

## ISP Applicant Physical Training – WEEK 7

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

: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**

Run 800 meters x 2

Rest 1:1

Rest 5 minutes

Perform – As Many Rounds As Possible in 15 minutes

10 Push-ups (chest to deck) – [Video Demo](#)

15 Sit-ups

20 Air Squats (body weight) no equipment – [Video Demo](#)

### **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:

: 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**

Perform 3 rounds of

15 Lunges (each leg) - walking or stepping – [Video Demo](#)

15 Incline Push-ups (feet elevated 4-8 inches)

200 meter run

Rest 5 minutes

Run 1.5 miles for time

## **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**

4 rounds of

Bear Crawl 50 meters– [Video Demo](#)

30 Air Squats - [Video Demo](#)

Rest 5 minutes

Push-ups 3 x 25 reps, rest 2 minutes between sets

If you can perform 25 with ease then complete slow and controlled reps 1-3 seconds down, pause then 1-3 seconds up and pause.

### **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**

Test Retest

50-40-30-20-10 reps of

Double-Unders (Jump Rope or Single Jumps x2) – [Video Demo](#)

Sit-ups

\*No jump rope then side to side lateral hops x2 over a line/crack.

### **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

4 rounds of

Run 200 meters

30 Air Squats - [Video Demo](#)

20 Push-ups – [Video Demo](#)

## Cool Down – 5 minute

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