

SUMMARY

Condo / Cardio: Combat Challenge

Equipment:



Name: **SDC & CC #003**

Type:

Time: **60+ Min**

Instructor 1: _____ Instructor 2: _____ Date: _____

Workout Time-Line

PREP DRILL

1. BEND AND REACH
2. REAR LUNGE
3. HIGH JUMPER
4. ROWER
5. SQUAT BENDER
6. WINDMILL
7. FORWARD LUNGE
8. PRONE ROW
9. BENT-LEG BODY TWIST
10. PUSHUP

10Min



MMD1 & MMD2



10 Min



COMBAT CHALLENGE - PYRAMID

Target:	ACFT SDC & CC		
Name:	Pyramid Challenge (upper / beginner)		
	-	A	B
	-	HR Push Ups	Sprint
Round 1	6	25 yrd Up & Back	50 yrd Up & Back
Round 2	10	75 yrd Up & Back	100 yrd Up & Back
Round 3	12	75 yrd Up & Back	100 yrd Up & Back
Round 4	16	75 yrd Up & Back	100 yrd Up & Back
Round 5	12	50 yrd Up & Back	25 yrd Up & Back
Round 6	10	50 yrd Up & Back	25 yrd Up & Back
Round 7	6	25 yrd Up & Back	25 yrd Up & Back



20 Min

COMPETITIVE SPRINTS

Competitive (Suicide Prevention) Sprints (Experienced)		
-	A	B
-	Sprint	Sprint
Round 1	100 Yards (Up & Back)	50 Yards (Up & Back)
Round 2	50 Yards (Up & Back)	25 Yards (Up & Back)

8-12 Min



RECOVERY DRILL

1. OVER-HEAD ARM PULL
2. REAR LUNGE
3. EXTEND & FLEX
4. THIGH STRETCH
5. SINGLE-LEG OVER
6. GROIN STRETCH
7. CALF STRETCH
8. HAMSTRING STRETCH

10Min



TASKS

1. PREPARATION DRILL
2. MMD 1 & 2
3. **COMBAT CHALLENGE**
4. **COMPETITIVE SPRINTS**
5. RECOVERY DRILL

RISK ASSESS

1. TRIPPING HAZ
2. DRINK WATER
3. WILD LIFE
4. WEATHER
5. FIRE EXITS
6. MEET UP SPOT
7. _____
8. _____
9. _____

LOW

Circle &
Add to list

CONDITIONS

CIRCLE BELOW :

Indoors Outdoors

STANDARDS

ATP
7-22.02

FM
7-22

PURPOSE

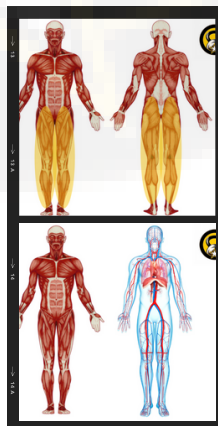
KEY COMPONENTS

- **AEROBIC ENDURANCE**
- **ANAEROBIC**
 - **ENDURANCE & POWER**

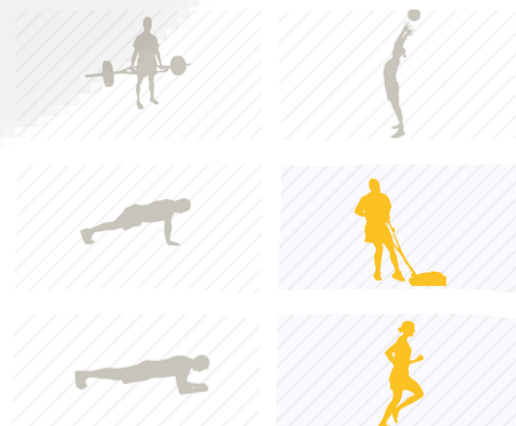
FITNESS COMPONENTS

Muscular strength
Muscular endurance
Explosive power
Anaerobic power
Anaerobic endurance
Aerobic endurance
Balance
Flexibility
Coordination
Mental strength & endurance

FOCUS MUSCLE GROUPS



FOCUS EVENTS



SET-UP

Name: **SDC & CC #003**

Type: 

Time: **60+ Min**

Condo / Cardio: Combat Challenge

Equipment:

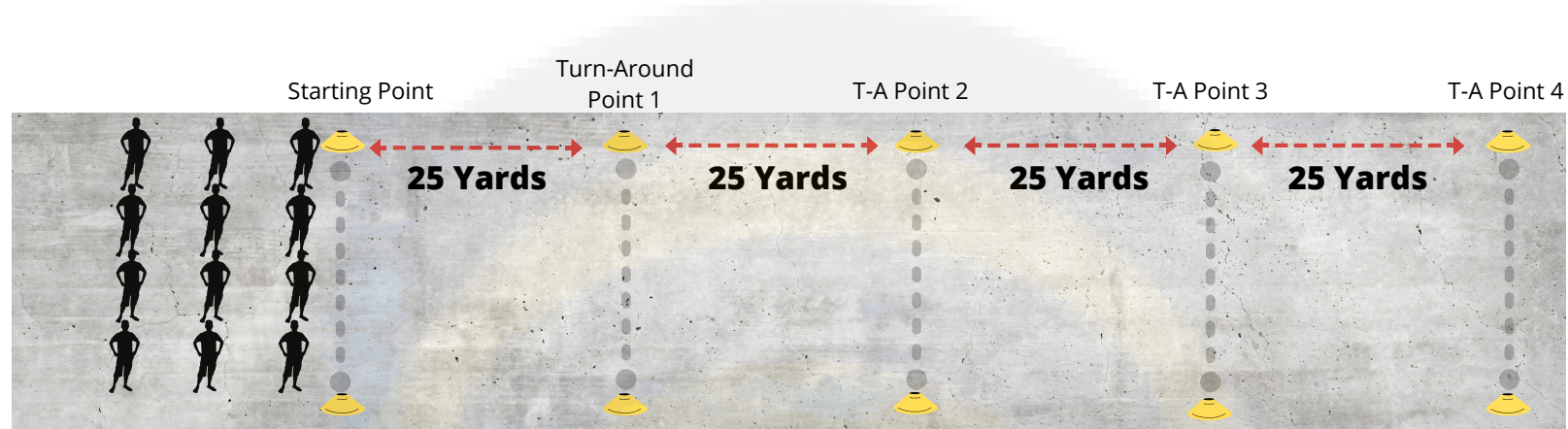


x 10

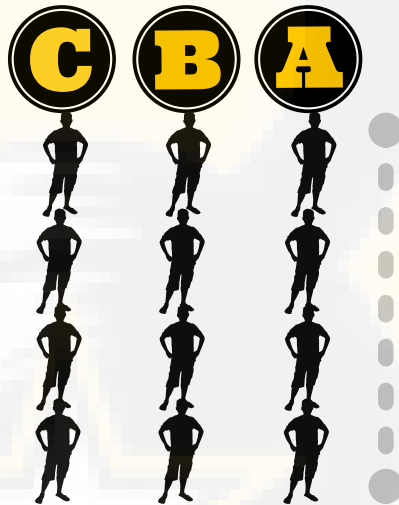
SET UP - COMBAT CHALLENGE

Instructions

1. Set up cones and mark off 25 yards until you reach 100 yards. (4 turn-around points)
 - a. Use 10 Cones
2. Don't have cones? Use a T-shirt, towel, hat, etc...
3. Don't have a measuring tape? Just take 25 LARGE stride steps
 - (this will equal about 3 feet per step)



- **This workout MUST be done with 3 Columns for proper rest periods.**
- Make sure you group your squad in the their Ability Groups
 - A - Fastest
 - B - Fast
 - C - Least Fast (soldiers coming off injury, pregnancy, etc)



SET UP - COMPETITIVE SPRINTS

Instructions

1. The same Set-Up - Follow the Instructions above.

EXECUTION

Name: **SDC & CC #003**

Condo / Cardio: Combat Challenge

Type: 

Equipment:



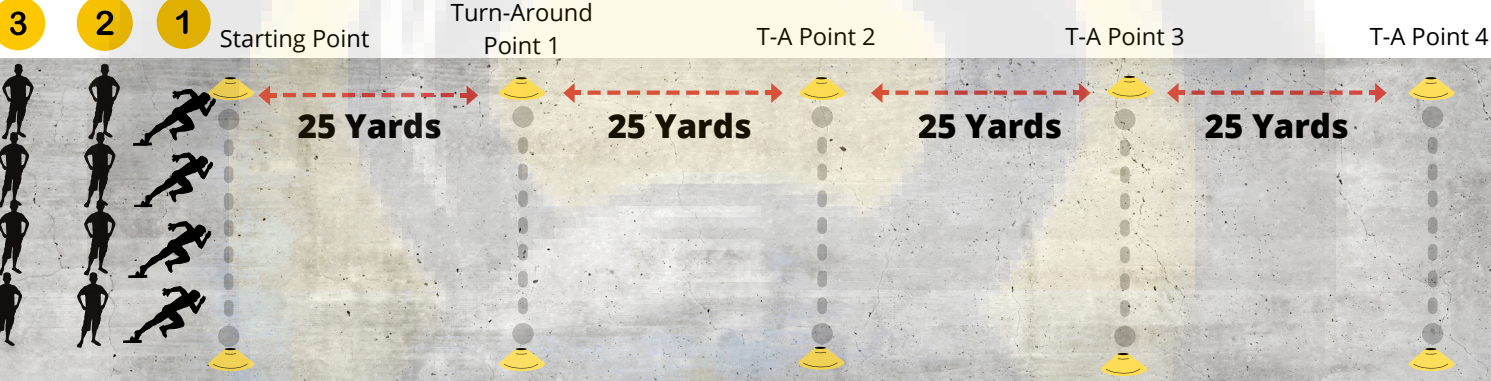
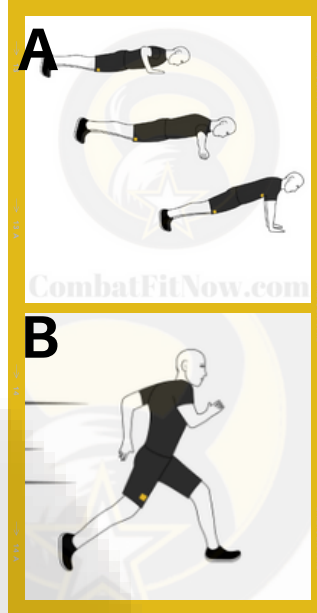
x 10

Time: **60+ Min**

COMBAT CHALLENGE

Pyramid Challenge (Upper/Experienced)

-	A	B
-	HR Push Ups	Sprint
Round 1	6	25 yrd Up & Back
Round 2	10	50 yrd Up & Back
Round 3	12	75 yrd Up & Back
Round 4	16	100 yrd Up & Back
Round 5	12	75 yrd Up & Back
Round 6	10	50 yrd Up & Back
Round 7	6	25 yrd Up & Back



Instructions

- Station 1 is a **Work** station
 - You will perform exercises A and B.
 - Once you are finished, you will get in the back of the line (Station 3)
- Station 2 is a **Rest** station - You will **count repetitions** and **ensure the line is being touched** by personnel at station 1.
- Station 3 is a **Rest** station -
 - as soon as you complete station 1 you will rest here.

Commands

- First Rank Ready... GO!
 - Wait until 1st group completes the round
- Next Rank Move Forward... Ready... GO!
- Rest periods are the time it takes the other two groups to complete each round

Condo / Cardio: Combat Challenge

Type: 

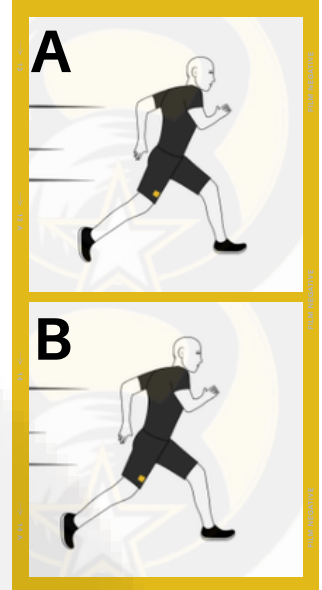
Equipment:

Time: 60+ Min



COMPETITIVE SPRINTS

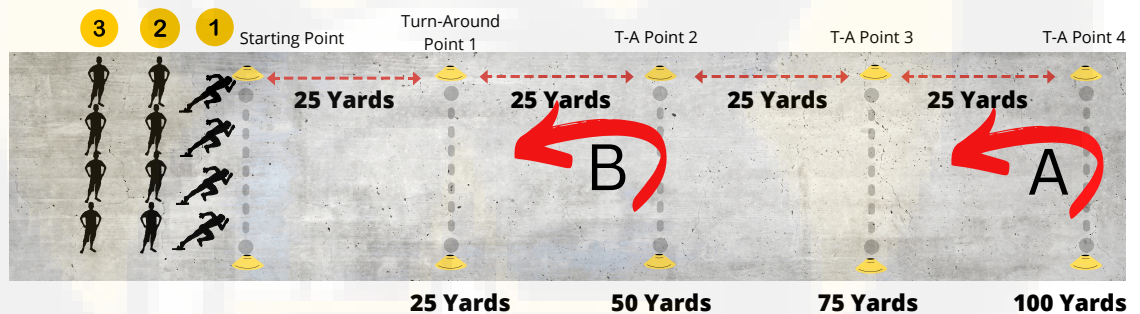
Competitive (Suicide Prevention) Sprints (Experienced)		
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Round 1	100 Yards (Up & Back)	50 Yards (Up & Back)
Round 2	50 Yards (Up & Back)	25 Yards (Up & Back)



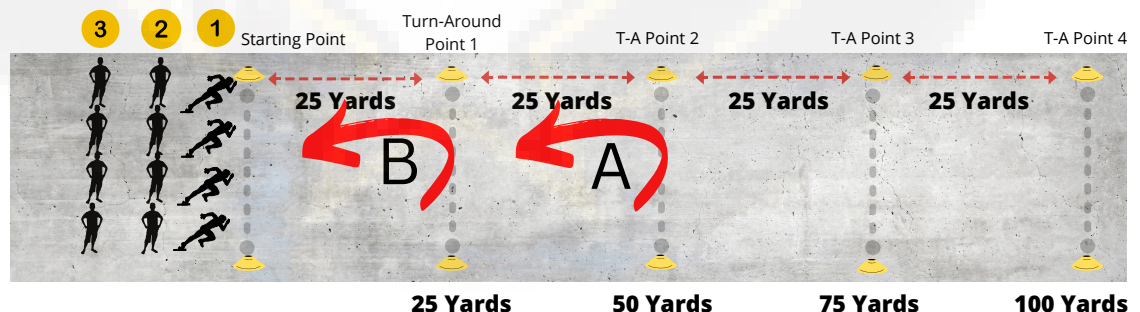
Instructions

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 - You will **ensure the line is being touched** by personnel at station 1.
- Station 3 is a **Rest** station -
 - as soon as you complete station 1 you will rest here.

Round 1



Round 2



Commands

- First Rank Ready... GO!
 - Wait until 1st group completes the round
- Next Rank Move Forward... Ready... GO!
- Rest periods are the time it takes the other two groups to complete each round



USEFUL LINKS

Say Goodbye to your PT Problems

PT WORKOUTS (60 MIN)

<https://newpttestarmy.com/army-workout/acft-workout-plans/#Army-PT-Plans>

ACFT QUICK WORKOUTS (15-20 MIN)

<https://newpttestarmy.com/army-workout/acft-workout-plans/#ACFT-Workout-Plan>

ACFT / PT TEMPLATES

<https://newpttestarmy.com/army-workout/acft-workout-plans/#Army-PT-Plan-Template>