



TOTAL BODY TACTICAL Wk9:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs	
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle	
WU			Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Bulgarian Split Squat	3x5	1 rep in reserve for lifts	No rest b/w exercises in any superset
a	BB Bent Over Row	3x5		
a	Swiss Ball Pike	3x30s		
a	Box Jump	3x8		Rest 60s
b	BB Hang Clean	3x5		
b	Standing Cable/Band Tricep Pressdown	3x5		
b	Tall Kneel Band/Cable Pallof Press	3x10 each		
b	Jumping Jacks	3x10		Rest 60s
c	DB Incline Bench Press	3x5		
c	DB Scapular Plane Raise	3x5		
c	Copenhagen Plank	3x20s each		
c	Ball Slam	3x10		Rest 60s

Daily Emphasis: Mobility + Full Body + Core



TOTAL BODY TACTICAL Wk9:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk9:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU			Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	DB Incline Bench Press	3x8	No rest b/w exercises in any superset
a	DB Scapular Plane Raise	3x8	
a	Russian Twist	3x10 each	
a	High-Knee Sprints	3x20s	
b	BB Hang Clean	3x8	
b	Standing Cable/Band Tricep Pressdown	3x8	
b	Lateral Med Ball Toss	3x10 each	
b	Lateral Bound	3x8 each	Rest 90s
c	Bulgarian Split Squat	3x8	
c	BB Bent Over Row	3x8	
c	Side Elbow Plank	3x30s each	
c	Broad Jumps	3x4	Rest 90s

Daily Emphasis: Mobility + Full Body + Core



TOTAL BODY TACTICAL Wk9:D4

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Ruck/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk9:D5

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs	
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle	
WU	Prisoner Squat Jump	10	Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
	Exercise	Sets/Reps	Weight/Intensity	Comments
a	BB Hang Clean	2x15		No rest b/w exercises in any superset
a	Standing Cable/Band Tricep Pressdown	2x15		
a	Swiss Ball Tuck	2x10		
a	Lateral Med Ball Toss	2x10 each		
b	DB Incline Bench Press	2x15		Rest 120s
b	DB Scapular Plane Raise	2x15		
b	Standing Cable/Band Chop	2x10 each		
b	Farmer Carry	2x50yds		
c	Bulgarian Split Squat	2x15		Rest 120s
c	BB Bent Over Row	2x15		
c	Get Up to Elbow	2x5 each		
c	Burpee	2x8		

Daily Emphasis: Mobility + Full Body + Core



TOTAL BODY TACTICAL Recommended Cardio Wk9:D6

Exercise: Consider Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
WU	Glute & Piriformis	V Rollovers	5
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Cross Reach Lat Stretch	5 breaths
WU	3. Activate: 3minutes		MiniBand Shoulder ER
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
Exercise		Exercise	
S1	Zone 2 Steady Cardio Treadmill/Row/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR)]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes		Incline Treadmill Pyramids Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.		15s on/45s off Bike/Row/Run Intervals 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.
	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.		20s on/40s off Bike/Row/Run Intervals 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.
	Mobility Only See Mobility Page on website OR reference any of the mobility warm-ups from this program or other workout programs.		Brisk Walk: 60 minutes/Manual Labor
S2			Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
			2min on/1min off Bike/Row/Run Intervals 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.
			Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
			Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide



TOTAL BODY TACTICAL Wk10:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs	
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle	
WU			Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Bulgarian Split Squat	3x5	1 rep in reserve for lifts	No rest b/w exercises in any superset
a	BB Hang Clean	3x5		
a	Swiss Ball Pike	3x30s		
a	Box Jump	3x8		Rest 60s
b	DB Scapular Plane Raise	3x5		
b	Standing Cable/Band Tricep Pressdown	3x5		
b	Tall Kneel Band/Cable Pallof Press	3x10 each		
b	Jumping Jacks	3x10		Rest 60s
c	DB Incline Bench Press	3x5		
c	BB Bent Over Row	3x5		
c	Copenhagen Plank	3x20s each		
c	Ball Slam	3x10		Rest 60s

Daily Emphasis: Mobility + Full Body Antagonist + Core



TOTAL BODY TACTICAL Wk10:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>		<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk10:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU			Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	DB Incline Bench Press	3x8	No rest b/w exercises in any superset
a	BB Bent Over Row	3x8	
a	Russian Twist	3x10 each	
a	High-Knee Sprints	3x20s	
b	BB Hang Clean	3x8	
b	Bulgarian Split Squat	3x8	
b	Lateral Med Ball Toss	3x10 each	
b	Lateral Bound	3x8 each	Rest 90s
c	DB Scapular Plane Raise	3x8	
c	Standing Cable/Band Tricep Pressdown	3x8	
c	Side Elbow Plank	3x30s each	
c	Broad Jumps	3x4	Rest 90s

Daily Emphasis: Mobility + Full Body Antagonist + Core



TOTAL BODY TACTICAL Wk10:D4

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Ruck/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk10:D5

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU	Prisoner Squat Jump	10	Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	BB Hang Clean	2x15	No rest b/w exercises in any superset
a	Bulgarian Split Squat	2x15	
a	Swiss Ball Tuck	2x10	
a	Lateral Med Ball Toss	2x10 each	
b	DB Incline Bench Press	2x15	
b	BB Bent Over Row	2x15	
b	Standing Cable/Band Chop	2x10 each	
b	Farmer Carry	2x50yds	Rest 120s
c	DB Scapular Plane Raise	2x15	
c	Standing Cable/Band Tricep Pressdown	2x15	
c	Get Up to Elbow	2x5 each	
c	Burpee	2x8	Rest 120s

Daily Emphasis: Mobility + Full Body Antagonist + Core



TOTAL BODY TACTICAL Recommended Cardio Wk10:D6

Exercise: Consider Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
WU	Glute & Piriformis	V Rollovers	5
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Cross Reach Lat Stretch	5 breaths
WU	3. Activate: 3minutes		MiniBand Shoulder ER
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
Exercise		Exercise	
S1	Zone 2 Steady Cardio Treadmill/Row/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR)]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes		Incline Treadmill Pyramids Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.		15s on/45s off Bike/Row/Run Intervals 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.
	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.		20s on/40s off Bike/Row/Run Intervals 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.
	Mobility Only See Mobility Page on website OR reference any of the mobility warm-ups from this program or other workout programs.		Brisk Walk: 60 minutes/Manual Labor
S2			Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
			2min on/1min off Bike/Row/Run Intervals 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.
			Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
			Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide



TOTAL BODY TACTICAL Wk11:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs	
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle	
WU			Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Bulgarian Split Squat	4x5	1 rep in reserve for lifts	No rest b/w exercises in any superset
a	BB Bent Over Row	4x5		
a	Swiss Ball Pike	4x30s		
a	Box Jump	4x5		Rest 60s
b	BB Hang Clean	4x5		
b	Standing Cable/Band Tricep Pressdown	4x5		
b	Tall Kneel Band/Cable Pallof Press	4x10 each		
b	Jumping Jacks	4x10		Rest 60s
c	DB Incline Bench Press	4x5		
c	DB Scapular Plane Raise	4x5		
c	Copenhagen Plank	4x12s each		
c	Ball Slam	4x5		Rest 60s

Daily Emphasis: Mobility + Full Body + Core



TOTAL BODY TACTICAL Wk11:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk11:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU			Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	DB Incline Bench Press	4x8	No rest b/w exercises in any superset
a	DB Scapular Plane Raise	4x8	
a	Russian Twist	4x10 each	
a	High-Knee Sprints	4x15s	
b	BB Hang Clean	4x8	Rest 90s
b	Standing Cable/Band Tricep Pressdown	4x8	
b	Lateral Med Ball Toss	4x10 each	
b	Lateral Bound	4x6 each	
c	Bulgarian Split Squat	4x10	Rest 90s
c	BB Bent Over Row	4x10	
c	Side Elbow Plank	4x30s each	
c	Broad Jumps	4x3	

Daily Emphasis: Mobility + Full Body + Core



TOTAL BODY TACTICAL Wk11:D4

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Ruck/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL WkII:D5

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU	Prisoner Squat Jump	10	Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	BB Hang Clean	3x15	No rest b/w exercises in any superset
a	Standing Cable/Band Tricep Pressdown	3x15	
a	Swiss Ball Tuck	3x10	
a	Lateral Med Ball Toss	3x10	
b	DB Incline Bench Press	3x15	Rest 120s
b	DB Scapular Plane Raise	3x15	
b	Standing Cable/Band Chop	3x10 each	
b	Farmer Carry	3x50yds	
c	Bulgarian Split Squat	3x15	Rest 120s
c	BB Bent Over Row	3x15	
c	Get Up to Elbow	3x5 each	
c	Burpee	3x10	

Daily Emphasis: Mobility + Full Body + Core



TOTAL BODY TACTICAL Recommended Cardio Wkll:D6

Exercise: Consider Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
WU	Glute & Piriformis	V Rollovers	5
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Cross Reach Lat Stretch	5 breaths
WU	3. Activate: 3minutes		MiniBand Shoulder ER
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
Exercise		Exercise	
S1	Zone 2 Steady Cardio Treadmill/Row/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR)]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes		Incline Treadmill Pyramids Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.		15s on/45s off Bike/Row/Run Intervals 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.
	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.		20s on/40s off Bike/Row/Run Intervals 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.
	Mobility Only See Mobility Page on website OR reference any of the mobility warm-ups from this program or other workout programs.		Brisk Walk: 60 minutes/Manual Labor
S2			Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
			2min on/1min off Bike/Row/Run Intervals 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.
			Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
			Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)

Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide



TOTAL BODY TACTICAL Wk12:DI

Exercise: Consider Foam Rolling Before Bed Instead		Exercise		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes		
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each	
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds	
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds	
WU	Adductor & Quad	MiniBand Shoulder ER	10	
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each	
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap	
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs	
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle	
WU			Bent Knee Iron Cross	
WU			Cossack Squat	
			10 each	
Exercise	Sets/Reps	Weight/Intensity	Comments	
a	Bulgarian Split Squat	4x5	1 rep in reserve for lifts	No rest b/w exercises in any superset
a	BB Hang Clean	4x5		
a	Swiss Ball Pike	4x30s		
a	Box Jump	4x5		Rest 60s
b	DB Scapular Plane Raise	4x5		
b	Standing Cable/Band Tricep Pressdown	4x5		
b	Tall Kneel Band/Cable Pallof Press	4x10 each		
b	Jumping Jacks	4x10		Rest 60s
c	DB Incline Bench Press	4x5		
c	BB Bent Over Row	4x5		
c	Copenhagen Plank	4x10 each		
c	Ball Slam	4x10		Rest 60s

Daily Emphasis: Mobility + Full Body Antagonist + Core



TOTAL BODY TACTICAL Wk12:D2

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Bike OR Airbike	25minutes	75% max HR	75% max HR = (220 - age) * .75 Record distance traveled and average speed/RPM if available. Use as a reference for your next ride.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk12:D3

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU			Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	DB Incline Bench Press	4x8	No rest b/w exercises in any superset
a	BB Bent Over Row	4x8	
a	Swiss Ball Pike	4x10 each	
a	Hacky-Sack Sprints	4x15s	
b	BB Hang Clean	4x8	Rest 90s
b	Bulgarian Split Squat	4x8	
b	Lateral Med Ball Toss	4x10 each	
b	Lateral Bound	4x6 each	
c	DB Scapular Plane Raise	4x8	Rest 90s
c	Standing Cable/Band Tricep Pressdown	4x8	
c	Side Elbow Plank	4x30s each	
c	Broad Jumps	4x3	

Daily Emphasis: Mobility + Full Body Antagonist + Core



TOTAL BODY TACTICAL Wk12:D4

<u>Exercise: Consider Foam Rolling Before Bed Instead</u>		<u>Exercise</u>		
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest		
WU	Glute & Piriformis	V Rollovers	5	
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each	
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each	
WU	Adductor & Quad	Adductor Rock	5 each	
WU	IT Band	Cross Reach Lat Stretch	5 breaths	
WU	3. Activate: 3minutes	MiniBand Shoulder ER	10	
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation	5 each
WU	MiniBand Squat	5	Yoga Table	5
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat	5
<u>Exercise</u>	<u>Sets/Reps</u>	<u>Weight/Intensity</u>	<u>Comments</u>	
a	Conditioning: Airbike/Row/Ruck/Run	60min	70% max HR	70% max HR = (220 - age) * .70 Record distance traveled and average speed/RPM if available. Use as a reference for your next bout. Nasal breathing only.

Daily Emphasis: Mobility + Recovery + Aerobic Conditioning



TOTAL BODY TACTICAL Wk12:D5

Exercise: Consider Foam Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 7minutes	
WU	Glute & Piriformis	Fwd/Back High Knee Skips	10yds each
WU	Hamstring & Calves	Alternating Zombie Kicks	10yds
WU	Thoracic Spine	Alt Spider Lunge w/T-spine Rotation	10yds
WU	Adductor & Quad	MiniBand Shoulder ER	10
WU	IT Band	Downward Dog 1 Leg Calf Raise	8 each
WU	3. Level Change & Plyo: 2 Rounds, Rest As Needed		Push Up Elbow Tap
WU	Lateral Bear Crawl	10yds	Quadruped Hip CARs
WU	Sled Push & Drag OR Zercher Sandbag Carry	20yds	Thread The Needle
WU	Prisoner Squat Jump	10	Bent Knee Iron Cross
WU			Cossack Squat
			10 each
Exercise	Sets/Reps	Weight/Intensity	Comments
a	BB Hang Clean	3x15	No rest b/w exercises in any superset
a	Bulgarian Split Squat	3x15	
a	Swiss Ball Tuck	3x10	
a	Lateral Med Ball Toss	3x8 each	
b	DB Incline Bench Press	3x15	Rest 120s
b	BB Bent Over Row	3x15	
b	Standing Cable/Band Chop	3x10 each	
b	Farmer Carry	3x50yds	
c	DB Scapular Plane Raise	3x15	Rest 120s
c	Standing Cable/Band Tricep Pressdown	3x15	
c	Get Up to Elbow	3x5 each	
c	Burpee	3x10	

Daily Emphasis: Mobility + Full Body Antagonist + Core



TOTAL BODY TACTICAL Recommended Cardio Wk12:D6

Exercise: Consider Rolling Before Bed Instead		Exercise	
1. Foam Roll: 10 Rolls/30s Each Area		2. Mobility: 2 Rounds, Circuit Style, No Rest	
WU	Glute & Piriformis	V Rollovers	5
WU	Hamstring & Calves	Toe Sitting Backward Arm Circle	5 each
WU	Thoracic Spine	Downward Dog w/Alt Knee Bend	5 each
WU	Adductor & Quad	Adductor Rock	5 each
WU	IT Band	Cross Reach Lat Stretch	5 breaths
WU	3. Activate: 3minutes		MiniBand Shoulder ER
WU	MiniBand Standing Hip ER	5 each	Alt Spider Lunge w/T-spine Rotation
WU	MiniBand Squat	5	Yoga Table
WU	MiniBand Monster Walk Low	5 each	Toe Touch to Squat
Exercise		Exercise	
S1	Zone 2 Steady Cardio Treadmill/Row/Airbike: Find Zone 2 [(220 - Age) * .70 = Zone 2 HR)]. Choose Incline/Speed/RPM that achieves this HR and perform for 30-60minutes	Incline Treadmill Pyramids Choose speed b/w 3-3.5mph. Perform 1 minute at the following incline settings. Repeat to achieve 30-45minutes total. 3-6-3-9-3-12-3-15-3-15-3-12-3-9-3-6	Bike Watt Repeats Perform 1 minute at the following watts. Repeat to achieve 30-45minutes total. Increase starting watts as endurance improves. 75-100-125-150-175.
	Rucking/Weighted Vest Jog 30-60minutes. Incline Treadmill Walk with Weighted Vest will also work.	15s on/45s off Bike/Row/Run Intervals 15s on/45s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	2min on/1min off Bike/Row/Run Intervals 55-65RPMs/30-40RPMs. 3 Rounds = 12minutes. Increase number of rounds by 1 each week you perform this up to a max of 7 rounds. Then just increase your RPMs.
S3	10s on/20s off Bike/Run Tabata 10s on/20s off = 100% effort/Slow, easy pace. 8 rounds.	20s on/40s off Bike/Row/Run Intervals 20s on/40s off = 75% max effort/Slow, easy pace. 6 rounds. Increase number of rounds by 1 each week you perform this up to max of 12 rounds. Then just increase your effort.	Metabolic Complex/Gear Workout See Metabolic Complex list OR non-lifting Gear Workout.
	Mobility Only See Mobility Page on website OR reference any of the mobility warm-ups from this program or other workout programs.	Brisk Walk: 60 minutes/Manual Labor	Dynamic Movement Sport (Pickleball, Basketball, Volleyball, Tennis, Racquetball, Soccer)
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Daily Emphasis: Optional Cardio OR Active Recovery

Choose 1 Option Based on Desired Intensity. Use Fatigue and Soreness as Your Guide