

PREPARATION DRILL
1. Bend and Reach (4-count, SLOW)
2. Rear Lunge (4-count, SLOW)
3. High Jumper (4-count, MODERATE)
4. Rower (4-count, SLOW)
5. Squat Bender (4-count, SLOW)
6. Windmill (4-count, SLOW)
7. Forward Lunge (4-count, SLOW)
8. Prone Row (4-count, SLOW)
9. Bent-Leg Body Twist (4-count, SLOW)
10. Push-Up (4-count, MODERATE)

4 FOR THE CORE
1. Bent-Leg Raise (60 seconds)
2. Side Bridge (60 seconds)
3. Back Bridge (60 seconds)
4. Quadraplex (60 seconds)

CONDITIONING DRILL 1
1. Power Jump (4-count, MODERATE)
2. V-Up (4-count, MODERATE)
3. Mountain Climber (4-count, MODERATE)
4. Leg-Tuck and Twist (4-count, MODERATE)
5. Single-Leg Push-Up (4-count, MODERATE)
CONDITIONING DRILL 2
1. Turn and Lunge (4-count, SLOW)
2. Supine Bicycle (4-count, SLOW)
3. Half Jack (4-count, MODERATE)
4. Swimmer (4-count, SLOW)
5. 8-Count Push-Up (8-count, MODERATE)
CONDITIONING DRILL 3
1. "Y" Squat (4-count, SLOW)
2. Single-Leg Dead Lift (4-count, SLOW)
3. Side-To-Side Knee Lifts (4-count, MODERATE)
4. Front Kick Alternate Toe Touch (4-count, MODERATE)
5. Tuck Jump (4-count, SLOW)
6. Straddle-Run Forward and Backward (8-count, MODERATE)
7. Half-Squat Laterals (4-count, MODERATE)
8. Frog Jumps Forward and Backward (4-count, MODERATE)
9. Alternate 1/4 Turn Jump (4-count, MODERATE)
10. Alternate-Staggered Squat Jump (4-count, SLOW)

STRENGTH AND MOBILITY ACTIVITIES					
ACTIVITIES	Toughening Phase (BCT/OSUT)	Sustaining Phase (AIT/OSUT)	Sustaining Phase ARFORGEN (Reset)	Sustaining Phase ARFORGEN (Train/Ready)	Sustaining Phase ARFORGEN (Available)
Conditioning Drill 1	5 reps	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Conditioning Drill 2	5 reps	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Conditioning Drill 3	N/A	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Push-Up & Sit-Up Drill	2 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds	2-4 sets @ 30-60 seconds
Climbing Drill 1	5 reps	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Climbing Drill 2	N/A	5-10 reps w load	5-10 reps w load	5-10 reps w load	5-10 reps w load
Strength Tng Circuit	2-3 rotations	2-3 rotations	2-3 rotations	2-3 rotations	2-3 rotations
Guerilla Drill	N/A	1-3 reps	1-3 reps	1-3 reps	1-3 reps

CLIMBING DRILL 1
1. Straight-Arm Pull (2-count, MODERATE)
2. Heel Hook (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)
CLIMBING DRILL 2
1. Flexed-Arm Hang (5 seconds)
2. Heel Hook (2-count, SLOW)
3. Pull-Up (2-count, MODERATE)
4. Leg Tuck (2-count, SLOW)
5. Alternating Grip Pull-Up (2-count, MODERATE)
GUERRILLA DRILL
1. Shoulder Roll (1 rep = 2 x 25 yards)
2. Lunge Walk (1 rep = 2 x 25 yards)
3. Soldier Carry (1 rep = 2 x 25 yards)
RECOVERY DRILL
1. Overhead Arm Pull (20-30 seconds)
2. Rear Lunge (20-30 seconds)
3. Extend and Flex (20-30 seconds)
4. Thigh Stretch (20-30 seconds)
5. Single-Leg Over (20-30 seconds)

