ACKNOWLEDGEMENTS

The Canadian Forces Morale and Welfare Services, in conjunction with the Canadian Special Operation Forces Command have developed the following Special Forces (SF) Operator Pre-Selection Physical Fitness Training Program for the Canadian Special Operations Regiment.

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INTRODUCTION
INTRODUCTION

The Canadian Special Operations Regiment (CSOR) was officially stood up as a new unit of the Canadian Armed Forces (CAF) on 13 August 2006. CSOR is a high-readiness Special Operations Force (SOF) capable of conducting and force generating for integrated Special Operation Task Forces (SOFTs) to execute operations on behalf of the Government of Canada. The CSOR Special Forces (SF) Operator Occupation is comprised of Canadian Army, Royal Canadian Navy, and Royal Canadian Air Force Regular and Reserve personnel who are intelligent, physically fit, and in possession of a host of skills that enable them to operate effectively in challenging environments (www.cansofcom.forces.gc.ca). Furthermore, as described in the Canadian Forces Health and Fitness Strategy (Canadian Forces Health and Physical Fitness Strategy, 2007) our Special Operations Forces have the most physically demanding occupations within the CAF. Therefore it is essential that SF Operators have the physical capacity to efficiently and effectively perform the demands of the job. Extremely high levels of physical fitness and personal motivation are critical for the successful completion of the SF Operator Assessment Centre (AC).

The purpose of this comprehensive fitness training program is to assist candidates in their preparation for the rigorous physical demands of the SF Operator AC. The SF Operator AC is a structured assessment process designed to measure performance while placing candidates under physical and mental stress in order to determine a candidate’s suitability to undertake the Special Forces course and ultimately be employed as a SF Operator. Therefore the physical demands placed on candidates during the AC reflect the actual job and training demands. The following training program is designed to assist you in achieving the high levels of physical fitness necessary to complete the SF Operator AC.
This is an extremely strenuous training program. Prior to attempting it, it is recommended that you successfully reach Level I in all of the fitness components in the Fitness Check Exercises found on pages 14 - 16 of this manual.

Pursuing this program without an adequate base level of fitness may put you at risk of serious injury.

KEYS TO SUCCESS

Whenever embarking on a new physical fitness training program there are certain key concepts to keep in mind.

1. **Check Your Health:** You need to ensure that you are in good enough health to complete the program and to avoid any injury/injuries. It would be wise to obtain medical clearance prior to attempting this program, and all candidates should complete the Fitness for Operational Requirements of CAF Employment, health appraisal. (Refer to pg 7)

2. **Rest, Recovery, Hydration, and Nutrition:** Vital components of any training program are adequate levels of rest, recovery, hydration and nutrition. Insufficient rest, recovery, hydration and nutrition can lead to sub-optimal physical gains, overtraining and possible decreases in performance during the SF Operator AC. Rest and recovery days are built into the program in specific places to ensure that you are properly rested to optimize your training gains. In addition you must ensure that you are fully re-hydrated, re-fuelled and nourished (see page 8), and getting approximately 8 hours of sleep per night.

3. **Monitor your Heart Rate (HR):** As you exercise your HR increases in order to supply the working muscles with more oxygen and fuel to meet the demands of the physical exertion. By taking your HR during exercise you know how hard your heart and in extension how hard you are working. This allows you to gauge the intensity of your training sessions and thus increase your effectiveness. If you are not working hard enough then you can make an adjustment immediately to get the most out of your training session, or vice versa, if you are working too hard you can decrease your intensity so that you
are able to finish your session. You can take your HR by pressing gently on the side of your neck with your index and middle fingers until you feel a pulse (you may have to move your fingers around slightly. Simply count the number of pulses you feel on your fingers over 15 seconds and multiply by 4. For example, 20 pulses for 15 seconds equates to a HR of 80 beats per minute (bpm). Another reliable method to monitor your HR is by using a commercial heart rate monitor.

4. **Warm Up / Cool Down:** By completing a warm up you will increase muscle temperature, core temperature and blood flow, which will result in faster muscle contractions, increased rates of force development, improvement in muscle strength and power, increased oxygen delivery to working muscles and enhanced metabolic reactions. In short by warming up you will mentally and physically prepare yourself for your training session and get the most out of each and every training session. An effective warm up includes light activity such as 8 – 12 min of easy jogging followed by 8 – 12 min of dynamic stretching. Cooling down after an intense training session is vital for your body's ability to recover from the stress that it just encountered. By completing a cool down after a training session, you allow the body to remove metabolic waste produced and heat, as well as deliver fluids, fuel and hormones, which will enhance recovery and limit post training stiffness and soreness. An effective cool down consists of 10 – 15 min of light activity followed by 8-12 min of static stretching. A structured Warm Up and Cool Down can be found in the physical exercises section for your convenience.

5. **Mobility (Body Maintenance):** Body tissues become stiff and adaptively short through incorrect movement patterns and body positions adopted throughout the day, resulting in loss of range of motion and reductions in ability to generate force. The human body will compensate for poor mobility allowing for function but at a physiological cost of additional wear and tear on tissues and joints as well as an increased risk of injury. Mobility training can help to restore optimal functioning allowing full physical capacities to be available at a moment’s notice. Furthermore, with good positioning and movement: i) mechanical inefficiencies disappear reducing the risk of overuse injuries; ii) bad mechanics can be weathered longer
with less physiological cost; and iii) increases the ability to generate forces and torques. Mobility training should be completed for a minimum of 15-20 min each day after the evening workout and should also be performed on the active recovery days following 10-15 min of light activity.

6. **Injury Management:** Injury prevention is a secondary goal of this training program. Unfortunately injuries can occur that are beyond your control. If you do sustain an injury it is crucial that you take immediate action to minimize damage and enhance healing. The RICE strategy outlined below will help to ensure that inflammation is reduced and that recovery and healing are initiated. It is always wise to seek medical attention as soon as possible after sustaining an injury or if a minor injury persists.
   a. **R** = Rest the injured body part.
   b. **I** = Ice the injured area for 10 – 20 min every 2 – 3 hours.
   c. **C** = Compress the injured area with an elastic bandage or towel if swelling occurs.
   d. **E** = Elevate the injured area above the level of the heart.

7. **Train Smart:** Training Smart incorporates using proper technique, protecting your back, training with a partner, taking care of your feet and legs and ensuring that equipment is safe.
   a. **Proper technique:** Descriptions of the correct technique for each exercise prescribed in this program, along with images, is included for your reference and guidance. Furthermore, one training session each week during weeks 2-5 of the training program is dedicated to practicing, reinforcing and learning correct lifting technique. Incorrect lifting technique can result in injury! It is wise to use a lighter load when attempting lifts that are new or that you are not experienced with. Remember to breathe correctly when lifting, that is exhale when you exert against a resistance and inhale during the less stressful (recovery) phase of the exercise.
   b. **Protect your Back:** Ensure that you incorporate correct lifting posture. Maintain your back’s natural and gentle S-curve, and lift with your legs. Avoid extreme positions and twisting with a load, and always face the object you
are going to lift.

c. Train with a Partner: Training with a partner can provide both motivation and support, assistance if you sustain an injury and act as a “spotter” for when you are doing resistance exercises with free weights.

d. Feet and Legs: Wear training shoes that are appropriate for the training that you are doing (i.e. running shoes for running etc.), and make sure that your footwear fits properly. Wash and dry your feet after each workout and apply moisturizer appropriately. Run on flat even surfaces like tracks, asphalt and level grass.

e. Safe Equipment: Check to make sure that equipment, benches etc., are stable and safe. Check the collars on free weights and make sure that dumbbells (DB) are secure. Finally, check the floor surface for clutter or slippery areas.

8. **Training in the Heat:** Prolonged intense physical activity (as prescribed in this manual), can result in heat illnesses such as exertional heat stroke and heat exhaustion. These conditions occur most frequently in hot and humid conditions, and can result in withdrawal from training, collapse during or soon after activity and cause damage to your internal organs. Some signs and symptoms of the onset of heat stress include: dizziness, disorientation, confusion, irritability, headache, loss of balance, profound fatigue and hyperventilation. As your body temperature increases you begin to sweat which results in fluid loss and can lead to dehydration. Dehydration reduces endurance exercise performance, decreases time to exhaustion and increases body heat storage. Therefore it is very important to replace your fluids (re-hydrate) to prevent heat stress. Here are some strategies to assist you when you are training in the heat:

a. Avoid training outdoors during the hottest times of the day – usually between 1100 – 1500 hrs.

b. Wear white loose fitting dry fit clothing that allows for air to circulate throughout permitting evaporation and heat dissipation.

c. Acclimatize yourself to the heat by completing short repeated bouts of exposure in the heat.

d. Liberally apply water / sweat-proof 30+SPF sunscreen to all exposed areas.
e. Make sure you are fully hydrated prior to each training session by drinking beverages slowly throughout the day and ensure that urine output is normal and clear.

f. Re-hydrate at a rate of 0.4 – 0.8 liters per hour during exercise. After exercise consume 1.5 L of fluid for each kilogram of body weight lost during exercise.

g. The best replacement fluids following exercise are electrolyte drinks with 4-8% carbohydrates, cool to cold in temperature, and in volumes of about 200 mL every 15 min.

9. **Talk to Your Supervisor:** Time is the biggest obstacle that you will face when trying to complete the full 12 week training program. Speak with your supervisor and explain the program requirements. In some instances supervisors will allow candidates to complete one of the two prescribed workout sessions during work hours while the second session is to be completed on your own time.

10. **Talk to PSP Staff:** After reading the manual if you have questions or require assistance, do not hesitate to talk to a member of your PSP staff. They can assist you with the Fitness Checks, help you to tailor the program to your specific needs, and coordinate group training sessions if there are a number of candidates from your unit participating in the AC.

11. **Fuel for Fitness:** The twice a day training program and SF Operator AC are very physically demanding. Therefore it is vital that you nourish your body properly to be successful and get the greatest return for your training investment. In the following Nutrition and Exercise table are some tips for achieving adequate fuel for your body. [Reproduced from the Army Fitness Manual, Land Forces Command] For further information please see the Top Fuel for Top Performance website at [http://www.forces.gc.ca/health-sante/ps/hppps/nw-mn/tf-bs-eng.asp](http://www.forces.gc.ca/health-sante/ps/hppps/nw-mn/tf-bs-eng.asp).
# HEALTH APPRAISAL

This questionnaire is a screening device to identify personnel for whom fitness evaluation and physical activity might be inappropriate at this time.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. To the best of your knowledge, do you have a medical condition or Medical Employment Limitation (MEL) which restricts you from participating in a maximal fitness evaluation or a progressive training program?

2. Is there any other reason you would need to talk to a physician prior to your fitness evaluation or training program?

3. Do you have a valid Periodic Health Assessment (PHA)? If "No", proceed to Blood Pressure.

## Blood Pressure

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your pre-evaluation blood pressure is less than or equal to 150/100 mm Hg

Your pre-evaluation blood pressure lies between 141/91 mm Hg and 150/100 mm Hg and is considered to be slightly above the normal range. It is recommended that you consult your MO.

If you answered “Yes” to one or both of questions 1 & 2 it is recommended that you see your medical provider prior to attempting this program. If you answered "No" to question 3 please proceed to have your blood pressure measured by a medical provider or your local PSP fitness staff.

---

Name (print)  Date (yy/mm/dd)  Signature of CAF member
### Fuel for Training and Recovery

<table>
<thead>
<tr>
<th>WHEN</th>
<th>BEFORE EXERCISE</th>
<th>DURING EXERCISE</th>
<th>AFTER EXERCISE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2-4 hrs before</td>
<td>1-2 hrs before</td>
<td>lasting &lt; 1 hr</td>
</tr>
<tr>
<td>GOAL</td>
<td>Provide energy and prevent dehydration and hunger during exercise</td>
<td>Stay hydrated</td>
<td>Stay hydrated and provide energy</td>
</tr>
<tr>
<td>FLUIDS</td>
<td>Drink about 300-600 mL (1-2½ cup)</td>
<td>Drink about 150-350 mL (½-1½ cup)</td>
<td>Drink water to thirst</td>
</tr>
<tr>
<td>FOOD</td>
<td>Eat a balanced meal rich in carbohydrate with some protein and low in fat</td>
<td>Eat a snack high in carbohydrate or a liquid meal</td>
<td>Not needed</td>
</tr>
<tr>
<td>SUGGESTIONS</td>
<td>Meal Suggestions: Rice, vegetables, lean meat and milk, Pasta, tomato/lean meat sauce, apple sauce, milk, Lean meat sandwich and juice, Pancakes with fruit, yogurt and nuts</td>
<td>Snack Suggestions: Smoothie using fruit, milk, soymilk or yogurt, Chocolate milk, Pita with hummus and vegetable juice, A slice of bread with peanut butter and milk, Low-fat muffin and fruit yogurt</td>
<td>Sport drink (commercial or homemade): Carb concentration of 4-8% (40-80 g carb per litre of fluid), Sodium intake of 0.5-0.7 g (¼ tsp salt) sodium per litre fluid</td>
</tr>
</tbody>
</table>

**Tip:** The tolerance is individual and depends on the type/intensity of exercise (marching vs. running). Avoid trying new foods or drinks before or during competition or rucksack march.
SF OPERATOR PHYSICAL FITNESS TRAINING PROGRAM
SF OPERATOR PHYSICAL FITNESS TRAINING PROGRAM

This training program is broken down into three levels (I, II & III) and is designed to take you from Level I to Level III in 12 weeks. The program includes three Fitness Check weeks, four two week training cycles, and a taper week. It is recommended that you complete the program immediately prior to the onset of the SF Operator AC. If you need to repeat certain weeks, or you won’t be able to reach Level III in all fitness check exercises by the end of week 11 then your preparation time will be longer.

The EXERCISE PRESCRIPTION for the training program is located on page 12. It is your guide to completing the training program. It includes the fitness check weeks (1, 6 & 11), the taper week (12), and the exercise prescription. The program is broken down into 4 two week training blocks, with training days numbered 1 through 7. Day 1 is normally Monday but can be any day of the week that you decide to start the program. Days 4 and 7 are designated rest, recovery, and mobility days each week to ensure that you build your fitness, resist overtraining and that the quality of training is maintained throughout the week.

Every training modality that you will use to enhance your fitness levels can be found in the EXERCISE PRESCRIPTION on page 12. Along with each training modality is the training load for that day including intensity, duration / distance. Each training modality is described in further detail and with more information later on in the manual to assist you. Finally, each training day (including fitness checks and taper weeks) are broken down into AM / PM workout sessions.

The final week (12) is a taper week and should immediately precede the start of the SF Operator AC. It involves reducing the amount of training while maintaining the intensity of the training sessions. This will continue to provide you with positive training effects while reducing both physical and mental fatigue levels, allowing for the greatest chance of success.

It is essential that you follow the exercise prescription as laid out to avoid injury and overtraining and to obtain optimal gains in performance.
# EXERCISE PRESCRIPTION

## DAY 1

<table>
<thead>
<tr>
<th>AM</th>
<th>2400 m Run</th>
<th>Squats/ Pull-ups</th>
<th>Ruck March: 7 km 35 kg</th>
<th>Active recovery / Mobility</th>
<th>5 km Run</th>
<th>Push-ups/ Vertical Jump</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>400 m Run</td>
<td>Bench Press/ Sit-ups</td>
<td>Ruck March: 4.5 km 15 kg</td>
<td>Strength (10 RM) / Power (1 set)</td>
<td>Active recovery / Mobility</td>
<td>Tempo Run (25 min)/ Core (20)</td>
<td>Rest</td>
</tr>
</tbody>
</table>

## DAY 2

<table>
<thead>
<tr>
<th>AM</th>
<th>Aerobic Continuous 5 km</th>
<th>Strength (15 RM)/ Core (15)</th>
<th>Muscular Intervals</th>
<th>Strength (5 RM)</th>
<th>Active recovery / Mobility</th>
<th>Ruck March: 7 km 45 kg</th>
<th>Strength (10 RM) / Power (1 set)</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>Aerobic Continuous 8 km</td>
<td>Swimming (600 m)/ Core (5) (40 s)</td>
<td>Ruck March: 6 km 35 kg</td>
<td>Ruck March: 6 km 35 kg</td>
<td>5 km Run</td>
<td>Push-ups/ Vertical Jump</td>
<td>Rest</td>
<td></td>
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</tbody>
</table>

## DAY 3

<table>
<thead>
<tr>
<th>AM</th>
<th>Aerobic Continuous 5 km</th>
<th>Strength (10 RM)/ Core (15)</th>
<th>Muscular Intervals</th>
<th>Strength (5 RM)</th>
<th>Active recovery / Mobility</th>
<th>Ruck March: 7 km 45 kg</th>
<th>Tempo Run (25 min)/ Core (20)</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>Aerobic Continuous 8 km</td>
<td>Swimming (600 m)/ Core (5) (40 s)</td>
<td>Ruck March: 6 km 35 kg</td>
<td>Ruck March: 6 km 35 kg</td>
<td>5 km Run</td>
<td>Push-ups/ Vertical Jump</td>
<td>Rest</td>
<td></td>
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</tbody>
</table>

## DAY 4

<table>
<thead>
<tr>
<th>AM</th>
<th>Aerobic Continuous 5 km</th>
<th>Strength (8 RM)/ Core (25)</th>
<th>Muscular Intervals</th>
<th>Strength (12 RM)</th>
<th>Active recovery / Mobility</th>
<th>Ruck March: 7 km 45 kg</th>
<th>Strength (5 RM) / Power (2 sets)</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>Aerobic Continuous 8 km</td>
<td>Swimming (800 m)/ Core (5) (40 s)</td>
<td>Ruck March: 6 km 35 kg</td>
<td>Ruck March: 6 km 35 kg</td>
<td>5 km Run</td>
<td>Push-ups/ Vertical Jump</td>
<td>Rest</td>
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</table>

## DAY 5

<table>
<thead>
<tr>
<th>AM</th>
<th>Aerobic Continuous 5 km</th>
<th>Strength (12 RM)/ Core (25)</th>
<th>Muscular Intervals</th>
<th>Strength (5 RM)</th>
<th>Active recovery / Mobility</th>
<th>Ruck March: 7 km 45 kg</th>
<th>Strength (8 RM) / Power (2 sets)</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>Aerobic Continuous 8 km</td>
<td>Swimming (800 m)/ Core (5) (40 s)</td>
<td>Ruck March: 6 km 35 kg</td>
<td>Ruck March: 6 km 35 kg</td>
<td>5 km Run</td>
<td>Push-ups/ Vertical Jump</td>
<td>Rest</td>
<td></td>
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</table>

## DAY 6

<table>
<thead>
<tr>
<th>AM</th>
<th>Aerobic Continuous 5 km</th>
<th>Strength (10 RM)/ Core (15)</th>
<th>Muscular Intervals</th>
<th>Strength (5 RM)</th>
<th>Active recovery / Mobility</th>
<th>5 km Run</th>
<th>Push-ups/ Vertical Jump</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>Aerobic Continuous 8 km</td>
<td>Swimming (600 m)/ Core (5) (40 s)</td>
<td>Ruck March: 6 km 35 kg</td>
<td>Ruck March: 6 km 35 kg</td>
<td>5 km Run</td>
<td>Push-ups/ Vertical Jump</td>
<td>Rest</td>
<td></td>
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</tbody>
</table>

## DAY 7

<table>
<thead>
<tr>
<th>AM</th>
<th>Aerobic Continuous 5 km</th>
<th>Strength (12 RM)/ Core (25)</th>
<th>Muscular Intervals</th>
<th>Strength (5 RM)</th>
<th>Active recovery / Mobility</th>
<th>Ruck March: 6 km 35 kg</th>
<th>2 km</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>Aerobic Continuous 8 km</td>
<td>Swimming (400 m)/ Core (5) (40 s)</td>
<td>Power (2 sets)/ Core (15)</td>
<td>Ruck March: 6 km 35 kg</td>
<td>5 km Run</td>
<td>Push-ups/ Vertical Jump</td>
<td>Rest</td>
<td></td>
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</table>
PURPOSE: To aid you in evaluating your current fitness level in order to ensure that your training is progressing adequately for successful completion of the SF Operator AC. Furthermore, the Fitness Check week is used as an unloading week where the overall volume of work is lower during these weeks to facilitate optimal recovery and physical fitness gains. The Fitness Check weeks encompass a variety of physical fitness components including: Aerobic Power (2400 m Run), Aerobic Capacity (5 km Run), Anaerobic Capacity (400 m Run), Upper Body Strength (Push-ups, Pull-ups, Bench Press), Lower Body Strength (Squats), Lower Body Power (Vertical Jump), Abdominal Strength (Sit-ups), and Work Capacity (Ruck March).

INSTRUCTIONS: Using the following Fitness Check Table, determine your level on each of the 10 fitness exercises and record your level and score (time, weight, distance) on the Progress Report form (page 138). This will allow you to evaluate your performance, and identify areas where you need to improve to reach Level III. Detailed instructions on how to complete each of the 10 fitness exercises is explained with further descriptions and images of the Upper Body Strength, Lower Body Strength and Abdominal Strength in the PHYSICAL EXERCISES section for your convenience.

NOTE: REMEMBER TO ENSURE THAT YOU PREPARE YOURSELF PROPERLY PRIOR TO EACH TEST BY COMPLETING THE WARM UP, AND TO COOL DOWN AND STRETCH AFTER EACH EXERCISE TO PROMOTE OPTIMAL RECOVERY AND AVOID MUSCLE STIFFNESS AND SORENESS.
FITNESS CHECK EXERCISES:

AEROBIC POWER (2400 m) Run: This equates to 6 laps of a 400 m track, or measure out the distance on a flat course. Pace yourself to ensure that you achieve your best average speed.

AEROBIC CAPACITY (5 km) Run: This can be run over a flat measured course or 12.5 laps of a 400 m track. Again, to achieve your best average speed select an appropriate pace and maintain throughout the duration of the run.

UPPER BODY STRENGTH (Push-ups, Pull-ups, Bench Press):

• Push-ups: Take a position with hands flat on the floor underneath the shoulders, fingers pointing forwards, back straight and head neutral. Lower the torso down towards the ground until the arms reach a 90° angle, then push up back to the starting position. Engage the abdominals to maintain a straight back, and a neutral head posture throughout the exercise. Note the number of pushups completed without stopping.

• Pull-ups: Grasp the bar with an overhand grip slightly wider than shoulder width apart. Hang with arms fully extended, knees flexed and ankles crossed. Pull yourself up until your chin is above the bar and lower down to the starting position in a slow controlled manner. Pause momentarily at the bottom and ensure that you do not swing or kip. Note the number of pull-ups completed without stopping.

• Bench Press: Lie on a bench with feet flat on the floor, hips, shoulders, and head in contact with the bench and grasp the bar with an overhand grip slightly wider than shoulder width apart. Lift the load above the chest, approximately above the nipples, with arms fully extended. Lower the bar to approximately 5 centimetres above the chest and pause momentarily. Then push the bar back up to the starting position. Work with a partner to ensure safety. Prior to the test complete a warm-up and start the test with a 70 kg load. If you can lift this comfortably continue and do as many reps as possible. If you struggle with this load drop down to 60 kg, or if you can complete more than 20 reps, increase the load accordingly on the next Fitness Check.
**LOWER BODY STRENGTH (Back Squats):** Stand with your feet shoulder width apart, toes pointing forwards, back erect, and head in a neutral position. Squeeze the shoulder blades together and raise the shoulders to create a “shelf” for the bar. Rest the bar on the “shelf” and squat down until the thighs are parallel to the floor while maintaining a neutral head position and knees aligned over the feet. Return to the starting position while maintaining the integrity of the upper body. Prior to the test do a warm up using a light load (i.e. 5-6 reps at 50% of the testing load), then start the test with a load of 70 kg. Work with a partner to ensure safety.

- If you can lift this comfortably complete as many reps as possible, if not then drop down to 60 kg for your fitness check.
- If you successfully complete 20 reps at 70 kg then increase the load to 80 kg for the next Fitness Check and so forth.

**ABDOMINAL STRENGTH (Sit-ups):** Lie supine on the ground with your feet flat on the ground, knees bent to 90°, hands behind your ears and elbows pointed forwards. Keep the elbows pointed forwards, feet in contact with the ground, and hands touching your head, sit-up so that the elbows touch the top of your knees. Return to the starting position ensuring that your shoulder blades make contact with the ground. Complete as many as you can in one minute. Note the number of successful sit-ups completed in one minute.

**LEG POWER (Vertical Jump):** Place a vertical line on a wall extending from the floor to a height of 300 cm. Stand next to the line, raise your arm as high as possible while keeping your heels on the ground and note the height that you can reach. Step slightly away from the wall, place your feet shoulder width apart and with a full arm swing and deep knee bend, jump and touch as high as possible. Rest for approximately 10 – 15 seconds and repeat. Repeat 3 times and record the highest height that you can touch. Subtract your reach (step 1) from your highest score to determine your actual score.

**7 km RUCK MARCH (35 kg):** Complete the prescribed ruck march in the time indicated while carrying the specified load. In order to avoid injury DO NOT attempt to complete the march at a faster pace than specified.
<table>
<thead>
<tr>
<th>Fitness Component</th>
<th>Exercise</th>
<th>Level I</th>
<th>Level II</th>
<th>Level III</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aerobic Capacity</strong></td>
<td>2400 m Run</td>
<td>10:57 - 10:06</td>
<td>10:05 - 9:22</td>
<td>9:21 - 8:45</td>
</tr>
<tr>
<td><strong>Anaerobic Capacity</strong></td>
<td>400 m Run</td>
<td>1:28 - 1:22</td>
<td>1:21 - 1:16</td>
<td>1:15 - 1:12</td>
</tr>
<tr>
<td></td>
<td>Push-Ups</td>
<td>40 - 47</td>
<td>48 - 54</td>
<td>55 - 61</td>
</tr>
<tr>
<td></td>
<td>Pull-Ups</td>
<td>8 - 12</td>
<td>13 - 15</td>
<td>16 - 19</td>
</tr>
<tr>
<td><strong>Upper Body Strength</strong></td>
<td>Squats 60 kg</td>
<td>6 - 13 reps</td>
<td>14 - 18 reps</td>
<td>19 - 21 reps</td>
</tr>
<tr>
<td></td>
<td>70 kg</td>
<td>1 - 9 reps</td>
<td>10 - 14 reps</td>
<td>15 - 18 reps</td>
</tr>
<tr>
<td></td>
<td>80 kg</td>
<td>5 - 11 reps</td>
<td>12 - 15 reps</td>
<td></td>
</tr>
<tr>
<td></td>
<td>90 kg</td>
<td>1 - 7 reps</td>
<td>8 - 12 reps</td>
<td></td>
</tr>
<tr>
<td><strong>Lower Body Strength</strong></td>
<td>Squats 60 kg</td>
<td>11 - 15 reps</td>
<td>16 - 17 reps</td>
<td>18 - 19 reps</td>
</tr>
<tr>
<td></td>
<td>70 kg</td>
<td>7 - 12 reps</td>
<td>13 - 15 reps</td>
<td>16 - 17 reps</td>
</tr>
<tr>
<td></td>
<td>80 kg</td>
<td>5 - 10 reps</td>
<td>11 - 13 reps</td>
<td>14 - 16 reps</td>
</tr>
<tr>
<td></td>
<td>90 kg</td>
<td>2 - 7 reps</td>
<td>8 - 11 reps</td>
<td>12 - 14 reps</td>
</tr>
<tr>
<td><strong>Abdominal Strength</strong></td>
<td>Sit-Ups</td>
<td>41 - 46</td>
<td>47 - 52</td>
<td>53 - 58</td>
</tr>
<tr>
<td><strong>Leg Power</strong></td>
<td>Vertical Jump cm</td>
<td>45 - 52</td>
<td>53 - 59</td>
<td>60 - 66</td>
</tr>
<tr>
<td><strong>Work Capacity</strong></td>
<td>March 7 km</td>
<td>01:19:00</td>
<td>01:19:00</td>
<td>01:19:00</td>
</tr>
<tr>
<td></td>
<td>35 kg</td>
<td>01:19:00</td>
<td>01:19:00</td>
<td>01:19:00</td>
</tr>
</tbody>
</table>
STRENGTH CIRCUIT TRAINING

PURPOSE: To ensure that you have adequate levels of muscular strength in order to successfully complete the SF Operator AC.

INSTRUCTIONS: The required repetitions and intensity are indicated in brackets by repetition maximum (RM) in the EXERCISE PRESCRIPTION PAGE for each strength training session. For example, “Strength (15 RM)” means that you choose a load heavy enough that you can only complete 15 repetitions of the exercise. If you are able to complete more than 15 repetitions than the load is too light, and if you are unable to complete 15 repetitions then the load is too heavy. For each strength training session you will complete 2 sets or rounds of one of the circuits as indicated below. Start with Circuit I and move to Circuit II for the next session and so forth, until you have completed all 4 circuits then start over with Circuit 1. All of the exercises are to be completed in a circuit format such that you move from one exercise to the next with minimal rest in between. At the completion of all of the exercises, recover for 2-4 min then repeat. Detailed descriptions and images of each exercise are located in the PHYSICAL EXERCISES section, for your convenience. Each circuit is designed to include 1 full body exercise, 3-4 lower body exercises, and 3-4 upper body exercises. Exercises are to be completed in the order specified below for optimal results.

CIRCUIT I
SUMO DEADLIFT TO HIGH PULL
BACK SQUAT
BENCH PRESS
PULL-UPS
BULGARIAN SPLIT SQUAT
HINDU PUSH-UPS
BENT OVER ROW
T-PUSH-UPS

CIRCUIT II
THRUSTERS
DEADLIFT
PUSH-UP ALT HAND ON MB
ALT DB ROW ON BENCH
STEP UP TO BENCH
DB PUSH-UP TO ROW
DB OVERHEAD PRESS
FARMERS WALK 20 m
CIRCUIT III
DB DEADLIFT TO OVERHEAD PRESS
FRONT SQUAT
NARROW GRIP BENCH PRESS
LAT PULLDOWNS
DB 45° LUNGE
UPRIGHT ROW
MB PUSH-UPS
INVERTED ROW FEET ON SB

CIRCUIT IV
THRUSTERS
SUMO DEADLIFT
SB BENCH PRESS
PULL-UPS
OVERHEAD SQUAT
PUSH-UP WITH FEET ON MB
INVERTED ROW
FARMERS WALK 20 m

CORE TRAINING

PURPOSE: To ensure that your core musculature is adequate in order to successfully complete the SF Operator AC.

INSTRUCTIONS: The required repetitions (e.g. 20) or duration (e.g. 60 sec) are indicated in brackets in the EXERCISE PRESCRIPTION PAGE for each Core training session. For each Core session you will complete 2 sets or rounds of either Circuit II or Circuit III, similar to the Strength circuits described above. When Core (s) is prescribed (see EXERCISE PRESCRIPTION PAGE) you will complete Circuit I - Stabilization, where you will hold the position correctly for the prescribed duration. All exercises are to be completed in a circuit format so that you move from one exercise to the next with minimal rest in between. At the completion of all of the exercises recover for 2-4 min then repeat. Detailed descriptions and images of each exercise are located in the PHYSICAL EXERCISES section, for your convenience.

CIRCUIT I
PLANK
V-SIT
PRONE COBRA
T-STABILIZATION
EAGLE
SIDE PLANK - BOTH SIDES

CIRCUIT II
SB KNEES TO CHEST
MB RUSSIAN TWIST
WINDSHIELD WIPER
SINGLE LEG SUPINE BRIDGE
CHOP
SB ROLL OUT
DEAD BUG
CIRCUIT III
BIRD DOG
MOUNTAIN CLIMBER
STAR
SUPERMAN
STRAIGHT LEG HIP RAISE
STIR THE POT
RAISED LEGS CRUNCH

AEROBIC TRAINING

PURPOSE: To ensure that your aerobic capacity is sufficient to successfully complete the SF Operator AC.

NOTE: For weeks 2-5 aerobic training will be completed on Day 1 & Day 6, and during weeks 7-10 aerobic training will be completed on Day 3 & Day 6

INSTRUCTIONS: There are 3 distinct modalities utilized within this training program to achieve the stated purpose. They include Aerobic Continuous, Tempo Run, and Aerobic Intervals. Info regarding Day and Time (AM / PM) of aerobic training sessions can be found in the EXERCISE PRESCRIPTION on page 12. This training program takes a three pronged approach to determining exercise intensity i) absolute or time based (Table 2), ii) relative or HR based (Table 3), and iii) feeling based (Table 4). Detailed instructions for how to complete each Aerobic Training modality are as follows:

AEROBIC CONTINUOUS: Run continuously maintaining a constant pace throughout. From the EXERCISE PRESCRIPTION PAGE determine the distance to be completed for the particular day you are at within the program. Consult Table 2 to determine how long it should take you to complete the run (depending on what level you are at - see FITNESS CHECKS (page 16)) and the % maximal HR (MHR) you should be working at. For example: For an 8 km run at Level I working @ 80% you need to complete the run between 41 - 44 min. Next, determine your age predicted MHR (220 - age) and determine what your resting HR (RHR) is. Then determine your training HR (THR) by using the formula
THR = [(MHR - RHR) x intensity] + RHR. For example, for a 25 year old the age predicted MHR is [220 - 25], with a RHR of 60 bpm working at 75%, the THR= 161 bpm (for a more detailed example see the HR section below). Next, determine what Zone you are in by consulting Table 3. And lastly, consult Table 4 to determine how you should be feeling during the run, for example in Zone 2 “you can converse and have the urge to go faster; breathing deepens”.

**TEMPO RUN:** Similar to Aerobic Continuous, a tempo run is a faster paced run with a shorter duration. Determine the duration for the tempo run from the EXERCISE PRESCRIPTION PAGE, and then complete the run at an intensity of 85% or above your MHR, and in Heart Zone Feeling 3-4.

**AEROBIC INTERVALS:** Aerobic intervals, similar to Fartlek training, involves easy running of 65 - 74% MHR (Zone 1) combined with bouts of fast running 85 - 90% MHR (Zone 3). The EXERCISE PRESCRIPTION on page 12 indicates the distances to be completed along with the easy to hard running ratio [EASY : HARD]. During weeks 7 & 8 you will see 5 km [2:1] - which means you will run 2 minutes easy and one minute hard for a total distance of 5 km.

**HR:** To determine your THR you will first need to check your RHR. To

### Table 2 - Aerobic Training Distances and Times

<table>
<thead>
<tr>
<th>Distance / Intensity</th>
<th>Level I</th>
<th>Level II</th>
<th>Level III</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>00:47:03 - 00:43:39</td>
<td>00:43:38 - 00:40:44</td>
<td>00:40:43 - 00:38:09</td>
</tr>
<tr>
<td></td>
<td>00:44:07 - 00:40:55</td>
<td>00:40:54 - 00:38:11</td>
<td>00:38:10 - 00:35:46</td>
</tr>
<tr>
<td></td>
<td>00:25:57 - 00:24:05</td>
<td>00:24:04 - 00:22:28</td>
<td>00:22:27 - 00:21:03</td>
</tr>
<tr>
<td></td>
<td>00:24:31 - 00:22:44</td>
<td>00:22:43 - 00:21:13</td>
<td>00:21:12 - 00:19:53</td>
</tr>
<tr>
<td></td>
<td>00:09:48 - 00:09:05</td>
<td>00:09:04 - 00:08:29</td>
<td>00:08:28 - 00:07:57</td>
</tr>
<tr>
<td></td>
<td>00:09:17 - 00:08:37</td>
<td>00:08:36 - 00:08:02</td>
<td>00:08:01 - 00:07:32</td>
</tr>
<tr>
<td></td>
<td>00:04:39 - 00:04:19</td>
<td>00:04:18 - 00:04:01</td>
<td>00:04:00 - 00:03:46</td>
</tr>
<tr>
<td></td>
<td>00:04:25 - 00:04:06</td>
<td>00:04:05 - 00:03:49</td>
<td>00:03:48 - 00:03:35</td>
</tr>
</tbody>
</table>
do this, simply take your HR for 30 sec when you wake up in the morning and multiple by 2. Next determine your age predicted MHR by subtracting your age from 220. Finally to determine your THR enter your information into the following formula

\[ \text{THR} = [(\text{MHR} - \text{RHR}) \times \text{intensity}] + \text{RHR}. \]

An example follows for a 25 year old with a RHR of 60 bpm.

Complete Table 3 on page 23 with your personal HR information to use as a reference while you train.

\[
\begin{align*}
\text{AGE} &= 25 \\
\text{RHR} &= 60 \\
\text{MHR} &= (220 - 25) = 195 \\
\text{THR} &= [(195 - 60) \times 65\%] + 60 = 147.75 \text{ or } 148 \\
\text{THR} &= [(195 - 60) \times 74\%] + 60 = 159.9 \text{ or } 160
\end{align*}
\]
MUSCULAR INTERVAL TRAINING

**PURPOSE:** To ensure that your aerobic / anaerobic power is sufficient to successfully complete the SF Operator AC and to supplement your strength training.

**NOTE:** Muscular Intervals will be completed on Day 2 only except for weeks 9 & 10 where they will be completed on Day 2 & Day 5.

**INSTRUCTIONS:** Consult the EXERCISE PRESCRIPTION on page 12 to determine the exact day and time (either AM or PM) to complete the Muscular Interval training sessions. For each Muscular Interval training session you will complete one of the interval sessions and corresponding physical exercises described below. Start with Interval Session 1 then move to Session 2 and so forth.

**ENSURE THAT YOU COMPLETE AN EXTENSIVE WARM UP PRIOR TO EACH MUSCULAR INTERVAL TRAINING SESSION!**

After completing a proper warm up begin each training session with a run according to Tables 6 & 7 below (for example if you are at Level I, run 200 m in 42 - 50 sec) followed by a set of physical exercises (i.e. 20 Squats and 20 Push-ups). Rest for 2 min and continue until you have completed the training session. Detailed descriptions of each exercise are located in the PHYSICAL EXERCISES section for your convenience.
## TABLE 6 - MUSCULAR INTERVALS

<table>
<thead>
<tr>
<th>INTERVAL SESSION 1</th>
<th>REPS</th>
<th>INTERVAL SESSION 2</th>
<th>REPS</th>
<th>INTERVAL SESSION 3</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>RUN 200 m</td>
<td>1</td>
<td>RUN 200 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
</tr>
<tr>
<td>SQUATS</td>
<td>20</td>
<td>MB OVERHEAD SQUATS</td>
<td>20</td>
<td>BURPEE JUMPS</td>
<td>20</td>
</tr>
<tr>
<td>PUSH-UPS</td>
<td>20</td>
<td>MB PUSH-UPS</td>
<td>20</td>
<td>BIRD DOG</td>
<td>20</td>
</tr>
<tr>
<td>RUN 200 m</td>
<td>1</td>
<td>RUN 200 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
</tr>
<tr>
<td>SQUATS</td>
<td>15</td>
<td>MB OVERHEAD SQUATS</td>
<td>15</td>
<td>BURPEE JUMPS</td>
<td>15</td>
</tr>
<tr>
<td>PUSH-UPS</td>
<td>15</td>
<td>MB PUSH-UPS</td>
<td>15</td>
<td>BIRD DOG</td>
<td>15</td>
</tr>
<tr>
<td>RUN 200 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
</tr>
<tr>
<td>SQUATS</td>
<td>20</td>
<td>MB SQUAT THROW</td>
<td>20</td>
<td>MOUNTAIN CLIMBER</td>
<td>20</td>
</tr>
<tr>
<td>DEAD BUG</td>
<td>20</td>
<td>MB RUSSIAN TWIST</td>
<td>20</td>
<td>PRONE COBRA</td>
<td>20</td>
</tr>
<tr>
<td>RUN 400 m</td>
<td>1</td>
<td>RUN 1000 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
</tr>
<tr>
<td>SQUAT THRUSTS</td>
<td>15</td>
<td>MB SQUAT THROW</td>
<td>15</td>
<td>MOUNTAIN CLIMBER</td>
<td>15</td>
</tr>
<tr>
<td>DEAD BUG</td>
<td>15</td>
<td>MB RUSSIAN TWIST</td>
<td>15</td>
<td>PRONE COBRA</td>
<td>15</td>
</tr>
<tr>
<td>RUN 400 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
</tr>
<tr>
<td>LUNGES</td>
<td>20</td>
<td>MB LUNGE</td>
<td>20</td>
<td>SQUAT JUMPS</td>
<td>20</td>
</tr>
<tr>
<td>HINDU PUSH-UPS</td>
<td>20</td>
<td>MB SHOULDER PRESS</td>
<td>20</td>
<td>T-PUSH-UPS</td>
<td>20</td>
</tr>
<tr>
<td>RUN 1000 m</td>
<td>1</td>
<td>RUN 200 m</td>
<td>1</td>
<td>RUN 400 m</td>
<td>1</td>
</tr>
<tr>
<td>LUNGES</td>
<td>15</td>
<td>MB LUNGE</td>
<td>15</td>
<td>SQUAT JUMPS</td>
<td>15</td>
</tr>
<tr>
<td>HINDU PUSH-UPS</td>
<td>15</td>
<td>MB SHOULDER PRESS</td>
<td>15</td>
<td>T-PUSH-UPS</td>
<td>15</td>
</tr>
</tbody>
</table>

## TABLE 7 - MUSCULAR INTERVAL RUN TIMES

<table>
<thead>
<tr>
<th>DISTANCE / INTENSITY</th>
<th>LEVEL I</th>
<th>LEVEL II</th>
<th>LEVEL III</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 km</td>
<td>0:04:39 - 0:04:19</td>
<td>0:04:18 - 0:04:01</td>
<td>0:04:00 - 0:03:46</td>
</tr>
<tr>
<td>95%</td>
<td>0:04:25 - 0:04:06</td>
<td>0:04:05 - 0:03:49</td>
<td>0:03:48 - 0:03:35</td>
</tr>
<tr>
<td>100%</td>
<td>0:04:12 - 0:03:54</td>
<td>0:03:53 - 0:03:38</td>
<td>0:03:37 - 0:03:24</td>
</tr>
<tr>
<td>105%</td>
<td>0:01:41 - 0:01:34</td>
<td>0:01:33 - 0:01:27</td>
<td>0:01:26 - 0:01:22</td>
</tr>
<tr>
<td>400 m</td>
<td>0:01:36 - 0:01:29</td>
<td>0:01:28 - 0:01:23</td>
<td>0:01:22 - 0:01:18</td>
</tr>
<tr>
<td>105%</td>
<td>0:01:32 - 0:01:25</td>
<td>0:01:24 - 0:01:20</td>
<td>0:01:19 - 0:01:14</td>
</tr>
<tr>
<td>110%</td>
<td>0:00:50 - 0:00:47</td>
<td>0:00:46 - 0:00:44</td>
<td>0:00:43 - 0:00:41</td>
</tr>
<tr>
<td>115%</td>
<td>0:00:48 - 0:00:45</td>
<td>0:00:44 - 0:00:42</td>
<td>0:00:41 - 0:00:39</td>
</tr>
<tr>
<td>200 m</td>
<td>0:00:46 - 0:00:42</td>
<td>0:00:41 - 0:00:40</td>
<td>0:00:39 - 0:00:37</td>
</tr>
<tr>
<td>105%</td>
<td>0:01:28 - 0:01:23</td>
<td>0:01:24 - 0:01:20</td>
<td>0:01:19 - 0:01:14</td>
</tr>
</tbody>
</table>
SWIM TRAINING

PURPOSE: To ensure that your swimming specific aerobic power and capacity are adequate in order to successfully complete the SF Operator AC. Furthermore, swimming is a low impact activity that challenges your aerobic fitness.

INSTRUCTIONS: Complete the prescribed swimming distance indicated in the EXERCISE PRESCRIPTION on page 12. You may vary the type of stroke that you use throughout each session.

TECHNIQUE LIFT

PURPOSE: To reinforce correct lifting technique in order to build the technical foundation for further more complex training and to facilitate your active recovery.

INSTRUCTIONS: Complete 3 sets of 15 repetitions for each exercise listed below. Ensure that you focus on proper technique for each and every repetition, and move in a smooth, continuous, and controlled manner throughout a full range of motion. Begin without adding weight to the bar, and once you are comfortable with your technique progress to using light weights. DO NOT at any point during one of these sessions attempt any of the lifts listed below with moderate to heavy weights. Detailed descriptions and images of each exercise are located in the PHYSICAL EXERCISES section, for your convenience.

TECHNIQUE LIFT EXERCISES
BACK SQUAT
FRONT SQUAT
OVERHEAD SQUAT

DEADLIFT
DROP SQUAT
HIGH PULL
POWER TRAINING

**PURPOSE:** To ensure that you are able to move your body explosively and quickly in order to successfully complete the SF Operator AC.

**INSTRUCTIONS:** Complete the prescribed number of sets as indicated in brackets after Power on the EXERCISE PRESCRIPTION on page 12. The amount of repetitions for each exercise is listed below. Ensure that you complete the Power training prior to beginning the Strength training (see EXERCISE PRESCRIPTION PAGE). Focus on quality of repetitions by reacting quickly, limiting your time on the ground and being explosive. **ENSURE THAT YOU COMPLETE AN EXTENSIVE WARM UP PRIOR TO EACH POWER TRAINING SESSION!** Detailed descriptions and images of each exercise are located in the PHYSICAL EXERCISES section, for your convenience.

<table>
<thead>
<tr>
<th>PLYOMETRIC EXERCISES</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRONT / BACK HOPS</td>
<td>20</td>
</tr>
<tr>
<td>SIDE TO SIDE HOPS</td>
<td>20</td>
</tr>
<tr>
<td>TUCK JUMPS</td>
<td>12</td>
</tr>
<tr>
<td>ALTERNATING JUMPS ON STEP</td>
<td>10</td>
</tr>
<tr>
<td>SINGLE LEG JUMPS ON STEP</td>
<td>10</td>
</tr>
</tbody>
</table>
RUCK MARCHING

**PURPOSE:** To ensure that you are able to cover long distances carrying a heavy load in order to successfully complete the SF Operator AC.

**Note:** For weeks 2, 3, 4 & 5 Ruck Marching will be completed on Day 3 & Day 5. During weeks 7 & 8 Ruck Marching will be completed on Day 1 & Day 5, and during weeks 9 & 10 Ruck Marching will be completed on Day 1 & Day 6.

**INSTRUCTIONS:** Complete the prescribed Ruck March specified on the EXERCISE PRESCRIPTION on page 12. See the Table below to determine the time required to complete each march. In order to avoid potential injury DO NOT attempt to complete any of the prescribed marches faster than the time specified.

**TABLE 8 - RUCK MARCH LOADS AND TIMES**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Weight (kg)</th>
<th>Day 1</th>
<th>Day 3</th>
<th>Day 5</th>
<th>Day 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 km</td>
<td>45 kg</td>
<td>01:07:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 km</td>
<td>45 kg</td>
<td>01:19:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 km</td>
<td>50 kg</td>
<td>01:07:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 km</td>
<td>50 kg</td>
<td>01:19:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.5 km</td>
<td>35 kg</td>
<td>02:43:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 km</td>
<td>45 kg</td>
<td>03:00:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 km</td>
<td>35 kg</td>
<td>03:22:00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 km</td>
<td>35 kg</td>
<td>03:45:00</td>
<td></td>
<td></td>
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MOBILITY

DAY 4

PURPOSE: To release stiff tissues, restore full range of motion and enable good body position and movement. This will help to restore your full physical capacities and make them available to you at a moment’s notice.

INSTRUCTIONS: Complete the prescribed mobilization exercises listed below. Ensure that you resolve issues with sore joints and tissues first and that you spend at least 2 min working on each exercise (4 min if the exercise is to be completed on each side of the body) up to 5 min per exercise. Mobilization techniques include: i) pressure wave - lie on a ball or roller completely relaxed, slowly roll the targeted area over the ball or roller using the full weight of your body; ii) contract and relax - identify a tight or sore area underneath the ball or roller, then repeatedly engage and relax the muscle allowing the ball or roller to sink deeper into the tissue; and iii) smash and floss - identify a tight or sore area and pin down the tissue with pressure (smash) then move the limb through as much range of motion as possible (floss). NOTE: For daily mobility training select three areas to work on each day following your evening workout and perform the corresponding exercises. It should take you ~15-20 min per day. Mobility training changes day to day depending on your areas of restriction, movements you performed and positions that you have adopted throughout the day.

You may experience some discomfort during mobility work as releasing restricted tissue can be rather uncomfortable. But there is a difference between discomfort and pain. If you experience any sharp, shooting, hot, or burning pain at any time, or your body is telling you that something is not right, stop mobility work on that area immediately.

“Exercise and mobility techniques taken from Becoming a Supple Leopard by Dr. Kelly Starett and Glen Cordoza.”
MOBILITY EXERCISES

PLANTAR SURFACE SMASH
Calf Smash
Lateral Anterior Compartment Smash
Adductor Smash
Quad Smash and Floss
Couch Mobilazation
Hip External Rotation with Flexion
Hamstring Smash and Floss
IT Band Smash
Glute Smash and Floss
Oblique Side Smash
Low Back Smash
Tricep Extension Smash and Floss
Anterior Compartment Smash
Overhead Tissue Smash
Shoulder Rotator Smash and Floss
T-Spine Extension Smash with Side to Side
PHYSICAL EXERCISES
PHYSICAL EXERCISES

FITNESS CHECK EXERCISES

PUSH-UPS
- Take a position with hands flat on the floor, underneath the shoulders, fingers pointing forwards, back straight and head neutral
- Lower the torso down towards the ground until arms reach a 90° angle, then push up back to the starting position
- Engage the abdominals to maintain a straight back, and a neutral head posture throughout the exercise

PULL-UPS
- Grasp the bar with an overhand grip slightly wider than shoulder width apart
- Hang with arms fully extended, knees flexed and ankles crossed
- Pull yourself up until your chin is above the bar
- Lower down to the starting position in a slow controlled manner
- Pause momentarily at the bottom to ensure that you do not swing or kip
BENCH PRESS
• Lie on a bench with your feet flat on the floor, hips, shoulders and head in contact with the bench
• Grasp the bar with an overhand grip slightly wider than shoulder width apart
• Lift the load above the chest, approximately above the nipples with arms fully extended
• Lower the bar to approximately 5 cm above the chest and pause momentarily
• Push the bar back up to the starting position

BACK SQUATS
• Stand with feet shoulder with apart, toes pointing forwards, back erect, and head in a neutral position
• Squeeze the shoulder blades together and raise the shoulders to create a shelf for the bar
• Rest the bar on the shelf and squat down until the thighs are parallel to the floor while maintaining a neutral head position, and knees aligned over the feet
• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body
SIT-UPS

• Lie supine on the ground with the feet on the ground, knees bent to 90°, hands behind ears and elbows pointed forwards
• Keep the elbows pointed forwards, feet in contact with the ground and hands touching the head, sit-up so that the elbows touch the top of the knees
• Return to the starting position ensuring that the shoulder blades make contact with the ground
STRENGTH CIRCUIT 1

SUMO DEADLIFT TO HIGH PULL

- Stand with feet flat one and a half to two times shoulder width apart, toes pointed slightly outwards
- Squat down with the hips, lower the shoulders and grasp the bar with an over hand grip with hands approximately 30 cm apart, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position
- Contract your abdominals, holding your back in place and not allowing it to round
- Forcefully lift the bar off the floor by extending knees and hips and lifting chest upwards until in standing position
- Continue by pulling the bar up along the abdomen towards the chin, keeping the elbows pointed out to the sides
- Return to the starting position in a controlled manner and repeat
BACK SQUATS
• Stand with feet shoulder with apart, toes pointing forwards, back erect, and head in a neutral position
• Squeeze the shoulder blades together and raise the shoulders to create a shelf for the bar
• Rest the bar on the shelf and squat down until the thighs are parallel to the floor while maintaining a neutral head position, and knees aligned over the feet
• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body

BENCH PRESS
• Lie on a bench with your feet flat on the floor, hips, shoulders and head in contact with the bench
• Grasp the bar with an overhand grip slightly wider than shoulder width apart
• Lift the load above the chest, approximately above the nipples with arms fully extended
• Lower the bar to approximately 5 cm above the chest and pause momentarily
• Push the bar back up to the starting position
PULL-UPS
• Grasp the bar with an overhand grip slightly wider than shoulder width apart
• Hang with arms fully extended, knees flexed and ankles crossed
• Pull yourself up until your chin is above the bar
• Lower down to the starting position in a slow controlled manner
• Pause momentarily at the bottom to ensure that you do not swing or kip

BLUGARIAN SPLIT SQUATS
• Stand with feet shoulder with apart, hold the bar across your upper back with an overhand grip and lift the elbows to create a "shelf" for the bar, head in a neutral head position, with chest up and out
• Assume a staggered stance by placing the instep of your back foot on a box or bench keeping the majority of the weight on the front leg
• Lower your body by flexing the hips and knees until the front leg is parallel to the ground while keeping the head neutral and chest up and out
• Return to the starting position by pushing the heel of your front foot into the ground and extending the knees and hips, while maintaining the integrity of the torso (head neutral, chest up and out)
HINDU PUSH-UPS
• Take a position with hands flat on the floor shoulder width apart, fingers pointing forwards, back straight and head neutral
• Move feet slightly forwards and slightly wider than shoulder width apart
• Raise your hips such that your body forms an inverted (upsidedown) “V”
• Keep your hips elevated, and lower your body until your chin nearly touches the floor, then lower your hips until they almost touch the floor as you simultaneously raise your head and shoulders towards the ceiling
• Reverse the movement back to the starting position

BENT OVER ROW
• Grasp the bar with an overhand grip slightly wider than shoulder width apart, with feet flat on the floor, approximately shoulder width apart and knees slightly flexed (bent), and torso flexed with a flat back
• Allow the bar to hang with arms fully extended
• Pull the bar up to the torso, keeping the torso rigid, back flat, and knees slightly bent
• Lower the bar back to the starting position
DUMBBELL (DB) T-PUSH-UP

- Take a position with hands on DB on the floor, shoulder width apart, palms facing each other, back straight and head neutral
- Grasp the DB by the handles, and lower your body to the floor
- Push yourself back up to starting position forcefully, while maintaining a flat back and a head neutral posture
- Continue by rotating the left side of your body upward as you bend your left arm and pull the DB over your left shoulder
- Lower the DB back down and repeat the entire exercise for the right side
- One repetition consists of completing movements on both left and right sides of the body
STRENGTH CIRCUIT II

THRUSTERS
- Stand with feet shoulder with apart, hold the bar across the front of the shoulders and collar bone with an overhand grip, and lift the upper arms until they are parallel with the floor, head neutral, with chest up and out
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral) until you are in standing position
- Continue the exercise by pressing the bar up and over your head until the arms are fully extended, body is completely straight, and the bar is slightly behind the head
- Lower the bar back to the starting position, and repeat
DEADLIFT
- Stand erect with feet flat on the floor between hip and shoulder width apart, toes pointed forwards
- Squat down with the hips, lower the shoulders and grasp the bar with an over hand grip with hands slightly wider than shoulder width and outside the knees, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position
- Contract the abdominals, holding the back in place and not allowing it to round
- Forcefully lift the bar off the floor by extending knees and hips and lifting chest upwards until standing fully erect
- Keep the bar as close to the shins / body as possible during the lift
- Lower the bar by flexing knees and hips while maintaining the integrity of the torso (flat back, do not bent forwards)

PUSH-UP ALTERNATING HAND ON MEDICINE BALL (MB)
- Take a position with one hand flat on the floor with the other hand on a MB, shoulder width apart, fingers pointing forwards, back straight and head neutral
- Keep one hand on the MB and lower your body so that the upper arms are parallel to the floor
- Push up to starting position while maintaining a straight back and a neutral head posture
- Once at the starting position roll, the MB to the opposite hand and repeat
- One rep consists of completing a push-up with each hand on the MB
**DB ROW ON BENCH**

- Place your right hand and right knee on a flat bench, with the left foot flat on the floor, back flat and head neutral
- Grasp the DB with an overhand grip and let it hang directly underneath the shoulder, fully extended with your palm facing your side
- Pull the DB up to the side of your chest ensuring that your upper arm is parallel to the ground
- Lower the weight in a controlled manner and repeat
- One set consists of completing the required number of reps on each side

![DB Row on Bench](image)

**STEP UP TO BOX**

- Stand with feet shoulder with apart, and hold the bar across your upper back with an overhand grip, and lift the elbows to create a “shelf” for the bar, head neutral, with chest up and out
- Place the entire foot of the lead (stepping) leg on the box
- Shift the weight to the lead leg, press the heel of the lead leg into the box and forcefully extend the lead hip and knee to push up the body onto the box
- Once standing fully erect on the box lower the body until the trail leg touches the floor and repeat
- One set consists of completing the required number of reps with each leg

![Step Up to Box](image)
**DB PUSH-UP TO ROW**

- Take a position with hands on DB on the floor shoulder width apart, palms facing, back straight and head neutral
- Grasp the DB by the handles, and lower your body to the floor
- Push yourself back up to starting position forcefully, while maintaining a flat back and a neutral head posture
- Continue by lifting (row) the left DB up towards your left shoulder
- Lower the DB back down and repeat the entire exercise for the right side
- One repetition consists of completing both left and right sides of the body

**DB OVERHEAD PRESS**

- Stand with feet shoulder width apart, hold a pair of DB with an overhand grip and palms facing forwards, just outside and above the shoulder
- Press the DB upwards until the arms are fully extended, maintaining the integrity of the torso (abdominals engaged, upper body remains static)
- Lower the DB in a controlled manner to the starting position
FARMERS WALK 20 m
NOTE: FOR THIS EXERCISE COMPLETE ONE REP ONLY. VARY THE INTENSITY BY INCREASING THE LOAD CARRIED.
• Grasp one kettlebell (or DB) in each hand with an overhand grip, arms hanging by the sides, palms facing each other, standing erect, head neutral, chest up and out, and feet hip width apart
• Engage the abdominals to maintain an erect posture throughout the exercise
• Walk 20 m carrying the kettlebells at the sides with head neutral and chest up and out
• At the 20 m mark turn around and walk back
STRENGTH CIRCUIT III

DB DEADLIFT TO OVERHEAD PRESS

- Stand with feet flat on the floor between hip and shoulder width apart, toes pointed forwards, grasping a pair of DB with an overhand grip, with palms facing each other
- Squat down with the hips, and lower the shoulders, keeping the back flat, chest up and out, shoulders slightly in front of the knees and a neutral head position
- Contract the abdominals, holding the back in place and not allowing it to round, forcefully lift and extend the knees and hips and lifting chest upwards until standing fully erect, keeping the DB as close to the sides as possible
- Continue by curling the DB until they are above the shoulders, palms still facing each other
- Press the DB upwards until the arms are fully extended, maintaining the integrity of the torso (abdominals engaged, upper body remains static)
- Lower the DB back to the starting position in a controlled manner
FRONT SQUAT
- Stand with feet shoulder-width apart, holding the bar across the front of the shoulders and collar bone, with an overhand grip
- Lift the upper arms until they are parallel with the floor, head neutral, with chest up and out
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body [chest up and out, head neutral]

NARROW GRIP BENCH PRESS
- Lie on a bench with your feet flat on the floor, hips, shoulders and head in contact with the bench
- Grasp the bar with an overhand grip shoulder width apart
- Lift the load above the chest, approximately above the nipples with arms fully extended
- Lower the bar to approximately 5 cm above the chest and pause momentarily
- Push the bar back up to the starting position
LAT PULLDOWNS
• Sit erect at a lat pulldown machine and grasp the bar with an overhand grip slightly wider than shoulder width apart, arms fully extended
• Pull the bar down to the upper chest and squeeze the shoulder blades together
• Slowly return the bar to the starting position

DB 45° LUNGE
• Stand erect with feet flat on the floor shoulder width apart, toes pointed slightly outwards, grasping a pair of DB with an overhand grip with palms facing each other
• Step forward with the lead leg on a 45° angle, slowly lowering your body by flexing the hip and knee of the lead leg
• Keep your torso upright during the entire movement, with abdominals engaged head neutral and chest slightly out
• Return to the starting position by pushing the heel of the lead leg into the ground and extending the knees and hips, while maintaining the integrity of the torso (head neutral, chest up and out)
UPRIGHT ROW
• Stand erect with feet flat on the floor, shoulder width apart
• Grasp the bar with an overhand grip with hands slightly wider than the hips, arms fully extended and a neutral head position
• Pull the bar up along the abdomen towards the chin, keep the elbows pointed out to the sides, abdominals engaged to maintain the integrity of the upper body
• Lower the bar slowly to the starting position

MB PUSH-UPS
• Take a position with hands on a MB, back straight and head neutral
• Lower the torso down until it touches the MB and push back up to the starting position
• Maintain a straight back and a neutral head posture throughout the exercise
**INVERTED ROW WITH FEET ON SWISS BALL**

- Grasp the bar with an overhand grip, hands shoulder width apart, arms fully extended, feet on a Swiss ball and body completely straight
- Squeeze the shoulder blades together, and pull with the arms until the torso touches the bar
- Keep abdominals engaged to maintain a straight body
- Slowly lower back to the starting position
STRENGTH CIRCUIT IV

THRUSTERS

• Stand with feet shoulder with apart, hold the bar across the front of the shoulders and collar bone with an overhand grip, and lift the upper arms until they are parallel with the floor, head neutral, with chest up and out

• Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor

• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral) until you are in standing position

• Continue the exercise by pressing the bar up and over your head until the arms are fully extended, body is completely straight, and the bar is slightly behind the head

• Lower the bar back to the starting position, and repeat
**SUMO DEADLIFT**

- Stand with feet flat one and a half to two times shoulder width apart, toes pointed slightly outwards
- Squat down with the hips, lower the shoulders and grasp the bar with an over hand grip with hands approximately 30 cm apart, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position
- Contract your abdominals, holding the back in place and not allowing it to round
- Lift the bar off the floor by extending knees and hips and lifting chest upwards until standing erect
- Return to the starting position in a controlled manner

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**DB BENCH PRESS ON A SWISS BALL**

- Hold a pair of DB by the handles and lie on a Swiss ball with feet flat on the floor, arms fully extended, hips raised so that the body forms a straight line, upper back and shoulders in contact with Swiss ball
- Lower the DB down to the sides of the chest with the palms facing the feet at approximately nipple level keeping the wrists stiff
- Push the DB upward until the arms are fully extended, while keeping the feet flat on the floor, and hips, shoulders and upper back in contact with Swiss ball
PULL-UPS
• Grasp the bar with an overhand grip slightly wider than shoulder width apart
• Hang with arms fully extended, knees flexed and ankles crossed
• Pull yourself up until your chin is above the bar
• Lower down to the starting position in a slow controlled manner
• Pause momentarily at the bottom to ensure that you do not swing or kip

OVERHEAD SQUAT
• Stand with feet shoulder with apart, and grasp the bar with an overhand grip slightly wider than shoulder width apart, with arms fully extended
• Hold the bar slightly behind the head, with the head neutral, and chest up and out
• Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor
• Engage the abdominals to maintain the integrity of the upper body
• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body
PUSH-UP WITH FEET ON MB
• Take a position with hands flat on the floor shoulder width apart, fingers pointing forwards, back straight and head neutral, and toes placed on a MB
• Lower the body to the floor such that the upper arms are parallel with the ground, while maintaining feet on MB
• Push up back to starting position while maintaining a straight back and a neutral head posture

INVERTED ROW
• Grasp the bar with an overhand grip hands shoulder width apart, arms fully extended, feet in contact with the ground and body completely straight
• Squeeze the shoulder blades together, and pull with the arms until the torso touches the bar, keeping abdominals engaged to maintain a straight body
• Slowly lower back to the starting position
FARMERS WALK 20 m
NOTE: FOR THIS EXERCISE COMPLETE ONE REP ONLY. VARY THE INTENSITY BY INCREASING THE LOAD CARRIED.

- Grasp one kettlebell (or DB) in each hand with an overhand grip, arms hanging by the sides, palms facing each other, standing erect, head neutral, chest up and out, and feet hip width apart
- Engage the abdominals to maintain an erect posture throughout the exercise
- Walk 20 m carrying the kettlebells at the sides with head neutral and chest up and out
- At the 20 m mark turn around and walk back
CORE CIRCUIT I – STABILIZATION

PLANK
- Take a position with forearms on the floor, with elbows directly underneath the shoulders, and with palms facing each other
- Form a straight line with the body, shoulders back, chest slightly out and head neutral
- Brace the core by engaging the abdominals and squeezing the glutes
- Hold the position for the prescribed amount of time

V-SIT
- Sit on the floor leaning back so that the torso is at a 45° angle with the ground
- Knees are bent approximately 90°
- Feet are held a few cm off the floor
- Head is neutral
- Elbows by the sides, arms bent with palms facing each other
- Hold this position for the prescribed amount of time
PRONE COBRA
- Lie face down on the floor with straight legs and arms next to the sides palms down
- Engage the glutes and lower back musculature, raise the head, chest, arms, and legs off of the floor
- Hold this position for the prescribed amount of time

T-STABILIZATION
- Take a position with hands flat on the floor, shoulder width apart, fingers pointing forwards, back straight and head neutral
- Engage the abdominals in order to keep the body rigid and shift the weight to the right arm
- Rotate the torso up and to the left until one shoulder is over top of the other
- **NOTE: HOLD THE POSITION FOR HALF THE PRESCRIBED TIME THEN SWITCH SIDES AND HOLD FOR THE REMAINDER OF THE PRESCRIBED TIME**
EAGLE
• Lie face down on the floor with straight legs, arms out from the sides, and elbows bent to a 90° angle
• Engage the glutes and lower back musculature, raise the head, chest, arms, and legs off of the floor
• Hold this position for the prescribed amount of time

SIDE PLANK
• Lie on the floor on the left side with legs straight, and feet stacked on top of each other
• Prop the torso up on the left forearm with the elbow directly under the left shoulder
• Ensure that the right shoulder is directly over top of the left
• Engage the abdominals to keep the body rigid
• Raise the hips off the floor creating a straight line from ankles to shoulders
• Hold for the prescribed amount of time
• One set consists of completing the exercise for both sides of the body
CORE CIRCUIT II

SWISS BALL KNEES TO CHEST
• Assume a push-up position with arms fully extended, placing the shins on a Swiss ball forming a straight line from the head to the ankles
• Engage the abdominals to ensure that you maintain the correct posture
• Roll the Swiss ball towards the chest by pulling it forward with the feet
• Return to starting position

MB RUSSIAN TWIST
• Sit on the floor leaning back so that your torso is at a 45° angle with the ground, and knees are bent at approximately 90°
• Feet are held a few cm off the floor, head is neutral and elbows by the sides, arms bent holding a MB with palms facing each other
• Engage the abdominals in order to maintain the correct posture
• Rotate the torso from side to side
WINDSHIELD WIPER
- Lie supine on the floor with arms out to the sides, palms facing down
- Raise the knees to the chest so that there is a 90° angle of the knees and hips
- Engage the abdominals to maintain the correct posture
- Lower the legs as far to the right as possible, return to centre then lower to the left and repeat

SINGLE LEG SUPINE BRIDGE
- Lie supine on the floor with one foot flat on the floor, heel pulled up to the buttock, and the other leg extended, arms resting on the floor by the sides, and head back in a neutral position
- Lift the extended leg off the floor, then engage the abdominals to maintain a flat back
- Engage the glutes and raise the hips off of the floor
- Hold for a count of one and then return to the starting position
CHOP
• Stand erect with feet slightly wider than shoulder width apart, both hands grasping the cable pulley handle located slightly above the shoulder
• Keep the arms fixed and pull the handle down to the hip on an angle using the abdominal muscles
• Complete the prescribed number of reps on both sides

SWISS BALL ROLL OUT
• Assume a plank position with elbows on a Swiss ball
• Slowly roll the ball forwards by straightening arms and extending shoulders
• Engage the abdominals to pull the ball back to the starting position
• NOTE: IF THIS EXERCISE PRESENTS TOO MUCH OF A CHALLENGE AT FIRST THEN COMPLETE THE EXERCISE WITH KNEES ON THE FLOOR UNTIL YOU ARE ABLE TO COMPLETE IT WITH STRAIGHT LEGS
DEAD BUG

- Lie supine on the floor with arms out to the sides and palms facing down
- Raise the knees to the chest such that there is a 90° angle of the knees and hips, while simultaneously raising the arms so that the hands are reaching towards the ceiling
- Lower the left leg and arm towards the floor while raising the right arm above the head
- Return to the starting position and complete using the opposite side
CORE CIRCUIT III

BIRD DOG
• Take a position on the floor on all fours with palms flat on the floor and shoulder width apart
• Engage the abdominals to ensure you maintain correct posture
• Extend the right arm and left leg creating a straight diagonal line from wrist to ankle
• Return to starting position and repeat with opposite arm and leg

MOUNTAIN CLIMBER
• Assume a push-up position with arms fully extended forming a straight line from the head to the ankles
• Engage the abdominals in order to keep the body rigid throughout the exercise
• Raise the left foot off the floor and bring the knee as close to the chest as possible placing it back on the floor
• Dynamically switch positions of the legs (i.e. left leg extended with right knee close to chest)
• One rep consists of both legs being brought up towards the chest
**STAR**

- Lie supine on the floor with straight legs about shoulder width apart and arms out from the sides and elbows bent to a 90° angle
- Raise the right leg to the middle of the torso while simultaneously raising the left arm and shoulder to the middle of the torso
- Touch the left hand to the right foot then return to the starting position and repeat with the opposite sides

**SUPERMAN**

- Lie face down on the floor with the legs straight and arms fully extended above the head, with palms facing down
- Engage the glutes and lower back musculature
- Raise the head, chest, arms and legs off of the floor
- Pause momentarily and return to the starting position
STRAIGHT LEG HIP RAISE

- Lie supine on the floor with arms down by the sides palms facing down
- Keep the legs straight and raise them towards the chest such that there is a 90° angle of the hips
- Push or reach the legs towards the ceiling such that the hips and lower back come up off of the ground
- Return to the starting position

STIR THE POT

- Assume a plank position with elbows on a Swiss ball
- Slowly make circles with your elbows while engaging the abdominals to maintain the plank position
- Complete 5 circles clockwise followed by 5 counter clockwise circles

**NOTE: IF THIS EXERCISE PRESENTS TOO MUCH OF A CHALLENGE AT FIRST THEN COMPLETE THE EXERCISE WITH KNEES ON THE FLOOR UNTIL YOU ARE ABLE TO COMPLETE IT WITH STRAIGHT LEGS**
STRAIGHT LEG CRUNCH

- Lie supine on the floor with arms down by the sides palms facing down
- Keep the legs straight and raise them towards the chest such that there is a 90° angle of the hips, while simultaneously raising the arms so that the hands are reaching towards feet
- Engage the abdominals to ensure that the legs stay static and reach the hands upward towards the feet lifting the shoulder blades off the ground
- Lower back down ensuring that the shoulder blades touch the ground
MUSCULAR INTERVALS

BODY WEIGHT SQUAT

- Stand with feet shoulder with apart, arms hanging at your sides, head neutral, with chest up and out
- Keep the knees aligned over the feet, heels on the floor and chest up and out, squat down until the thighs are parallel to the floor while simultaneously flexing the arms to shoulder height and bringing the hands in front of the face
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body (chest up and out, head neutral)

PUSH-UPS

- Take a position with hands flat on the floor, underneath the shoulders, fingers pointing forwards, back straight and head neutral
- Lower the torso down towards the ground until arms reach a 90° angle, then push up back to the starting position
- Engage the abdominals to maintain a straight back, and a neutral head posture throughout the exercise
SQUAT THRUSTS
• Take a position with hands flat on the floor, underneath the shoulders, fingers pointed forwards, back straight and head neutral
• In one smooth motion bring the knees as close to the chest as possible while maintaining the hands on the ground
• Return to the starting position ensuring the correct posture

DEAD BUG
• Lie supine on the floor with arms out to the sides and palms facing down
• Raise the knees to the chest such that there is a 90° angle of the knees and hips, while simultaneously raising the arms so that the hands are reaching towards the ceiling
• Lower the left leg and arm towards the floor while raising the right arm above the head
• Return to the starting position and complete using the opposite side
**LUNGE**

- Stand with feet shoulder with apart, arms hanging at your sides, head neutral, with chest up and out
- Engage the abdominals to ensure a rigid upper body and upright posture, take a step with the left leg in front of the body such that there is a 90° angle at both knees
- Return to the starting position and repeat with the opposite side
- One rep consists of completing the exercise with both legs

**HINDU PUSH-UPS**

- Take a position with hands flat on the floor shoulder width apart, fingers pointing forwards, back straight and head neutral
- Move feet slightly forwards and slightly wider than shoulder width apart
- Raise your hips such that your body forms an inverted (upside down) “V”
- Keep your hips elevated, and lower your body until your chin nearly touches the floor, then lower your hips until they almost touch the floor as you simultaneously raise your head and shoulders towards the ceiling
- Reverse the movement back to the starting position
OVERHEAD SQUAT
- Stand with feet shoulder with apart, grasp the MB with palms facing each other, arms fully extended overhead holding the MB slightly behind the head, head neutral, with chest up and out
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor, engaging the abdominals to maintain the integrity of the upper body (chest up and out, head neutral)
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body

MB PUSH-UPS
- Take a position with hands on a MB, back straight and head neutral
- Lower the torso down until it touches the MB and push back up to the starting position
- Maintain a straight back and a neutral head posture throughout the exercise
MB SQUAT THROW
• Stand with feet shoulder with apart, grasp the MB with palms facing each other, arms are such that the MB is in front of the face, head slightly up, with chest up and out
• Keep the knees aligned over the feet and heels on the floor and chest up and out
• Lower your body by flexing the knees and hips until your thighs are parallel to the floor, engaging the abdominals to maintain the integrity of the upper body (chest up and out, head neutral)
• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body while simultaneously extending the arms to throw the MB in the air
• Catch / retrieve the MB and repeat

MB RUSSIAN TWIST
• Sit on the floor leaning back so that the torso is as a 45° angle with the ground, and knees are bent at approximately 90°
• Feet are held a few cm off the floor, head is neutral and elbows by the sides, arms bent holding a MB with palms facing each other
• Engage the abdominals in order to maintain the correct posture
• Rotate the torso from side to side
**MB LUNGE**

- Stand with feet shoulder with apart, arms holding a MB in front of the face with palms facing each other hanging at your sides, head neutral, with chest up and out
- Engage the abdominals to ensure a rigid upper body and upright posture, take a step with the left leg in front of the body such that there is a 90° angle at both knees
- Return to the starting position and repeat with the opposite side
- One rep consists of completing the exercise with both legs

![MB Lunge](image)

**MB SHOULDER PRESS**

- Stand with feet shoulder width apart, and hold a MB between the palms, just above the shoulders
- Press the MB upwards until the arms are fully extended while maintaining the integrity of the torso (abdominals engaged, upper body remains static)
- Lower the MB in a controlled manner to the starting position

![MB Shoulder Press](image)
BURPEE JUMPS
- Stand with feet shoulder with apart, arms hanging at your sides, head neutral, with chest up and out
- Take a position with hands flat on the floor, underneath the shoulders, fingers pointed forwards, knees underneath the chest
- In one smooth motion kick the legs out so that the back is straight and the head is neutral (push-up position)
- Pull the knees back underneath the chest while maintaining the hands on the ground
- From this position raise the head and chest, extend the hips knees and ankles propelling the body up into the air

BIRD DOG
- Take a position on the floor on all fours with palms flat on the floor and shoulder width apart
- Engage the abdominals to ensure you maintain correct posture
- Extend the right arm and left leg creating a straight diagonal line from wrist to ankle
- Return to starting position and repeat with opposite arm and leg
MOUNTAIN CLIMBER
• Assume a push-up position with arms fully extended forming a straight line from the head to the ankles
• Engage the abdominals in order to keep the body rigid throughout the exercise
• Raise the left foot off the floor and bring the knee as close to the chest as possible placing it back on the floor
• Dynamically switch positions of the legs (i.e. left leg extended with right knee close to chest)
• One rep consists of both legs being brought up towards the chest

PRONE COBRA
• Lie face down on the floor with straight legs and arms next to the sides palms down
• Engage the glutes and lower back musculature, raise the head, chest, arms, and legs off of the floor
• Hold this position for the prescribed amount of time
SQUAT JUMPS

- Stand with feet shoulder with apart, arms hanging at your sides, head neutral, with chest up and out
- Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor while simultaneously flexing the arms to shoulder height and bringing the hands in front of the face
- Forcefully push your heels into the floor, extend the hips, knees and ankles propelling the body up in the air

T-PUSH-UP

- Take a position with hands flat on the floor, fingers pointing forwards, shoulder width apart, back straight and head neutral
- Lower the torso down towards the ground until arms reach a 90° angle
- Push the body back up to starting position forcefully, while maintaining a flat back and a neutral head posture
- Continue by rotating the left side of the body upward and lift the left arm over the left shoulder
- Lower the hand back down and repeat the entire exercise for the right side
- One repetition consists of completing both left and right sides of the body
**TECHNIQUE Lifts**

**BACK SQUATS**
- Stand with feet shoulder with apart, toes pointing forwards, back erect, and head in a neutral position
- Squeeze the shoulder blades together and raise the shoulders to create a shelf for the bar
- Rest the bar on the shelf and squat down until the thighs are parallel to the floor while maintaining a neutral head position, and knees aligned over the feet
- Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body

**DEADLIFT**
- Stand erect with feet flat on the floor between hip and shoulder width apart, toes pointed forwards
- Squat down with the hips, lower the shoulders and grasp the bar with an over hand grip with hands slightly wider than shoulder width and outside the knees, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position
- Contract the abdominals, holding the back in place and not allowing it to round
- Forcefully lift the bar off the floor by extending knees and hips and lifting chest upwards until standing fully erect
- Keep the bar as close to the shins / body as possible during the lift
- Lower the bar by flexing knees and hips while maintaining the integrity of the torso (flat back, do not bent forwards)
FRONT SQUAT
• Stand with feet shoulder with apart, holding the bar across the front of the shoulders and collar bone, with an overhand grip
• Lift the upper arms until they are parallel with the floor, head neutral, with chest up and out
• Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor
• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body [chest up and out, head neutral]

OVERHEAD SQUAT
• Stand with feet shoulder with apart, and grasp the bar with an overhand grip slightly wider than shoulder width apart, with arms fully extended
• Hold the bar slightly behind the head, with the head neutral, and chest up and out
• Keep the knees aligned over the feet and heels on the floor and chest up and out, lower your body by flexing the knees and hips until your thighs are parallel to the floor
• Engage the abdominals to maintain the integrity of the upper body
• Return to the starting position by pushing your heels into the floor, extending the hips and knees while maintaining the integrity of the upper body
DROP SQUAT
- Stand erect with feet shoulder width apart hands grasping the bar with an overhand grip, shoulder width apart
- Push the hips forwards while slightly hyper extending the back to create some distance between the thighs and the bar
- Dynamically drop underneath the bar in a low squat position with hips lower than 90°, head neutral, chest up and out, bar resting on shoulders and upper arms parallel to the ground

HIGH PULL
- Stand erect with feet flat on the floor between hip and shoulder width apart, toes pointed forwards
- Squat down with the hips, lower the shoulders and grasp the bar with an overhand grip with hands slightly wider than shoulder width and outside the knees, back flat, chest up and out, shoulders slightly in front of the bar and a neutral head position
- Contract the abdominals, holding the back in place and not allowing it to round, forcefully lift the bar off the floor by extending knees, hips and ankles, and lifting the chest upwards until standing fully erect
- The lift needs to be forceful enough so that the bar continues upwards with the elbows pointing out towards the sides, until just under the chin
- Lower the bar in a controlled manner and repeat
POWER EXERCISES

FRONT / BACK HOPS
• Stand erect with knees slightly bent, hands at sides, head neutral and eyes focused straight ahead
• Lean slightly forward to shift the weight to the balls of the feet, then hop forwards approx 8 cm
• Upon the feet coming in contact with the ground immediately get your balance and hop backwards approx 8 cm
• One rep consists of a hop forwards and backwards
• Continue until the prescribed reps have been completed

SIDE TO SIDE HOPS
• Stand erect with knees slightly bent, hands at sides, head neutral and eyes focused straight ahead
• Lean slightly forwards and to the left to shift the weight to the balls of the feet, then hop sideways (left) approx 8 cm
• Upon the feet coming in contact with the ground immediately get your balance and hop sideways (right) approx 8 cm
• One rep consists of a sideways hop to the left and one to the right
• Continue until the prescribed reps have been completed
TUCK JUMPS
- Stand erect with knees slightly bent, hands at sides, head neutral and eyes focused straight ahead
- Flex the hips, knees and ankles and lean slightly forward to shift the weight to the balls of the feet
- Then forcefully extend the hips, knees and ankles and explode upwards into the air pulling the knees to the chest at the peak of the jump
- Extend the legs to land back on the ground
- Upon the feet coming in contact with the ground immediately get your balance and complete another jump

ALTERNATING JUMPS ON STEP
- Stand erect and parallel with a step or box and place your entire right foot on the step
- Flex the hips, knees and ankles and slightly lean forwards
- Forcefully extend the hip, knee and ankle of primarily the right leg jumping in the air such that the left leg will land on the step and the right leg will land on the ground
- Upon the foot coming in contact with the ground immediately get your balance and complete another jump
SINGLE LEG JUMPS ON STEP

- Stand erect and parallel with a step or box and place your entire right foot on the step
- Flex the hips, knees and ankles and slightly lean forwards
- Forcefully extend the hip, knee and ankle of primarily the right leg jumping straight up and down with the right leg landing on the step and the left landing on the ground
- Upon the foot coming in contact with the ground immediately get your balance and complete another jump
WARM-UP

Prior to completing the dynamic stretches ensure that you have warmed up by lightly jogging, skipping or spinning for 8-12 min to increase muscle temperature and blood flow. Measure out a 12 m area to complete the 3-Step stretches. Complete one rep of each stretch then lightly jog back to the starting point. For all other dynamic stretches complete one set of 10 reps for each exercise. **NOTE:** If you have an area of your body that is still tight after completing the dynamic stretches take a few moments to further stretch that area or any other areas you feel that you need to.

DYNAMIC STRETCHES

3-STEP HAMSTRING STRETCH
- Stand erect and shift weight to right (trail) leg
- Extend the left (lead) leg in front of the body keeping it straight, touching the heel on the ground and toes pulled up towards the chest
- Flex the torso (lean towards the ground) while maintaining the integrity of the legs
- Return to standing position
- Take 3 steps in order to alternate legs and repeat on the opposite side
3-STEP HEEL TO BUTTOCK
• Stand erect and shift weight to left (non-involved) leg
• Flex the right (involved) knee and grasp the ankle just above the foot with the right hand
• Gently pull the right heel to the buttock and return to an erect position with the body forming a straight line
• Return to standing position
• Take 3 steps in order to alternate legs and repeat on the opposite side

3-STEP KNEE TO CHEST
• Stand erect and shift weight to left (non-involved) leg
• Flex the right (involved) hip and knee, and grasp the shin just below the knee with both hands
• Gently pull the right knee to the chest and return to an erect position with the head neutral and chest up and out
• Return to standing position
• Take 3 steps in order to alternate legs and repeat on the opposite side
3-STEP KNEE TO SIDE
• Stand erect and shift weight to left (non-involved) leg
• Flex the right (involved) hip and knee, and grasp the shin just below the knee with the right hand
• Gently pull the right knee to the side and return to an erect position with the head neutral and chest up and out
• Return to standing position
• Take 3 steps in order to alternate legs and repeat on the opposite side

PLANK TO LUNGE
• Assume a plank position with arms fully extended, back straight and head neutral
• Engage the abdominals to maintain a straight line from head to ankles throughout the exercise
• Flex the left knee and hip and bring the knee to the left shoulder placing the left foot by the left hand
• Pause momentarily (1-2 sec) to feel the stretch
• Return to the starting position and repeat with the opposite side
• One rep consists of stretching both left and right sides
DYNAMIC LEG TO ARM
• Lie supine on the floor with legs straight, feet shoulder width apart, arms out to the side at a 45° angle and palm facing down
• Lift the right (involved) leg off the ground, flex the right hip and rotate your hips to the left bringing the right foot to the left hand in a controlled manner
• Return to the starting position and repeat on the opposite side
• One rep consists of stretching both the left and right sides

SCORPION
• Lie face down on the floor with legs straight, feet shoulder width apart, elbows away from the sides in line with the shoulders and forearms bent to a 45° angle
• Lift the left leg off of the floor, rotate your torso to the left, flex the left knee and keep the right shoulder on the ground
• Bring the left heel as close to the right shoulder as possible maintaining a 90° bend at the knee
• Return to the starting position and repeat on the opposite side
• One rep consists of stretching both the left and right sides
SUPINE BRIDGE
• Lie supine on the floor with feet flat on the floor, heels pulled up to the buttocks, arms resting on the floor by the sides, and head back in a neutral position
• Engage the abdominals to maintain a straight back
• Engage the glutes and raise the hips off of the floor
• Hold for a count of one and then return to the starting position

QUADRUPED EXTENSION AND ROTATION
• Take a position on all fours on the floor with the hands directly underneath the shoulders and the knees directly underneath the hips
• Place one hand on the back of the head with the thumb slightly above the ear, elbow relaxed at the side and sit back towards the heels
• Rotate the thoracic spine such that the shoulder and elbow move internally (towards the heart)
• Next rotate the thoracic spine in the opposite direction such that the shoulder and elbow reach towards the ceiling
• Return to the starting position
ADDUCTOR DIPS

- Kneel on the floor with the torso erect and externally rotate one leg perpendicular to the body such that the knee is bent to approximately 90° and is pointing to the side
- Engage the abdominals to maintain the correct posture
- Slowly lunge to the side until there is a comfortable stretch and pause for a count of one
- Return to the starting position

SPLIT STANCE ADDUCTOR MOBILIZATION

- Assume a quadruped position on a floor with the hands underneath the shoulders and the knees directly underneath the hips
- Abduct one leg out to the side until there is a light stretch in the adductors (inner thigh)
- Engage the abdominals to maintain the correct posture
- Slowly sit back onto the heel of the bent leg and return to the starting position
SQUAT TO STAND
- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides
- Engage the abdominals to maintain a flat back
- Flex the torso and grasp the feet underneath the big toes
- Flex the knees and hips such that a squatting position is achieved
- Return to the starting position

ARM FLINGS
- Stand erect with feet flat on the floor, shoulder width apart, arms hanging at the sides, head neutral and eyes focused straight ahead
- Keeping the arms straight, raise them to a 45° angle with the torso, palms facing forwards
- Swing the arms across the body with the left arm above the right, engage the abdominals to keep the body erect
- Return to the starting position and repeat with the right arm above the left
- One rep consists of each arm being above the other
LINEAR ARM SWINGS

- Stand erect with feet flat on the floor, shoulder width apart, arms hanging at the sides, head neutral and eyes focused straight ahead.
- Keeping the arms straight, raise them above and behind the head as far as possible allowing for a slight bend in the elbows.
- Swing the arms down back past the starting position as far as possible.
- Engage the abdominals to keep the body erect.
- Continue swinging the arms until the prescribed reps are complete.
COOL-DOWN

Prior to completing the static stretches below, ensure that you have cooled down by lightly jogging or spinning for 8-12 min to remove metabolic waste and heat, and to deliver nutrients and hormones. For each exercise slowly stretch to the end of your range of motion and hold for 15 – 20 sec. Stretch until you feel tightness, and if you feel a sharp pain you are stretching too far.

STATIC STRETCHES

STANDING GASTROCNEMIUS

- Stand erect and shift weight to left (non-involved) leg
- Step forwards slightly with the left leg, flex the hip and knee with a slight forward lean of the torso
- Extend the right leg backwards, keeping the leg straight and pressing the right heel into the floor
- To increase the stretch further flex (bend) the left knee and hip while maintaining a straight right leg and right heel pressed into the floor
- Return to the starting position and repeat for the opposite side
STANDING SOLEUS

- Stand erect and shift weight to left (non-involved) leg
- Step forwards slightly with the left leg, flex the hip and knee with a slight forward lean of the torso
- Extend the right leg backwards, keeping the leg straight and pressing the right heel into the floor
- Once the heel is on the floor flex the leg (bend the right knee and feel the stretch in a different part of the calf)
- To increase the stretch further flex (bend) the left knee and hip while maintaining the correct posture of the right leg
- Return to the starting position and repeat for the opposite side
SEATED HAMSTRING

- Sit on the floor with legs straight out in front, feet pulled up towards the face, body erect, shoulders back, head neutral, chest up and out, arms resting on the thighs
- Engage the abdominals and upper back muscles to maintain the correct posture
- Straighten the arms and reach as far forward as possible while maintaining a rigid upper body

MODIFIED HURDLER

- Sit on the floor with legs straight out in front, feet pulled up towards the face, body erect, shoulders back, head neutral, chest up and out, arms resting on the thighs
- Bend and rotate the right leg such that the sole of the right foot rests against the inside of the left knee
- Straighten the arms and reach as far forward as possible trying to grasp the left foot while maintaining a rigid upper body
SEATED GROIN
- Sit on the floor with legs pulled in such that the soles of the feet are touching, body erect, head neutral, chest up and out, arms resting on the inside of the legs with hands gently grasping the ankles
- Gently press on the inner thighs with the forearms pushing the knees outwards towards the ground, while maintaining an erect upper body
- NOTE: This exercise can also be performed with forward flexion of the trunk, by simply leaning the trunk forwards towards the feet

LYING QUADRICEPS
- Lie on the floor on the left side, with the legs straight, right arm resting on the side and left arm out supporting the head, the body should form a straight line from head to ankles
- Grasp the right ankle with the right hand while simultaneously flexing the right knee
- Gently pull the right heel to the right buttock, while maintaining a straight line from head to knee
- Return to the starting position and repeat for the opposite side
KNEELING HIP FLEXOR
• Kneel on the floor with the legs bent to a 90° angle, body erect, head neutral, chest up and out and arms hanging by the sides creating a straight line from the head to the knees
• Flex the left hip bringing the left foot in front of the body contacting the ground with a 90° angle of the knee
• Lean the torso back slightly pressing the right hip forwards to intensify the stretch
• Return to the starting position and repeat with the opposite leg

LYING PIRIFORMIS
• Lie on the floor with the left leg bent and the right hip and knee flexed and rotated outwards such that the right ankle is resting on the left knee, arms resting on the floor at the sides, head and shoulders resting on the floor
• Grasp the left leg just above the knee with both hands gently pulling the knee as close to the chest as possible
• Return to the starting position and repeat for the opposite side
SEATED CROSSOVER GLUTE
• Sit on the floor with legs straight out in front, feet pulled up towards the face, body erect, shoulders back, head neutral, chest up and out, and arms resting on the thighs
• Flex the right hip and knee, bringing the knee towards the chest maintaining a straight left leg and rigid upper body
• Cross the right foot over the left leg and rest the sole of the foot on the ground against the left knee
• Cross the arms over the right knee and pull the knee to the chest
• Return to starting position and repeat for the opposite side

STANDING ILIOTIBIAL BAND
• Stand erect feet shoulder width apart, head neutral, chest up and out and arms hanging by the sides
• Shift weight to the right leg crossing the left leg in front of the right
• Shift weight back to the left leg, leaning the torso to the left and pressing the right hip outwards keeping the right leg straight
• Return to starting position and repeat for the opposite side
STANDING STRADDLE WITH FORWARD FLEXION
• Stand erect with feet wider than shoulder width apart, head neutral, chest up and out and arms hanging by the sides
• Flex the torso and reach the hands down towards the floor as far as possible

LAT STRETCH
• Take a position on all fours on the floor with the knees under the hips and the hands flat on the floor underneath the shoulders
• Sit backwards such that the glutes are resting on the heels and simultaneously reach forwards with the hands
HANDS BEHIND BACK

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides
- Place the hands behind the back, fingers interlocked while maintaining an erect posture
- Press the shoulders down, the chest further outwards and lift the hands as high as possible behind the back, while keeping the torso erect

SHOULDER ABDUCTION

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides
- Raise the hands above the head, interlock the fingers, straighten the arms and reach as high as possible towards the ceiling
STANDING TRICEPS

- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out and arms hanging by the sides
- Raise the arms above the head with the right arm resting on the upper back and the left hand resting on the right elbow
- Gently press down on the right elbow with the left hand to intensify the stretch
MOBILITY
Focus mobility sessions on resolving any issues with painful tissues or joints first then focus on areas that restrict movement. Spend a minimum of 2 minutes mobilizing tissues (on each side) to induce a therapeutic response, or continue until some improvement is achieved. Mobilize only 3 areas (i.e. shoulders, glutes and quads etc.) per session to achieve optimal results. Note: programming for mobility changes day to day depending on individual areas of restriction or pain.

PLANTAR SURFACE SMASH
- Stand erect with feet flat on the floor, shoulder width apart, head neutral, chest up and out, arms hanging by the sides and one lacrosse type ball under the heel of one foot
- Apply as much pressure on top of the ball that can be tolerated and slowly move the heel side to side, then forwards and back wards
- Progressively move the contact position of the ball underneath the foot towards the toes in approximately 2 cm increments and repeat
CALF SMASH
- Sit on the floor with legs straight out in front, torso erect and leaning back at approximately 45° with hands on the floor behind the torso
- Position a foam roller underneath the heel cord (Achilles tendon) of one leg and cross the opposite leg over top
- Apply pressure with the top leg and slowly move the bottom leg side to side, then forwards and back wards
- Progressively move the contact position of the roller underneath the leg towards the knee in approximately 5 cm increments and repeat

LATERAL ANTERIOR COMPARTMENT SMASH
- Take a position on the floor on all fours with palms flat on the floor and shoulder width apart
- Position one lacrosse type ball underneath the outside of one shin
- Move your centre of mass forwards or backwards to adjust the pressure on the ball
- Slowly work across the tissue by moving the leg over the ball forwards and backwards
- Stop at any painful areas and move the foot in all directions until the pain has lessened then continue
ADDUCTOR SMASH
- Lie face down on the floor on top of the forearms, elbows directly underneath the shoulders, with one leg extended and the other bent such that there is a 90° angle at the hip and knee joints
- Position the foam roller underneath the knee of the bent leg and create pressure by driving the hip towards the floor
- Slowly move the leg side to side and forwards and backwards along the length of the adductors

QUAD SMASH AND FLOSS
- Lie face down on the floor on top of the forearms, with elbows directly underneath the shoulders, with legs extended and a foam roller positioned underneath one quad (thigh muscle) directly above the knee, perpendicular to the body
- Slowly roll side to side, then forwards and backwards
- Stop at any painful areas and pull the heel towards the buttock and return to the starting position, and repeat until the pain has lessened then continue
- Progressively move the contact position of the roller underneath the quad towards the groin in approximately 5 cm increments and repeat
- Repeat this process for the inner and outer parts of the quad
COUCH MOBILIZATION
• Take a position on all fours with the feet backed up against a box (or wall)
• Slide one leg back driving the knee into the corner, engage the glutes to support the lower back and move the other leg such that the foot is flat on the floor and the knee is bent to 90°
• Move the hip towards the floor and lift the torso into an upright position
• If an upright position cannot be achieved position a box or chair in front for additional stability or keep the palms on the floor

HIP EXTERNAL ROTATION WITH FLEXION
• Take a position on all fours on the floor, bring one leg forwards such that the shin is on the floor with the knee behind the wrist and foot behind the wrist of the opposite hand
• Place the hands on the knee and foot and extend the back leg
• Engage the abdominals and with a flat back lower the chest towards the floor
• To enhance the stretch slowly rotate to the right and left
HAMSTRING SMASH AND FLOSS

• Sit erect on a box with knees bent at approximately 90° with one lacrosse type ball positioned underneath one leg
• Shift as much weight as possible onto the ball and move side to side then forwards and backwards
• Stop at any painful areas and then repeatedly extend and flex the leg until the pain lessens then continue

IT BAND SMASH

• Lie on the floor on one side with the elbow directly underneath the shoulder, the bottom leg extended and top leg bent and crossed over top of the bottom leg with the foot flat on the floor
• Position a foam roller underneath the hip
• Apply pressure on the roller and slowly roll along the leg until the roller reaches just above the knee
• Roll back to the starting position
GLUTE SMASH AND FLOSS
• Sit on the floor such that the torso is at a 45° angle, knees are bent to approximately 90° and the hands on the floor behind the torso
• Position a lacrosse type ball under one hip and externally rotate the leg dropping the knee to the floor
• Slowly move side to side, then forwards and backwards
• Stop at any painful areas and repeatedly contract / relax the glutes until the pain lessens then continue

OBLIQUE SIDE SMASH
• Lie on the floor on one side with the elbow directly underneath the shoulder and legs bent
• Position a foam roller underneath the oblique between the ribcage and hip
• Slowly roll side to side and twist the torso over the roller
• Progressively move the contact position of the roller underneath the side until all of the tissue has been worked
LOW BACK SMASH
• Lie supine on the floor with the lower legs on a box (or chair) such that the knee and hip joints are at approximately 90°
• Position a lacrosse type ball under one side of the lower back just above the pelvis
• Slowly move side to side
• Readjust the position of the ball underneath the low back until all of the tissue has been worked

TRICEP EXTENSION SMASH AND FLOSS
• Stand erect in a squat rack with the bar height set such that the bar is between the nipples and the arm pit with one arm resting on the bar and the other hand holding the bar
• Position the arm on the bar such that the head of the triceps (directly above the elbow joint) is on the bar with the arm extended
• Slowly move the arm forwards and backwards along the bar
• Stop at any painful areas and slowly bend and straighten the arm then move the arm side to side until the pain lessens then continue
• If a squat rack and bar is not available this exercise can be performed lying face down on the floor using a barbell or lacrosse type ball
ANTERIOR COMPARTMENT SMASH
• Lie face down on the floor with legs extended, one arm behind the back and the other on the floor just above the head
• Position one lacrosse type ball underneath the chest just below the shoulder of the arm that is behind the back
• Slowly move side to side, then forwards and backwards
• Stop at any painful areas and place the other arm behind the back until the pain lessens then continue

OVERHEAD TISSUE SMASH
• Lie on the floor on one side with the bottom arm extended over head, the bottom leg extended and the top leg bent
• Position one lacrosse type ball underneath the lower end of the arm pit
• Slowly roll side to side and then oscillate around the area
SHOULDER ROTATOR SMASH AND FLOSS
• Lie supine on the floor with the knees bent, one arm resting on the stomach and the other bent at 90° and elevated above the head
• Position a lacrosse type ball underneath the shoulder just above the armpit of the elevated arm
• Slowly internally rotate the hand such that the palm is touching the floor (if possible)
• Slowly return to the starting position

T-SPINE SMASH EXTENSION WITH SIDE TO SIDE
• Lie supine on the floor with feet flat, knees bent at 90° and arms wrapped around the chest
• Position a foam roller underneath the back at the base of the rib cage
• Arch back over the roller creating an extension force
• Progressively move the roller up the back towards the head in small increments
• To increase spinal extension engage the glutes and elevate the hips
• Stop at any particularly stiff areas and slowly roll side to side
TRAINING LOGS
SF OPERATOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM
### Aerobic Training

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### ABOpC, ANAEROBIC, WORK CAPACITY, POWER

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**CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM**

**Audeamus**

**Page 112**
| Day: |
| Week: |
| Date: |

### Aerobic Training

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**CORE, AEROBIC, ANAEROBIC, WORK CAPACITY, POWER STRENGTH**
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- **Distance**
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### Core, Aerobic, Anaerobic, Work Capacity, Power

### Strength

### Prescribed
- **Sets**
- **Reps**
- **Exercise**
- **Wt**
- **Reps**
- **Reps**

### Completed
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- **Exercise**
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**AUDEAMUS**

**Page 115**
### CORE
- **STRENGTH**
- **AEROBIC, ANAEROBIC, WORK CAPACITY, POWER**

### AERobic Training
- **Distance**
- **Type (Continuous / Tempo / Intervals)**
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**CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM**
### CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM

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**CORE**

- AEROBIC, ANAEROBIC, WORK CAPACITY, POWER

**STRENGTH**

- AUDEAMUS
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### Power

**Completed Notes:**

**Time**

Level (I, II, III)

### Swimming

**Completed Notes:**

**Time**

Level (I, II, III)
## AEROBIC, ANAEROBIC, WORK CAPACITY, POWER

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**CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM**
### CSOR Pre-Selection Physical Fitness Training Program

**Aerobic Training**

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**Weightloaded March**

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**Power**

**Swimming**

- **Completed Notes:**
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**Aerobic Training**

- **Distance Type (Continuous / Tempo / Intervals)**
- **Intensity Time Level (I, II, III)**

**Muscular Intervals**

- **Distance Session (Circuit 1, 2, 3)**
- **Intensity Time Level (I, II, III)**

**Weightloaded March**

- **Distance Session Load Time Level (I, II, III)**

**Power**

- **Completed Notes: Time Level (I, II, III)**

**Swimming**

- **Completed Notes: Time Level (I, II, III)**
## Aerobic Training

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**CORE, AEROBIC, ANAEROBIC, WORK CAPACITY, POWER**

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**CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM**

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## CSOR Pre-Selection Physical Fitness Training Program

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### Power
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### Swimming
- **Completed Notes:**
- **Time**
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### Strength
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### Core
- **Completed**
- **Prescribed**
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### AeroBic, Anaerobic, Work Capacity, Power
- **Completed**
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**AUDEAMUS**
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**CORE**

**AEROBIC, ANAEROBIC, WORK CAPACITY, POWER**

**STRENGTH**

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**Power**

- Completed Notes:

**Swimming**

- Completed Notes:
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**CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM**

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**AUDEAMUS**
## CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM

<table>
<thead>
<tr>
<th>Aerobic Training</th>
<th>Muscular Intervals</th>
<th>Weightloaded March</th>
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### Aerobic, Anaerobic, Work Capacity, Power

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**CSOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM**

**CORE**

- AEROBIC, ANAEROBIC, WORK CAPACITY, POWER

**STRENGTH**
**AERODIC, ANAEROBIC, WORK CAPACITY, POWER**

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**CORE**

**AEROBIC, ANAEROBIC, WORK CAPACITY, POWER**

**STRENGTH**

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**Sets** | **Reps** | **Exercise** | **Wt** | **Reps** | **Wt** | **Reps**
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**Prescribed**

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**Completed**

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| **Level (I, II, III)**                      |

| **Weightloaded March**                      |
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| **Session**                                 |
| **Load**                                    |
| **Time**                                    |
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| **Power**                                   |
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_Audeamus_
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## SF OPERATOR PRE-SELECTION PHYSICAL FITNESS TRAINING PROGRAM

### ANAEROBIC CAPACITY
- **400 m Run**
- **8 km Run**

### UPPER BODY STRENGTH
- **Bench Press (60 kg)**
  - 70 kg
  - 80 kg
  - 90 kg
- **Squats (60 kg)**
  - 70 kg
  - 80 kg
  - 90 kg

### LEG POWER
- **Vertical Jump (cm)**

### WORK CAPACITY
- **March (7 km 35 kg)**

### Work Capacity

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<th>Exercise</th>
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<th>Score 2</th>
<th>Change</th>
<th>Score 3</th>
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**Notes:**

- Modifications to Training Program:
  - Level 1
  - Change
  - Score 1
  - Score 2
  - Score 3
  - Score 4
  - Change
Notes (Modifications to Training Program):

400 m Run

Bench Press (60 kg)
- 70 kg
- 80 kg
- 90 kg

Squats (60 kg)
- 70 kg
- 80 kg
- 90 kg

ABDOMINAL

Sit-ups

LEG POWER

Vertical Jump (cm)

WORK CAPACITY

March (7 km 35 kg)

Notes