

Select 1 Strength Option:
FIT KIT EQUIPMENT or FULL EQUIPMENT

Option A: Strength – Fit Kit 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.

Stage:	A	B	C	D
Reps:	8	10	12	15

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

Circuit 1

1



GLUTE BRIDGE (REPS)

- With feet shoulder width, lift hips to create a line from knees, hips, and shoulders
- Keep back flat & torso engaged throughout the movement
- Keep toes pulled up to your shins

Circuit 2

1



LATERAL SQUAT – LOW ALTERNATING

- Stand with feet wider than shoulder width apart, shift hips to the side & down
- Keeping your hips low the entire time, push through your hip to shift your weight onto the opposite leg
- Move with control & keep your chest up throughout the movement
- Alternate sides each rep

2



PUSH UP

- Assume a push up position with hands & feet on the deck
- Maintain a straight line from your knees to your ears as you complete the push up
- Push your sternum away from your hands at the top of the movement

2



OVERHEAD PRESS – 1/2 KNEELING (BANDS)

- Half kneel with back knee on a towel with a tall posture
- Wrap the band on your front foot & hold handle in each hand
- Press the bands straight overhead, keeping your arms in line with your body
- Switch leg positions each set

3



SQUAT W/ MINI BAND

- Place mini band just above knees
- Squat hips back and down until thighs are parallel with deck
- Return to standing by pushing through your hips
- Keep weight on arches and do not let knees collapse during the movement

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



Y'S – BENT OVER (BANDS)

- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down & raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout

4



STRAIGHT LEG LOWERING – ALTERNATING

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