

FM - .38
FIRE TEAM WHISKEY®
.38 CALIBER PROTOCOL
FIELD MANUAL



**STEPHANIE LINCOLN, FORMER CAPTAIN,
FLORIDA ARMY NATIONAL GUARD**

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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." Fire Team Whiskey® Military Fitness Protocol has everything you need to be Semper Paratus: an easy eating and fitness plan that you can stick to no matter where you are or what schedule you are on. Whether you are back at garrison, or on a FOB, you can stay on 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 OF LIABILITY 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 modified 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.



.38 Caliber Health and Fitness Protocol

CONGRATULATIONS on successfully completing the .22 Caliber Protocol and taking the fight to the next level! You are now entering the .38 Caliber Protocol. The theme for this Protocol is "VIRE INTRINSECUS" which means "STRENGTH FROM WITHIN". You learned during the .22 Caliber Program that most of the battle against the enemy of obesity does not rely on how fit or muscular you are, it's the battle within that you engage in everyday to make your health and fitness a PRIORITY. Keep progressing! SEMPER PARATUS!

.38 Caliber Protocol Eating Plan

The Fire Team Whiskey®.38 Caliber Eating plan is designed to be the second step on the journey to optimal nutritional health. You already took the 1st step by following the .22 Caliber Eating Plan. During the .22 Caliber eating plan, you focused on portion control, increasing unprocessed, whole foods, decreasing the consumption of carbohydrates and sugar and increasing the amount of healthy fats. During the .38 CAL eating plan, you will be following that trend by continuing to further decrease your carbohydrate and sugar intake, increase your fat intake, and moderate your protein intake. 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.

.38 Caliber Eating Plan Standard Operating Procedure

You will continue to follow some of the guidelines from your .22 CAL Nutritional protocol, we will then add the additional guidelines concerning macro tracking.

#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. This is why 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 and no added sugars, hydrogenated oils, wheat, flour, gluten or grains. 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 are in need of a fast, mobile healthy snack or meal replacement.

#2: Anything with more than 5 grams of added sugar is off limits. This includes natural and fruit sugars like agave, honey, and maple syrup. The sugar alternatives stevia, monk fruit and sugar alcohols are approved. Avoid all other zero calorie sweeteners. On special occasions, it is ok to have a treat with sugar, but keep these occasions to a bare minimum (no more than once a month). Check out your Fire Team Whiskey recipies page on your .38 CAL member site for recipies for low carb versions of all of your carb and sugar filled favorites (yes, even pizza and chocolate cake).

#3: Alcohol is limited because of how calorically and carb dense it is. Be wary of mixed drinks as most have added sugars and are carb heavy. If you drink liquor, drink it on the rocks or with unsweetened seltzer or sparkling water. Treat alcohol like a special occasion and have it seldom and with limits.

.38 Caliber Nutrition Protocol Daily Maximums

The .38 Caliber Nutrition Protocol provides you daily calorie ranges based on your individual goal and daily macro guidelines. Do not exceed your daily calorie maximum. It is important that you get within your calorie maximum, as you do not want to fall too far below and send your body into starvation fat storage mode. These are just guidelines, as everyone's body is unique. Work with your FTW Cadre on finding the best range for you. 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 .38 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.



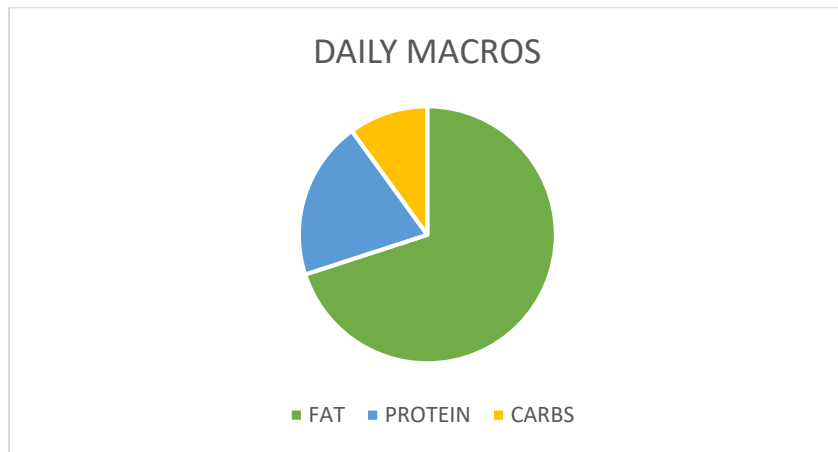
On the .38 Caliber Program, it is imperative that you track your macros (% fat, % Protein, %Carbs). You will need to use an app for this. We recommend MyFitnessPal. You can add your FTW Cadre to be able to view your entries so they can better help you stay on track. The .38 Caliber Nutrition Protocol is simple. Now that you have reduced the sugars and carbs in your daily diet by following the .22 Caliber Nutritional Protocol, it is time to take it to the next level and start following the Keto Lifestyle. There are only 3 rules with the .38 Caliber Nutritional Protocol:

#1: Your daily calories should not exceed your maximum as determined above or fall too far below your minimum.

#2: Track EVERYTHING YOU EAT AND DRINK in an app in real time so you can stay on top of balancing macros.

#3: Do not eat or drink anything with more than 5 grams of added sugar in it.

#4: Your total daily macro percentages for the day should fall within this range: 70% or greater Fat, 20% or less Protein, 10% or less Carbs. It is IMPERATIVE that you get as close as you can to this balance without falling too far below or above your daily calorie range. A suggested food list to help you identify the foods that fall in the macro categories is below.



.38 Caliber Nutrition Protocol Suggested Foods List

FATS	PROTEINS	CARBS
<ul style="list-style-type: none"> • FuelRation™ KETO BARS • SpecOps™ KETO SHAKES • FATTY MEATS LIKE CERTAIN CUTS OF BEEF, LAMB, AND PORK (PREFERABLY ORGANIC, GRASS FED, HORMONE FREE) • FULL FAT DAIRY PRODUCTS (ORGANIC, HORMONE FREE) • EGGS (FREE RANGE CAGE FREE) • FISH FRESH AND CANNED (WILD CAUGHT) • NUTS, NUT BUTTERS AND SEEDS • OLIVE, PALM, AVOCADO, HAZELNUT, MACADEMIA NUT, MCT AND COCONUT OILS • OLIVES • COCONUT • AVOCADO 	<ul style="list-style-type: none"> • FuelRation™ PROTIEN BARS • LEANER MEATS LIKE CHICKEN AND TURKEY <ul style="list-style-type: none"> • PROTIEN POWDERS • NUT FLOURS (ALMOND, ANDCCOCONUT FLOUR) 	<ul style="list-style-type: none"> • ITEMS WITH LESS THAN 5G OF SUGAR THAT CONTAIN NO OTHER GRAINS <ul style="list-style-type: none"> • ANY GREEN VEGETABLE <ul style="list-style-type: none"> • MUSHROOMS • EGGPLANT • ONIONS • PEPPERS • CAULIFLOWER • BEAN SPROUTS • CARROTS IN SMALL SERVINGS • SQUASH AND SWEET POTATO IN SMALL SERVINGS <ul style="list-style-type: none"> • TOMATO • CITRUS IN SMALL SERVINGS (NO JUICE!)



.38 Caliber Protocol Fitness Plan

The Fire Team Whiskey® .38 Caliber Fitness Plan is designed to be the second step on the journey to optimal fitness. In the .22 CAL Fitness Program, you were introduced to the concept of high intensity interval body weight exercise. The moves were simple, yet efficient. All of the Fire Team Whiskey® Fitness Plans feature exercises you can do anywhere and anytime. No equipment is needed, so no excuses...get it done! The .38 Caliber Fitness Plan follows the theme of high-intensity interval workouts, but with the addition of another component of fitness: agility and coordination. You will notice that the .38 Caliber Program Fitness exercises are much more complex and many have multiple types of movements or work more than one muscle group. The exercises are still 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 Plan is designed for a 30-day duration, at which point, you will either graduate to the next Caliber Fitness Plan or continue with the current plan until Caliber goals are met.

.38 Caliber Fitness Plan Standard Operating Procedure

The next section of this book contains the .38 Caliber Fitness Plan. Your dog tag USB and member site contains demonstration videos for each exercise. Take the time to watch these demo videos and observe the proper form and modifications if you need them. Each exercise demonstration provides guidelines for proper form, time interval and reps and recommendations for modifications and progressions. Your .38 Cal membersite has all the WOD videos if you should want to follow along with the WOD. A suggested WOD timer is also on your .38 CAL member site, but you can use any timer you would like. You may complete your own warmup and cooldown exercise stretching routine if you prefer. 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.

Each warmup and cooldown exercise is suggested to be 30 seconds in duration. There are three warmup and cooldown exercises. The warmup is one minute and 30 seconds in duration. If this is not long enough, you may extend your warmup for as long as you need in order 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.

The .38 Caliber WODs consist of 10 exercises @ 30 seconds each with 5 second rest/transition in between each exercise. One round totals 5 minutes. Each set of 10 exercises are completed 5 times. Total exercise time of 25 minutes. The Participant determines how much time rest in between rounds. We recommend no more than a 2-minute rest. You will notice that the 1st Week of WOD videos are 20 seconds work, 10 seconds transition/rest intervals. This is to help you get familiar with the exercise moves, as they are more complex than the exercise moves in the .22 Caliber Program. In the 2nd week, the WODs go to a 30 second work, 5 second rest/transition.

Below is a 30-day calendar with the .38 Caliber Fitness Plan. This provides you a WOD for each day and intermittent rest days. This calendar is a guidance and not set in stone. 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 (the Caliber WODs counting as the cardio days).



.38 CALIBER FITNESS PROTOCOL

WOD CALENDAR

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WOD EXERCISES	1-10	11-20	21-30	R&R	31-40	41-50	1-3, 48-50, 10-13
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WOD EXERCISES	R&R	4-6, 21-23, 27-30	7-9, 24-26, 45-47, 41	14-17, 31-34, 49-50	R&R	37-40, 18-20, 42-44	30, 35, 36, 1-5, 26, 27
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WOD EXERCISES	44-47, 6-9, 37-38	R&R	27-30, 12-14, 32-34	10, 11, 17-21, 39-41	16, 22, 43, 24, 15, 42, 36, 23, 35, 31	R&R	1-10
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WOD EXERCISES	41-50	11-20	R&R	31-40	21-30	14-17, 31-34, 49-50	R&R
WEEK 5	DAY 29	DAY 30					
WOD EXERCISES	10, 11, 17-21, 39-41	CARDIO BLAST 1, 4, 6, 7, 16, 19, 21, 24, 27, 41					



.38 CAL Exercise List

Warm Up

Arm swings open and close	Hip openers	Core rotations
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Exercises

<ol style="list-style-type: none"> 1. Criss cross squat 2. Side knee tuck right 3. Turned out push ups 4. Soccer kick high knee 5. Side tuck left 6. Sumo squat to plank 7. 180 degree jump squats 8. C sit open chest rotation 9. Frog pushups 10. Heisman punch 11. Gorilla hops 12. Low boat to high boat 13. Spider crawl push up 14. Low to high jump 15. Plank side kick 16. Donkey kicks 17. C-sit tuck extensions 18. Forearm plank to plank 19. Scissor jumps 20. Supine leg circles 21. Burpees 22. X toe touch 23. Side kick push up 24. Side lunge front lunge hops 25. Air angels right 	<ol style="list-style-type: none"> 26. Figure 4 sit pulse 27. 1 2 3s 28. Air angels left 29. Dive bomb 30. Scissor heel clicks 31. Punch jack x jack 32. Russian twist 33. Low bowlers 34. Tuck jumps 35. Down dog toe reach 36. Balance kicks 37. Plie hops 38. Genie tucks 39. Reverse table top to l-sit 40. Frog jump burpee 41. Diamond jumps 42. Plank hand step 43. Bridge step out 44. Plank hurdles 45. Pistol reach 46. Single leg bridge lift 47. Staggered push up 48. Side burpees 49. C-sit leg circles 50. Starter jumps
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Cool Down

Seated hamstring stretch	Childs pose	Deltoid stretch in child's pose
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MISSION COMPLETE

CONGRATULATIONS on successfully completing the .38 Caliber Protocol and taking the fight to the next level! The theme for the .38 Caliber Protocol was "VIRES INTRINSECUS" which means "STRENGTH FROM WITHIN". We hope that on this journey with FTW, you have found that strength from within and you are now **LEADING THE WAY** amongst your peers in this journey to optimal health and fitness. You are now transitioning from the inspired, to the inspirer. Those around you are noticing your health and fitness changes and are being motivated to start their own journeys. Don't forget to take those "after" measurements and photos and send them to info@fireteamwhiskey.com to get your well earned .38 Caliber T-shirt.

Now that you have completed your 30-day .38 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 o 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!



VIRES

INTRINSECUS

Appendix A: .38 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							

