



MILITARY PREPARATION.

**SUPPORT 01:
THE EXERCISE LIBRARY.**

discipline | commitment | determination



MISSION MOVEMENT.

DEADLIFT.

- . Start by having the barbell resting and loaded in a squat rack.
- . Step under the bar and position it across the back of your shoulders, making sure it is resting securely. Take a step back from the squat rack to start the exercise.
- . With your feet firmly planted on the ground, brace your core and descend into a squat by bending your knees and pushing your hips back.
- . Keep your back straight and your chest up as you lower yourself down, making sure your knees track over your toes and do not collapse inward.
- . Once you have reached the bottom of the squat, push through your heels and extend your legs to stand back up. Try to actively feel your glutes and hamstrings work to get the body to stand up again.
- . Remember to exhale as you push up and inhale as you lower back down.
- . To increase the difficulty and build more control in the squat, you can perform the exercise by adding pauses at the bottom of the squat or performing a tempo squat.

Note: The feet position of the squat varies from person to person. Shoulder width is a base position to lift from. Allow yourself a wider stance in case your mobility requires it. The core and back muscle are engaged at all times so there is no possibility of the back rounding during the squat.



BEAR CRAWL.

- . Start in a tabletop position on the floor, with your hands shoulder-width apart and your knees hip-width apart. Your wrists should be directly under your shoulders and your knees should be directly under your hips.
- . Lift your knees a few inches off the ground, so that your weight is distributed between your hands and your toes.
Begin to move forward by taking a small step with your right hand and your left foot at the same time. Then take a small step with your left hand and your right foot at the same time. This is one repetition.
- . Continue moving forward with this alternating hand and foot movement. Keep your hips low and your core engaged to maintain stability.
- . To move backwards, simply reverse the movement, starting with your left hand and right foot, then your right hand and left foot.
- . To turn left or right, shift your weight to one side and move the opposite hand and foot forward, then switch to the other side.



MISSION MOVEMENT.

BENCH PRESS.

- . Lie flat on a bench with your feet planted firmly on the ground.
- . Position your hands on the barbell slightly wider than shoulder-width apart and your scapula squeezed together in order to open up the chest and have the shoulders retracted and depressed.
- . Lift the bar off the rack and hold it directly above your chest with your arms extended.
- . Lower the bar down towards your chest, keeping your elbows tucked in at a 45-degree angle.
- . Once the bar touches your chest, drive it back up to the starting position by pressing through your chest muscles.

Remember to keep your core and glutes engaged and keep your feet firmly on the floor. Maintain proper form throughout the exercise.



MISSION MOVEMENT.

BURPEE.

- . Start in a standing position with your feet shoulder-width apart.
- . Lower your body into a squat position, placing your hands on the ground in front of you.
- . Kick your feet back to assume a plank position, keeping your arms extended.
- . Immediately lower your chest and thighs to the ground, performing a push-up.
- . Push your chest and thighs up off the ground to return to the plank position.
- . Jump your feet forward to return to the squat position.
- . Propel yourself into the air with a jump, extending your arms overhead.
- . Land softly and return to the starting position to repeat the movement.

Remember to engage your core and maintain proper form throughout the exercise.



MISSION MOVEMENT.

BURPEE PULL UP.

- . Start by performing a Burpee. To do this, lower yourself down to the ground into a plank position, with your hands directly under your shoulders and your legs extended behind you.
- . Perform a push-up, keeping your body straight and your core tight.
- . Jump your feet forward towards your hands and stand up.
- . Once standing, jump up and grab the pull-up bar with your palms facing away from you and your hands shoulder-width apart.
- . Pull yourself up towards the bar until your chin is above the bar.
- . Slowly lower yourself back down to the starting position with control.
- . Let go of the pull-up bar and immediately drop down into a Burpee to start the next repetition.



MISSION MOVEMENT.

CRUNCH HOLD.

- . Lie flat on your back with your arms extended above your head and your legs straight out in front of you.
- . Engage your abs to lift your shoulder blades and legs off the ground, forming a "U" shape with your body.
- . Keep your arms and legs straight and toes pointed, and maintain a steady breathing pattern throughout the exercise.
- . To decrease the intensity of this exercise, bend your knees and have your arms pointing forward instead of upwards.



MISSION MOVEMENT.

DEADLIFT.

- . Start by standing with your feet shoulder-width apart, with a loaded barbell on the ground in front of you.
- . Bend down and grip the barbell with your hands shoulder-width apart and palms facing down.
- . Keep your back straight and your core engaged as you push away the floor with your legs, lifting the barbell off the ground and straightening your legs.
- . As you lift the barbell, pull your shoulders back and squeeze your glutes at the top of the movement.
- . Lower the barbell back down to the ground by bending your knees and pushing your hips back, keeping your back straight and your core engaged.
- . Make sure to push the floor away with your legs and avoid lifting with your back.

Remember to exhale as you lift the barbell up and inhale as you lower it back down.



MISSION MOVEMENT.

DUMBBELL CLEAN & JERK.

- . Start by standing with your feet shoulder-width apart, holding a dumbbell in each hand at your sides.
- . Hinge down and place the dumbbells on the ground between your feet, making sure they are close together.
- . Brace your core, lift the dumbbells off the ground by driving the legs into the floor and shrugging the dumbbells up to bring them up to shoulder height, one in each hand.
- . Press the dumbbells up towards the ceiling, fully extending your arms above your head.
- . Lower the dumbbells back down to the starting position and repeat the movement.

Remember to exhale as you press the dumbbells up and inhale as you lower them back down.



MISSION MOVEMENT.

DIPS.

- . Find parallel bars or a dip station. You can also use the backs of two sturdy chairs or the edge of a bench as long as they are stable and can support your weight.
- . Stand between the bars or in front of the bench and place your hands on the bars or edge of the bench, with your fingers pointing forward and your palms facing down.
- . Lift yourself up by straightening your arms and locking your elbows, keeping your feet off the ground.
- . Lower your body by bending your elbows and keeping your chest up and your shoulders down, until your arms form a 90-degree angle.
- . Push yourself back up to the starting position by straightening your arms, keeping your core engaged and your shoulders down.



MISSION MOVEMENT.

FLUTTER KICK.

- . Lie flat on your back with your arms at your sides and your legs straight out in front of you.
- . Lift your heels off the ground about six inches, keeping your legs straight and toes pointed.
- . Engage your abs to lift your shoulder blades off the ground.
- . Flutter your legs up and down in small, quick motions, keeping your legs straight and toes pointed.



MISSION MOVEMENT.

FRONT SQUAT.

- . Start by standing with your feet shoulder-width apart and a barbell resting on the front of your shoulders, with your elbows pointed forward , making sure it is resting securely.
- . With your feet firmly planted on the ground, brace your core and descend into a squat by bending your knees and pushing your hips back.
- . Keep your back straight and your chest up as you lower yourself down, making sure your knees track over your toes and do not collapse inward.
- . Once you have reached the bottom of the squat, push through your heels and extend your legs to stand back up.
Remember to exhale as you push up and inhale as you lower back down.
- . Repeat the movement for the desired number of reps, using a weight that challenges you but still allows for proper form.
- . To increase the difficulty and build more control in the squat, you can perform the exercise by adding pauses at the bottom of the squat or performing a tempo squat.

Note: The feet position of the squat varies from person to person. Shoulder width is a base position to lift from. Allow yourself a wider stance in case your mobility requires it. The core and back muscle are engaged at all times so there is no possibility of the back rounding during the squat.



KETTLEBELL SWING.

Start by standing with your feet shoulder-width apart, with a kettlebell in front of you on the ground.

Reach down and grab the kettlebell handle with both hands, keeping your back straight and knees slightly bent.

Swing the kettlebell back between your legs, keeping your arms straight and core engaged.

Quickly reverse the motion and swing the kettlebell up to shoulder height, using the momentum generated by your hips and glutes.

Let the kettlebell swing back down between your legs and repeat the movement for the desired number of reps.

Remember to keep your back straight and core engaged throughout the movement, and use the power generated by your hips and glutes to drive the kettlebell up.



MISSION MOVEMENT.

PULL UP.

Stand beneath a pull-up bar and reach up to grab it with an overhand grip, with your hands shoulder-width apart.

Hang from the bar with your arms fully extended and your feet off the ground.

Engage your shoulder blades and core muscles, then pull yourself up towards the bar by bending your elbows and bringing your chest towards the bar.

Keep your elbows close to your body and your chin above the bar as you reach the top of the movement.

Slowly lower yourself back down to the starting position with control.



MISSION MOVEMENT.

ROPE CLIMBING.

- Stand facing the rope and grip it with your preferred foot above the other.
- Place your opposite foot over the rope and create an "S" shape with your legs.
- Using both hands, pull yourself up the rope by bending and straightening your arms, while pressing your feet against the rope to maintain your position.
- Continue pulling until your chin is above the rope or until you reach your desired height.
- Release one foot from the "S" wrap and wrap it again around the rope above the other foot.
- Repeat the movement by pulling yourself up with your arms and pressing your feet against the rope until you reach the top.
- To descend, release the S-wrap and slide down the rope using your hands and feet for control.

ARMS ONLY.

- Stand below the rope and grab it with both hands, keeping your elbows close to your body.
- Pull yourself up by flexing your biceps and forearms, while keeping your legs straight and your shoulders down.
- Focus on pulling from the back muscles as much as possible and make each grip placement as high as possible.
- Continue pulling until you reach the desired height.
- Slowly lower yourself back down to the starting position by straightening your arms and releasing your grip on the rope. A controlled and slow way down will not only build better control but will also great huge benefits in the development of your grip and pulling strength.



MISSION MOVEMENT.

ROW - dumbbell - renegade - barbell.

Dumbbell row

Start by placing a dumbbell on the ground beside a bench or sturdy chair. Stand with your feet shoulder-width apart and hinge forward at the hips, placing one hand on the bench or chair for support.

Use your other hand to pick up the dumbbell and pull it up towards your chest, keeping your elbow close to your body.

Lower the dumbbell back down to the starting position and repeat the movement for the desired number of reps.

Switch to the other hand and repeat the exercise, making sure to keep your back straight and core engaged throughout the movement.

Renegade row

Start by placing two dumbbells on the ground shoulder-width apart.

Assume a plank position with your hands gripping the dumbbells and your feet shoulder-width apart.

Keep your core engaged and your body in a straight line as you lift one dumbbell up towards your chest, keeping your elbow close to your body.

Lower the dumbbell back down to the ground and repeat the movement with the other arm.

Continue alternating between arms for the desired number of reps, making sure to keep your back straight and hips level throughout the exercise.

Remember to exhale as you lift the dumbbell up and inhale as you lower it back down.

Barbell row

Start by standing with your feet shoulder-width apart, with a loaded barbell on the ground in front of you.

Bend down and grip the barbell with an overhand grip, with your hands slightly wider than shoulder-width apart.

Keep your back straight and your core engaged as you lift the barbell up towards your chest, keeping your elbows close to your body.

Lower the barbell back down to the starting position and repeat the movement for the desired number of reps.

Remember to exhale as you lift the barbell up and inhale as you lower it back down.



SHOULDER PRESS.

Start by standing with your feet shoulder-width apart and a barbell or dumbbells resting on your shoulders.

Engage your core and glutes and keep your back straight as you push the weight up towards the ceiling, straightening your arms.

As you lift the weight, keep your shoulders down and avoid shrugging them up towards your ears.

Lower the weight back down to your shoulders, making sure to maintain control throughout the movement.

Remembering to exhale as you lift the weight up and inhale as you lower it back down.

To increase the difficulty, you can perform the exercise with a single arm at a time to challenge your stability.



MISSION MOVEMENT.

SLED PULL / PULL.

Sled push

Load the sled with an appropriate weight for your fitness level and place your hands on the handles.

Lean into the sled, keeping your chest up and your back flat.

Drive forward with your legs, pushing the sled across the ground.

Keep your steps short and quick, maintaining a steady pace.

Actively use your glutes and calves to drive the momentum forward.

To reverse the movement, turn the sled around and start again.

Sled pull

Load the sled with an appropriate weight for your fitness level and attach the sled rope or harness to your waist.

Lean forward slightly, keeping your chest up and your back flat.

Take small steps backward, pulling the sled towards you using your legs and upper body.

Keep your steps short and quick, maintaining a steady pace.

To reverse the movement, turn around and start again.

** If you have no access to a sled, you could use a box to push forward for the sled push or tie a rope to weights for the sled pull. A sled is the most comfortable way of training, this contradicts everything you will come across in your military career. Be innovative and creative in a solution. One of the key components of a soldier. If there is nothing at all, you can perform forward leaning lunges with a weight plate on your back for the sled push and a backward lunging movement with a weight in front of your chest for the sled pull.



THRUSTER.

Start by standing with your feet shoulder-width apart, holding a barbell or dumbbells at shoulder height. Allow the weight to rest on your shoulders and keep your elbows up high.

Lower yourself into a squat by bending your knees and pushing your hips back, keeping your chest up and your back straight. The angle of the torso should be as upright as possible.

As you stand up out of the squat position, push the weight up towards the ceiling by straightening your arms and pushing through your legs.

Once you have fully extended your arms, lower the weight back down to your shoulders and repeat the movement.

Remember to exhale as you push the weight up and inhale as you lower it back down whilst maintaining constant tension in the core.



MISSION MOVEMENT.

TOES TO BAR.

Start by hanging from a pull-up bar with your hands shoulder-width apart, palms facing away from you.

Engage your core muscles and bring your legs up towards the bar, bending at the waist and bringing your toes towards the bar.

As you bring your legs up, lift your hips and engage your abdominal muscles to create momentum.

Once your toes touch the bar, pause briefly before lowering your legs back down to the starting position.

Repeat the movement making sure to maintain control throughout the movement.

To increase the difficulty, you can perform the exercise with straight legs or add a kip or swing to create momentum in order to stimulate skill development.

To decrease the difficulty, tuck your knees in and get your legs as high as possible, still trying to hold a pause at the highest position before bringing them back down under control.



DISCLAIMER.

Before you begin any fitness or exercise program, it is important to consult with a qualified healthcare professional. This is particularly important if you have a history of medical problems, including but not limited to heart disease, high blood pressure, diabetes, or obesity.

The training plans provided by Mission Movement are intended for individuals who are interested in joining the military and military special forces. The plans are designed to provide guidance and support to help you achieve your fitness goals. However, it is important to understand that no program can guarantee results or prevent injury.

By using Mission Movement training plans, you acknowledge and assume full responsibility for any and all risks, injuries, or damages that may arise from participating in the program. This includes any physical or mental health risks associated with engaging in exercise or fitness activities.

You understand that Mission Movement is not a licensed healthcare provider and cannot provide medical advice or treatment. Any information or advice provided by Mission Movement is intended for educational purposes only and should not be used as a substitute for medical advice from a qualified healthcare professional.

By using Mission Movement training plans, you agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability, claims, damages, or expenses (including attorney's fees) arising from your participation in the program.

In summary, participating in any fitness or exercise program involves a risk of injury, and you should consult with a qualified healthcare professional before beginning any program. By using Mission Movement training plans, you assume all risks associated with participating in the program and agree to release, indemnify, and hold harmless Mission Movement and its owners, employees, and agents from any and all liability arising from your participation in the program.



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