Select 1 Strength Option:
FIT KIT EQUIPMENT or FULL EQUIPMENT

Stage:	A	B	C	D
Reps:	12	10	8	6

	Circuit 1	Circuit 2
Short	x2	x1
Medium	x2	x2
Long	x3	x2

Option B: Strength – Full Equipment

This strength option takes advantage of the FIT KIT equipment using bands and body weight as the primary source of resistance. This component is designed to strengthen the movement needed to perform on an operational platform. Pay close attention to the quality of your movement, once comfortable, select a resistance that you feel challenged with and adjust the tension of the bands by wrapping the band on your foot.

Circuit 1

1

ROMANIAN DEADLIFT - DUMBBELL

- Stand with tall posture while holding a dumbbell in both hands, using an overhand grip
- With torso engaged, hinge over at the waist and begin lowering the DBs close to your shins
- Return to starting position by contracting your glutes & hamstrings

2

BENCH PRESS – DUMBBELL

- Lie face up on a bench, dumbbells over shoulders, your palms facing your thighs
- Lower dumbbells until arms just break parallel with deck, then push back up
- Keep torso engaged & back flat during the movement

3

SQUAT – W/MINI BANDS

- Place a mini band around & just above your knees
- Squat hips back & down until your thighs are parallel to the deck
- Return to standing by pushing through your hips, keeping your knees facing forwards

4

BENT OVER ROW - DUMBBELL

- Stand hinged over at the waist, knees slightly bent, holding dumbbells in each hand
- Slide shoulder blades toward your spine & then lift the weights to your body by driving elbows to the ceiling
- Keep torso engaged & back flat during movement

Circuit 2

1

LATERAL SQUAT – DUMBBELL ALTERNATING

- Start with feet wider than shoulder width, shift hips to the side & down
- Push through your hip to return to start position
- Keep your opposite leg straight, your back flat & your chest up
- Alternate sides each rep

2

GLUTE BRIDGE – 1 LEG

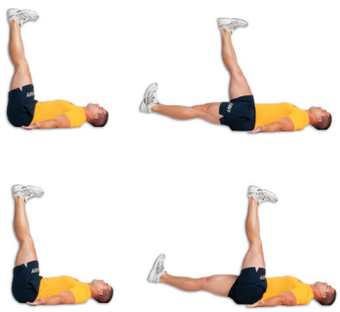
- Lying on your back, with knees bent & toes pulled up towards shins, lift one knee to your chest
- Lift your hips off the deck until your knee, hips & shoulders are in a straight line – hold for 2 seconds
- Keep back flat & torso engaged throughout the movement
- Complete reps, repeat on opposite side

3

LATERAL PILLAR BRIDGE (*30 SEC HOLD)

- Lie on your side with your forearm on the deck under your shoulder. Feet stacked together
- Keep body in a straight line from your ear to your ankles
- Hold for 30 seconds
- Complete for time, repeat on opposite side

4



STRAIGHT LEG LOWERING – ALTERNATING

- Slowly lower your leg straight down until you feel your pelvis about to start moving off the deck
- Keep your torso engaged & back flat
- Return to starting position & repeat to the opposite side, continue for prescribed reps
- Alternate sides each rep