

# HOLISTIC HEALTH AND FITNESS DRILLS AND EXERCISES

ATP 7-22.02

Program Template



SOLDIER  
READINESS SYSTEM





## Health and Holistic Fitness

**This publication is available at the Army Publishing Directorate site (<https://armypubs.army.mil/>) and the Central Army Registry site (<https://atiam.train.army.mil/catalog/dashboard>).**

### **EQUIPMENT SAFETY INSPECTIONS**

**Prior to executing any physical training program involving exercise equipment, users should be visibly inspect equipment and any components for serviceability. Equipment safety inspections should include, but are not limited to: stress cracks at welded seams on weightlifting bars; torn fabric or stitching on nylon sleds and pull straps; loose connections on pull-up bars; and cables, pedals, or other moveable accessories on strength training machines, rowing machines, and stationary bicycles. Defects may compromise the load bearing capability of equipment and present a potential safety hazard to the user.**

**For formal training and instruction on conducting PT, please refer to ATP 7-22.02, pages 1-1 through 1-9.**





## Health and Holistic Fitness

**Due to the nature of physical inactivity amongst Guard Soldiers, begin with stability exercises and drills. Use these as reference for a program in order to increase mobility before engaging in rigorous training programs to prevent injury. The nature of this program is to start slow and work towards more intense exercises later on.**

Modified Preparation Drills are available starting on 3-10 in the ATP 7-22.02 for soldiers with a variety of physical limitations.

### PREPERATION (MODIFIED)

Each physical training exercise may be modified to accommodate a variety of physical limitations. By following their individual DA Form 3349 (*Physical Profile*) and the principle of progression, Soldiers can gradually re-condition themselves to the standard range of motion and repetitions required for a full return to duty. Soldiers who know the standard for each exercise can modify it in more ways than this publication can illustrate. When an exercise cannot be performed at all (it is restricted on the DA Form 3349), the Soldier selects an alternative exercise with the same cadence that requires similar movements or muscle groups. In formation, he or she can perform the alternative exercise, modifying as necessary, but using the same Cadence as the rest of the formation.





## Health and Holistic Fitness

Demonstration videos of drills are located on the Central Army Registry website at

[https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT)

(Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.) Additional support for H2F test events and exercises are located on Army Combat Fitness Test website at

<https://www.army.mil/acft/>





### Important

This ATP 7-22.02 does contain exercises that require fitness equipment. Any workout developed for use for this program can be supplemented for any other.

Drag and drop fitness routine creation. (How to) should be for MFT or H2F representative.

Pregnancy and postpartum workouts are available.

Modified preparation drills are available.





# Health and Holistic Fitness: Preparation Drills

Preparation drills should coincide with the muscle groups you are intending to exercise. This time will also allow you to find out any limitations of any Soldiers with injuries.



## Health and Holistic Fitness: BEND AND REACH

The Bend and Reach is the first exercise in the Preparation Drill. By flexing the trunk, hips, and knees, and extending the shoulders, the Bend and Reach prepares the Soldier for more vigorous activity such as squatting, rolling, and climbing. Soldiers conduct the movement in formation at a slow cadence:

- The starting position for the Bend and Reach is the Straddle Stance position with the arms overhead, elbows fully extended, palms facing inward, fingers and thumbs extended and joined.
- On count 1, move from the starting position into a partial squat with the heels remaining on the ground. Round the spine to allow the arms to reach as far as possible between the legs. The neck flexes to look to the rear.
- On count 2, return to the starting position.
- On count 3, repeat count 1.
- On count 4, return to the starting position.



## Health and Holistic Fitness: HIGH JUMPER

The High Jumper is the third exercise in the Preparation Drill. This exercise promotes correct jumping, landing, balance, and coordination, and it prepares the Soldier to build explosive strength. Soldiers conduct the movement in formation at a moderate cadence:

- The starting position for the High Jumper is the Forward Leaning Stance, palms facing inwards, fingers and thumbs extended and joined.
- On count 1, swing the arms forward until they are parallel to the ground. At the same time, jump a few inches vertically.
- On count 2, land softly on the balls of the feet and return to the starting position. Maintain the same distance between the feet as during the Forward Leaning Stance.
- On count 3, swing the arms vigorously forward and overhead to unweight the upper body. At the same time, jump forcefully straight up from the ground.
- On count 4, land softly on the balls of the feet and return to the starting position.



## Health and Holistic Fitness: SQUAT BENDER

This exercise develops strength, endurance, and flexibility in the lower back and thigh muscles. It prepares Soldiers to use proper lifting technique in more vigorous training and testing events that require heavy lifts. Soldiers conduct the movement at a slow cadence:

- The starting position for the Squat Bender is the Straddle Stance position with hands on hips.
- On count 1, squat while leaning slightly forward from the waist, keeping the head up and moving both arms to a position in front of the body and parallel to the ground. Palms face inwards.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, with the knees slightly bent, bend forward at the waist. Maintain the head in alignment with the spine and keep the spine straight. Reach toward the ground until a stretch is felt in the back of the thighs.
- On count 4, return to the starting position.
- Perform 5–10 repetitions



Squat Bender

**Note: Having a section or platoon size element can be challenging in a formation. Consider gathering in a circle. This will allow for buddy checks as well as witnessing improper form.**





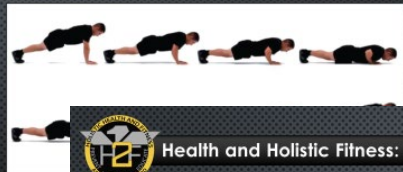
# Health and Holistic Fitness: Primary and Accessory Workouts



## Health and Holistic Fitness: PUSH UP

This exercise strengthens the muscles of the chest, shoulders, arms, and trunk. When conducted to standard, it is a safe way to prepare for more vigorous pushing motions required in training, testing, and combat tasks. Soldiers conduct the movement at a moderate cadence:

- The starting position for the Push-Up is the Front Leaning Rest. Hands are directly beneath the shoulders with fingers spread. Feet are together. The body forms a straight line from the top of the head to the heels. Soldiers maintain this position throughout the exercise.
- On count 1, bend the elbows, lowering the body until the upper arms are parallel to the ground.
- On count 2, reverse the movement performed in count 1 to return to the starting position.
- On count 3, repeat count 1.



## Health and Holistic Fitness: POWER JUMP

This exercise reinforces correct jumping and landing skill, requires good balance and coordination, and develops explosive strength to move off the ground. Figure shown breaks down the movement. Soldiers conduct at a moderate cadence:

- The starting position for the Power Jump is the Straddle Stance position with hands on hips.
- On count 1, squat with the heels flat while rounding spine forward and reaching to the ground. Place palms on the ground. Gaze remains forward.
- On count 2, jump forcefully from the ground, swinging the arms up and overhead to unweight the body and increase the height of the jump. Palms face inward.
- On count 3, return to the count 1 position after landing softly with feet directed forward and shoulder-width apart.
- On count 4, return to the starting position.



Power Jump

Primary exercises refer to compound or main muscle group exercises. Accessory exercises would be supporting muscle groups.

I.E. – If your primary workout is running based, some core exercises would help to support that exercise function.

Exercises should consist of reps and sets. Keeping to 10-15 reps for 3-5 sets will allow for maximum effect of selected exercise. Or create a circuit for your group to interchange with.

**Note: Exercise shouldn't be a punishment. There's no reason a workout can't also be fun and educational. Ask the group questions like, "What are some of your favorite meals to cook?" – or- "Tell me a nutrition fact?"**

Remember, changing things like grip, angles and tempo of repetitions will keep the program challenging in new ways.





# Health and Holistic Fitness: Conditioning Exercises

This could be either the culminating event (like a section run for time or distance) of the PT session, or something easy, but constant to promote a healthy level of cardio. A release run on a track or ability by section jog is ideal for this time.

**\*Everyone's level of cardio is different. Allow for different groups of ability.\***



## Health and Holistic Fitness: HEEL RUN IN PLACE

This exercise increases awareness of the braking effect and backwards motion created with a heel strike. Figure shown breaks down the exercise as an individual Soldier conducts it:

- The starting position for the Heel Run in Place is the Straddle Stance position with arms relaxed at the side, knees slightly flexed.
- From the starting position, run in place for 10-15 seconds.
- If conditions permit, repeat without shoes on.

### HEEL RUN NOTES

- Note the tendency to move backwards and to lean at the waist to avoid this.
- Note the locked position of the knees.
- Note the impact on the heel, shin, and tension in the low back.
- Note the difference with and without shoes.



## Health and Holistic Fitness: RUN IN PLACE 1 & 2



With Shoes

Run in Place 1 is designed to increase awareness of weight-bearing through the ball of the foot. Figure ← breaks down the exercise as Soldiers conduct it in a formation:

- The starting position for the Run in Place 1 is the Straddle Stance position with arms relaxed at the side.
- Run in place with a ball-of-foot strike for 30 seconds.
- As skill improves, increases the height of the foot pulled from the ground.

Run in Place 2 increases awareness of weight-bearing through the ball of the foot. Figure → breaks down the exercise as Soldiers conduct it in formation:

- The starting position for the Run in Place 2 is the Straddle Stance position with arms relaxed at the side.
- From the starting position, run in place.
- Run in place with a ball-of-foot strike for 30 seconds with and without shoes.
- As skill improves, increases the height of the foot pulled from the ground.



Without Shoes



## Health and Holistic Fitness: SKIP IN PLACE

This exercise increases coordination and the ability to move quickly from support on one foot to another. Figure 7-8 breaks down the exercise as an individual Soldier conducts it:

- The starting position is the Straddle Stance position with arms relaxed at the side.
- From the starting position, skip in place for 3-5 seconds.
- Pause in the starting position before repeating this exercise 2-3 times before running a short distance or for 3-5 seconds.
- Progress to higher skips as skill improves.



**Events like 60/120s maybe especially taxing during this phase, but aren't the worst idea from a training standpoint. Just remember to allow a cool down period of walking for at least 5 – 10 minutes after to allow the soldiers heart rate to return to normal.**





# Health and Holistic Fitness: Post Recovery Drills at the end of a PT session



## Health and Holistic Fitness: OVERHEAD ARM PULL

The Overhead Arm Pull is the first exercise in the Recovery Drill. This exercise develops the flexibility of joints in the arms, shoulders, and trunk. Figure below illustrates the movement as Soldiers conduct it in a formation:

- The starting position for the Overhead Arm Pull is the Straddle Stance position with hands on hips. When commanded, "READY, *STRETCH*," raise the left arm overhead. Grasp above the left elbow with the right hand and pull to the right, leaning the body to the right. A stretch sensation should be felt in the left triceps muscle and flank. Hold this position for 20–30 seconds.
- On the command, "STARTING POSITION, *MOVE*," return to the starting position.
- On the command, "CHANGE POSITION, READY, *STRETCH*," repeat the movement on the right side.
- On the command, "STARTING POSITION, *MOVE*," return to the starting position.



## Health and Holistic Fitness: EXTEND AND FLEX

The Extend and Flex is the third exercise in the Recovery Drill. Figure below breaks down the movement as Soldiers conduct it in a formation:

- The starting position for the Extend and Flex is the Front Leaning Rest position.
- On the command, "READY, *STRETCH*," lower the body toward the ground, sagging in the middle while keeping the arms straight. Keep gaze straight ahead—do not look up. This creates a stretch sensation in the hip and abdominal muscles. The legs and low back should be relaxed with toes on the ground and pointing to the rear. Hold the position for 20–30 seconds.
- On the command, "STARTING POSITION, *MOVE*," return to the starting position.
- On the command, "CHANGE POSITION, READY, *STRETCH*," raise the feet to support raising the hips up and off the ground. Straighten the legs and point the feet to the ground with the heels. Move the head between the arms and look straight. Hold the position for 20–30 seconds.
- On the command, "STARTING POSITION, *MOVE*," return to the starting position.



## Health and Holistic Fitness: GROIN STRETCH

The Groin Stretch is the sixth exercise in the Recovery Drill. This exercise increases flexibility in the hip joint. Figure 16-6 shows the movement as Soldiers conduct it in a formation:

- The starting position for the Groin Stretch is the Straddle Stance position with hands on hips.
- On the command, "READY, *STRETCH*," take an exaggerated step with the right leg to the right side bending the right knee into a lateral lunge. Trunk and head continue to face forward. Hold this position or continue into a deeper lunge to stretch the inside of the left thigh for 20–30 seconds.
- On the command, "STARTING POSITION, *MOVE*," assume the starting position.
- On the command, "CHANGE POSITION, READY, *STRETCH*," take an exaggerated step to the left with the left leg bending the left knee into a lateral lunge. Trunk and head continue to face forward. Hold the position or continue into a deeper lunge to stretch the inside of the right thigh for 20–30 seconds.
- On count 4, return to the starting position.



**AAR: Gather feed back on how the soldiers felt about the PT session. These things will help us to stay connected with how soldiers are adapting to fitness being reintroduced into Drill events. Plus, it serves us to get better knowing our fellow soldiers' strengths and weaknesses.**





# Army Suggested 30 Day Training Program





# Health and Holistic Fitness

Onboard/Assessment Week Session 1A: Strength/Work Capacity	Session 2A: Aerobic capacity	Session 3A: Threshold running	Session 4A: Strength	Session 5A: Strength/Work Capacity
<p>Warm-up: 4 rounds of: 5 x back squats (increase weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. Work up to 1RM back squat. RECORD WEIGHT.</p> <p>2. 4 rounds of: (increase DBD for both) 8-10 Incline DB chest press 4-6 weight pull-ups/chin-ups. Downward dog calf stretch *Note finishing weights for Round 4 for both exercises.</p> <p>3. 2 rounds of: 50m sled drag (25m down/back) @90# 50m Farmer's carry @40# or greater KBs 60 seconds rest</p> <p>4. 4 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p>W/U. 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 60 seconds HR push-up (Baseline)</p> <p>2-3 minutes rest</p> <p>1 round of: Max reps leg tucks (Baseline)</p> <p>15 minutes of: 90 sec. row 30% of HRPV baseline 20 x seated RTs (10-15# DB)</p> <p>15 minutes of: 90 sec. AirDyne bike 20% of LTK baseline 2 x heavy ball slams (15-25#)</p> <p>4 rounds of: Fun arm work. Balance bicep/tricep work. 10-12 reps/set.</p> <p>*For the aerobic capacity timed efforts, you can run (easy pace), do step-ups (16-17" step), or the elliptical – if available. Effort here is easy as we build our aerobic base.</p>	<p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 16 minutes @ threshold pace (use pace chart as guide). RECORD DISTANCE.</p> <p>3 rounds of: Descending front planks. 60 seconds/45 sec. rest 45 seconds/30 sec. rest 30 seconds</p> <p>3 rounds of: Side planks. 30/30 side planks 10 x low back raises</p>	<p>W/U: 4 rounds of: (Choose power clean, hang power clean, or hang squat clean) 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPV Hip flexor to In-step stretch</p> <p>4 rounds of: (Increase DBD) 2 x clean variation Chest stretch</p> <p>2 rounds of: 45 seconds of HRPV 90 seconds rest</p> <p>2 rounds of: 30 seconds of HRPV 60 seconds rest</p> <p>4 rounds of: 5 x pull-ups/chin-ups 60 seconds rest</p> <p>4 rounds of: (Increase DBD) 10 x bent-over double-KB rows 10 x standing barbell Russian Twists (5 e/s)</p> <p>6 x ball throws @15-20# ball with partner.</p>	<p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @35-40# 5 x unweighted dips 50m run (25m jog down/25m accelerate back) Frogger stretch</p> <p>4 rounds of: 3 x trap-bar dead-lift (increase DBD) Immediately... 1 x ball slam Over-head tricep stretch</p> <p>4 rounds of: 10 x KB swings 8-10 weighted dips (start light, increase weight) Hip flexor stretch</p> <p>2 rounds of: 10 x bw squats 50m sprint (25m/25m) 50m side shuffle (25/25) 60 seconds rest.</p> <p>2 rounds of: 50% of leg tuck baseline 90 seconds rest</p> <p>4 rounds of: Hill sprint (550-600m in length...if no hill available – just run 600s) 2 minutes rest</p>





# Health and Holistic Fitness

(Begin 3-week build)	Session 2: Aerobic capacity (60 min.)	Session 3: Threshold running (40-45 min.)	Session 4: Strength (60-65 min.)	Session 5: Strength/Work Capacity (75 minutes)
<p><b>Session 1: Strength/Work capacity (70-75 min.)</b></p> <p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 5 rounds of: 10 x back squats @ 60% of 1RM 60-90 seconds rest.</p> <p>2. 5 rounds of: (Increase DBD for both exercises) 8-10 Incline DB chest press 4-6 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 1 round of: (90# sled) 25m sled drag 25m Farmer's carry 60 seconds rest</p> <p>4. 2 rounds of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @40# or heavier KBs. 90 seconds rest</p> <p>5. 5 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p>W/U: 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ci)</p> <p>1 round of: 75 seconds HRPV</p> <p>2-3 minutes rest</p> <p>1 round of: 10+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)</p> <p>20 minutes of: 90 sec. row 35% of HRPV baseline 20 x seated RTs (10-15# DB)</p> <p>15 minutes of: 90 sec. AirDyne bike 25% of LTK baseline 2 x heavy ball slams (15-25#)</p> <p>4 rounds of: Fun arm work. Balance bicep/tricep work. 10-12 reps/set.</p>	<p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 18 minutes @ threshold pace.</p> <p>3 rounds of: Descending front planks. 70 seconds/60 sec. rest 60 seconds/30 sec. rest 40 seconds</p> <p>3 rounds of: Side planks. 30/30 side planks 12 x low back raises</p>	<p>W/U: 4 rounds of: 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPV Hip flexor to In-step stretch</p> <p>5 rounds of: (Increase DBD) 2 x clean variation Chest stretch</p> <p>2 rounds of: 60 seconds of HRPV 2 minutes rest</p> <p>2 rounds of: 30 seconds of HRPV 60 seconds rest</p> <p>5 rounds of: 5 x pull-ups/chin-ups 60 seconds rest</p> <p>5 rounds of: (Increase DBD) 10 x bent-over double-KB rows 10 x standing barbell RT (5 e/s)</p> <p>8 x ball throws @15-20# ball with partner.</p>	<p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @35-40# 5 x unweighted dips 50m run (25m jog down/25m accelerate back) Frogger stretch</p> <p>4 rounds of: 3 x trap-bar dead-lift (Increase DBD) Immediately... 1 x ball slam Over-head tricep stretch</p> <p>5 rounds of: 10 x KB swings 8-10 weighted dips (start light, increase weight) Hip flexor stretch</p> <p>3 rounds of: 15 x bw squats 50m sprint (25m/25m) 50m side shuffle (25/25) 60 seconds rest.</p> <p>3 rounds of: 55% of LTK baseline 90 seconds rest</p> <p>5 rounds of: Hill sprint 2 minutes rest</p>





# Health and Holistic Fitness

<p><b>Session 6: Strength/Work capacity (70-75 min.)</b></p> <p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 5 rounds (total) of: 5 x back squats @ 55% of 1RM 5 x back squats @ 62.5% 5 x back squats @ 67.5% (last 3 sets) 60-90 sec. rest each rnd.</p> <p>2. 5 rounds of: (Increase DBD for both exercises) 8-10 Incline DB chest press 4-6 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 2 rounds of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @ 40# or heavier KBs. 90 seconds rest</p> <p>4. 6 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p><b>Session 7: Aerobic capacity (65 min.)</b></p> <p>W/U: 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 75 seconds HRPV</p> <p>2-3 minutes rest</p> <p>1 round of: 10+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)</p> <p>25 minutes of: 90 sec. row 40% of HRPV baseline 20 x seated RTs (10-15# DB)</p> <p>15 minutes of: 90 sec. AirDyne bike 30% of LTK baseline 2 x heavy ball slams (15-25#)</p> <p>4 rounds of: Fun arm work. Balance bicep/tricep work. 10-12 reps/set.</p>	<p><b>Session 8: Threshold running (45 min.)</b></p> <p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 20 minutes @ threshold pace.</p> <p>3 rounds of: Descending front planks. 80 seconds/60 sec. rest 60 seconds/30 sec. rest 40 seconds</p> <p>3 rounds of: Side planks. 35/35 side planks 12 x low back raises</p>	<p><b>Session 9: Strength (70 min.)</b></p> <p>W/U: 4 rounds of: 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPV Hip flexor to In-step stretch</p> <p>5 rounds of: (Increase DBD) 2 x clean variation Chest stretch</p> <p>2 rounds of: 60 seconds of HRPV 2 minutes rest</p> <p>2 rounds of: 45 seconds of HRPV 90 seconds rest</p> <p>5 rounds of: 6 x pull-ups/chin-ups 60 seconds rest</p> <p>5 rounds of: (Increase DBD) 12 x bent-over double-KB rows 12 x standing barbell RT (5 e/s)</p> <p>8 x ball throws @ 15-20# ball with partner.</p>	<p><b>Session 10: Strength/Work Capacity (75-80 min.)</b></p> <p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @ 35-40# 5 x unweighted dips 50m run (25m Jog down/25m accelerate back) Frogger stretch</p> <p>4 rounds of: 3 x trap-bar dead-lift (Increase DBD) Immediately... 1 x ball slam Over-head tricep stretch</p> <p>5 rounds of: 10 x KB swings 8-10 weighted dips (start light, increase weight) Hip flexor stretch</p> <p>3 rounds of: 15 x bw squats 50m sprint (25m/25m) 50m side shuffle (25/25) 60 seconds rest.</p> <p>3 rounds of: 60% of LTK baseline 90 seconds rest</p> <p>5 rounds of: Hill sprint 2 minutes rest</p>
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# Health and Holistic Fitness

Session 11: Strength/Work capacity	Session 12: Aerobic capacity	Session 13: Threshold running	Session 14: Strength	Session 15: Strength/Work Capacity
<p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 4 rounds of: 5 x back squats @ 50% of 1RM 3 x back squats @60% 1 x back squat @70% AMAP @75% of 1RM 60-90 sec. rest each rnd.</p> <p>2. 5 rounds of: (Increase DBD for both exercises) 8-10 Incline DB chest press 4-6 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 3 rounds of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @40# or heavier KBs. 90 seconds rest</p> <p>4. 1 round of: Run 800m (@ goal pace) 3 minutes rest</p> <p>5. 4 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p>W/U: 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 90 seconds HRPU</p> <p>2-3 minutes rest</p> <p>1 round of: 12+ strict pull-ups or chin-ups. (Leave 1-2 reps in the tank)</p> <p>30 minutes of: 2 min. row 45% of HRPU baseline 20 x seated RTs (10-15# DB)</p> <p>20 minutes of: 2 min AirDyne bike 35% of LTK baseline 2 x heavy ball slams (15-25#)</p> <p>4 rounds of: Fun arm work. Balance bicep/tricep work. 10-12 reps/set.</p>	<p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 22 minutes @ threshold pace.</p> <p>3 rounds of: Descending front planks. 80 seconds/60 sec. rest 60 seconds/45 sec. rest 45 seconds</p> <p>3 rounds of: Side planks. 35/35 side planks 12 x low back raises</p>	<p>W/U: 4 rounds of: 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPU Hip flexor to in-step stretch</p> <p>4 rounds of: (Increase DBD) 2 x clean variation Chest stretch</p> <p>1 round of: 75 seconds of HRPU 2.5 minutes rest</p> <p>2 rounds of: 45 seconds of HRPU 90 seconds rest</p> <p>1 round of: 30 seconds of HRPU 60 seconds rest</p> <p>6 rounds of: 7 x pull-ups/chin-ups 60 seconds rest</p> <p>5 rounds of: (Increase DBD) 12 x bent-over double-KB rows 12 x standing barbell RT (6 e/s)</p> <p>6 x ball throws @15-20# ball with partner.</p>	<p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @35-40# 5 x unweighted dips 50m run (25m jog down/25m accelerate back) Frogger stretch</p> <p>4 rounds of: 3 x trap-bar dead-lift (Increase DBD) Immediately... 1 x ball slam Over-head tricep stretch</p> <p>4 rounds of: 10 x KB swings 8-10 weighted dips (start light, increase weight) Hip flexor stretch</p> <p>4 rounds of: 15 x bw squats 50m sprint (25m/25m) 50m side shuffle (25/25) 60 seconds rest.</p> <p>4 rounds of: 60% of LTK baseline 90 seconds rest</p> <p>6 rounds of: Hill sprint 2 minutes rest</p>





# Health and Holistic Fitness

<p><b>(De-load week)</b></p> <p><b>Session 16: Strength/Work capacity</b></p> <p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 4 rounds of: 5 x back squats @ 50% of 1RM 5 x back squats @60% 3 x back squat @65% (2 sets) 60-90 sec. rest each rnd.</p> <p>2. 4 rounds of: (Increase DBD for both exercises) 10-12 Incline DB chest press 5-7 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 1 round of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @40# or heavier KBs. 90 seconds rest</p> <p>4. 4 rounds of: Run 400m (@ goal pace) 3 minutes rest</p>	<p><b>Session 17: Aerobic capacity</b></p> <p>W/U: 3 rounds of: 10 x Jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 60 seconds HRPU (compare to onboard week)</p> <p>2-3 minutes rest</p> <p>1 round of: 12+ strict pull-ups or chin-ups. (Compare to onboard week)</p> <p>15 minutes of: 90 sec. row 35% of HRPU baseline 20 x seated RTs (10-15# DB)</p> <p>15 minutes of: 90 sec. AirDyne bike 25% of LTK baseline 1 x heavy ball slam (15-25#)</p> <p>3 rounds of: Fun arm work. Balance bicep/tricep work. 12-15 reps/set.</p>	<p><b>Session 18: Threshold running</b></p> <p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 16 minutes @ threshold pace. (Compare to onboard week.)</p> <p>3 rounds of: Descending front planks. 70 seconds/60 sec. rest 60 seconds/45 sec. rest 45 seconds</p> <p>3 rounds of: Side planks. 30/30 side planks 12 x low back raises</p>	<p><b>Session 19: Strength</b></p> <p>W/U: 4 rounds of: 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPU Hip flexor to In-step stretch</p> <p>4 rounds of: (mod. loading) 2 x clean variation Chest stretch</p> <p>1 round of: 75 seconds of HRPU 2.5 minutes rest</p> <p>1 round of: 45 seconds of HRPU 90 seconds rest</p> <p>1 round of: 30 seconds of HRPU 60 seconds rest</p> <p>4 rounds of: 7 x pull-ups/chin-ups 60 seconds rest</p> <p>4 rounds of: (Increase DBD) 10 x bent-over double-KB rows 10 x standing barbell RT (5 e/s)</p> <p>6 x ball throws @15-20# ball with partner.</p>	<p><b>Session 20: Strength/Work Capacity</b></p> <p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @35-40# 5 x unweighted dips 50m run (25m jog down/25m accelerate back) Frogger stretch</p> <p>3 rounds of: 3 x trap-bar dead-lift (Increase DBD) Over-head tricep stretch</p> <p>4 rounds of: 10 x KB swings 10 x bw squats 8-10 weighted dips (start light, Increase weight) Hip flexor stretch</p> <p>2 rounds of: 50m side shuffle (25m/25m) 50m Farmer's carry @40# KB 50m sprint (25/25) 60 seconds rest.</p> <p>2 rounds of: 60% of LTK baseline 90 seconds rest</p> <p>4 rounds of: Hill sprint 2 minutes rest</p>
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# Health and Holistic Fitness

Moderate Build Week	Session 22: Aerobic capacity	Session 23: Threshold running	Session 24: Strength	Session 25: Strength/Work Capacity
<p><b>Session 21: Strength/Work capacity</b></p> <p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 5 rounds of: 8 x back squats @ 65% of 1RM 60-90 sec. rest each rnd.</p> <p>2. 5 rounds of: (Increase DBD for both exercises) 10-12 Incline DB chest press 4-6 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 2 rounds of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @40# or heavier KBs. 90 seconds rest</p> <p>4. 2 rounds of: Run 800m (@goal pace) Rest 3 minutes</p> <p>5. 4 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p>W/U: 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 90 seconds HRPV</p> <p>2-3 minutes rest</p> <p>1 round of: 12+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)</p> <p>25 minutes of: 2 minutes row 45% of HRPV baseline 20 x seated RTs (10-15# DB)</p> <p>15 minutes of: 2 minutes AirDyne bike 35% of LTK baseline 2 x heavy ball slams (15-25#)</p> <p>4 rounds of: Fun arm work. Balance bicep/tricep work. 10-12 reps/set.</p>	<p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 16 minutes @ threshold pace.</p> <p>3 rounds of: Descending front planks. 80 seconds/60 sec. rest 60 seconds/30 sec. rest 40 seconds</p> <p>3 rounds of: Side planks. 35/35 side planks 12 x low back raises</p>	<p>W/U: 4 rounds of: 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPV Hip flexor to In-step stretch</p> <p>4 rounds of: (Increase DBD) 2 x clean variation Chest stretch</p> <p>1 round of: 90 seconds of HRPV 3 minutes rest</p> <p>1 round of: 60 seconds of HRPV 2 minutes rest</p> <p>2 rounds of: 30 seconds of HRPV 60 seconds rest</p> <p>5 rounds of: 6-8 x pull-ups/chin-ups 12 x double KB rows 12 x standing barbell RT (6 e/s) – stay light In-step to Pigeon stretch</p> <p>8 x ball throws @15-20# ball with partner.</p>	<p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @35-40# 5 x unweighted dips 50m run (25m jog down/25m accelerate back) Frogger stretch</p> <p>4 rounds of: 3 x trap-bar dead-lift (Increase DBD) Immediately... 1 x ball slam Over-head tricep stretch</p> <p>4 rounds of: 10 x KB swings 10 x bw squats 8-10 weighted dips (start light, Increase weight) Hip flexor stretch</p> <p>4 rounds of: 50m side shuffle (25m/25m) 50m Farmer's carry @40# KB 50m sprint (25/25) 60 seconds rest.</p> <p>3 rounds of: 60% of LTK baseline 90 seconds rest</p> <p>5 rounds of: Hill sprint 2 minutes rest</p>





# Health and Holistic Fitness

Bulld Week	Session 27: Aerobic capacity	Session 28: Threshold running	Session 29: Strength	Session 30: Strength/Work Capacity
<p><b>Session 26: Strength/Work capacity</b></p> <p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 5 rounds of: 3 x back squats @ 60% of 1RM 3 x back squats @ 67.5% 8 x back squats @ 72.5% (3 x sets) 60-90 sec. rest each rnd.</p> <p>2. 5 rounds of: (Increase DBD for both exercises) 10-12 Incline DB chest press 5-7 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 2 rounds of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @40# or heavier KBs. 60 seconds rest</p> <p>4. 3 rounds of: Run 800m (@goal pace) Rest 3 minutes</p> <p>5. 2 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p>W/U: 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 90 seconds HRPV</p> <p>2-3 minutes rest</p> <p>1 round of: 12+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)</p> <p>25 minutes of: 2 minutes row 45% of HRPV baseline 20 x seated RTs (10-15# DB)</p> <p>15 minutes of: 2 minutes AirDyne bike 35% of LTK baseline 2 x heavy ball slams (15-25#)</p> <p>4 rounds of: Fun arm work. Balance bicep/tricep work. 10-12 reps/set.</p>	<p>W/U: 3 rounds of: 10 x bw lunges (5 x e/l) 20 x Mtn. climbers (10 x e/l) Hip swivel stretch (15-20 sec. e/l)</p> <p>1 round of: Run 15 minutes @ threshold pace.</p> <p>3 rounds of: Descending front planks. 90 seconds/60 sec. rest 60 seconds/30 sec. rest 40 seconds</p> <p>3 rounds of: Side planks. 35/35 side planks 12 x low back raises</p>	<p>W/U: 4 rounds of: 3 x clean variation of choice (add weight each round) 3 x pull-ups 10 x HRPV Hip flexor to In-step stretch</p> <p>4 rounds of: (Increase DBD) 2 x clean variation Chest stretch</p> <p>1 round of: 60 seconds of HRPV 2 minutes rest</p> <p>2 rounds of: 45 seconds of HRPV 90 seconds rest</p> <p>1 round of: 30 seconds of HRPV 60 seconds rest</p> <p>5 rounds of: 6-8 x pull-ups/chin-ups 12 x double KB rows 20 x standing barbell RT (10 e/s) – stay light In-step to Pigeon stretch</p> <p>6 x ball throws @15-20# ball with partner.</p>	<p>Warm-up: 4 rounds of: 5 x trap-bar dead-lifts (add weight each round) 5 x KB swings @35-40# 5 x unweighted dips 50m run (25m Jog down/25m accelerate back) Frogger stretch</p> <p>4 rounds of: 3 x trap-bar dead-lift (Increase DBD) Immediately... 1 x ball slam Over-head tricep stretch</p> <p>4 rounds of: 10 x KB swings 10 x bw squats 8-10 weighted dips (start light, increase weight) Hip flexor stretch</p> <p>3 rounds of: 50m side shuffle (25m/25m) 50m Farmer's carry @40# KB 50m sprint (25/25) 60 seconds rest.</p> <p>3 rounds of: 65% of LTK baseline 90 seconds rest</p> <p>4 rounds of: Hill sprint 2 minutes rest</p>





# Health and Holistic Fitness

<p><b>De-load/Test Week</b></p> <p><b>Session 31: Strength/Work capacity</b></p> <p>W/U: 4 rounds of: 5 x back squat (add weight each round) 5 x pull-ups 10 x close grip push-ups Hip swivel stretch</p> <p>1. 4 rounds of: 5 x back squats @ 60% of 1RM 60-90 sec. rest each rnd.</p> <p>2. 4 rounds of: (moderate loading for both) 6-8 Incline DB chest press 4-6 weighted pull-ups/chin-ups Downward dog calf stretch</p> <p>3. 1 round of: (90# sled) 50m sled drag (25/25) 50m Farmer's carry @40# or heavier KBs. 60 seconds rest</p> <p>4. 4 rounds of: Run 400m (@ goal pace) 2 minutes rest</p>	<p><b>Session 32: Aerobic capacity</b></p> <p>W/U. 4 rounds of: 10 x jumping jacks 10 x bw squats 10 x HR push-ups 10 x bicycle crunches (2-ct)</p> <p>1 round of: 60 seconds HRPV</p> <p>2-3 minutes rest</p> <p>10 minutes of: 90 seconds row 25% of HRPV baseline 20 x seated RTs (10-15# DB)</p> <p>10 minutes of: 90 seconds AirDyne bike 25% of LTK baseline 2 x heavy ball slams (15-25#)</p>	<p><b>Session 33: Rest/Recovery day</b></p>	<p><b>Session 34: Take ACFT</b></p>	<p><b>Session 35: Strength endurance/aerobic capacity</b></p> <p>Warm-up: 4 rounds of: Jog 200m 10 x bw lunges (5 x e/l) 3 x chin-ups 10 x close grip push-ups In-step stretch</p> <p>1. 4 rounds of: 10 x KB swings 10 x bw squats 10 x dips Hip flexor stretch</p> <p>2. 4 rounds of: 6-8 pull-ups or chin-ups 10 x DB tricep kick-backs Hip swivel stretch</p> <p>3. 20 minutes of: 400m run or 500m row 10 x hammer curls 10 x leg raises</p>
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# Health and Holistic Fitness: References

All URLs accessed on 31 August 2020.

## **REQUIRED PUBLICATIONS**

These documents must be available to intended users of this publication.

*DOD Dictionary of Military and Associated Terms*. June 2020. <https://www.jcs.mil/Doctrine>.

ATP 7-22.01. *Holistic Health and Fitness Testing*. 01 October 2020.

FM 1-02.1 *Operational Terms*. 21 November 2019.

FM 7-22. *Holistic Health and Fitness*. 01 October 2020.

## **RELATED PUBLICATIONS**

These documents are referenced in this publication and contain relevant supplemental information.

Most Army doctrinal publications and Army regulations are available online:

<https://armypubs.army.mil/>.

FM 6-27/MCTP 11-10C. *The Commander's Handbook on the Law of Land Warfare*. 08 July 2019.

TC 3-21.5. *Drill and Ceremonies*. 20 January 2012.

## **WEBSITES**

Army Combat Fitness Test website. <https://www.army.mil/acft/>.

Central Army Registry's Holistic Health and Fitness videos.

[https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect\\_date=5%2F1%2F2020&search\\_terms=CIMT](https://atiam.train.army.mil/catalog/search?current=true&filetype=mp4&respect_date=5%2F1%2F2020&search_terms=CIMT). (Copy and paste this address after accessing the Central Army Registry website if the demonstrations do not populate.)

Medical Readiness Portal.

<HTTPS://MEDPROS.MODS.ARMY.MIL/EPROFILE/DEFAULT.ASPX?RETURNURL=%2FEPROFILE%2FADMIN%2FUSERSMANAGER.ASPX>.

Pose Method. Pose Method, Inc. [www.PoseMethod.com](http://www.PoseMethod.com).

## **PRESCRIBED FORMS**

This section contains no entries.

## **REFERENCED FORMS**

Unless otherwise indicated, DA forms are available on the Army Publishing Directorate (APD) Web site at <https://armypubs.army.mil/>.

DA Form 2028. *Recommended Changes to Publications and Blank Forms*.

DA Form 3349. *Physical Profile*. (Accessible through the Medical Readiness Portal.)





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