

1. **Power-lifting:** Dead-lifts, Cleans, Snatches, Clean and Jerks, Bench Press, and Military Presses.
2. **Cross-Training:** Cross-Training is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. The Cross-Training program is designed for universal scalability. Cross-Training is a strength and conditioning fitness methodology that promotes broad and general overall physical fitness. Cross-Training combines weightlifting and sprinting. Proficiency is required in each of the ten fitness domains: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. A total body core fitness regimen. The purpose behind this training is to reduce the amount of injuries associated with long distant running and to optimally develop and enhance the entire body. Examples would include: Wall Ball (20lbs Men and 12-14lbs for Women); KettleBell (Swings, Presses, Dead-lifts, Snatches, and Jerks); Pull-ups; Jump-Pulls; Knee to Elbows and Toes to Bar (Pull-up Bar); Jump Rope; TRX Suspension Cables (Inverted Push-ups (raised Legs); Rope Drills (alternating Hand; Hands together; outward circles, inward circles, double hand right; and double hand left); Tire Flips; Vertical Jumps; Standing Broad Jumps; Fire-man carries; Core-Ball Sit-ups, V-ups, and 90 degrees (18lbs for men and 12lbs for women); and 24"Box Jumps; Dips; Push-ups (narrow, neutral, and wide; sometimes legs will be elevated); and regular sit-ups without additional weight.
3. **Cardio Tabata:** (Based on sprint work and timing) Tabata is an interval training method designed to improve maximum aerobic capacity and anaerobic capacity. By comparison, a study of traditional aerobic training, running at 70% of aerobic capacity for 60 minutes, for the same number of weeks showed an improvement in aerobic capacity of only 9.5% and no effect on anaerobic capacity. When Tabata intervals are practiced, research shows that the percentage of fuel from carbs is increased, while the amount of fat utilized is greater than that burned during low intensity exercise. Tabata's research found that short-term intense interval training is highly effective in lowering the ratio of lean body mass to fat without wasting muscle. Additionally, Tabata increases your metabolism and keeps it elevated for some time after your workout ends. The bottom line is Tabata burns a greater number of total calories than low intensity training, and more calories burned equals more fat loss. An example of the Tabata Protocol is as follows: Completing 8 sets of 20:10 (20 seconds of sprinting followed immediately by 10 seconds of jogging) on Monday. On Wednesday 10 sets of 20:10 and Friday 12 sets of 20:10. The next week: Tuesday 10 sets of 30:20 and Thursday 12 sets of 30:20. The next week Monday 8 sets of 40:30, Wednesday 10 sets of 40:30 and Friday 12 sets of 40:30. This is a progressive and aggressive protocol.