

ISP Applicant Physical Training – WEEK 3

Below you will find both a Pre-Warm-up Warmup, Dynamic Movement Prep, Physical Training Prep, and Cool Down during quarantine.

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.

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 warmups, 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 affect 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

: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 1

How many rounds in 20 minutes

10 Bench/Chair Dips

20 Box Step Ups 24/20” (Alt legs – 10 total per leg)

10 Lunges (each leg) – [Video Demo](#)

Rest 5 minutes

3 x 800 meter run, rest 1:1

Cool Down – 5 minute

Cool down progression 2 – [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:

: 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 2

100-80-60-40-20

Single Jumps (jump rope)

50-40-30-20-10

Sit-ups

*No jump rope then lateral jump over a line.

Cool Down – 5 minute

Cool Down 3 – [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

100 Jumping Jacks

75 Air Squats - [Video Demo](#)

50 Push-ups – [Video Demo](#)

25 Burpees – [Video Demo](#)

Rest 5 minutes

Perform 4 rounds of this Shuttle run:

Set up 3 cones 10 yards apart (3 big steps between cones 1&2, 2&3)

Shuttle run – Start at cone 1, sprint to cone 2, sprint back to cone 1, sprint to cone 3, and sprint back to cone 1; repeat for 2 shuttle runs/sprints. Rest 90 seconds

Cool Down – 5 minute

Cool down progression 1 – [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

Run 1 mile for time

Rest 5 minutes then,

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

Sit-ups and 100 meter sprint between each set

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

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

Burpees – [Video Demo](#)

Sit-ups

then end workout with an 800 meter run

Cool Down – 5 minute

Cool Down 4 – [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

Run for 25 minutes

Spend 25 minutes on your feet. I want you to run for 20 minutes. This does not need to be a fast pace but I want you to get time on your feet. If your shins are hurting then go for a long walk. If you are walking make sure to fill up a back pack or duffle bag with some load (10-30#) and ruck with it for the same time.

Cool Down – 5 minute

Cool Down 3

Cool Down 3 – [Video Demo](#)