



WARRIOR HITT TEMPLATE MOVEMENT PREP EXERCISES SETS DISTANCE REPS NOTES: Exercises with 2 sets = 1 set going in one direction and then another set coming back in the opposite direction. AGILITY EXERCISES SETS REST NOTES: Cone drills can be performed as a circuit or stand-alone exercises. Perform each cone movement 2 times in each direction STRENGTH AND POWER EXERCISES SETS REPS TIME REST NOTES: Complete all sets of the first 3 exercises prior to moving on to the shaded exercises. The non-shaded exercises should be performed as primary exercises focusing on strength and power development. The shaded exercises are to be conducted as a circuit and performed after completion of all sets of the primary exercises. FLEXIBILITY EXERCISES NOTES: 2 Sets of each exercise. Hold for 30 Sec. each

COMBAT FIT. COMBAT READY.