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HIGH INTENSITY TACTICAL T	RAINING				
EIGH MILMOITH IMOTOME	RELOAD HITT TEMPLAT			A F	
	MOVEMENT PREP				
DAYBIROISDS		ETS	DISTANCE	TIME	
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			1		
	ENDURANCE				
EXERCISES	Si	SETS		REST	
NOTES:	•		•		
EXERCISES	ACTIVE RECOVERY	DEDG	(DYDER)	ND NACATES	
EXERCISES	SETS	REPS	TIME	REST	
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NOTES:

MOBILITY					
EXERCISES		NOTES:			

COMBAT FIT. COMBAT READY.