



# ATHLETIC PERFORMANCE

GENERAL WARM UP  
POST WORKOUT  
STRETCHING

## WORKOUT #3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SPECIFIC WARM UP  
2-3 ROUNDS



1	MID THIGH POWER CLEAN	<b>MEDIUM</b> 3 SETS X 4 REPS	X	<b>CHALLENGING</b> 5 SETS X 3 REPS	X
2	BOSCH CLEAN	X	<b>MEDIUM</b> 3-2 SETS X 5 REPS	X	<b>LIGHT</b> 3-2 SETS X 6 REPS
3	MID THIGH CLEAN PULL	<b>MEDIUM</b> 3 SETS X 4 REPS	X	<b>CHALLENGING</b> 4 SETS X 4 REPS	X
4	ASYMMETRY DEADLIFT	X	<b>MEDIUM</b> 3-2 SETS X 8 REPS	X	<b>MEDIUM</b> 3-2 SETS X 5 REPS
5	DB SEATED VERTICAL JUMP	4 SETS X 6 REPS	5 SETS X 6 REPS	5 SETS X 8 REPS	3 SETS X 6 REPS

### ACCESSORY

PLANK KB SWITCH  
3 SETS X 30-45 SEC

SINGLE LEG BALANCE LUNGE  
3 SETS X 6-8 REPS

RUSSIAN TWIST  
3 SETS X 15-20 REPS

# **Military Athlete Body Weight Training Program**

**Walter R. Frontera, David M.  
Slovik, David Michael Dawson**

## **Military Athlete Body Weight Training Program:**

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

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

title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world [A Manual of Physical Training and Preparatory Military Instruction for Schools of the United States](#) Frederick Arnold Kuenzli, Henry Panzer, 1916

**Strength Training for Coaches** Bruno Pauletto, 1991  
Strength Training for Coaches is a guide to setting up or improving a strength training programme Written by the president of the National Strength and Conditioning Association this book covers everything from programme administration and strength training guidelines to designing specific workouts [Manual of Military Training](#) James Alfred Moss, 1914

**Farrow's Manual of Military Training** Edward Samuel Farrow, 1920 [Exercise in Rehabilitation Medicine](#) Walter R. Frontera, David M. Slovik, David Michael Dawson, 2006 In this book recognised experts Walter Frontera David Slovik and David Dawson discuss the latest research in exercise rehabilitation medicine [Rehabilitation for the Postsurgical Orthopedic Patient](#) Lisa Maxey, Jim Magnusson, 2013-01-22 With detailed descriptions of orthopedic surgeries Rehabilitation for the Postsurgical Orthopedic Patient 3rd Edition provides current evidence based guidelines to designing effective rehabilitation strategies Coverage of each condition includes an overview of the orthopedic patient's entire course of treatment from pre to post surgery For each phase of rehabilitation this book describes the postoperative timeline the goals potential complications and precautions and appropriate therapeutic procedures New to this edition are a full color design and new chapters on disc replacement cartilage replacement hallux valgus and transitioning the running athlete Edited by Lisa Maxey and Jim Magnusson and with chapters written by both surgeons and physical therapists Rehabilitation for the Postsurgical Orthopedic Patient provides valuable insights into the use of physical therapy in the rehabilitation process Comprehensive evidence based coverage provides an overview of the orthopedic patient's entire course of treatment from pre to post surgery including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs Case study vignettes with critical thinking questions help you develop critical reasoning skills Indications and considerations for surgery describe the mechanics of the injury and the repair process so you can plan an effective rehabilitation program Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase Evidence based coverage includes the latest clinical research to support treatment decisions Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines A Troubleshooting section in each chapter details potential pitfalls in the recovery from each procedure Over 300 photos and line drawings depict concepts procedures and rehabilitation Detailed tables break down therapy guidelines and treatment options for quick reference Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself and physical or occupational therapists

discussing therapy guidelines New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement cartilage replacement hallux valgus and transitioning the running athlete New full color design and illustrations visually reinforce the content Updated Suggested Home Maintenance boxes in every chapter provide guidance for patients returning home References linked to MEDLINE abstracts make it easy to access evidence based information for better clinical decision making

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The book delves into Military Athlete Body Weight Training Program. Military Athlete Body Weight Training Program is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Military Athlete Body Weight Training Program, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Military Athlete Body Weight Training Program
    - Chapter 2: Essential Elements of Military Athlete Body Weight Training Program
    - Chapter 3: Military Athlete Body Weight Training Program in Everyday Life
    - Chapter 4: Military Athlete Body Weight Training Program in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Military Athlete Body Weight Training Program. This chapter will explore what Military Athlete Body Weight Training Program is, why Military Athlete Body Weight Training Program is vital, and how to effectively learn about Military Athlete Body Weight Training Program.
  3. In chapter 2, the author will delve into the foundational concepts of Military Athlete Body Weight Training Program. The second chapter will elucidate the essential principles that must be understood to grasp Military Athlete Body Weight Training Program in its entirety.
  4. In chapter 3, the author will examine the practical applications of Military Athlete Body Weight Training Program in daily life. The third chapter will showcase real-world examples of how Military Athlete Body Weight Training Program can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Military Athlete Body Weight Training Program in specific contexts. The fourth chapter will explore how Military Athlete Body Weight Training Program is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Military Athlete Body Weight Training Program. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Military Athlete Body Weight Training Program.

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