SEAL Style Log PT

Goals: emphasize **teamwork**, **attention to detail**, and **putting out first time every time.**

Callisthenic Exercises:

-8 Counts: Start standing. Squat, feet back to pushup position, down, up, feet hop out, feet hop in, recover feet, stand up.

-Burpees

-Smurf Jacks

-Bear Drags

-Back, bellies, feet

Log Exercises:

Commands:

Right/Left hand starting position.

Right/Left hand shoulder position.

Extended arm.

Chest Carry.

Supine Position.

Ground Log.

Exercises:

Overhead press.

Extended arm squats.

12 counts: Start right hand starting position. RH Shoulder, extended arm, LH Shoulder, extended arm, RH Soulder, ground log, LH Shoulder, extended arm, RH shoulder, extended arm, LH shoulder, ground log.

Uniform: Boots and Utes (Lightweight Boots. No Covers. No Blouses.)

Materials:

4 Logs

4 Cones

Procedure:

This PT will be based on performance and apparent effort. Since boat crews will be organized by height and not necessarily ability groups, competitions between boat crews will usually place emphasis on who puts out the most effort, not necessarily who comes in first. With that being said, it pays to be a winner.

0545: Muster at the unit and brief how the workout will go. Proper uniform, NO WATCHES, and safety brief.

Things to go over in brief:

* Safety: Do not drop logs. Communicate with your team. If at any time you feel like you are struggling, call for a switch within your team (the ends of the logs are “heavier”).
* Keep both hands on the logs at all times.
* If everyone puts out, that log is light. But if YOU slack, your whole team will feel it I guarantee.
* Review training time out procedures.
* Everything we do today will be effort based. You will be rewarded for putting out and punished for not.
* Pay attention to detail. Performing exercises incorrectly will bring on consequences. Do it right the first time.
* Throughout this PT, the participants will not know what’s next or for how long it will go on.
* Two things you will do at all times: ANY command that is given, pass the word. ANY time a callisthenic exercise is given, SOMEONE take charge and lead the exercise.

0600: Be at the field with all four logs (plan accordingly.) The first thing we will do is practice the three exercises that were briefed on in the previous lab period: Overhead press, extended arm squats, and 12 counts.

0610: First workout circuit.

* Overhead press: 20 reps.
* Extended Arm Squat: 20 reps.
* 12 counts: 10 reps.

x3

0625: Bear Drag Races. Equal height and weight. There and back. Everybody does first race for practice. Then second race, it pays to be a winner. First and second place get to sit out in push up position.

0635: Log races. Carry to cone, around and back. On one of them, don’t tell them to pick up their log with them. Smurf jacks if they do.

0645: Sprints. Each team chooses slowest runner and they sprint down and back. Then say, do it again. The team who takes the most time off of their sprint, gets to do squats without their log, the other two teams will do extended arm squats.

0655: Ten perfect burpees to be done. If not, well bear crawl all the way down the field and back then try again.

0700: Tie in and debrief.