

**FM - .50**  
**FIRE TEAM WHISKEY®**  
**.50 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.



## **.50 Caliber Health and Fitness Protocol**

CONGRATULATIONS on successfully completing the .38 Caliber Protocol and taking the fight to the next level! You are now entering the .50 Caliber Protocol. The theme for this Protocol is “VINCIT QUI SE VINCIT” He conquers who conquers himself. Meaning, in order to make change, you must do the work within, develop yourself, conquer your own demons, make yourself strong, then you can influence the world around you.

You learned during the .38 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!

### **.50 Caliber Protocol Eating Plan**

The Fire Team Whiskey®.50 Caliber Eating plan is designed to be the third step on the journey to optimal nutritional health. You already took the 1<sup>st</sup> and 2<sup>nd</sup> steps by following the .22 and .38 Caliber Eating Plans. 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 continued 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.

### **.50 Caliber Eating Plan Standard Operating Procedure**

You will continue to follow some of the guidelines from your .38 CAL Nutritional protocol, we will then add the additional guidelines concerning meal timing.

#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 .50 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.

### **.50 Caliber Nutrition Protocol Daily Maximums**

The .50 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 .50 Cal 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 = \_\_\_\_\_

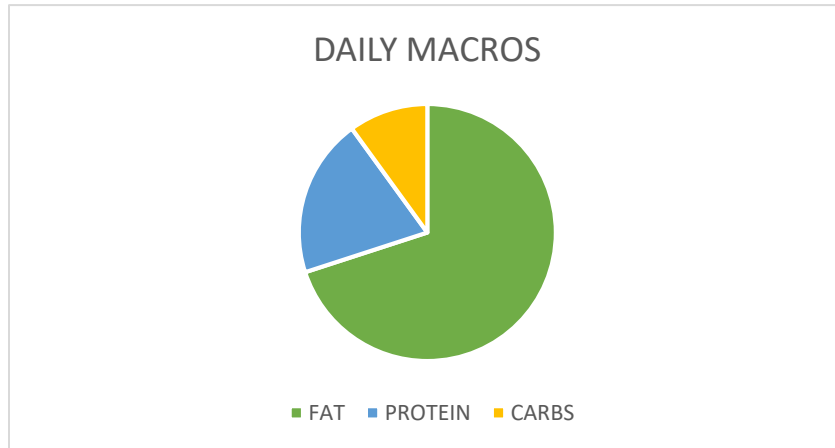
If you would like to gain weight: Your weight in lbs X 18 = \_\_\_\_\_



*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.*

You learned on the .38 Caliber Nutritional Program how to track your macros (% fat, % Protein, %Carbs). If you followed the .38 Cal nutrition plan for 30 days, you should have the hang of it now and know intuitively how to keep within your ideal macro range. If you are still having trouble staying within that macro range, continue to use your macro tracker. 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:

Your total daily macro percentages for the day should fall within this range: 65-90% Fat, 20-30% Protein, 5-10% Carbs. As you experimented with your ranges to find your best fit in the .38 CAL Program, continue to follow that range that gives you optimal results. A suggested food list to help you identify the foods that fall in the macro categories is below.



#### **.50 Caliber Nutrition Protocol Suggested Foods List**

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

The .50 CAL Nutrition Plan builds upon the .38 CAL Nutrition Plan by adding intermittent fasting. Intermittent fasting is when you restrict your caloric intake to a certain window of time in a day (or go for a certain amount of days without caloric intake). Intermittent fasting has many health benefits and is an effective way to overcome weight loss plateaus. Most people who intermittent fast follow a 8:16 fasting ratio, meaning food is only consumed within an 8 hour window of the day. The following 16 hours is without food. We recommend

that you follow this ratio for the 1<sup>st</sup> 2 weeks and if you feel you are ready, change the ratio to 4:20, meaning there is a 4 hour window for eating and the following 20 is without food. You can also try full day fasting. We recommend experimenting with intermittent fasting windows and seeing which is best for you.

Let's review what a 8:16 fasting day looks like. Again, depending on your personal schedule and preference, you decide which 16 hours you will fast each day. We recommend part of the fasting time is the time that you are asleep. Only unsweetened beverages (water, coffee, tea and non-calorie drinks) may be consumed during the fasting window. Let's say you completed eating dinner at 2000 (8:00pm). 16 hours later is noon the next day. So basically, you skip breakfast and your first meal of the day is lunch. Most people find this schedule to be easiest to follow. Some people are very hungry in the morning and feel like they cannot so without breakfast. If that is the case, a person would eat breakfast at 0700 (7:00 am). Then they eat lunch and the last time they can eat that day is at 1500 (3:00pm), thus this person would be skipping dinner. Experiment with this and figure out what works for you. We recommend following this schedule at least 5 days a week. Potentially following this during the work week, then going back to a normal eating schedule (but still on plan with your calories and macros) the other 2 days a week. Some people alternate days. Find what works for you.

### **.50 Caliber Protocol Fitness Plan**

The Fire Team Whiskey® .50 Caliber Fitness Plan is designed to be the third 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 .38 Caliber Fitness Plan followed the same theme of high-intensity interval workouts, but with the addition of another component of fitness: agility and coordination. The .50 CAL fitness protocol follows the same theme of high intensity interval, complex, multi functional movements, but we introduce the use of a resistance band. This allows for an additional level of strength training being added to your body weight strength training that you have already been doing with the .22 and .38 CAL fitness programs.

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.

### **.50 Caliber Fitness Plan Standard Operating Procedure**

The next section of this book contains the .50 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 .50 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 .50 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 .50 Caliber WODs consist of 20 exercises @ 30 seconds each with 15 second transition time for 2 rounds. Work at max rate for each exercise. 2 Rounds. Each WOD is a total 30 minutes workout time plus 6 minutes for warm up and cool down. The .50 Cal WODs are a mix of Cardio, Core, and resistance band strength training exercises.

Below is a 30-day calendar with the .50 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).



**.50 CALIBER FITNESS PROTOCOL**

**WOD CALENDAR**

<b>WEEK 1</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>WOD EXERCISES</b>	<b>1-20</b>	<b>21-40</b>	<b>REST OR LIGHT DAY</b>	<b>41-60</b>	<b>61-80</b>	<b>REST OR LIGHT DAY</b>	<b>POWER CORE AND STRETCH</b>
<b>WEEK 2</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>	<b>DAY 11</b>	<b>DAY 12</b>	<b>DAY 13</b>	<b>DAY 14</b>
<b>WOD EXERCISES</b>	<b>1-5, 21-27, 76-80, 54-56</b>	<b>REST OR LIGHT DAY</b>	<b>71-75, 11-17, 6-10, 43, 44</b>	<b>61-65, 36-42, 28-32, 66-68</b>	<b>REST OR LIGHT DAY</b>	<b>POWER CORE AND STRETCH</b>	<b>46-53, 69-70, 33-35, 57-60, 18-20</b>
<b>WEEK 3</b>	<b>DAY 15</b>	<b>DAY 16</b>	<b>DAY 17</b>	<b>DAY 18</b>	<b>DAY 19</b>	<b>DAY 20</b>	<b>DAY 21</b>
<b>WOD EXERCISES</b>	<b>REST OR LIGHT DAY</b>	<b>DAY 1 WOD</b>	<b>DAY 2 WOD</b>	<b>REST OR LIGHT DAY</b>	<b>DAY 4 WOD</b>	<b>DAY 5 WOD</b>	<b>REST OR LIGHT DAY</b>
<b>WEEK 4</b>	<b>DAY 22</b>	<b>DAY 23</b>	<b>DAY 24</b>	<b>DAY 25</b>	<b>DAY 26</b>	<b>DAY 27</b>	<b>DAY 28</b>
<b>WOD EXERCISES</b>	<b>POWER CORE AND STRETCH</b>	<b>6-10, 76-80, 56-60, 26-30</b>	<b>REST OR LIGHT DAY</b>	<b>11-20, 51-55, 36-40</b>	<b>1-5, 71-75, 21-25, 61-65</b>	<b>REST OR LIGHT DAY</b>	<b>R&amp;R</b>
<b>WEEK 5</b>	<b>DAY 29</b>	<b>DAY 30</b>					
<b>WOD EXERCISES</b>	<b>POWER CORE AND STRETCH</b>	<b>CARDIO BLAST1, 4, 6, 9, 14, 16, 19, 21, 24, 26, 29, 31, 34, 36, 39, 41, 44, 46, 49, 51</b>					



**.50 CAL Exercise List**

**Warm Up**

Boxer shuffle	Chest push with rotations and squats	Knee pulls to quad stretch
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**Exercises**

<ol style="list-style-type: none"> <li>1. C: High knee jump rope (travel)</li> <li>2. S: Squat with front raise (RB)</li> <li>3. A: Bear Crawl hold same side knee to elbow</li> <li>4. C: High knee skips (travel)</li> <li>5. S: Overhead press (RB)</li> <li>6. C: Quick feet lateral taps (RB as reference)</li> <li>7. S: Plank Row (RB)</li> <li>8. A: Sit Up single knee tuck (legs at a hover)</li> <li>9. C: Jack squat touch</li> <li>10. S: Squats (RB)</li> <li>11. C: Prisoner jumps (RB REF)</li> <li>12. S: Crab hold single knee tucks</li> <li>13. A: Plank step over rotate</li> <li>14. C: Lateral shuffle tap down (RB as ref)</li> <li>15. S: Reverse lunge single side (RB)</li> <li>16. C: Butt kick runs travel</li> <li>17. S: Reverse Lunge other side (RB)</li> <li>18. A: Resistance sit ups (RB)</li> <li>19. C: Hurdle jumps (RB as Ref)</li> <li>20. S: Resistance push ups (RB)</li> <li>21. C: CATCHERS CRAWL TRAVEL</li> <li>22. S: BICEP CURL (RB)</li> <li>23. A: FOREARM C SIT LEG HOLD TOW TAP</li> <li>24. C: SUPERMAN BURPEE</li> <li>25. S: SIDE LUNGE SINGLE SIDE (RB)</li> <li>26. C: SHUFFLE TO KNEE DRIVER</li> <li>27. S: SIDE LUNGE OTHER SIDE (RB)</li> <li>28. A: BEAR CRAWL KICK THROUGHS</li> <li>29. C: PLANK JACK FEET WITH SHOULDER TAP</li> <li>30. S: UPRIGHT ROW (RB)</li> <li>31. C: GORILLA JUMP BURPEE</li> <li>32. S: BRIDGE LIFT (RB)</li> <li>33. A: ROCKY SIT UPS</li> <li>34. C: 2 HIGH KNEES TO AIR JACK</li> <li>35. S: CALF RAISES (RB)</li> <li>36. C: CRAB STANCE RUNS</li> <li>37. S: TRICEP OVERHEAD PRESS (RB)</li> <li>38. A: BUCKET DROPS</li> <li>39. C: SUMO SQUAT JACKS</li> <li>40. S: DEAD LIFTS (RB)</li> </ol>	<ol style="list-style-type: none"> <li>41. C: PUNCH ROTATE JUMPS</li> <li>42. S: SUMO SQUATS (RB)</li> <li>43. A: SUPINE PENDULUM</li> <li>44. C: SCISSOR SCISSOR HIGH KNEE</li> <li>45. S: CHEST PRESS (RB)</li> <li>46. C: SQUAT TRAVEL SQUAT JUMP</li> <li>47. S: FIRE HYDRANTS (RB)</li> <li>48. A: REACH SIT UPS (RB)</li> <li>49. C: RUN RUN KNEE FORWARD AND BACK</li> <li>50. S: FRONT RAISE (RB)</li> <li>51. C: 3 JUMPING JACKS TO AIR JACK</li> <li>52. S: CHAIR SQUAT (RB)</li> <li>53. A: WOOD CHOPPERS (RB) ONE SIDE</li> <li>54. C: 3 HIGH KNEE RUNS SHUFFLE</li> <li>55. S: BENT OVER ROW (RB)</li> <li>56. C: LATEAL SQUAT HOPS</li> <li>57. S: DONKEY KICKS SINGLE SIDE (RB)</li> <li>58. A: WOOD CHOPPERS OTHER SIDE (RB)</li> <li>59. C: LATERAL JUMP BURPEE</li> <li>60. S: DONKEY KICK OTHER SIDE (RB)</li> <li>61. C: CURTSY LAUNCH ONE SIDE</li> <li>62. S: PRONE REVERSE HELLO DOLLYS</li> <li>63. A: RESISTANCE BAND SIDE CRUNCH ONE SIDE (RB)</li> <li>64. C: CURTSY LAUNCH OTHER SIDE</li> <li>65. S: SUPERMAN OVERHEAD PRESSS (RB)</li> <li>66. C: BOXER BOUNCE JABS TRAVEL</li> <li>67. S: BRIDGE HOLD LEVER LOWER AND LIFT (RB)</li> <li>68. A: RESISTANCE BAND SIDE CRUNCH ONE SIDE (RB)</li> <li>69. C: HIP ROTATION JUMPS TRAVEL</li> <li>70. S: SUPINE LEG PRESS (RB)</li> <li>71. C: SQUAT JUMP STAGER TRAVEL</li> <li>72. S: C SIT BALANCE ROW (RB)</li> <li>73. A: RESISTANCE BAND LOWER CRUNCHES (RB)</li> <li>74. C: HOP SCOTCH SQUAT</li> <li>75. S: PLYO PUSH UPS</li> <li>76. C: CRANE KICKS</li> <li>77. S: SEATED ROWS (RB)</li> <li>78. A: SUPINE ROLL IN TO ELBOWS</li> <li>79. C: WIDE LEG PIKE UPS</li> <li>80. S: C SIT BALANCE TUCK LEG PRESS (RB)</li> </ol>
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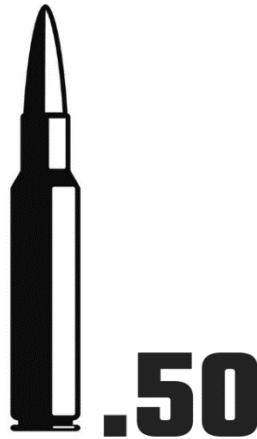
### Cool Down

Standing deltoid stretch	Standing quad stretch to knee to chest	Hamstring stretch to calve stretch
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## MISSION COMPLETE

**CONGRATULATIONS** on successfully completing the .50 Caliber Protocol and taking the fight to the next level! The theme for the .50 Caliber Protocol was “**VINCIT QUI SE VINCIT**” which means “**He conquers who conquers himself**”. We hope that on this journey with FTW, you have reached the point of maximum self-discipline. After 90 days, you have created a lifestyle change, a way of life that is focused on your health and fitness goals every single day. You have achieved what most people have not- **SELF ACCOUNTABILITY**. Don't forget to take those “after” measurements and photos and send them to [info@fireteamwhiskey.com](mailto:info@fireteamwhiskey.com) to get your well earned .50 Caliber T-shirt for free!

Now that you have completed your 30-day .50 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 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!



# VINCIT QUI SE VINCIT

Appendix A: .50 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							

