



ATHLETE	HITT TEMPL	.ATE		
MOVE	EMENT PREP			
DAVEROUSES	S	ETS	DISTANCE	REPS
	1			
	1			
	1			
	1			
	1			
NOTES:				
STARTS /	ACCELERAT	ION		
EXERCISES		SETS		DECE
EABRUISES	3	E18	DISTANCE	REST
NOTES: If chosen, each set of wall drill series a		•		
count, 3 count and continuous format. Other o	frills can be	performed as	a circuit or st	and-alone
exercises.				
	TH AND POWER			
EXERCISES	SETS	REPS	TIME	REST
NOTES: Complete all sets of the first 3 exercise	o prior to m	oving on to t	as abadad aya	roices The
non-shaded exercises should be performed as				
development. The shaded exercises are to be		s a circuit an	u periorilleu a	ner
completion of all sets of the primary exercises.				
	EXIBILITY			
EXERCISES	-	Sets of each	exercise. Hold	l for 30 Sec.
	each			
	1			
	1			
	1			
	1			

COMBAT FIT. COMBAT READY.