### 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
- **Monday/Wednesday/ Friday**
- **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 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 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 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 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 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.*