

FM - .22

FIRE TEAM WHISKEY® .22 CALIBER PROTOCOL FIELD MANUAL

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Welcome to Fire Team Whiskey®. You have joined an elite force whose mission is *SEMPER PARATUS*: To become and remain *FIT TO FIGHT*. The Fire Team Whiskey® Military Fitness and Health Protocol was designed by Military Service Members for Military Service Members and First Responders. Fire Team Whiskey® recognizes that our Nation's First Responders have the same need to remain fit and healthy enough to serve their communities and the American public on a daily basis. No one else other than Military and First Responders have the unique understanding of what it means to know that our personal health and fitness level can make the difference between mission accomplishment or mission failure. It can mean the difference between life or death. Our lives are busy; we must juggle our family, our jobs, our education, our friends, and our community all while having to keep mission ready with our health, fitness and training. At any moment, we could get the call; there will be no time to "workout tomorrow" or "start my diet next week." The Fire Team Whiskey® Military Fitness and Health Protocols have everything you need to be *SEMPER PARATUS*: nutritional and fitness protocols that you can stick to no matter where you are or what schedule you are on. Whether you are back at Garrison, on patrol, or on a FOB, you can execute your Caliber Protocol. The US Military is in crisis. Diagnoses of overweight and obese service members rose 73 percent over five years across all age groups. We have a force that is becoming less fit to fight, threatening the safety and security of our Nation. Fire Team Whiskey® aims to put a stop to this trend and reverse it. Congratulations on making the decision to Enlist with Fire Team Whiskey®. You are part of our Force now, and we leave no one behind. *SEMPER PARATUS*

Stephanie Lincoln, former Captain, FLARNG
Founder and CEO of Fire Team Whiskey®



Fire Team Whiskey® Waiver, Release and Indemnification

I have voluntarily enrolled and will be participating in a health and fitness program offered by Fire Team Whiskey® (“Fire Team Whiskey”). The health and fitness program will include exercise in a workout program, fitness equipment, following a nutritional eating plan and consuming nutritional supplements provided by Fire Team Whiskey. I understand that I should not participate in the fitness and nutrition program provided by Fire Team Whiskey if a medical, physical or health limitation that I have may put me at risk of harm, injury and/or death by following the health and fitness program provided by Fire Team Whiskey. I fully understand that there are risks of physical or emotional injury, illness, death or damage to participants, to property or to third parties when participating in any fitness and nutrition program, and, intending to be fully legally bound hereby, I, the undersigned, for myself as well as my heirs, assigns and legal representatives expressly agree to the following:

I affirm that I am voluntarily participating in the Fire Team Whiskey fitness and nutrition program. I do hereby waive, release and forever discharge, and indemnify and hold harmless, Fire Team Whiskey and its directors, officers, agents, employees, members, representatives, successors and assigns, administrators, and executors, from any and all responsibilities or liabilities, including all claims, damages, demands, costs, expenses and causes of action of every kind, associated with my participation in any of the Fire Team Whiskey exercises, activities, equipment, products, nutritional supplements or eating plans. I also do hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the ordinary negligence of the program or any of its agents due to any such ordinary negligent act or omission of any of those mentioned of others acting on their behalf or in any way arising out of or connected with my participation in any Fire Team Whiskey Programs, exercises, products, nutritional eating plans or nutritional supplements. I acknowledge and understand that this release is given in advance of any injury or damage to me and that includes any injury or damage to me caused by ordinary negligence of those released hereby but not from any claims related to gross negligence or willful/wanton/criminal/intentional conduct or acts of those who are otherwise released hereby.

I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve the risk of injury and even death, and that I am voluntarily participating in these activities and using exercises, equipment and products with knowledge of the dangers involved. I hereby agree to expressly assume all risks of injury or death.

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation or use of equipment

or products except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness/nutrition/supplement activity or in the use of exercise equipment, nutritional eating plans and supplemental nutritional products. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, the use of exercise equipment, the following a nutritional eating plan and the consumption of nutritional supplements so that I might have his or her recommendations concerning these fitness activities, fitness equipment, nutritional plans and nutritional supplements. I acknowledge that I have either had a physical examination and have been given my physicians permission to participate, or that I have decided to participate in activity, use of equipment, nutritional eating plan and nutritional supplements without the approval of my physician and do hereby assume all responsibility for my participation, activities, the use of equipment, the following of the nutritional eating plan and the consumption of nutritional supplements.

I understand that if I should experience any pain, dizziness, illness or discomfort from participating in the Fire Team Whiskey fitness programs, by consuming any of the nutritional supplements or by following the nutritional eating plan, that I should stop immediately and seek proper medical care and/or consult.

I have read, understood and signed this agreement with full knowledge of its significance, and confirm that I am at least 18 years of age and competent to sign it. This agreement shall be binding upon the undersigned, his/her heirs, executors, administrators and assigns.

I agree that (i) this agreement is governed by and is intended to be as broad and inclusive as permitted by, the laws of the state of Florida, (ii) if any portion hereof is held to be invalid, the remainder shall not be invalidated thereby, but shall remain in full force and effect and (iii) this agreement may not be amended or MODIFICATION except in writing signed by both parties (including signing through electronic means). If any suit or action is filed by any party to enforce this agreement or otherwise with respect to the subject matter of this agreement, venue shall be in the state of Florida.

.22 Caliber Nutrition Protocol

The Fire Team Whiskey® .22 Caliber Nutrition Protocol is designed to be a first step on the journey to optimal nutritional health. The focus of the .22 Caliber Nutrition Protocol is twofold: first, to focus on portion control and daily food group optimal balance, and second, to increase the amount of unprocessed whole foods consumed. Each Fire Team Whiskey® Caliber Nutrition Protocol is designed for a 30-day duration, at which point, you will either graduate to the next Caliber or continue with the current plan until Caliber goals are met. There are no “cheat days” on this eating plan. The Fire Team Whiskey® approach to health and fitness is focused on a lifestyle change. This is not a short-term “diet” or a focus on getting fit enough to pass an annual fitness test. Warriors need to be SEMPER PARATUS, always ready. A Warrior must be committed to achieving optimal health, every day for the rest of his life.

.22 Caliber Nutritional Protocol Standard Operating Procedure

#1: Your daily foods should comprise of 90% or more whole, real foods. This means foods that do not come from a box, can, bag or are processed with chemicals and machines. Whole foods include meats, eggs, nuts, produce, and dairy. Those foods that are packaged should be reviewed closely for added ingredients that are not on plan. We understand that life circumstances sometimes call for a quick on the go option like a bar or a shake. Therefore, we created the Fire Team Whiskey® SpecOps™ Shakes and FuelRation™ Bars. The Fire Team Whiskey® brand bars and shakes have been developed with the best quality ingredients. Since we have custom-made and vetted these as a high-quality source of nutrition when unprocessed whole foods are not available or feasible, we encourage you to only consume the Fire Team Whiskey® brand bars and shakes when you need a fast, mobile healthy snack or meal replacement.

#2: Anything with more than 5 grams of sugar per serving is off limits. This includes natural sugars like agave, honey, and maple syrup. The sugar alternatives stevia, monk fruit and sugar alcohols are approved in unlimited use. Avoid all other zero calorie sweeteners. On special occasions, it is ok to have a treat with more than 5 grams of sugar. On this special occasion (no more than once a month), this treat will be counted as your entire day's servings of carbohydrates for that day. For example, at your child's birthday party you have a small slice of cake. This would be your only carbohydrate for the day. Refer to the Warrior Wellness Video on sugar and how to read labels if you are unsure on how to check your food for sugars.

#3: Beverages are limited to water, zero calorie flavored waters and sports drinks, and unsweetened teas and coffees. Cream, nut-milks, and milks may be added to coffee and tea but must be counted as servings of fat (see #6).

#4: Non-starchy vegetables are unlimited each day. Starchy vegetables that are NOT included in the unlimited category are potatoes, sweet potatoes, yams, corn, and carrots. Any added oils and dressings used to cook the vegetables or that are used to flavor the vegetables must follow the guidelines below. For example: eating steamed broccoli with butter. You must count the butter consumed towards the daily limit for oils and fats (see #6).

#5: Carbohydrates, starchy vegetables (potatoes, sweet potatoes, yams, corn, and carrots), beans, fruit, and grains are regulated (see chart below). One cup or 8 ounces is one serving. There are items that may be hard to measure, like bread products. One slice of bread = one serving. One large tortilla-wrap = one serving. Any starchy vegetable or fruit must be limited to the size of a cup. If you are not sure, cut it up and place it in a measuring cup (or compare to the size of a balled-up fist). You can split up the servings for variety. For example: have a half a cup of berries for a snack and later as a part of dinner, have half a cup of sweet potato. Anything with more than 5 grams of sugar counts as a carbohydrate, regardless of what it had more of (for example some “protein bars” have more than 5 grams of sugar. So you would count that serving as a carbohydrate and not a protein).

#6: Oils and fats are regulated. A serving size is a tablespoon (compare to the size of the end of your thumb from the middle bend joint to the end of the thumb tip). This includes all cooking and dressing oils, seeds, nuts, nut butters, avocado, coconut, nut and soy milks, and all dairy products. The Fire Team Whiskey® SpecOps™ Shakes and FuelRation™ Bars that include the word “Keto” in the flavor title count as one serving of fat.

#7: Proteins are regulated. A serving size of protein is half a cup (4 ounces, about the size of a playing card). All beef, pork, poultry, fish, and eggs are included in this category. 2 eggs are considered one 4 ounce serving. If you are a vegetarian and need a non-meat protein replacement, you may include tofu, tempeh and protein powders in this category. The Fire Team Whiskey® SpecOps™ Shakes and FuelRation™ Bars (not including the shakes and bars with the word “keto” in the flavor title) are considered one protein serving. For example, you have one of the Fire Team Whiskey® FuelRation™ Bar as a snack, you will count that as one protein serving consumed.

#8: Because most condiments, dressings and sauces have added sugars, they fall into category #2 and are off limits. If they do not have added sugars, you may proceed and use under some limitations. We recommend that you make your own dressings for salads using olive oil, red wine vinegar, and balsamic oils, but these must be counted and served in the serving size of a TBS and counted under the category fats and oils (see #6). Fat-based dressings (such as ranch dressing or mayo) with no added sugars can be used but must be counted as a serving of fat (see #6) and are a tablespoon in serving size. Hot sauce, siracha, soy sauce, mustard and seasoning mixes are good examples of non-sugar added flavorings for food and may be used unlimited. The use of seasonings such as salt, pepper, pepper flakes, cinnamon, etc. are unlimited.

#9: Alcohol is limited because of how calorically and carb dense it is. If alcohol is consumed, the serving size is 6-ounces of wine, 12-ounces of beer or one jigger (1.5 ounces) of liquor. Alcohol is counted as a carb/starch. Do not exceed 2 servings of alcohol in a day. Be wary of mixed drinks as most have added sugars. If you drink liquor, drink it on the rocks or with unsweetened seltzer or sparkling water.

.22 Caliber Nutrition Protocol Daily Maximums

The .22 Caliber Nutrition Protocol provides you daily serving maximums for each category of food based on your daily calorie range. Do not exceed your daily maximum for each category, but you do not have to meet the maximum for each day in each category. For example, your plan allows for two servings of starches today, but you only ate one. This is acceptable. Eat until you are satisfied not stuffed. If you are not hungry, don't eat but wait until your body signals you that it is time to eat. Make smaller meals and snacks and check in with your body to see if this meal/snack was satisfying, or if you are hungry for a second serving. If you have a question about the .22 Nutrition Protocol, please contact the Fire Team Whiskey Cadre. They can help.

The below guidelines will help you determine your daily calorie maximum:

If you need to lose weight: Your weight in lbs x 12 = _____

If you would like to maintain your weight: Your weight in lbs X 15 = _____

If you would like to gain weight: Your weight in lbs X 18 = _____

For example, you weigh 200 lbs and you need to lose weight. Then you multiply 200 x 12 = 2,400.

This is your daily calorie maximum.

Your daily calorie maximum will fall in one of the below calorie range plans. To the right of this range will give you your daily maximum servings for each food category.

Daily Serving Maximums

Calorie Range	Non-Starchy Vegetables	Starch/Fruit	Proteins	Fats/Oils
1100-1300	Unlimited	.5	3	4
1301-1500	Unlimited	1	3	4
1501-1700	Unlimited	1	3	5
1701-1900	Unlimited	1	4	5
1901-2100	Unlimited	1	4	6
2101-2300	Unlimited	1.5	5	7
2301-2500	Unlimited	2	5	7
2501-2700	Unlimited	2	5	8
2701-2900	Unlimited	2	6	8
2901-3100	Unlimited	2.5	6	9
3101-3300	Unlimited	2.5	6	10
3301-3500	Unlimited	2.5	7	10

Because you have Enlisted in the Fire Team Whiskey® .22 Caliber Protocol, you have exclusive access to the Fire Team Whiskey®.22 Caliber Web Site. The website has educational information about the .22 Caliber Protocol Eating Plan, recipes, and tips on how to make your Eating Plan Mission successful.

Example one-day meal plan for a 2501-2700 calorie range

TIME	Non-Starchy Vegetables	Starch/Fruit	Proteins	Fats/Oils
600AM				SpecOps™ KETO JOE SHAKE (1)
900AM	SPINACH ONIONS	1 SLICE WHOLE WHEAT TOAST (1)	2 EGGS SCRAMBLED (2)	1TBS CHEDDAR CHEESE (1)
1200	SPINACH TOMATOES ONIONS		GRILLED CHICKEN 4 OUNCES (1)	2TBS BALSAMIC, RED WINE AND OLIVE OIL DRESSING (2) AND A 2TBS OF SHREDDED PARMESEAN (2)
300PM	CELERY GREEN PEPPERS	½ CUP HUMMUS (.5) ½CUP CARROTS (.5)		
500PM			FuelRation™ BAR (1)	
700PM	STEAMED BROCCOLI		STEAK 4 OUNCES (1)	2TBS OF BUTTER (2)
DAILY TOTALS	UNLIMITED	2	5	8

.22 Caliber Fitness Protocol

The Fire Team Whiskey® .22 Caliber Fitness Protocol is designed to be a first step on the journey to optimal fitness. The .22 Caliber Fire Team Whiskey® Fitness Protocol focuses on exercises you can do anywhere and anytime. No equipment is needed, so no excuses...get it done! The Fitness Protocol is based on the high-intensity interval (HIIT) workout approach. The exercises are done in short duration with short breaks but performed at maximum effort. It is critical to work as hard as you can during the exercise timeframe. Taking longer breaks, or only working at minimum effort will not get you the results you want. The benefit of high-intensity intervals is that they are short, so you can work extremely hard for that short amount of time without the need for “conservation of energy” that longer endurance exercise requires. Each Caliber Fitness Protocol is designed for a 30-day duration, at which point, you will either graduate to the next Caliber or continue with the current plan until Caliber goals are met.

.22 Caliber Fitness Protocol Standard Operating Procedure

The next section of this book contains the .22 Caliber Fitness Protocol. The first and last three pages are warmup and cooldown exercises to be completed before and after you complete the workout-of-the-day (WOD) exercises. You may complete your own warmup and cooldown exercise stretching routine if you prefer. The exercises are split into three categories: cardio, core, and strength. Each WOD comprises of three cardio, three cores, and three strength exercises. Each exercise description provides guidelines for proper form, time interval and reps, and recommendations for modifications and progressions. Exercise within your individual fitness and medical limitations. If you have a question about a modification or substitution for any of the exercises, please contact the Fire Team Whiskey Cadre. They can help.

The warmup is one minute and 30 seconds in duration. There are three warmup and cooldown exercises; each is suggested to be 30 seconds in duration. If this is not long enough, you may extend your warmup for as long as you need for you to feel warm enough to begin your high-intensity interval training. The same guidance goes for the cooldown period. You may extend it for as long as you feel necessary to have stretched enough and reduced your heart rate down enough for recovery.

Each exercise is completed at 20-second work/10 second rest intervals for 6 rounds (totaling 3 minutes per exercise). Each WOD has 9 exercises. Total exercise time is 27 minutes. The .22 Caliber WOD a 30-minute total workout (27 minutes of exercise with 3 minutes of warm up and cool down).

Because you have Enlisted in the Fire Team Whiskey® .22 Caliber Protocol, you have exclusive access to the Fire Team Whiskey®.22 Caliber Web Site. The website has video demonstrations of each exercise as well as a Workout of the Day Video that corresponds with the calendar on the next page.

Below is a 30-day calendar with the .22 Caliber WOD for each day and intermittent rest days (R&R). This calendar is a guidance. We suggest that if you do not follow the calendar, that you complete three cardio and three strength workouts for at least 30 minutes in duration a week at a minimum.

.22 Caliber Fitness Protocol WOD Calendar

	DAY 1	DAY 2	DAY 3	Day 4	Day 5	Day 6	Day 7
WEEK 1	1-9	10-18	19-27	R&R	10-12, 4-6, 25- 27	1-3, 13- 15, 16- 18	19-21, 22-24, 7-9
WEEK 2	R&R	1-3, 25- 27, 16- 18	10-12, 19-21, 4-6	1-9	R&R	19-21, 22-24, 13-15	7-9, 22- 24, 16- 18
WEEK 3	10-12, 25-27, 13-15	R&R	19-27	10-18	1-9	R&R	25-27, 16-18, 7-9
WEEK 4	1-3, 13- 15, 22- 24	19-21, 10-12, 4-6	R&R	10-18	1-9	19-27	R&R
WEEK 5	1-3, 19- 21, 16- 18						

.22 Caliber Fitness Protocol Exercises

.22 WARMUP: ARM CIRCLES

START WITH ARMS UP PARALLEL WITH SHOULDERS AND LEGS SLIGHTLY APART (A). CIRCLE ARMS FORWARD BRINGING THEM AROUND IN A LARGE CIRCLE. (B) COMPLETE 10 ARM CIRCLES FORWARD AND 10 ARM CIRCLES BACKWARDS. CONTINUE ALTERNATING FORWARD AND BACK ARM CIRCLES FOR 30 SECONDS.



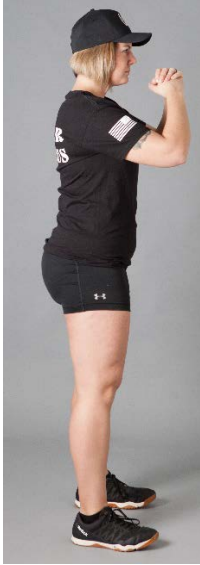
A



B

.22 WARM UP: POSTERIOR KICKS

START WITH HANDS CLASPED AT CHEST AND LEGS HIPS WIDTH DISTANCE APART (A). KICK RIGHT FOOT BACK OWARDS SAME SIDE POTERIOR (B). BRING RIGHT FOOT BACK DOWN RETURNING IT TO START POSITION. REPEAT LEFT SIDE. ALTERNATE KICKS CONTINUOUSLY FOR 30 SECONDS.



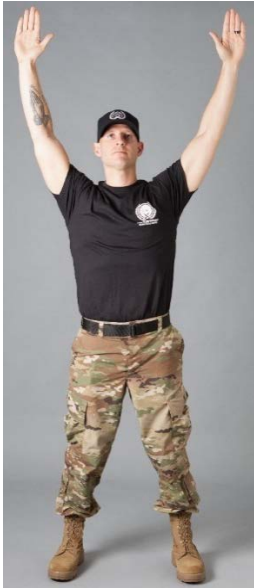
A



B

22 WARM UP: KICK REACH

START WITH ARMS AT A “V” REACHING OVERHEAD WITH LEGS HIPS WIDTH DISTANCE APART (A). WHILE SIMULTANEOUSLY KICKING THE LEFT LEG UP, KEEPING THE LEG AS STRAIGHT AS YOU CAN, REACH THE RIGHT ARM FORWARD TRYING TO TOUCH THE RIGHT HAND TO THE LEFT FOOT AT HIP HEIGHT (B). RETURN THE ARM AND LEG TO THE START POSITION (A) THEN REPEAT WITH THE RIGHT LEG AND LEFT ARM. PERFORM ALTERNATING KICK REACHES CONTINUOUSLY FOR 30 SECONDS.



A



B

1

.22 CARDIO: JUMPING JACKS

START WITH ARMS DOWN BY YOUR SIDE AND LEGS TOGETHER (A). JUMP ARMS AND LEGS APART, BRINGING ARMS UP OVER HEAD AND LEGS APART (B). JUMP ARMS AND LEGS BACK TO START POSITION (A). PERFORM EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C

MODIFICATION: SAME START POSITION (A). INSTEAD OF JUMPING, STEP THE RIGHT LEG OUT Laterally RAISING THE RIGHT ARM OVER HEAD AT THE SAME TIME (C). STEP THE RIGHT LEG BACK TO CENTER DROPPING THE RIGHT ARM TO START POSITION (A). REPEAT ON THE LEFT SIDE.

#2

.22 CORE: BICYCLES

START LAYING ON YOUR BACK WITH KNEES BENT AT 45 DEGREES AND VERTICLE TO HIPS WITH FEET IN THE AIR. PLACE ARMS BEHIND HEAD WITH ELBOWS OPEN (A). ROLL SHOULDER BLADES UP OFF THE FLOOR, ROTATING THE RIGHT ELBOW TOWARDS THE LEFT KNEE, DRIVE THE LEFT KNEE TOWARDS THE CHEST EXTENDING THE RIGHT LEG OUT STRAIGHT TO A HOVER POSITION OVER THE FLOOR (B). REPEAT DRIVING THE LEFT ELBOW TOWARDS THE RIGHT KNEE. CONTINUE ALTERNATING RIGHT AND LEFT SIDES FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C



D

MODIFICATION: START ON YOUR BACK WITH KNEES BENT AND FEET PLACED ON THE FLOOR. CLASP YOUR HANDS BEHIND YOUR HEAD AND OPEN YOUR ELBOWS WIDE (C). ROLL SHOULDER BLADES UP OFF THE FLOOR, ROTATING THE LEFT ELBOW TOWARDS THE RIGHT KNEE (D) THEN RETURN TO START POSITION (C). REPEAT OPPOSITE SIDE.

3

.22 STRENGTH: PLANK WALK

START IN PLANK POSITION WITH WRISTS DIRECTLY UNDER SHOULDERS, ARMS STRAIGHT, WITH THE BACK IN A SINGLE LINE FROM HEAD TO FOOT (A). STEP THE RIGHT HAND AND RIGHT FOOT TO THE RIGHT (B). STEP THE LEFT HAND AND LEFT FOOT TO THE RIGHT BRINGING THEM TO THE ORIGINAL PLANK POSITION DISTANCE (A). REPEAT ACTION, THIS TIME BRINGING THE LEFT HAND AND LEFT LEG TO THE LEFT AND FOLLOWING WITH THE RIGHT HAND AND LEFT FOOT BACK TO PLANK POSITION. CONTINUE ALTERNATING RIGHT AND LEFT SIDES FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A (SIDE VIEW)



A (FRONT VIEW)



B



D



E

MODIFICATION: START POSITION IS A MODIFICATION PLANK WITH KNEES DOWN (D). STEP THE LEFT HAND TO THE LEFT. STEP THE RIGHT HAND TO THE LEFT BRINGING THE HANDS BACK TO SHOULDER WIDTH DISTANCE (E). THE KNEES REMAIN DOWN AND DO NOT MOVE FROM THEIR POSITION. REPEAT ACTION, THIS TIME BRINGING THE RIGHT HAND TO THE RIGHT AND FOLLOWING WITH THE LEFT HAND TO THE RIGHT. CONTINUE ALTERNATING WALKING WANDS FROM LEFT TO RIGHT, MAINTAINING THE PROPER STRAIGHT LINE FROM KNEES TO NECK.

4

.22 CARDIO: SKI JUMPERS

START WITH LEGS TOGETHER WITH KNEES BENT. HINGE FORWARD AT THE HIPS WITH CHEST UP. ARMS ARE DOWN BY THE SIDE AND PULLED SLIGHTLY BEHIND THE HIPS (A). JUMP WITH LEGS TOGETHER TO THE RIGHT SWINGING ARMS FORWARD AND BACK FOR MOMENTUM (B). LAND ON THE BALLS OF THE FEET WITH MINIMAL IMPACT WITH LEGS TOGETHER AND BACK IN THE START POSITION (A). REPEAT MOVEMENT JUMPING TO THE LEFT. CONTINUE JUMPING ALTERNATING RIGHT AND LEFT SIDES FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A (SIDE VIEW)



A (FRONT VIEW)



B



D

MODIFICATION: SAME START POSITION (A). STEP THE RIGHT LEG TO THE RIGHT SWINGING YOUR ARMS FORWARD (D). ONCE THE RIGHT FOOT HAS PLANTED, STEP THE LEFT LEG TO THE RIGHT BRINGING THE LEGS TOGETHER BACK TO START POSITION (A). REPEAT STEPPING TO THE LEFT.

#5

.22 CORE: FLUTTER KICKS

LAY ON YOUR BACK WITH LEGS TOGETHER AND ARMS STRAIGHT DOWN BY YOUR SIDES. YOU MAY TUCK YOUR HANDS UNDER YOUR HIPS FOR ADDITIONAL LOWER BACK SUPPORT. ROLL YOUR SHOULDERS UP OFF THE FLOOR AND BRING YOUR LEGS TO A HOVER A FEW INCHES ABOVE THE FLOOR KEEPING THEM AS STRAIGHT AS POSSIBLE (A). KEEPING THE SHOULDERS ROLLED OFF THE FLOOR AND LEFT LEG AT A HOVER, LIFT THE RIGHT LEG TO 45 DEGREES (B). SWITCH LEGS, BRINGING THE RIGHT LEG TO A HOVER AND THE LEFT LEG AT 45 DEGREES. CONTINUE ALTERNATING RIGHT AND LEFT SIDES FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C

MODIFICATION: SAME AS ABOVE BUT KEEP BASE LEG ON THE FLOOR INSTEAD OF AT A HOVER OVER THE MAT. YOU MAY ALSO KEEP YOUR HEAD DOWN ON THE ON THE MAT (C).

6

.22 STRENGTH: PRISONER SQUAT WALK

START WITH FEET A LITTLE WIDER THAN HIPS WIDTH DISTANCE APART. SIT DOWN AND BACK INTO A SQUAT POSITION, MAINTAINING YOUR KNEES BEHIND THE PLANE OF YOUR TOES. PULL THE CHEST OPEN AND RAISE THE ARMS OVERHEAD, CLASPING YOUR HANDS BEHIND YOUR HEAD. KEEP THE ELBOWS PULLED OPEN. THE BACK SHOULD BE STRAIGHT, AND SHOULDERS ROLLED DOWN. DON'T HUNCH THE SHOULDERS OR CLOSE THE ELBOWS AROUND THE FACE (A). STAYING IN THE LOW SQUAT, STEP THE RIGHT LEG TO THE RIGHT (B) FOLLOWING WITH THE LEFT. THEN STEP THE LEFT LEG TO THE LEFT FOLLOWING WITH THE RIGHT. STAY LOW IN THE SQUAT THE ENTIRE EXERCISE, ALTERNATING STEPPING FROM LEFT TO RIGHT. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: THERE IS NO MODIFIER FOR THIS EXERCISE OTHER THAN LIMITING THE RANGE OF MOTION OF HOW FAR DOWN YOU SIT INTO THE SQUAT.

7

.22 CARDIO: MOUNTAIN CLIMBERS

START IN PLANK POSITION WITH WRISTS DIRECTLY UNDER SHOULDERS, ARMS STRAIGHT, WITH THE BACK IN A SINGLE LINE FROM HEAD TO FOOT (A). BRING THE LEFT FOOT OFF THE GROUND, BENDING THE KNEE AND BRINGING THE KNEE AS CLOSE TO THE CHEST AS YOU CAN (B). RETURN THE LEG BACK TO THE START POSITION (A). REPEAT WITH THE RIGHT LEG. CONTINUE ALTERNATING BETWEEN RIGHT AND LEFT AT A FAST-MARCHING PACE. KEEP THE BACK STRAIGHT MAINTAINING A PLANK POSITION THROUGHOUT THE EXERCISE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C



D

MODIFICATION: START IN A MODIFICATION PLANK POSITION WITH KNEES DOWN (C). BRING THE LEFT KNEE OFF THE GROUND, BRINGING THE KNEE AS CLOSE TO THE CHEST AS YOU CAN (D). RETURN THE LEG BACK TO THE START POSITION (C). REPEAT WITH THE RIGHT LEG. CONTINUE ALTERNATING BETWEEN RIGHT AND LEFT AT A FAST-MARCHING PACE. BECAUSE THE KNEES ARE DOWN, THE RANGE OF MOTION OF THE KNEE WILL BE MUCH MORE RESTRICTED.

#8

.22 CORE: PENGUINS

LAY ON YOUR BACK IN A TRADITIONAL SIT UP POSITION WITH BOTH ARMS RAISED AT A HOVER OVER THE MAT AND BY YOUR SIDE. THE LEGS SHOULD BE BENT, AND THE FEET PLANTED ON THE FLOOR ABOUT 6 INCHES FROM YOUR BUTTOCKS. KEEP THE LEGS A FEW INCHES APART. ROLL YOUR SHOULDERS OFF OF THE MAT BRINGING YOUR CHEST TOWARDS YOUR KNEES (A). MAINTAINING YOUR SHOULDERS OFF THE FLOOR, SLIDE YOUR LOWER BACK TOWARDS THE LEFT, REACHING YOUR LEFT HAND TOWARDS THE OUTSIDE OF THE LEFT FOOT (B). RETURN BACK TO THE START POSITION MAINTAINING THE SHOULDER BLADES OFF THE FLOOR. REPEAT ON THE RIGHT SIDE. CONTINUE ALTERNATING RIGHT AND LEFT SIDES FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C



D

MODIFICATION: THE MODIFICATION ALLOWS FOR ARM SUPPORT BEHIND THE HEAD (C). THE EXERCISE IS THE SAME AS ABOVE BUT KEEPING THE ARM BEHIND THE HEAD THAT IS NOT REACHING TOWARDS THE FOOT (D).

#9

.22 STRENGTH: TRICEP DIPS

SIT ON THE FLOOR WITH YOUR HANDS STAGGERED BEHIND YOU, WITH ARMS SLIGHTLY BENT AND HANDS PLANTED ON THE FLOOR. LEGS ARE BENT AT 45 DEGREES AND FEET ARE PLANTED ON THE FLOOR. KEEP THE LEGS A FEW INCHES APART. PUSH INTO THE FLOOR WITH THE FEET, ACTIVATE THE QUADS AND GLUTES AND LIFT THE HIPS OFF OF THE FLOOR. KEEP THE SHOULDERS OVER THE WRISTS (A). BEND BOTH ELBOWS BACK SHIFTING SOME OF THE BODY WEIGHT BACK OVER THE ARMS. BEND AS FAR AS YOUR STRENGTH WILL ALLOW OR UNTIL YOUR UPPER ARMS BECOME PARALLEL WITH THE GROUND. KEEP THE HIPS LIFTED OFF THE FLOOR (B). STRAIGHTEN THE ELBOWS, RETURNING THE BODY WEIGHT FORWARD TO START POSITION (A). CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: SIT ON THE FLOOR WITH YOUR HANDS STAGGERED BEHIND YOU, WITH ARMS SLIGHTLY BENT AND HANDS PLANTED ON THE FLOOR WITH SHOULDERS OVER THE WRISTS. LEGS ARE BENT AT 45 DEGREES AND FEET ARE PLANTED ON THE FLOOR. KEEP THE LEGS A FEW INCHES APART. KEEP THE HIPS ON THE FLOOR (C). BEND BOTH ELBOWS BACK SHIFTING SOME OF THE BODY WEIGHT BACK OVER THE ARMS. BEND AS FAR AS YOUR STRENGTH WILL ALLOW OR UNTIL YOUR UPPER ARMS BECOME PARALLEL WITH THE GROUND. KEEP THE HIPS ON THE FLOOR (D). STRAIGHTEN THE ELBOWS, RETURNING THE BODY WEIGHT FORWARD TO START POSITION (C).



C



D

10

.22 CARDIO: HIGH KNEE MUMMY RUNS

STAND WITH LEGS SLIGHTLY APART ARMS HELD IN FRONT AT CHEST LEVEL (A). RUN IN PLACE BRINGING YOUR KNEES TO THE NAVAL LINE OR HIGHER (B). CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: INSTEAD OF RUNNING IN PLACE, MARCH IN PLACE BRINGING KNEES UP TO NAVAL PAST THE BELT LINE.

11

.22 CORE: PLANK HOLD

LAY PRONE ON A MAT AND RAISE YOUR BODY OFF THE FLOOR WITH WRISTS UNDER SHOULDERS. THE FEET SHOULD HAVE A FEW INCHES OF SPACE BETWEEN THEM, PUSHING BACK INTO THE HEELS WITH THE BODY WEIGHT BALANCING ON THE TOES AND BALLS OF THE FEET. THE ARMS SHOULD BE STRAIGHT AND SPACED WHERE THE WRISTS ARE DIRECTLY UNDER THE SHOULDERS. THE BACK SHOULD BE STRAIGHT, MAKING ONE STRAIGHT LINE FROM HEELS TO THE TOP OF THE HEAD. THE GAZE SHOULD BE ON THE FLOOR (A). HOLD PLANK FOR 20 SECONDS, REST FOR 10 SECONDS FOR 6 ROUNDS.



A

MODIFICATION: IF YOU ARE UNABLE TO MAINTAIN PLANK POSITION WITHOUT THE HIPS STARTING TO SAG OR HAVING TO PUSH THE HIPS TOWARDS THE CEILING FOR THE DURATION OF THE EXERCISE, GO TO THE MODIFICATION PLANK POSITION, WHICH IS THE SAME AS ABOVE, EXCEPT THE KNEES ARE ON THE FLOOR (B). THE STRAIGHT BACK PLANE WILL THEN BE FROM THE KNEES TO THE TOP OF THE HEAD.



B

12

.22 STRENGTH: BEAR CRAWL

START IN A TABLE TOP (OR CRAWL) POSITION. THE WRISTS SHOULD BE DIRECTLY UNDER THE SHOULDERS AND KNEES DIRECTLY UNDER THE HIPS. RAISE THE KNEES TO A HOVER RIGHT OVER THE MAT, KEEPING THE HIPS DOWN AND THE BACK STRAIGHT. THIS IS THE START POSITION (A). STEP THE RIGHT ARM TO THE RIGHT AT THE SAME TIME, STEP THE RIGHT LEG TO THE RIGHT (B). STEP THE LEFT ARM TO THE RIGHT AND AT THE SAME TIME STEP THE LEFT LEG TO THE RIGHT. KEEP THE KNEES TO A HOVER OVER THE MAT AND THE HIPS SQUARE TO THE FLOOR (C). REPEAT GOING IN THE OPPOSITE DIRECTION (LEFT). YOU ARE CRAWLING LATERALLY WITH THE KNEES MAINTAINING A HOVER A FEW INCHES ABOVE THE MAT FOR THE DURATION OF THE EXERCISE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A (SIDE VIEW)



A (FRONT VIEW)



B



C

MODIFICATION: IF YOU ARE UNABLE TO MAINTAIN THE KNEES TO A HOVER OVER THE MAT, PERFORM THE STRENGTH #3 PLANK WALK MODIFICATION EXERCISE AS A SUBSTITUTE FOR THIS EXERCISE (SHOWN ON PAGE 19).

13

.22 CARDIO: MUMMY KICKS

STAND WITH ARMS STRAIGHT OUT IN FRONT OF YOUR BODY WITH LEGS SLIGHTLY APART (A). KICK ALTERNATING LEGS FORWARD QUICKLY ADDING A SLIGHT HOP WITH EACH SWITCH OF THE FOOT FORWARD. THE ARMS ALTERNATE OVER AND UNDER EACH OTHER, KEEPING THEM STRAIGHT ALTERNATING ONE ARM OVER AND ONE ARM UNDER (B). CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: PERFORM EXERCISE WITH NO IMPACT. DO NOT HOP FROM ONE FOOT TO THE OTHER. KICK LEGS FORWARD ENSURING THE BASE LEG REMAINS PLANTED ON THE FLOOR.

14

.22 CORE: SUPINE SCISSORS

LAY ON YOUR BACK ON A MAT WITH LEGS STRAIGHT AND ARMS STRAIGHT DOWN BY THE SIDE. ROLL THE SHOULDER BLADES OFF THE MAT, PULLING THE CHEST TOWARDS THE FEET. RAISE THE RIGHT LEG TOWARDS THE FACE, KEEPING THE LEG STRAIGHT. BRING THE LEFT LEG TO A HOVER A FEW INCHES OFF THE FLOOR. GRAB THE RIGHT LEG AND PULL IT TOWARDS YOUR FACE, BRINGING THE SHOULDER BLADES EVEN FURTHER OFF THE MAT (A). SWITCH THE LEG POSITIONS, BRINGING THE RIGHT LEG TO A HOVER AND THE LEFT LEG TOWARDS THE FACE. GRAB THE LEFT LEG WITH YOUR HANDS AND PULL IT TOWARDS THE FACE, MAINTAINING THE SHOULDER BLADES OFF THE MAT THE ENTIRE EXERCISE. KEEP THE LEGS AS STRAIGHT AS POSSIBLE FOR THE ENTIRE EXERCISE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: IF YOU CANNOT MAINTAIN YOUR LEG AT A HOVER, OR THIS EXERCISE BOTHERS YOUR LOWER BACK, PERFORM THE EXERCISE AS ABOVE, EXCEPT DO NOT KEEP THE BOTTOM LEG AT A HOVER, YOU MAY KEEP THE LEG ON THE FLOOR (B). ALSO, IF KEEPING YOUR SHOULDER BLADES ROLLED UP WITH THE HEAD OFF THE FLOOR IRRITATES YOUR NECK, YOU MAY PERFORM THE EXERCISE WITH THE HEAD AND SHOULDERS ON THE MAT FOR THE ENTIRE EXERCISE.

15

.22 CAL STRENGTH: PUSH UPS (REGULAR, CLOSE AND WIDE INTERVALS)

REGULAR: LAY PRONE ON A MAT AND RAISE YOUR BODY OFF THE FLOOR WITH WRISTS UNDER SHOULDERS. THE FEET SHOULD HAVE A FEW INCHES OF SPACE BETWEEN THEM, PUSHING BACK INTO THE HEELS WITH THE BODY WEIGHT BALANCING ON THE TOES AND BALLS OF THE FEET. THE ARMS SHOULD BE STRAIGHT AND SPACED WHERE THE WRISTS ARE DIRECTLY UNDER THE SHOULDERS. THE BACK SHOULD BE STRAIGHT, MAKING ONE STRAIGHT LINE FROM HEELS TO THE TOP OF THE HEAD. THE GAZE SHOULD BE ON THE FLOOR. THIS IS PLANK POSITION (A). BENDING THE ELBOWS BACK AND AWAY FROM THE RIBCAGE, LOWER YOUR BODY TO A HOVER A FEW INCHES OVER THE MAT MAINTAINING THE STRAIGHT BACK PLANE (B). STRAIGHTEN THE ARMS, RETURNING TO PLANK POSITION (A). CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS. EACH ROUND CHANGE THE HAND POSITION TO WORK DIFFERENT MUSCLE GROUPS.



A



B

CLOSE: CLOSE PUSH UPS ARE THE SAME AS ABOVE EXCEPT FOR THE HAND AND ARM POSITION. WHEN SETTING UP THE START POSITION (PLANK), BRING THE HANDS CLOSE TOGETHER WHERE THE THUMBS ARE TOUCHING. THE ELBOWS AS YOU LOWER WILL BE TRACKING BACK TOWARDS THE FEET AND NOT OUT TO THE SIDES. THE ELBOWS SHOULD BRUSH THE RIBCAGE AS YOU LOWER TOWARDS THE FLOOR.

WIDE: WIDE PUSH UP ARE THE SAME AS ABOVE EXCEPT FOR THE HAND AND ARM POSITION. WHEN SETTING UP THE START POSITION (PLANK), BRING THE HANDS WIDER THAN THE SHOULDERS BY A FEW INCHES. THE ARMS WILL TRACK OUT WIDER THAN THE REGULAR PUSH UP AND YOUR RANGE OF MOTION OF HOW FAR YOU CAN LOWER MAY BE REDUCED.

MODIFICATION: IF YOU ARE UNABLE TO MAINTAIN PLANK POSITION WITHOUT THE HIPS STARTING TO SAG OR HAVING TO PUSH THE HIPS TOWARDS THE CEILING FOR THE DURATION OF THE EXERCISE, GO TO THE MODIFICATION PLANK POSITION, WHICH IS THE SAME AS ABOVE, EXCEPT THE KNEES COME TO THE FLOOR (C). THE STRAIGHT BACK PLANE WILL THEN BE FROM KNEES TO THE TOP OF THE HEAD. LOWER YOUR BODY, MAINTAINING THE STRAIGHT BACK PLANE TO A HOVER A FEW INCHES OVER THE FLOOR (D). RETURN THE BODY MAINTAINING THE STRAIGHT BACK PLANE TO THE START POSITION (C).



C

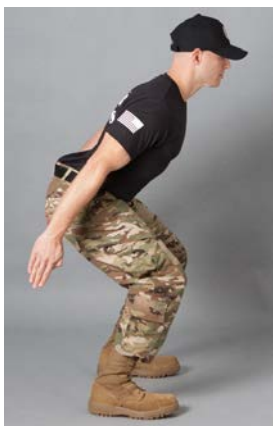


D

16

.22 CARDIO: SQUAT JUMPS

STAND WITH LEGS HIP WIDTHS DISTANCE APART. SITTING BACK AND DOWN, LOWER THE HIPS TO A HOVER AS IF YOU ARE SITTING IN A CHAIR. KEEP THE KNEES PUSHED BACK BEHIND THE TOES (A). AS YOU START TO COME OUT OF THE SQUAT POSITION, SWING YOUR ARMS FORWARD AND UP TO HELP DRIVE MOMENTUM AND JUMP INTO THE AIR (B). LAND SOFTLY ON THE BALLS OF THE FEET WITH KNEES SLIGHTLY BENT. SIT BACK AND DOWN, SWINGING THE ARMS DOWN AND BACK RETURNING TO THE START POSITION (A). CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A (SIDE VIEW)



A (FRONT VIEW)



B

MODIFICATION: INSTEAD OF JUMPING OUT OF THE SQUAT POSITION, YOU WILL RISE OUT OF THE SQUAT POSITION TO A STAND KEEPING THE FEET FLAT ON THE FLOOR.

17

.22 CORE: FOREARM PLANK TOE TAPS

GET INTO A PLANK POSITION AND LOWER ONTO YOUR ELBOWS. YOUR ELBOWS SHOULD BE BENT AT 45 DEGREES WITH YOUR FOREARMS LYING IN FRONT OF THE ELBOWS WITH HANDS CLASPED TOGETHER. THE ELBOWS SHOULD BE POSITIONED DIRECTLY UNDER THE SHOULDERS. THE BACK SHOULD BE STRAIGHT, MAKING ONE STRAIGHT LINE FROM HEELS TO THE TOP OF THE HEAD. THE GAZE SHOULD BE ON THE FLOOR (A). MAINTAINING PRPER FOREARM PLANK FORM, STEP THE RIGHT LEG TO THE RIGHT, TAPPING THE TOE ON THE FLOOR A FEW INCHES AWAY FROM IT'S START POSITION (B). RETURN THE LEG TO THE START POSITION. REPEAT WITH THE LEFT LEG, STEPPING THE LEFT LEG TO THE LEFT SIDE A FEW INCHES AWAY FROM THE START POSITION, THEN RETURN THE START POSITION. REPEAT ALTERNATING SIDES MAINTAINING A PRPOER FOREARM PLANK POSITION FOR THE DURATION OF THE EXERCISE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: IF YOU CANNOT MAINTAIN A PROPER FOREARM PLANK POSITION, GO TO A MODIFIED FOREARM PLANK POSITION. THE KNEES ARE DOWN, AND THE STRAIGHT BACK PLANE IS FROM KNEES TO THE TOP OF THE HEAD (C). BRING ONE KNEE OFF THE MAT, EXTENDING THE STRAIGHT LEG TO THE SIDE AS FAR AS COMFORTABLE, TAPPING THE TOE TO THE FLOOR (D). RETURN LEG TO START POSITON WITH KNEE DOWN. REPEAT OTHER LEG.



C



D

18

.22 STRENGTH: SIDE KICK TO SQUAT

STAND WITH FEET SHOULDER WIDTH DISTANCE AND HANDS CLASPED IN FRONT OF YOU AT CHEST HEIGHT (A). KEEPING THE CORE TIGHT, KICK THE RIGHT LEG Laterally AWAY FROM THE BODY EXTENDING THE KNEE TO A STRAIGHT LEG (B). TRY AND KICK THE LEG TO HIP HEIGHT. BRING LEG BACK TO START POSITION. SIT HIPS DOWN AND BACK, BENDING BOTH KNEES INTO A SQUAT. KEEP CHEST OPEN AND HEAD FACING FORWARD AND KEEP THE KNEES BEHIND THE TOES WHILE IN THE SQUAT (C). RETURN TO START POSITION. REPEAT KICK ON THE LEFT SIDE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C

MODIFICATION: THERE IS NO MODIFICATION TO THIS EXERCISE OTHER THAN LIMITING THE RANGE OF MOTION WITH BOTH THE KICK AND SQUAT.

19

.22 CARDIO: KNEE DRIVERS

STAND WITH LEGS WIDE APART AND REACH ARMS OVER HEAD LEANING TOWARDS THE LEFT (A). RAISE THE RIGHT KNEE UP AND ACROSS TOWARDS THE LEFT SIDE OF THE BODY. AS THE KNEE COMES UP, BRING THE HANDS DOWN TOWARDS THE KNEE (B). RETURN TO THE START POSITION AND SHIFT YOUR REACH TO THE RIGHT. REPEAT WITH THE LEFT KNEE BRINGING IT TO THE RIGHT SIDE OF THE BODY. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B



C

PROGRESSION: TO INCREASE INTENSITY, YOU CAN HOP WITH THE BASE LEG INTO THE MOMENTUM OF THE DRIVING KNEE (C)

MODIFICATION: THERE IS NO MODIFICATION FOR THIS EXERCISE OTHER THAN LIMITING THE RANGE OF MOTION.

20

.22 CORE: HIP LIFTS

SIT WITH YOUR HANDS STAGGERED BEHIND YOU, WITH ARMS SLIGHTLY BENT AND HANDS PLANTED ON THE FLOOR. LEGS ARE BENT AT 45 DEGREES AND HEELS ARE PLANTED ON THE FLOOR. KEEP THE LEGS A FEW INCHES APART (A). PUSH INTO THE FLOOR WITH THE FEET, ACTIVATING THE QUADS AND GLUTES AND LIFT THE HIPS TOWARDS THE CEILING. DRIVE THE HIPS UP AS HIGH AS YOU CAN, KEEPING THE SHOULDERS OVER THE WRISTS (B). LOWER YOUR HIPS TO THE FLOOR, RETURNING TO THE START POSITION. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: THERE IS NO MODIFICATION TO THIS EXERCISE OTHER THAN LIMITING THE RANGE OF MOTION.

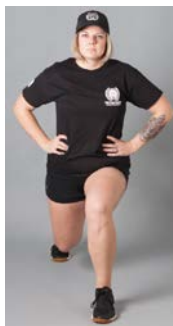
21

.22 STRENGTH CLOCK LUNGES

STAND WITH LEGS AT HIP WIDTHS DISTANCE AND HANDS ON HIPS (A). STEP THE LEFT LEG FORWARD, GOING INTO A FRONT LUNGE. BEND THE FRONT LEG AT 45 DEGREES AND BEND THE BACK KNEE BRINGING IT AS CLOSE TO THE FLOOR AS YOUR STRENGTH ALLOWS (B). STEP OUT OF THE LUNGE BACK TO THE START POSITION. STEP THE LEFT LEG TO THE SIDE BENDING BOTH KNEES INTO A SQUAT POSITION (C). STEP THE LEFT LEG BACK TO THE CENTER RETURNING TO THE START POSITION. STEP THE LEFT LEG BACK TO A REAR LUNGE. BENDING THE RIGHT LEG TO 45 DEGREES. BRING THE BACK KNEE AS CLOSE TO THE FLOOR AS YOUR STRENGTH ALLOWS (D). STEP THE LEFT LEG FORWARD OUT OF THE LUNGE, RETURNING TO THE START POSITION. REPEAT THIS SEQUENCE WITH THE RIGHT LEG, STARTING WITH THE BACK LUNGE, THEN THE SQUAT THEN THE FRONT LUNGE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



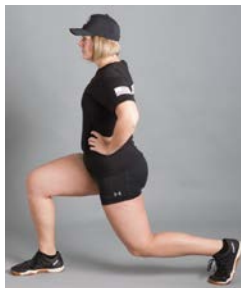
A



B



C



D

MODIFICATION: THERE IS NO MODIFICATION TO THIS EXERCISE OTHER THAN LIMITING THE RANGE OF MOTION.

22

.22 CARDIO: SCISSOR JUMPS

STAND WITH THE LEFT LEG STAGGERED BACK AND THE RIGHT LEG STAGGERED FORWARD. THE LEFT ARM REACHED UP AND FORWARD AND THE LEFT ARM REACHS DOWN AND BACK (A). JUMPING STRAIGHT UP, SWITCH THE LEG AND ARM POSITIONS (B). LAND SOFTLY ON THE BALLS OF THE FEET. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A (SIDE VIEW)



A (FRONT VIEW)



B

MODIFICATION: INSTEAD OF JUMPING TO SWITCH LEG AND ARM POSITIONS, STEP THE LEGS TO SWITCH POSITIONS.

23

.22 CORE: PLANK ARM LIFTS

LAY PRONE ON A MAT AND RAISE YOUR BODY OFF THE FLOOR WITH WRISTS UNDER SHOULDERS. THE FEET SHOULD HAVE A FEW INCHES OF SPACE BETWEEN THEM, PUSHING BACK INTO THE HEELS WITH THE BODY WEIGHT BALANCING ON THE TOES AND BALLS OF THE FEET. THE ARMS SHOULD BE STRAIGHT AND SPACED WHERE THE WRISTS ARE DIRECTLY UNDER THE SHOULDERS. THE BACK SHOULD BE STRAIGHT, MAKING ONE STRAIGHT LINE FROM HEELS TO THE TOP OF THE HEAD. THE GAZE SHOULD BE ON THE FLOOR (A). WHILE MAINTAINING PROPER PLANK FORM, RAISE THE RIGHT ARM STRAIGHT UP REACHING TOWARDS THE FRONT OF YOU. THE ARM SHOULD RAISE NO FURTHER THAN EAR LEVEL. PAUSE HERE, MAINTAINING A PROPER PLANK POSITION (B). KEEP THE HIPS SQUARE FACING THE FLOOR. LOWER THE ARM BACK TO THE START POSITION WITH THE WRIST DIRECTLY UNDER THE SHOULDER. REPEAT ON THE LEFT SIDE. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: IF YOU ARE UNABLE TO MAINTAIN PLANK POSITION WITHOUT THE HIPS STARTING TO SAG OR HAVING TO PUSH THE HIPS TOWARDS THE CEILING FOR THE DURATION OF THE EXERCISE, GO TO THE MODIFICATION PLANK POSITION, WHICH IS THE SAME AS ABOVE, EXCEPT THE KNEES COME TO THE FLOOR (C). THE STRAIGHT BACK PLANE WILL BE FROM THE KNEES TO THE TOP OF THE HEAD.



C

24

.22 STRENGTH: DOWN DOG PUSH UP

GET INTO A PLANK POSITION, THEN WITHOUT MOVING YOUR HANDS OR FEET, PUSH THE HIPS UP AND BACK, SHIFTING THE WEIGHT FROM THE SHOULDERS TO THE LEGS. KEEP THE LEGS AND ARMS AS STRAIGHT AS POSSIBLE. KEEP YOUR NECK STRAIGHT AND YOUR GAZE TOWARDS YOUR FEET DURING THE ENTIRE EXERCISE. THIS IS THE STARTING POSITION (A). FROM DOWN DOG, BEND BOTH ELBOWS OUT, LOWERING YOUR HEAD TOWARDS THE FLOOR. LOWER AS FAR AS YOUR STRENGTH ALLOWS YOU (B). IF YOU HAVE THE RANGE OF MOTION, YOU CAN LOWER ENOUGH TO TAP THE TOP OF YOUR HEAD GENTLY ON THE FLOOR. EXTEND THE ELBOWS TO STRAIGHT, RETURNING TO THE START POSITION. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: GO INTO A TABLE TOP POSITION (OR CRAWL POSITION) THEN PUSH BACK AND DOWN WITH YOUR HIPS (C). KEEP THE NECK STRIGHT AND THE GAZE TOWARDS THE FLOOR DURING THE ENTIRE EXERCISE. BEND BOTH ELBOWS OUT, LOWERING YOUR HEAD TOWARDS THE FLOOR. LOWER AS FAR AS YOUR STRENGTH ALLOWS YOU. IF YOU HAVE THE RANGE OF MOTION, YOU CAN LOWER ENOUGH TO TAP THE TOP OF YOUR HEAD GENTLY ON THE FLOOR (D). EXTEND THE ELBOWS TO STRAIGHT, RETURNING TO THE START POSITION.



C



D

25

.22 CARDIO: SPIDER LUNGE

LAY PRONE ON A MAT AND RAISE YOUR BODY OFF THE FLOOR WITH WRISTS UNDER SHOULDERS. THE FEET SHOULD HAVE A FEW INCHES OF SPACE BETWEEN THEM, PUSHING BACK INTO THE HEELS WITH THE BODY WEIGHT BALANCING ON THE TOES AND BALLS OF THE FEET. THE ARMS SHOULD BE STRAIGHT AND SPACED WHERE THE WRISTS ARE DIRECTLY UNDER THE SHOULDERS. THE BACK SHOULD BE STRAIGHT, MAKING ONE STRAIGHT LINE FROM HEELS TO THE TOP OF THE HEAD. THE GAZE SHOULD BE ON THE FLOOR (A). WHILE MAINTAINING PROPER PLANK FORM, STEP THE LEFT FOOT FORWARD AND TO THE OUTSIDE OF THE LEFT HAND (B). RETURN THE LEG BACK TO PLANK POSITION. REPEAT WITH THE OTHER LEG. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A

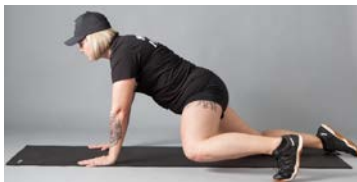


B

MODIFICATION: THE STARTING PLANK POSITION WILL BE MODIFICATION WITH KNEES DOWN (C). STEP THE LEFT FOOT FORWARD AND TO THE OUTSIDE OF THE RIGHT HAND (D) RETURN THE LEG BACK TO A MODIFICATION PLANK POSITION (C). REPEAT WITH THE OTHER LEG. THE RANGE OF MOTION WILL BE REDUCED BECAUSE OF THE PLANK WITH KNEES DOWN POSITION.



C



D

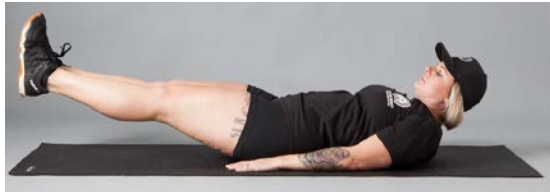
26

.22 CORE: SUPINE LEG LOWER AND LIFTS

LIE ON YOUR BACK WITH THE FEET RAISED TOWARDS THE CEILING. THE LEGS ARE AS STRAIGHT AS POSSIBLE, AND FEET FLEXED BACK TOWARDS YOUR FACE. THE LEGS ARE HELD STRAIGHT OVER THE HIPS, MAKING A 90 DEGREE ANGLE BETWEEN YOUR LEGS AND HIPS. ARMS ARE STRAIGHT BY THE SIDE WITH PALMS PLANTED ON THE FLOOR (A). FOR ADDITIONAL LOWER BACK SUPPORT, YOU MAY PLACE YOUR HANDS UNDER YOUR LOWER BACK, SLIGHTLY ELEVATING THE HIPS. KEEPING THE LEGS TOGETHER. RAISE YOUR SHOULDER BLADES OFF THE MAT, BRINGING YOUR HEAD TOWARDS THE LEGS. WHILE MAINTAINING YOUR SHOULDER BLADES ROLLED OFF THE MAT, LOWER THE LEGS TOGETHER TO A HOVER OVER THE FLOOR (B). PAUSE HERE. RETURN THE LEGS BACK TO THE START POSITION AT 90 DEGREES. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: THE MODIFICATION FOR THIS EXERCISE IS TO SUBSTITUTE IT FOR #14 SUPINE SCISSORS MODIFIER (SHOWN ON PAGE 30).

27

.22 STRENGTH: SIDE LAY TRICEP PUSH UP

LIE ON YOUR RIGHT SIDE WITH THE LEFT HAND PLANTED ON THE GROUND ABOUT 6 INCHES FORWARD OF YOUR RIGHT HIP. PLACE THE RIGHT HAND BEHIND THE HEAD (A). BEND THE LEFT ELBOW TOWARDS YOUR FEET LOWERING YOUR BODY TOWARDS THE FLOOR. LOWER YOUR BODY AS FAR AS YOUR TRICEP STRENGTH CAN TAKE YOU (B). EXTEND THE ELBOW STRAIGHT, RAISING YOUR BODY TO THE START POSITION. FOR THE FIRST 20 SECOND INTERVAL, WORK THE LEFT ARM. ON THE NEXT, REPEAT THE EXERCISE BUT INSTEAD, LAY ON THE LEFT SIDE WORKING THE RIGHT TRICEP. CONTINUE ALTERNATING SIDES FOR EACH ROUND. CONTINUE EXERCISE FOR 20 SECOND MAXIMUM EFFORT WORK/10 SECOND REST INTERVALS FOR 6 ROUNDS.



A



B

MODIFICATION: LIE ON YOUR RIGHT SIDE WITH THE LEFT HAND PLANTED ON THE GROUND ABOUT 6 INCHES FORWARD OF YOUR RIGHT HIP. PLACE THE RIGHT HAND ON THE FLOOR ABOUT 6 INCHES FORWARD OF THE LEFT HAND (C). BEND THE LEFT ELBOW TOWARDS YOUR FEET LOWERING YOUR BODY TOWARDS THE FLOOR. THE SUPPORTING RIGHT ARM BENDS AT THE ELBOW AS YOU LOWER. LOWER YOUR BODY AS FAR AS YOUR TRICEP STRENGTH CAN TAKE YOU (D). EXTEND THE ELBOW STRAIGHT, RAISING YOUR BODY TO THE START POSITION (C).



C



D

.22 COOL DOWN STRETCH: STANDING QUAD STRETCH

STAND WITH FEET PLANTED AT ABOUT HIP WIDTH DISTANCE. BRING RIGHT FOOT TO RIGHT POSTERIOR, GRABBING ONTO THE RIGHT FOOT. HOLD IN A BALANCE, PULLING THE FOOT TOWARDS THE REAR FOR FURTHER STRETCH (A). HOLD ONTO SOMETHING WITH THE LEFT HAND IF KEEPING YOUR BALANCE IS DIFFICULT. HOLD STRETCH FOR 30 SECONDS. REPEAT LEFT SIDE.



A (FRONT VIEW)



A (SIDE VIEW)

.22 COOL DOWN STRETCH: DELTOID STRETCH

WHILE STANDING, PULL A STRAIGHT RIGHT ARM TOWARDS LEFT SHOULDER WITH THE LEFT ARM FOLDED UNDER. KEEP THE RIGHT ARM AT OR BELOW SHOULDER LEVEL. PULL THE RIGHT ARM FURTHER INTO THE CHEST FOR A DEEPER STRETCH (A). HOLD FOR 30 SECONDS. REPEAT LEFT SIDE.



A

.22 COOL DOWN STRETCH: SEATED HIP STRETCH

SIT WITH YOUR RIGHT LEG STRAIGHT IN FRONT OF YOU. TAKE YOUR LEFT LEG AND BEND THE KNEE AT 45 DEGREES PLACING YOUR LEFT FOOT ON THE OUTSIDE OF THE RIGHT LEG. TURN YOUR SHOULDERS AND YOUR HEAD TO THE LEFT. YOU CAN HOOK YOUR RIGHT ARM IN FRONT OF YOUR LEFT KNEE TO GET AN ADDITIONAL STRETCH INTO THE HIP AND LOWER BACK (A). HOLD STRETCH FOR 30 SECONDS. REPEAT RIGHT SIDE (B).



B

MISSION COMPLETE

Now that you have completed your 30-day .22 Caliber Mission, check in with your FTW Cadre and talk about the next steps. “The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.” – Michelangelo. Fire Team Whiskey’s philosophy is to work every day. There is no ultimate goal....we are not trying to achieve a certain number on the scale or to do a specific time on our run and then just stop there. The danger in setting goals without having another one ready to take its place is complacency. Set a new goal! With each step up in Caliber, you are pushed to aim higher: the eating plan is more refined, the Warrior Wellness Videos are more packed with knowledge, and the workouts are more challenging. Now that you have completed the 30 days, you need to evaluate how you did on this Caliber Program. Are you ready for the next step or do you need to re-train on this Caliber to get it right? Things happen and sometimes people fall off plan, the important part is that you have the courage to begin again. This starts with being honest with yourself and honest with your Fire Team. If you are not Mission Ready, let us know. We will be there with you for retraining. You have joined an elite force whose mission is *SEMPER PARATUS*: To become and remain *FIT TO FIGHT*. Your personal health and fitness level can make the difference between mission accomplishment or mission failure. It can mean the difference between life or death. We want to make sure you are taking the right steps to be that person who was healthy enough and fit enough on **THAT DAY**. The day someone needs you to save their life. The day your Battle Buddy or Partner goes down and they are looking to you to assist. The day that your life is on the line and your strength lies between you and harm’s way. Contact your FTW Cadre and discuss your next Mission. Aim Higher!



Appendix A: .22 Caliber Nutrition Protocol Daily Tracking Form

Make copies of this form to help you track your daily eating plan compliance.

My Calorie Range: _____

Date: _____

TIME	Non-Starchy Vegetables Unlimited	Starch/Fruit My Max: _____	Proteins My Max: _____	Fats/Oils My Max: _____
DAILY TOTALS	UNLIMITED			

Appendix B: .22 Caliber WOD Tracking Calendar

Write in your daily workouts to track your progress.

MONTH _____

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							