

Combat Fitness Preparation Workout Phase 1: Intermediate Strength Development

Week 1:

Monday/Wednesday/Friday

No Time Limit

3 rounds

Wall Ball 20 lbs/14 lbs 10 reps

Sumo Deadlift High Pull 75 lbs/55 lbs 10 reps

Box Jumps or Steps 10 reps 20" Box

Push Press 75 lbs/55 lbs 10 reps

Row 10 calories Damper Setting 5

Week 2: GOAL 12 REPS/set

Monday/Wednesday/ Friday

30 seconds work: 30 seconds rest

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 75 lbs/55 lbs

Box Jumps or Steps 20" Box

Push Press 75 lbs/55 lbs

Row Damper Setting 6

Week 3: GOAL 14 REPS/Set

Monday/Wednesday/ Friday

40 seconds work: 20 seconds rest

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 75 lbs/55 lbs

Box Jumps or Steps 20" Box

Push Press 75 lbs/55 lbs

Row Damper Setting 7

Week 4: GOAL 16 REPS/Set

Monday/Wednesday/ Friday

50 seconds work: 10 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 75 lbs/55 lbs

Box Jumps or Steps 20" Box

Push Press 75 lbs/55 lbs

Row Damper Setting 8

Week 5: GOAL 18-20 REPS/Set

Monday/Wednesday/ Friday

55 seconds work: 5 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 75 lbs/55 lbs

Box Jumps or Steps 20" Box

Push Press 75 lbs/55 lbs

Row Damper Setting 9

Week 6: GOAL: 20 REPS/Set

Practice Test to Establish Baseline

Row Damper Setting 10

***If the recommended weight is unmanageable, or if you are unable to utilize proper form, reduce the weight and build up to week 1 of this phase.**

Combat Fitness Preparation Workout Phase 2: Advanced Strength Development

Week 7: GOAL: 15-20 Reps/Set

Monday/Wednesday/ Friday

50 seconds work: 10 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 85 lbs/60 lbs

Box Jumps or Steps 20" Box+10 lb
SandBell

Push Press 85 lbs/60 lbs

Row Damper Setting 10

Week 10: GOAL: 10-14 REPS/Set

Monday/Wednesday/ Friday

50 seconds work: 10 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 110 lbs/75 lbs

Box Jumps or Steps 26" Box+25 lb
SandBell

Push Press 110 lbs/75 lbs

Row Damper Setting 10

Week 8: Goal: 14-18 REPS/Set

Monday/Wednesday/ Friday

50 seconds work: 10 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 95 lbs/65 lbs

Box Jumps or Steps 22" Box+15 lb
SandBell

Push Press 95 lbs/65 lbs

Row Damper Setting 10

Week 11: Goal: 8-12 REPS/Set

Monday/Wednesday/ Friday

50 seconds work: 10 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 120 lbs/80 lbs

Box Jumps or Steps 28" Box+30 lb
SandBell

Push Press 120 lbs/80 lbs

Row Damper Setting 10

Week 9: GOAL: 12-16 REPS/Set

Monday/Wednesday/ Friday

50 seconds work: 10 seconds transition

3 rounds with 1 minute rest between

Wall Ball 20 lbs/14 lbs

Sumo Deadlift High Pull 105 lbs/70 lbs

Box Jumps or Steps 24" Box+20 lb
SandBell

Push Press 105 lbs/70 lbs

Row Damper Setting 10

Week 12: GOAL- 300-400 Points Total

Final Assessment

***If increase in weight becomes unmanageable, or if you are unable to utilize proper form, do not increase weight.**