 Seconds
5 minute rest				
300-yard shuttle run	N/A	Out, Back, and Out	4	60 seconds

**Notes:** Each Tabata “Set” is a four-minute cycle, consisting of eight cycles of twenty seconds’ work followed by twenty seconds rest. Soldiers are to complete as many reps in the twenty seconds as good form will allow. Modify exercises to minimize strain on connective tissues as form breaks down (i.e., push-ups on knees).

**AAR Comments:**

**Sustains-** Good overload, Movement prep amending IOT cater to workout, Bring a 3x5 cheat sheet, AAR

**Improves-** Keeping set # accountability, Bring water, Recon pull-up bars, Take out Nordic hamstrings.

**SAW INTERMEDIATE TABATA****Conditions:**

1. Squad-size element
2. 1x stopwatch
3. 4x kettlebells, 25-40#
4. 2x “coffee-can” bars
5. 2x Medicine Balls, 12-20#

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Squat-Thrust	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Kettlebell Walking Lunge	35-40#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Supine Bicycle	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Medball Sit Ups	12-20#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Coffee-Can Military Press	1 Bar	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Kettlebell Rows	20-35#	Max in 20 Seconds	8	10 Seconds
5 minute rest				
Verticals to Sprint	N/A	25 Meters	1	20 Seconds
Forward Fall to Sprint	N/A	25 Meters	1	20 Seconds
Mountain Climber to Sprint	N/A	25 Meters	1	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	1	20 Seconds
1 minute rest then repeat for total 5 iterations				

**Notes:** Each Tabata “Set” is a four-minute cycle, consisting of eight cycles of twenty seconds’ work followed by twenty seconds rest. Soldiers are to complete as many reps in the twenty seconds as good form will allow. Modify exercises to minimize strain on connective tissues as form breaks down (i.e., push-ups on knees).

SAW ADVANCED TABATA**Conditions:**

1. Squad-size element
2. 1x stopwatch
3. 4x kettlebells, 20-45#
4. 2x Medicine Balls, 12-20#

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Wall-Ball shots	12-20#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Star Lunge Series	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Medball V-Ups	12-20#	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Hanging Leg Raise	N/A	Max in 20 Seconds	8	10 Seconds
1 minute rest				
IBA Push-Ups	IBA no side plates	Max in 20 Seconds	8	10 Seconds
1 minute rest				
Kettlebell Rows	20-35#	Max in 20 Seconds	8	10 Seconds
5 minute rest				
Box Drills	N/A	10 Meters	1	20 Seconds
T-Drills	N/A	10 Meters	1	20 Seconds
Lateral Shuffle	N/A	3 Meters Staggered	1	20 Seconds
1 minute rest then repeat for total 4 iterations				

**Notes:** Each Tabata “Set” is a four-minute cycle, consisting of eight cycles of twenty seconds’ work followed by twenty seconds rest. Soldiers are to complete as many reps in the twenty seconds as good form will allow. Modify exercises to minimize strain on connective tissues as form breaks down (i.e., push-ups on knees. **This workout will incorporate advanced exercise techniques and equipment. Since the goal is to conduct the workout at a pace that keeps heart rates elevated, do not attempt until soldiers have mastered the exercises outlined below.**

**SAW CIRCUIT #1****Conditions:**

1. Squad-size element
2. 1 x stopwatch
3. 2 x LMTV Tires
4. 2 x Medicine Balls, 12-20#
5. 2 x 20' Climbing Ropes
6. 2 x "Coffee-Can" Bars
7. 2 x Plyo-Jump Boxes

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Plyo-Jumps	N/A	Max in round time	1	15 Seconds
Nordic Hamstrings	N/A	Max in round time	1	15 Seconds
Medball Core Series	12-20#	Max in round time	1	15 Seconds
Frog Kicks	N/A	Max in round time	1	15 Seconds
Coffee-Can Overhead Press	1 Bar	Max in round time	1	15 Seconds
Pull-Ups	N/A	Max in round time	1	15 Seconds
Tire Flips	LMTV Tire	Max in round time	1	15 Seconds
Rope Climb	N/A	Max in round time	1	15 Seconds
1 minute rest then Repeat for 3 iterations (round 1: 60 sec, 2: 45 sec., 3: 30 sec)				
Sprint	N/A	800 Meters	1	1 Minute
Sprint	N/A	400 Meters	1	1 Minute
Sprint	N/A	200 Meters	1	1 Minute

**Notes:** The intent with all hybrid workouts is to keep the heart rate elevated throughout. Allow minimal rest between circuits, completing 3 full rounds of the circuit. Round one is 60 seconds' work, round two is 45 seconds' work, and round three is 45 seconds. Utilize weights appropriate to soldiers' individual experience and fitness levels. Do not train to muscle failure; modify exercises when form breaks down to avoid placing stress on connective tissues.

**SAW CIRCUIT #2**

**Conditions:**

1. Squad-size element
2. 1 x stopwatch
3. 4 x Medicine Balls, 12-20#
4. 2 x 20' Climbing Ropes **or** Pull-Up Bars
5. 2 x Kettlebells, 25-35#

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Mountain Climbers	N/A	Max in round time	1	15 Seconds
Star Lunge Series	N/A	Max in round time	1	15 Seconds
Hanging Leg Raises	N/A	Max in round time	1	15 Seconds
Medball Core Series	12-20#	Max in round time	1	15 Seconds
Skedco Drag (25 Meters)	150#	Max in round time	1	15 Seconds
Close-Hand Pushups	N/A	Max in round time	1	15 Seconds
Medball Slams	12-20#	Max in round time	1	15 Seconds
Turkish Get-Ups	25-35#	Max in round time	1	15 Seconds
1 minute rest then Repeat for 3 iterations (round 1: 60 sec, 2: 45 sec., 3: 30 sec)				
Box Drills	N/A	10 Meters	1	20 Seconds
T-Drills	N/A	10 Meters	1	20 Seconds
Lateral Shuffle	N/A	3 Meters Staggered	1	20 Seconds
1 minute rest then repeat for total 4 iterations				

**Notes:** The intent with all hybrid workouts is to keep the heart rate elevated throughout. Allow minimal rest between circuits, completing 3 full rounds of the circuit. Round one is 60 seconds' work, round two is 45 seconds' work, and round three is 45 seconds. Utilize weights appropriate to soldiers' individual experience and fitness levels. Do not train to muscle failure; modify exercises when form breaks down to avoid placing stress on connective tissues.

**SAW BATTLE-FOCUSED #1**

**Conditions:**

1. Squad-size element in ACU's and IBA's
2. 1 x Litter per each 4 soldiers
3. 1 x Skedco per each 4 soldiers
4. 150# weight per each Litter/Skedco Set
5. 1 x 5-gallon water jug per soldier (full)
6. 2 x 20' Climbing Ropes
7. 1 x Cone Set
8. 1 x 1-Mile run course starting and ending at D-Quad
9. 1 x 50 Meter Course in D-Quad

**Exercises:**

Exercise	Weight	Distance/Pace	Sets	Rest Phase
1-Mile Run	IBA	8:30-9:00/mile pace	1	None
Litter Carry	150#	1 Lap Around Quad	1	None
Skedco Drag	150#	100 Meters	1	None
Buddy Carry	Buddy's Weight	100 Meters	1	None
Low Crawl	IBA	50 Meters	1	None
High Crawl	IBA	50 Meters	1	None
Buddy Rush	IBA	100 Meters	1	None
Water Can Carry	1 5-Gallon Can	1 Lap Around Quad	1	None
Rope Climb	IBA	20' Rope	1	None
Illinois Agility Test	IBA	N/A	1	None
1-Mile Run	IBA	8:30-9:00/mile pace	1	None

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. These workouts are intended to be completed in ACU's, IBA's (side plates may be added at leaders' discretion and depending on individual soldier fitness).

**SAW BATTLE-FOCUSED #2**

**Conditions:**

1. Squad-size element in ACU's and IBA's
2. O-Course
3. 2 x 20' Climbing Ropes
4. 1 x Cone Set
5. 1 x 50 Meter Course

**Exercises:**

Exercise	Weight	Distance/Pace	Sets	Rest Phase
Run to O-Course	IBA	8:30-9:00/mile pace	1	None
O-Course	IBA	15:00	2	5 Minutes
Run to	IBA	8:30-9:00/mile pace	1	None
Rope Climb	IBA	20' Climbing Rope	2	1 Minute
Tire Flips	LMTV Tires	Sand Pit down & back	1	None
Buddy Carries	Buddy's Weight	50 Meters	3	30 Seconds
2 Minutes' Rest				
Verticals to Sprint	N/A	25 Meters	1	20 Seconds
Forward Fall to Sprint	N/A	25 Meters	1	20 Seconds
Mountain Climber to Sprint	N/A	25 Meters	1	20 Seconds
Athletic Stance to Lat. Sprint	N/A	10 Meters ea. Side	1	20 Seconds
1 Minutes' Rest Then Repeat for 3 Iterations				

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. These workouts are intended to be completed in ACU's, IBA's (side plates may be added at leaders' discretion and depending on individual soldier fitness).

**SAW STAMINA #1****Conditions:**

- |                       |                         |
|-----------------------|-------------------------|
| 1. Squad-size element | 4. 1 x Cone Set         |
| 2. 1 x Stopwatch      | 5. 1 x 100 Meter Course |
| 3. 2 x LMTV Tires     | 6. 2 x Pull-Up Bars     |

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Run one mile start & end same point	N/A	7:30-8:00/mile pace	1	None
Push-Ups	N/A	Max to form failure	2	None
Pull-Ups	N/A	Max to form failure	2	None
Heel Claps	N/A	Max to form failure	2	None
Tire Flips	LMTV Tire	Sand Pit down & back	2	None
Rocky Twist	N/A	Max in one minute	1	None
Sit-Ups	N/A	Max in one minute	1	None
Shuttle Run	N/A	300 meters	2	2 Minutes
Rest one minute				
Push-Ups	N/A	Max to form failure	2	None
Pull-Ups	N/A	Max to form failure	2	None
Heel Claps	N/A	Max to form failure	2	None
Tire Flips	LMTV Tire	Sand Pit down & back	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Shuttle Run	N/A	300 meters	1	2 Minutes
Rest one minute				
Push-Ups	N/A	Max to form failure	1	None
Pull-Ups	N/A	Max to form failure	1	None
Heel Claps	N/A	Max to form failure	1	None
Tire Flips	LMTV Tire	Sand Pit down & back	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Run one mile start & end at D-Quad	N/A	7:30-8:00/mile pace	1	None

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. The run should be completed as a release run, with soldiers beginning the exercise series immediately upon returning to start point. Set the stop watch up at the sit-up/ Rocky Twist station on continuous, so that soldiers will be able to time themselves as they arrive at that station, as well as timing rest periods.

**SAW STAMINA #2**

**Conditions:**

- |                            |                            |
|----------------------------|----------------------------|
| 1. Squad-size element      | 4. 1 x Cone Set            |
| 2. 1 x Stopwatch           | 5. 1 x 100 Meter Course    |
| 3. 2 x Kettlebells, 25-35# | 6. 2 x Medicine Balls, 12# |

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Run one mile start & end same point	N/A	7:30-8:00/mile pace	1	None
Plyometric Push-Ups	N/A	Max to form failure	2	None
Kettlebell Rows	25-35#	Max to form failure	2	None
Frog Kicks	N/A	Max to form failure	2	None
Wall-Ball Shots	12#	Max to form failure	2	None
Rocky Twist	N/A	Max in one minute	1	None
Sit-Ups	N/A	Max in one minute	1	None
Shuttle Run	N/A	300 meters	2	2 Minutes
Rest one minute				
Plyometric Push-Ups	N/A	Max to form failure	2	None
Kettlebell Rows	25-35#	Max to form failure	2	None
Frog Kicks	N/A	Max to form failure	2	None
Wall-Ball Shots	12#	Max to form failure	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Shuttle Run	N/A	300 meters	1	2 Minutes
Rest one minute				
Plyometric Push-Ups	N/A	Max to form failure	1	None
Kettlebell Rows	25-35#	Max to form failure	1	None
Frog Kicks	N/A	Max to form failure	1	None
Wall-Ball Shots	12#	Max to form failure	1	None
Rocky Twist	N/A	Max in 45 seconds	1	None
Sit-Ups	N/A	Max in 45 seconds	1	None
Run 1xmile start & end same spot	N/A	7:30-8:00/mile pace	1	None

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training. The run should be completed as a release run, with soldiers beginning the exercise series immediately upon returning to same spot. Set the stop watch up at the sit-up/ Rocky Twist station on continuous, so that soldiers will be able to time themselves as they arrive at that station, as well as timing rest periods.

**SAW MEDBALL RELAYS**

**Conditions:**

1. Squad-size element
2. 1 x Stopwatch
3. 1 x Medicine Ball per each 2 soldiers, 12-20#
4. 1 x Cone Set
5. 1 x 100 Meter Course
6. 1 x 25 Meter Grass Course
7. 1 x 25 Meter Sand Pit Course

**Exercises:**

Exercise	Weight	Pace/Distance	Sets	Rest Phase
Run 1.5 mile start & end same spot	N/A	7:30-8:00/mile pace	1	None
One Bounce Medball Drill	12-20#	100 Meters out & back	3	1 Minute
Lateral Toss & Shuffle	12-20#	100 Meters out & back	3	1 Minute
Medball Suicide Relays	12-20#	25m out-back-out	1	None
Non-running partner completes push-ups until partner completes iteration				
Medball Sand Pit Relays	12-20#	25m out & back x 2	1	None
Non-running partner completes sit-ups until partner completes iteration				
Medball Suicide Relays	12-20#	25m out-back-out	1	None
Non-running partner completes lunges until partner completes iteration				
Medball Sand Pit Relays	12-20#	25m out & back x 2	1	None
Non-running partner completes squats until partner completes iteration				
Medball Suicide Relays	12-20#	25m out-back-out	1	None
Non-running partner completes pull-ups until partner completes iteration				
Medball Sand Pit Relays	12-20#	25m out & back x 2	1	None
Non-running partner completes flutter kicks until partner completes iteration				

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

**ANGIE**

**Conditions:**

1. Squad-size element
2. Pull Up Bars
3. Weight Vests as needed (advanced)

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Pull Ups	0-20lbs	100	Varies	Varies
Push Ups	None	100	Varies	Varies
Situps	None	100	Varies	Varies
Body Squats	0-50lbs	100	Varies	Varies

Conduct exercises in any order in least amount of sets required to complete 100 reps of each exercise in the shortest amount of time.

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

**LINDA**

**Conditions:**

1. Squad-size element
2. 3 x Olympic Bars
3. 12 Olympic weights, 8 Rubber Olympic Weights
4. Weight Vests as needed (advanced)

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Power Clean	¾ BW	10-9-8...3-2-1	10	None
Bench Press	BW	10-9-8...3-2-1	10	None
Deadlift	1 ½ BW	10-9-8...3-2-1	10	None

Conduct exercises in the shortest amount of time possible.

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

**FRAN**

**Conditions:**

1. Squad-size element
2. Pull Up Bars
3. Weight Vests as needed (advanced)

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Thrusters	95lbs	21-15-9-3	3	None
Pull Ups	0	21-15-9-3	3	None

Conduct exercises in the shortest amount of time necessary.

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

**BARBARA**

**Conditions:**

1. Squad-size element
2. Pull Up Bars
3. Weight Vests as needed (advanced)

**Exercises:**

**5 Rounds of:**

Exercise	Weight	Reps	Sets	Rest Phase
Pull Ups	0-20lbs	20	1	None
Push Ups	None	30	1	None
Situps	None	40	1	None
Body Squats	0-50lbs	50	1	None
Rest				3 min

Conduct exercises five times with three minutes of rest in between each overall set. The individual sets should be conducted as fast as possible.

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

DIANE

**Conditions:**

1. Squad-size element
2. Olympic Bar with Weights
3. Wall to lean against

**Exercises:**

**3 Rounds of:**

Exercise	Weight	Reps	Sets	Rest Phase
Dead lift	225lbs	21-15-9	1	None
Handstand Pushups	None	21-15-9	1	None
Rest				3 min

Conduct exercises in as little time as necessary.

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

ISABEL

**Conditions:**

1. Squad-size element
2. Olympic Bar, weights,

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Snatch	135lbs	30	1	None

Complete exercise as with proper form as quickly as possible.

**Notes:** As is the case with all Hybrid Menus, the goal is to keep soldiers' heart rates at an elevated level throughout the workout to maximize cardiovascular benefits alongside strength training.

SAW CAVEMAN #1

**Conditions:**

- |                       |                            |
|-----------------------|----------------------------|
| 1. Squad Size Element | 4. 2x Boxes                |
| 2. 1x stopwatch       | 5. Pull-up Bars            |
| 3. 2x Tire            | 6. Australian Pull-up Bars |

**Exercises: 3 rounds, in buddy teams**

Exercise	Weight	From	To	Rest Phase
Tire Flip	Tire	Station 1	Station 2	NONE
Box Jumps	Body	Station 2	Station 3	NONE
Heal Claps	Body	Station 3	Station 4	NONE
Australian Pull-up	Body	Station 4	Station 1	NONE
1 Min Rest				

HEATHER

**Conditions:**

1. Squad Size Element
2. 2x Med balls
3. 2x Boxes
4. 2x Tires

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Med Ball Sprints	20 lbs	1	1	NONE
5 Burpees	Body	5	1	NONE
Box Jumps	Body	15	1	NONE
Tire Flip	Tire	25 m	1	NONE
REST 2 MINUTES				
As many times as possible in 2 10 min rounds				

**Notes:**

1. Each Team is assigned their own lane
2. Compete with buddy for max reps
3. Try to keep heart rate up

**GLORIA**

**Conditions:**

1. 2x Row machine
2. Pull-up Bars
3. 2x 45 lb bar
4. 2x 20 lb med ball

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Row	N/A	500m	1	none
Thrusters	45 lb	25	1	none
Pull ups	Body	15	1	1 minute
Wall ball	Body	25	1	1 minute
Elevated push ups	Body	15	1	none
Sit ups	Body	25	1	none
Pull ups	Body	15	1	1 minute

3 rounds for fastest time

**Notes:**

1. Soldiers go through events one at a time
2. Time stops when Soldier completes lap.
3. Time starts again whenever 1 minute rest has occurred **OR** circuit is available
4. Execute rounds for fastest time

**IRIS**

**Conditions:**

1. Highly motivated soldiers

**Exercises:**

Exercise	Weight	Duration	Sets	Rest Phase
Sprint	Body	400m	1	none
Push up, sit up, flutter kick	Body	50	1	none
Sprint	Body	400m	1	none
Push up, sit up, Flutter kick	Body	40	1	none
Sprint	Body	400m	1	none
Push up, sit up, flutter kick	Body	30	1	none
Rest for 2 min				

**Notes:**

1. Soldiers pair up for Exerciser and Coach/Recorder
2. Form Discipline is Stressed

SAW “MEDEVAC”

**Conditions:**

1. Squad Size Element
2. 1x stopwatch
3. 2x IR Buzz Saw
4. 2x SKEDCO
5. 2x 9 Line Cards
6. 2x VS-17 Panel

**Exercises:**

Exercise	Weight	From	To	Rest Phase
Buddy Carry	Body	Point 1	Point 2	Duration of 9 Line
2 minute rest				
SKEDCO Drag	Body	Point 2	Point 3	Duration of 9 Line
2 minute rest				
Sit Ups	Body	Point 3	Point 4	Duration of 9 Line
2 minute rest				
Heel Claps	Body	Point 4	Point 1	Duration of 9 Line
2 minute rest				

**Notes:**

- 1) Assign 1 casualty per Team
- 2) Wound Description, LZ Loc., Type of carry is given
- 3) 9 Line is sent
- 4) Movement begins
- 5) REPEAT AT EVERY LZ**
- 6) Return by reversing order of movements

**SAW “RAID”**

**Conditions:**

1. Squad Size Element
2. 1x Battling Ropes
3. 2x TRX
4. 2x Kettle Bell
5. 1x 25m Rope
6. 1x Tourniquet
7. 2x Field Dressing
8. 2x DAGR
9. 2x 9 Line Cards
10. 2x MBITR

**Exercises:**

Exercise	Weight	Duration 1 <sup>st</sup> /2 <sup>nd</sup>	Sets	Rest Phase
Med Ball Push Up	Body	45/30sec	METT-TC	While Partner Works
Kettle Bell Pull	Body	45/30sec	METT-TC	While Partner Works
Battling Ropes	Body	45/30sec	METT-TC	While Partner Works
TRX Chest Row	Body	45/30sec	METT-TC	While Partner Works
TRX Triceps Extension	Body	45/30sec	METT-TC	While Partner Works
Common Tasks Testing 10 minutes total				
REPEAT AS MANY TIMES AS POSSIBLE				

**Notes:**

1. ID Route, Partners and Events
2. Discuss Active Coaching Techniques before SP
3. Run selected route at slow pace(infil)
4. Arrive at OBJ, ea. 2 person team begins their station’s exercises
5. 1 man work while the other Actively Coaches
6. They switch after the allotted time, then rotate to next station
7. When a team returns to their first station Common Tasks Tests are assigned at random; i.e. 9 Line/DAGR/1<sup>st</sup> Aid/etc...
8. Run selected route at slow pace (exfil)

SAW “SHARING IS CARING”

**Conditions:**

1. Highly motivated Soldiers
2. 50 lb Rucksack(dry)
3. Water Source
4. 1x 5 gal Water Jug per Soldier

**Exercises:**

Exercise	Weight	Duration 1 <sup>st</sup> /2nd	Sets	Rest Phase
Water Jug Road March	50 lbs	METT-TC	1	While Partners Carry

**Notes:**

1. Brief Route (around and back)
2. Split group into 2 teams
3. Assign 2 jugs per Soldier until all have been issued
4. Pit teams against each other for fastest to complete the route
5. Soldiers must stay in single file and in order
6. Soldiers may not assist each other physically (only carry when it’s their turn)
7. Upon Leader’s command Soldiers will set the jugs down and move forward one space in the formation, the first Soldier moves to the last position
8. Move along route until RP is reached

SAW “BIG DOG, MAD DOG”

**Conditions:**

1. 2x Tire
2. 1x Sledge Hammer
3. 1x Climbing Rope
4. 1x Stopwatch(per Soldier)

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Tire Flip	N/A	10	1	none
Rope Climb	Body	1	1	none
Sledge Hammer on Tire	N/A	10	1	none
Lap Around Quad	Body	1	1	1 minute

5 rounds for fastest time

**Notes:** Soldiers go through events one at a time

Time stops when Soldier completes lap.

Time starts again whenever 1 minute rest has occurred **OR** circuit is available

Execute rounds for fastest time

Sustains- Good use of sledgehammer

Improves- More stopwatches. Designate total time & break time keepers. More group development. CTT before/after events, while waiting. 4X tires. LPD on the rope.

SAW “555 DEAL”

**Conditions:**

1. Tough Box
2. Heavy Bag
3. Incline Sit Up Bench
4. 20 lb Med Ball
5. Dueling Ropes

**Exercises:**

Exercise	Weight	Duration	Sets	Rest Phase
Box Jump	Body	1 min	1	none
Rope Swing	Body	1 min	1	none
Heavy Bag Twist	40 lbs	1 min	1	none
Incline Sit Up	Body	1 min	1	none
Med Ball Squat Toss	20 lbs	1 min		
Rest for 2 min				
5 rounds for most reps				

**Notes:**

1. Soldiers pair up for Exerciser and Coach/Recorder
2. Form Discipline is Stressed
3. Soldiers complete entire circuit then rest between each round
4. On completion of all five rounds Soldiers immediately change roles and begin
5. Execute events for most reps

SAW “THE FANCY LEG”

**Conditions:**

1. 1x Stopwatch
2. 2x 5gal Water Jug per Soldier
3. 1x Chain per Soldier
4. 1x Agility Ladder per Soldier
5. 10x Cones per Soldier

**Exercises:**

Exercise	Weight	Distance	Sets	Rest Phase
2x Water Jug Carries	2x Water Jugs	30m	1	none
Body Squats	Body	N/A	1	none
Chain Pull	40 lbs	30m	1	none
Snake Ladder	Body	1 length	1	none
Cone Weave	Body	30m		
Rest for 1 min				
4 rounds for time				

## **SPEED/AGILITY and POWER DRILL MENU**

Before any speed/agility or lower-body power drill, you must perform the Speed Prep Drill first to help prevent injury:

### SPEED PREP (SPEED/AGILITY/POWER WARMUP)

1 rep each over 10-20 meters

- Butt-Kick Walk
- High-Knee Walk
- Butt Kick Jog
- Walking Forward Leg Kicks (Ballistic Hamstring Stretch)
- Verticals

### **Speed**

For the speed/quickness drill, perform 2 or 3 progressive repetitions (don't start out at 100%). The distance for each repetition should be about 20-40 yards. Walk slowly back to the start point. This should not be a highly fatiguing drill, the work-to-rest ratio should be about 1:4 or 5. Attempting to sprint through fatigue will only promote injury. Do not race – instead concentrate on form.

### SPEED/QUICKNESS DRILL

- Verticals to Sprint
- Forward Falls to Sprint (with partner, without, then partner breakaways)\*
- Mountain Climber to Sprint
- Athletic Stance to Lateral Sprint (10 meters only)

## Agility

The drills can be used to create a circuit, spending about 2 minutes each at the ladder, cones and low hurdle stations, with a fourth station chosen from among the other drills listed below.

### AGILITY DRILL

#### **Preliminary Drills:**

- Speed Skater (8-10 progressive reps in each direction as agility prep) 54
- Laterals to Run (10-20 yards of laterals then 10-20 yard sprint)
- Crossover to Run (10-20 yards of crossovers, then 10-20 yard sprint)
- Run and Reach (20-40 yards moving forward; reaching every third step)

#### **Agility Ladder:**

- Forward Shuffle (May substitute forward run - each foot in each square)
- Lateral Shuffle

#### **Cones (8-10 cones, 3 ft apart):**

- Forward Shuffle
- Lateral Shuffle (stagger the cones)

#### **Low Hurdles (8-10 hurdles, 2-3 ft apart):**

- Lateral Step-Over
- Forward High Step

#### **Cuts – (4 cones or other markers placed 10 yards apart):**

- 45-degree cuts
- 90-Degree Cuts
- Triangles (10 yards apart; alternate R/L direction)

#### **Other Agility Options:**

- Lateral Shuffle Reaction Drill (performed on the squad leader's command over a 5-15 meter area in each direction (do not pause when changing direction))
- Drop Step Shuffle (40-yard length; change direction every 5 yards)
- 3-5 second rushes
- T-Drill (10 yards for each segment of the —T )
- Illinois Agility Test

SAW “SQUAD ATTACK”

**Conditions:**

1. Squad Size Element
2. 2x Jump Rope
3. 2x Agility Ladders
4. 10x Cones

**Exercises:**

Exercise	Weight	Repetitions	Sets	Rest Phase
Jump Rope	Body	20	1	METT-TC
Burpee	Body	10	1	METT-TC
High Knees	Body	Complete Ladder	1	METT-TC
Cones	Body	Complete “K”	1	METT-TC
REST 2 MINUTES				
REPEAT AS MANY TIMES AS POSSIBLE				

**Notes:**

4. Each Team is assigned their own lane
5. Team members wait behind a station in the Front Leaning Rest (FLR)
6. A “bound” consists of doing the current exercise
7. Unless a Soldier is bounding they are in the FLR
8. On the command of the Leader the subordinate leaders bounds his personnel.
9. After each member of the Squad/Section has conducted a complete circuit the TL’s conduct L.A.C.E. report by executing 1 Push Up next to each of his/her Soldiers, then the SL does 10 Push Ups.
10. While LACE is being conducted ALL others in Squad conduct Push Ups

**Power Drill**

For the Power Drill, emphasis is on correct execution, not creating a smoke session. The work-to-rest ratio should begin at about 1:4 for each exercise. Add speed/intensity and shorter recovery only after the basic skill is mastered.

The foundational movement for all jumps is the power position, with hips to the rear, knees over feet, heels down, back straight but trunk tilting forward. Body weight is primarily on the balls of the feet. Landings should be soft, with impact absorbed by plenty of bend of the hips and knees. Keep the feet shoulder width apart or less. Do not allow the knees to buckle inward or outward upon landing.

For the med ball throws, perform in pairs, with two ranks facing. For safety purposes, it is best to only throw on command from the squad leader, with throws going from one rank to another rather than randomly. See the individual drills below for details.

## FOOT MARCH GUIDANCE

All Leaders will plan, coordinate and follow the US Army Foot March manual (FM 21-18) march computations for weight carried, distance, rate, and time, at a pace of 2.4 MPH on hardball surfaces with a 15 minute security/listening halt every 45 minutes. Leaders will also follow the “Tenets of training” listed in the updated US Army PRT manual (FM 7-22) page 1-3.

The 8<sup>th</sup> Army Foot March uniform for all tactical training will be one of the two:

**1.) Field Training Uniform: (Area Secure/Enemy Contact Not Likely)**

ACU uniform (IR flag) , Tactical Gloves, Boots, Patrol Cap, Ballistic Eyewear, Fighting Load Carrier (FLC) vets (min: IFAK, Water source, weapon magazines, light source, cutting tool (bayonet)), and Assigned Weapon. (No Army Reflective belt required if road is closed to traffic)

**2.) Combat /Live Fire Exercise (LFX) Training Uniform: (Enemy Contact Likely)**

ACU uniform (IR flag) , Tactical Gloves, Boots, Ballistic Eyewear, Tactical Knee Pads, Hearing Protection, ACH, Fighting Load Carrier (FLC) Vest (min: IFAK, water source, weapon magazines, light source, cutting tool (bayonet)), Improved Outer Tactical Vest (IOTV) with front and back Enhanced Small Arms Protective Insert (ESAPI) plates only (No additional IOTV components required), and Assigned Weapon. (No Army Reflective Belt required if road is closed to traffic)

1. The most important part of tactical Foot March training and movement is training in boots that properly fit and foot preparation for blister control. Break in boots to your feet in order to allow the boots (new or old) to mold to the frame of your feet over time.

2. When conducting a tactical or conditioning foot march prepare your feet with two pairs of socks. A tight fitting polyester pair of socks that cling to your feet underneath the thicker pair of regulation socks. This will enable your foot to have a protective layer on it and prevent blisters. It will also keep sand and dirt from rubbing your feet inside your thick sock, which is what will cause a blister - even in perfect fitting boots.

3. NEVER RUN while wearing a rucksack or the Improved Outer Tactical Vest (IOTV). You must plan and train your body to patrol at a pace that will allow you to be mission capable at the end. Running with a rucksack or IOTV (weight on your back) violates FM 21-18 march computations for weight carried, distance, rate, and time, at a pace of 2.4 MPH, and does not allow you to be mission focus/ready at the end. It also violates noise-&-light discipline and worst of all it will damage the lower extremities (shins, knees, lower back) of your Soldiers. When walking, stride with short, fast steps and straighten the knee each step to relax the leg muscles briefly. When going uphill, do not go straight up; zig-zag to avoid tiring the leg muscles. Walk straight, with the weight of the body kept directly over the feet, walking flat-footed. Conversely, bend your knees when going downhill to absorb the shock of each step. Dig in the heels with each step.

4. You must be able to perform a tactical foot movement with your individual combat equipment on flat ground or cross country and still be mission capable once you complete the movement. This is a recommended 6 week training cycle keeping in mind to conduct the movement preparation, the exercises, the recovery exercises, and nutrition plan:

Week 1; Tactical forced march with 30-pound rucksack/IOTV, 3 miles in 45 minutes (along a road) or 1 hour if cross-country. Wear well broken-in boots with thick socks. Rest/foot check every 4 miles.

Week 2; Three sets of stationary squats with 35-pound rucksack/IOTV (50 x squats each set). Go down only to the point where the upper and lower leg forms a 90-degree bend at knee.

Week 3; Conditioning foot march with 30-pound rucksack/IOTV, 5 miles in 60 minutes (along a road). Wear well broken-in boots with thick socks. Rest and foot check every 4 miles.

Week 4; Three sets of stationary squats with 40-pound rucksack/IOTV (50 x squats each set). Go down only to the point where the upper and lower leg forms a 90-degree bend at knee.

Week 5; Tactical forced march with 35-pound rucksack/IOTV, 10 miles in 3 hours (along a road) or 4 hours (cross-country). Wear well broken-in boots with thick socks. Rest/foot check every 4 miles.

Week 6; Three sets of stationary squats with 40-pound rucksack/IOTV (50 x squats each set). Go down only to the point where the upper and lower leg forms a 90-degree bend at knee.

Rest 4 weeks and start 6 week training cycle again.

## POOL INFORMATION

### SAW SWIM WORKOUT FOR CARDO

#### **Conditions:**

1. 25m or 50m Swimming Pool
2. Kickboard per Soldier
3. Swim fins per Soldier

#### **Exercise:**

Do sprints/fast swims/kickboard/underwater swims first phase (20-30 minutes) then go to easy pace cardio swims to burn fat at a higher rate the 2nd half of the workout. Soldiers do anaerobic first and then go aerobic in the later part of the workout, to focus on fat burning the last 20-30 minutes.

#### **1. Workout #1 (1-hour)**

- 5 x 50m sprint freestyle (change strokes as desired)
- Rest 20 seconds (hydrate if needed) after each 50m
- 5 x 100m sprints -- any stroke
- Rest 40-60 seconds (hydrate if needed) after each 100m

The remaining time of your hour, swim at regular pace non-stop for 15-30 minutes

Organize other workouts by adding kickboard / underwater swims too

#### **2. Workout #2**

- 5 x 50-100m sprint/rest with 50m kickboard using flutterkicks
- 5 x 50-100m sprint/rest with 50m kick board using breast or dolphin kick

Swim with fins for 15-30 minutes non-stop

Stretch your legs well as you will feel the burn after kickboarding using flutterkicks.

For more of an upper body pump add in some calisthenics or weights in between laps

#### **3. Workout #3:**

*Repeat 5 times*

- Swim 100-200m moderate pace
- Pushups - 30 seconds worth of pushups (10-40 reps depending on fitness level)
- Abs of choice - crunches, setups, flutterkicks, leg levers - 1:00 of abs

SAW UNDERWATER BEEP TEST

**Conditions:**

1. 10m section of Pool
2. 2x Stopwatch
3. 1x Set of Buoys

**Exercises:**

Exercise	Weight	Reps	Sets	Rest Phase
Underwater Swim (10 meters)	N/A	1	15	15sec, 14, 13, 12 ... etc.

15 rounds for earliest done

**Notes:**

1. Slow run to Pool
2. Free Swim to Prime Muscles and Nerves
3. Each team starts off touching the wall
4. Command of "GO" is given
5. Teams swim under water to the other side of the buoys
6. When the first Team member breaks the surface time starts.
7. 15 seconds are allotted for breathing
8. Then teams swim back to wall underwater with 14 seconds to breath when the first surfaces
9. This back and forth process continues until only 1 second is allowed
10. If a team member surfaces early in the deep end: the brick is passed around team 3 times  
or
11. If a team member surfaces early in the shallow end: 10 jumps are conducted by all in team
12. Fastest to complete are the victors