



MILITARY PREPARATION.

MILITARY PROGRAM 02: FOUNDATIONAL STRENGTH.

discipline | commitment | determination



MISSION MOVEMENT.

CONTENT.

- . Program execution recommendation
- . Progressive overload
- . Rest
- . Weights
- . Exercise improvisation
- . Mental
- . Military program: foundational strength
- . Disclaimer



MISSION MOVEMENT.

PROGRAM EXECUTION.

This program is designed to help you prepare for military service with structure. In order to customize the program to your individual needs, we recommend the following steps:

Assess your strengths and weaknesses - Before beginning the program, take some time to assess your current fitness level. Determine areas where you excel and areas where you could use improvement.

Review the program - Look over the program to identify exercises that target your weaker areas. Take note of exercises that may be too challenging or too easy for you.

Customize the program - Based on your assessment and program review, make adjustments to the sets and repetitions as needed. For example, if you are strong in conditioning but weak in strength, consider modifying the rep scheme from 3 sets of 12-15 repetitions back squat to 5 sets of 5 repetitions to focus more on building strength.

Monitor progress - Track your progress throughout the program to ensure that the adjustments you have made are effective. If you find that certain exercises or rep schemes are not working for you, don't hesitate to make additional adjustments.

Remember, the key to success in this program is to be consistent and committed. Stay focused on your goals and don't be afraid to make changes as needed to achieve the results you desire. Good luck with your training!



MISSION MOVEMENT.

MILITARY PROGRAM: FOUNDATIONAL STRENGTH

Week 1:

Session 1:

Block 1 - Strength

A1 4 sets - including 1 warm up set

- .12-15 Deadlifts
- .12-15 Barbell bent over rows
- .12-15 Shoulder press

Use one weight for this exercise. After deadlift immediately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90s between sets

Block 2 - Conditioning

AMRAP 10

- . 10 Dumbbell ground to shoulder
- . 10 Box Step-ups with dumbbell
- . 10 Sit-ups with dumbbell
- . 30 Flutter kicks

Session 2:

Block 1 - Conditioning

3 rounds for time

- . 400m Run
- . 20 Bumbbell thrusters
- . 15 Burpees

Block 2 - Strength

5 sets

- . x1 8 meter Legless rope climb
- *If using legs aim for 2 reps
- . x5 dips tempo 2222
- * rest 60s between sets

Session 3:

Block 1 - Strength

- . 3x12-15 Back squat
- . 3x10 Deadlift
- . 3x12-15 Barbell shoulder press
- * rest 60s between sets

Block 2 - Conditioning

For time

- . 50 Dumbbell box step ups
- . 40 Kettlebell swings

Week 2:

Session 1:

Block 1 - Conditioning

5 rounds for time

- . 200m Run with weight plate
- . 20 Dumbbell snatches - alternating
- . 10 Renegade rows

Block 2 - Strength

A1 4 sets - including 1 warm up set

- .12-15 Deadlifts
- .12-15 Barbell bent over rows
- .12-15 Shoulder press

Use one weight for this exercise. After deadlift immidiately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90s between sets

Session 2:

Block 1 - Strength

5 sets

- . 1 8meter Legless rope climb
- *If using legs aim for 2 reps
- . 6 Dips tempo 2222
- * rest 60s between sets

Block 2 - Conditioning

AMRAP 15

- . 30 Kettlebell swings
- . 20 Box step overs with Kettlebell
- . 10 Toes to bar

Session 3:

Block 1 - Strength

. 3x12-15 Back squat

. 3x10 Deadlift

. 3x12-15 Barbell shoulder press

*rest 60s between sets

Block 2 - Conditioning

4 Rounds for time

- . 400 m run with weight plate
- . 15 Plate ground to overhead
- . 10 Box step overs with plate



MISSION MOVEMENT.

Week 3:

Session 1:

Block 1 - Strength

- A1 4 sets - including 1 warm up set
- .12-15 Deadlifts
- .12-15 Barbell bent over rows
- .12-15 Shoulder press

Use one weight for this exercise. After deadlift immediately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90s between sets

Block 2 - Conditioning

- AMRAP 12
- . 10 Dumbbell Thrusters
 - . 10 Box jumps
 - . 10 Ground to overhead with dumbbell

Session 2:

Block 1 - Conditioning

- 5 Rounds for time
- . 200 m run with weight plate
 - . 10 Renegade rows
 - . 10 Box step overs with plate

Block 2 - Strength

- 5 sets
- . 1 8m Legless rope climb
 - *If using legs aim for 2 reps
 - . 7 Dips tempo 2222
 - * rest 60 seconds between sets

Session 3:

Block 1 - Conditioning

- AMRAP 15
- . 30 Kettlebell swings
 - . 20 Box step up with weight Kettlebell
 - . 10 Toes to bar

Block 2 - Strength

- . 3x12-15 Back squat
- . 3x10 Deadlift
- . 3x12-15 Barbell shoulder press
- * rest 60 sec between sets

Week 4:

Session 1:

Block 1 - Conditioning

- 5 Rounds for time
- . 10 Dumbbell Front squats
 - *Use 1 of the two dumbbells for the front squat then take both dumbbells for the farmer carry.

Block 2 - Strength

- A1 4 sets - including 1 warm up set
- .12-15 Deadlifts
 - .12-15 Barbell bent over rows
 - .12-15 Shoulder press

Use one weight for this exercise. After deadlift immediately position yourself for the bent over row, after that bring the weight to your shoulders and complete the shoulder presses. Rest 60-90s between sets

Session 2:

Block 1 - Conditioning

- For time
- . 3km Rowing

Block 2 - Strength

- 5 sets
- . 1 8m Legless rope climb
 - *If using legs aim for 2 reps
 - . 10 Dips tempo 11X1
 - * rest 60 seconds between sets

Session 3:

Block 1 - Conditioning

- . 10 Sandbag ground to shoulder
- . 10 Sandbag overhead press
- . 30m Sandbag carry

Block 2 - Strength

- . 4x10-12 Back squat
- . 4x10-12 Deadlift
- . 4x10-12 Barbell shoulder press



MISSION MOVEMENT.

Week 5:

Session 1:

Block 1 - Strength

- . 4x10-12 Deadlifts
- . 4x10-12 Dumbbell Bench Press
- . 4x10-12 Renegade Rows
- * rest 60s between sets

Block 2 - Conditioning

- For time
- . 50 cal Assault Bike
 - . 25 Burpees at moderate pace
 - *Assault bike as fast as possible, then, complete all 25 burpees in 1 steady pace
 - No resting, suck it up.

Session 2:

Block 1 - Conditioning

- AMRAP 12
- . 10 Dumbbell ground to overhead
 - . 20 Toes to bar
 - . 200m run

Block 2 - Strength

- 5 sets
- . 1 8m Legless rope climb
 - *If using legs aim for 2 reps
 - . 10 Dips tempo 21X1
 - * rest 60 seconds between sets

Session 3:

Block 1 - Conditioning

- For time
- . 1km Row
 - . 50 Barbell thrusters
 - . 10 Burpee pull ups

Block 2 - Strength

- . 4x10-12 Back squats
- . 4x10-12 Deadlift
- . 4x10-12 Barbell shoulder press

Week 6:

Session 1:

Block 1 - Strength

- . 4x8-10 Deadlifts
- . 4x8-10 Barbell Bench Press
- . 4x8-10 Dumbbell Rows
- * rest 60s between sets

Block 2 - Conditioning

- AMRAP 12
- . 20m duck walk
 - . 20m lizard crawl
 - . 20m walking lunges
 - . 20m bear crawl
 - No resting, keep moving.

Session 2:

Block 1 - Strength

- 5 sets
- . 1 8m Legless rope climb
 - *If using legs aim for 2 reps
 - . 10-12 Dips 11X1
 - * rest 60 seconds between sets

Block 2 - Conditioning

- For time
- . 1km Row
 - . 50 Kettlebell swings
 - . 30 Burpees
 - * Use a weight for the Kettlebell that allows you to do 10 reps in a row before getting too heavy for proper execution. Rest as needed for proper form and grind through.

Session 3:

Block 1 - Strength

- . 4x8-10 Back squats
- . 4x8-10 Deadlift
- . 4x8-10 Barbell shoulder press
- * rest 60s between sets

Block 2 - Conditioning

- AMRAP 10
- . 30m sled push
 - . 30m sled pull
 - * Heavy sled. the first set should feel tough!



PROGRESSIVE OVERLOAD.

Progressive overload is a training principle that involves gradually increasing the demands placed on the body during exercise over time. This means that as you become stronger or more fit, you need to continually challenge yourself with heavier weights, more reps, or longer distances in order to continue to see improvements in your fitness level.

In the context of the Basic Military Requirements program, progressive overload is used to gradually increase the volume and intensity of training over time. This is important because the body needs time to adapt to new stresses placed upon it, and by gradually increasing the load, the body has time to recover and build strength.

For example, in the running component of the program, the individual may start with shorter distances or slower speeds and gradually work their way up to longer distances or faster speeds. By gradually increasing the intensity and duration of the runs, the body has time to adapt to the new demands being placed on it and become stronger and more efficient at running.

Progressive overload is a key principle of effective training because it ensures that the body is continually challenged and pushed to new levels of fitness. Without progressive overload, the body can quickly adapt to a training program and plateau in terms of performance gains.



MISSION MOVEMENT.

REST.

Accountability. Rest periods between 60-90s. When you finish your last repetition of an exercise is when you determine if you need 60 or 90s of rest . This will be based on your performance, if your last repetition felt like you gave it your all, thats when you take more rest in order to partially recover and make sure you have a higher chance of finishing hyour next set. Use a timer, timer says go, you go. Use something to help you keep track of where you are at in your sets. Either bring something you can write your reps/ completed sets on during your rest or use some random equipment you find near your training location like some stones or sticks to help with keeping track and your accountability.

Eliminate guesswork and stay focused on your goals.

WEIGHTS.

The appropriate weight to use in this program is determined by personal experience and strength level. It is recommended that you choose a weight that poses a challenge for you. During the strength block, aim for a weight that makes you question your ability to complete your next set, but do not fail. This sends a signal to your muscles and mind that they need to adapt and become stronger in preparation for the next session. When selecting a weight for the conditioning block, choose one that is challenging but won't compromise your form under fatigue, as maintaining proper form remains a top priority.



MISSION MOVEMENT.

EXERCISE - improvisation.

In some cases, the exercises included in this program may not be feasible due to limited equipment in your training area. We encourage you to try to improvise and find ways to adapt to the prescribed exercises. However, if improvisation is not possible, you can refer to the Exercise Library included in this program. This resource provides detailed information on each exercise, including proper execution, potential scaling options, and suggestions for alternative equipment in case of limited availability. By utilising these resources, you can continue to progress and achieve your goals, even with limited equipment.

TEMPO - 31X2.

Tempo training involves manipulating the speed at which you perform each repetition. This can help you build strength, muscular endurance and also create healthier movement patterns in specific muscle groups. For example, a tempo of 2-1-2-1 for a push-up means taking two seconds to lower yourself, pausing for one second at the bottom, taking two seconds to push back up to the starting position and maintaining a 1 second hold in the starting position before beginning your next repetition.



MISSION MOVEMENT.

MENTAL.

Training for the military forces requires not only physical strength, but also mental fortitude. It's important to cultivate a positive and determined mindset in order to push through challenges and setbacks. You must learn to embrace the discomfort of training and view it as an opportunity to grow stronger, both physically and mentally. Remember to focus on the present moment and stay committed to your goals, even when progress seems slow. Keep pushing yourself to be better and believe in your ability to succeed. With the right mental attitude, you can overcome any obstacle and be prepared for the demands of military training.

Coping with Burnout and Tough Days

Training towards a specific goal can become monotonous and dull, particularly when approached with a negative mindset. During such times, it is crucial to recall the reason why you embarked on this journey. Why should you perform another set if the previous one already took all your effort? Do you resort to browsing your phone for joy or seek external stimulation like music or videos to boost your morale? You need to develop such self-control that you serve as your own motivation. Pushing yourself to complete that additional set even when you felt like giving up two sets before. Your emotions do not matter. Either complete the task or face failure. In the field, there is no choice but to keep going forward. In your current comfortable position, all you can do is reconsider your sleep and nutrition habits, or face the consequences..



MISSION MOVEMENT.

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.



MISSION MOVEMENT.