



HIGH INTENSITY TACTION	CAL TRAINING		1000		
	COMBAT HITT	TEMPLATE			
	MOVEMEN	T PREP			
EXTERCISES		SETS	DISTANCE	REPS	
			+		
			+		
	MAX SI				
EXERCISES		SETS	DISTANCE	REST	
	CONDENSACIONE A	ND DAWED			
EXERCISES	STRENGTH A	SETS	TIME	REST	
		GLIG	TIME	RESI	
NOTES: Exercises should be	conducted as a circuit	t			
2-2-2		ILITY			
EXERCISES		NOTES: 2 Sets of each exercise. Hold for 30 Sec.			
	eac	n			

COMBAT FIT. COMBAT READY.