

ISP Applicant Physical Training – WEEK 4

Below you will find both a Pre-Warm-up Warmup, Dynamic Movement Prep, Physical Training Prep, and Cool Down during your E-Learning. Some of these movements may be brand new so be sure to click the video links to see demos.

Each training session is meant to hit various planes of motion and movement patterns that will help unlock your athletic potential, and improve movement quality. Complete what you can as best you can.

The warm-ups and workouts have been designed to be done at home or on the road? No or little equipment is needed. The only requirements are proper workout attire, sometimes a jump rope and remember to always start with the warm-up. They can be done for time or for work (don't just go fast to sacrifice form and movement). No one cares how fast you do the workout in, there is no leader board. Always work on pushing your relative intensity. You should not be wrecked after every workout. If you are you are missing the point of this. Slow is smooth and smooth is fast.

Pre-Warm-up Warm-up

Spend at least 5 minutes "Getting your Chili Hot" getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

If you are rolling around or stretching too much in the initial warm-up you are not doing it right.

Dynamic Movement Preparation

The dynamic movement preparation prepares the body for the day by introducing proper positions and movements once the posture is established. The athlete is either challenged by combining Primals or executing them through different planes of motion. Any stimulus, momentary or not, affects the nervous system, and persists for some time after stimulation ceases. During warm ups, there is a grand opportunity to train the nervous system and ingrain new motor activities, creating kinesthetic awareness, or the sense of body position in space and time. This relies on proprioceptors in muscles, connective tissues, and joints to integrate information with balance and touch, breathing control mechanisms, lactic acid processing, elevated heart rate, and many more factors.

Physical Training Prep

The physical training preparation is designed to supplement what you are/may already be doing. This training will be designed to be done with or without load/weight/implements. This training will help you ramp you up and help you prepare for some of the training at the academy.

Cool Down

Failure to include a cool down following training will dramatically effect an athlete's recovery, daily performance, and long term development! A proper cool routine will empower your performance!

Pre-Warmup Warm-up – Day 1

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 1

1-2 Rounds:

: 25 Ipsilateral Dead Bugs - [Video demo](#)

3R/3L 5 Sec Side Pillar Hold Hip Drop and Reach - [Video Demo](#)

15 Hip Bridge - [Video Demo](#)

2R / 2L Captain Morgan’s* - [Video demo](#)

*1 Rep = R/L Up And Down, and hold top position for 1 long breath

Physical Training Prep – Day 1

21-15-9 reps of

Front Rack Lunges - hold a backpack or DB or Jug(s) about 35-20#’s

Box Step ups 20” or Step up onto a chair

Burpees

Rest 1 minute

9-15-21 reps of

Mountain Climbers

Front Squats with same weight as lunges

Sit-ups weighted

Cool Down – 5 minute

Cool Down 4 – [Video Demo](#)

Pre-Warmup Warm-up – Day 2

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 2

1-2 Rounds

:20 Ipsilateral Dead Bugs - [Video demo](#)

5 Scapular Pull-ups - [Video Demo](#)

If no Pull-up bar than 5 Reverse Shrugs (can be done on a chair if no dip bar) – [Video Demo](#)

10y Spiderman Crawls W/ Elbow To Drop - [Video Demo](#)

2R / 2L Spiderman To Lateral Flexion And Extension - [Video Demo](#)

10y Knee Hug To Horizontal Lunge Twist - [Video Demo](#)

Physical Training Prep – Day 2

Run

I want you to sprint 1 mile at max pace. Then rest 2:1 and do it again. That means if it takes you 6 minutes to run the mile – take 3 minutes to rest before banging it out again.

Rest 5 minutes

Set a clock and perform 100 push-ups for time. Break up as needed. (chest to deck) – [Video Demo](#)

Cool Down – 5 minute

Cool down progression 1 – [Video Demo](#)

Pre-Warmup Warm-up – Day 3

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 3

1-3 Rounds

: 25 Static Pillar Holds - [Video Demo](#)

: 15 R /:15 L Cpt Morgan with Vertical Support - [Video Demo](#)

10y Leg Cradle Lunge with Lateral Flexion and Extension - [Video Demo](#)

2 Seesaw Walk Hug the World - [Video Demo](#)

Physical Training Prep – Day 3

10-9-8-7-6-5-4-3-2-1 reps of

Goblet Squats – Kettlebell, DB or backpack or jug(s) -hold weight to chest

Jump Touches – touch 6-12” above your outstretched hand

Burpees over KB, DB or jug

20-18-16-14-12-10-8-6-4-2 reps of

V-ups abs

Flutter Kicks

Cool Down – 5 minute

Spend at least :60 holding and breathing into each position.

Cool Down 3 – [Video Demo](#)

Pre-Warmup Warm-up – Day 4

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 4

1-3 Rounds

: 20 4 Way Dead Bugs – [Video Demo](#)

3 Inch Worm Hands Only – [Video Demo](#)

10y Knee Hug to Horizontal Lunge Twist – [Video Demo](#)

Seated Arm Swing – [Video Demo](#)

Physical Training Prep – Day 4

Running Skill Development - 10 minutes

3 sets of 15 meters of each

Cocky Walks – [Video Demo](#)

Heel Walks – [Video Demo](#)

High Skips – [Video Demo](#)

Tempo sprints.

These are done with lower intensity sprinting speeds between 65% and 70%. Each 400 meter sprint is followed by 100 meter walk before hitting them again. I want 4 sets.

Rest 5 minutes then,

5 rounds of – only breathing through your nose

10 Push-ups – [Video Demo](#)

10 Sit-ups

10 Air Squats - [Video Demo](#)

Cool Down – 5 minute

Spend at least :60 holding and breathing into each position.

Cool down 5 - [Video Demo](#)

Pre-Warmup Warm-up – Day 5

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 5

Let's put the training to the test! Hit a static hold and then a full plane of motion change with the ninja roll up. Take your time and focus on doing the movements correctly. This is skill work and athleticism more than anything.

60y Jog*

: 25 Goblet Squat Static Hold ** - [Video Demo](#)

2 Ninja Roll Up To Vertical Jump – [Video Demo](#)

2R / 2L Leg Cradle Lunge With Lateral Flexion and Extension*** - [Video Demo](#)

2 Ninja Roll Up To Vertical Jump - [Video Demo](#)

2R / 2L Leg Cradle Lunge W/ Back Heel Touch*** - [Video Demo](#)

2 Ninja Roll Up To Vertical Jump - [Video Link](#)

2R / 2L Leg Cradle Lateral Lunge W/ Twist*** - [Video Demo](#)

* 30 Yards Out, 30 Back. You Know the Drill Shuffles, Skips, and Strides, Get Loose

** Start conservative aka LIGHT! We will be progressing as we go

*** Breath Scheme! 1 Long Drawn Out Breath

Physical Training Prep – Day 5

Set a clock for 20 minutes

10 Deadlifts (Weighted back pack, KB, DB, or Jugs)

10 Sit-ups

20 Step-ups (stairs – bottom step)

20 Jumping Jacks

400 meter run

Cool Down – 5 minute

Cool down progression 2 – [Video Demo](#)

Pre-Warmup Warm-up – Day 6

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 6

1-3 Rounds

: 25 Static Pillar Holds - [Video Demo](#)

: 15 R /:15 L Cpt Morgan with Vertical Support - [Video Demo](#)

10y Leg Cradle Lunge with Lateral Flexion and Extension - [Video Demo](#)

2 Seesaw Walk Hug the World - [Video Demo](#)

Dynamic Movement Prep – Day 6

Running Skill Development - 10 minutes

3 sets of 15 meters of each

Cocky Walks – [Video Demo](#)

Heel Walks – [Video Demo](#)

High Skips – [Video Demo](#)

SPRINT - 4 rounds of 400 meter sprints

I want you to rest at least 5 minutes between 400 meter sprints. The goal is run as fast as possible.

Rest 5 minutes then,

Perform 4 rounds of max repetitions Push-ups – [Video Demo](#)

*no resting in the plank position, I want to see max reps without stopping.

Rest 3 minutes between rounds

Record max reps for each set

Cool Down – 5 minute

Cool down progression 1 – [Video Demo](#)