



**TACTICAL
FUNCTIONAL
TRAINING**



6-WEEK MOBILITY TRAINING FOR LAW ENFORCEMENT
MOBILITY = SURVIVABILITY



TRAIN RIGHT.

GET HOME AT NIGHT.™

CHAPTER 1

HABITS

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TACTICAL FUNCTIONAL TRAINING

THIS JOURNAL BELONGS TO:

HOW TO CHOOSE A HABIT THAT STICKS

The most important decision you will make is what habit to build. In order to do this, we need to start by focusing on who we wish to become, not what we want to achieve. This is called an "identity-based habit."

Here's the short version of identity-based habits.

- ★ The goal isn't to win the game or competition, the goal is to become a person who practices everyday.
- ★ The goal isn't to lose 10 pounds, the goal is to be a leader and an example of what healthy living is to your family and co-workers.
- ★ The goal isn't to reduce your alcohol consumption to two drinks/night, the goal is to become a person who uses healthier alternatives to unwind and destress.

The focus should always be on becoming that type of person, not getting a particular outcome. In the beginning, it is far more important to cast small votes for your desired identity than to worry about a particular result.

On this page, write out one identity-based habit that you want to focus your energy towards over the next six weeks.

Why is this habit important to you?











WELCOME!

We are excited to embark on a new fitness program designed specifically for law enforcement officers. As you begin this program, we want to stress the importance of assessments. On the first day of the program, please perform each of the movements to establish your baseline level of fitness. At the end of the 6-week program, repeat the assessments to determine your progress made during the program.

Compare your beginning and 6-week assessments to determine how much progress you've made. We believe that with commitment and effort, you can achieve your fitness goals and become a stronger and healthier law enforcement officer.

MOBILITY ASSESSMENTS

DAY 1	How-Tos:	Full	Limited
Prisoner Stand	 	<input type="checkbox"/>	<input type="checkbox"/>
Forward Fold	 	<input type="checkbox"/>	<input type="checkbox"/>
Shoulders	 	<input type="checkbox"/>	<input type="checkbox"/>
Ankle Dorsiflexion	 	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 1

MOBILITY TRAINING

▶ How-Tos:

Date Completed: _____

Day 1

J Curl
Shoulder Opener
Down Dog Heel Drives
T Spine Rotation



Day 2

Floss
Down Dog
Bridge
Plank



Day 3

J Curl
Shoulder Opener
Down Dog Heel Drives
T Spine Rotation



Day 4

Floss
Down Dog
Bridge
Plank



Day 5

J Curl
Shoulder Opener
Down Dog Heel Drives
T Spine Rotation



Day 6

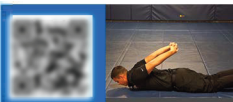
Floss
Down Dog
Bridge
Plank



Day 7

J Curl
Shoulder Opener
Down Dog Heel Drives
T Spine Rotation



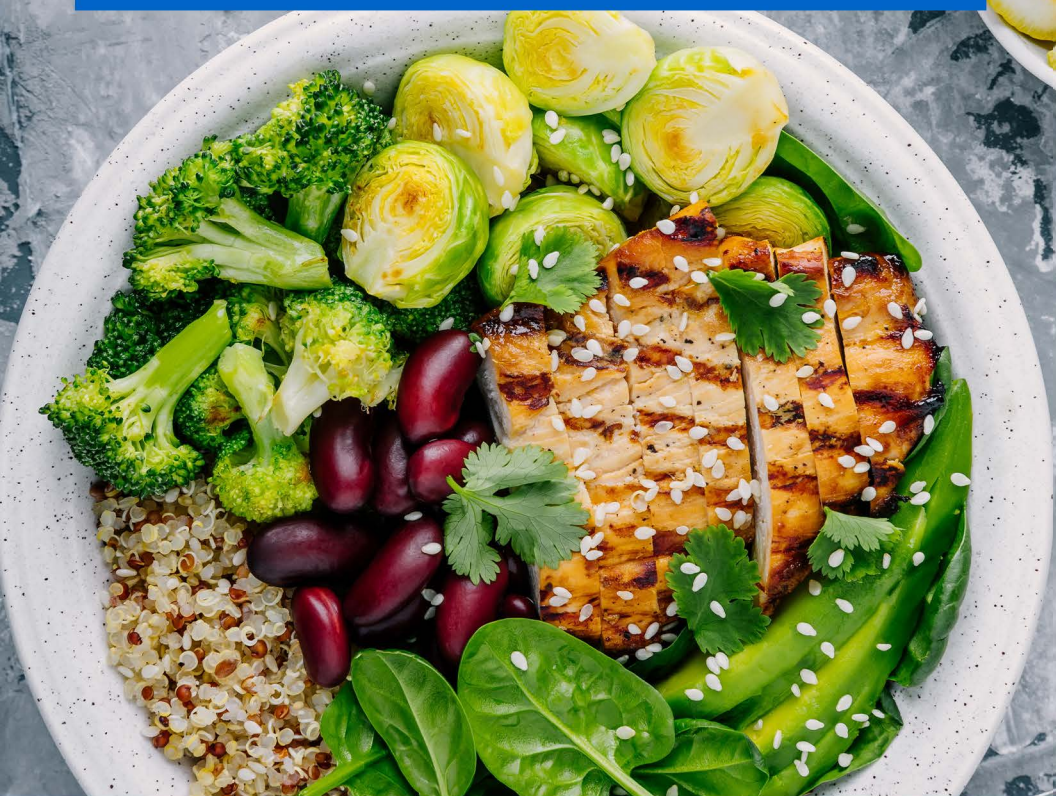


BONUS VIDEO!
EXP Prone Shoulder Ext.

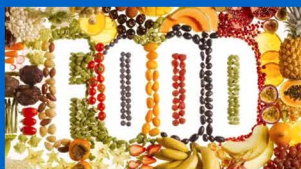
COMPLETION:

%

NUTRITION



Introduction to Nutrition:



WEEK 1

NUTRITION PROGRAM

Take Control of Your Habits

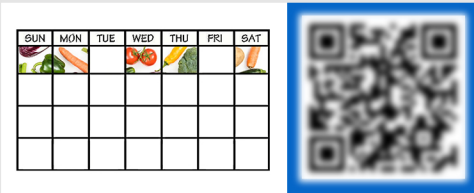


*** TACTICAL FUNCTIONAL TRAINING

Greg Smith
PROBOLANER 2 MASTER COACH
ACSM CERTIFIED EXERCISE PHYSIOLOGIST

What is one area in your life that you can make a 1% improvement in?

How to Set Goals



SUN	MON	TUE	WED	THU	FRI	SAT

What is your "outcome goal" and what are 2 actions you can take to move closer to achieving this outcome?

What Is The Best Diet?




Data

What foods make you feel/perform your best?

WEEK 1 COMPLETION:

	%
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ACADEMY WORKOUTS

Challenge Workout #1

Challenge Workout #2



Date completed: _____

Date completed: _____

WEEK 1

ACADEMY WORKOUTS

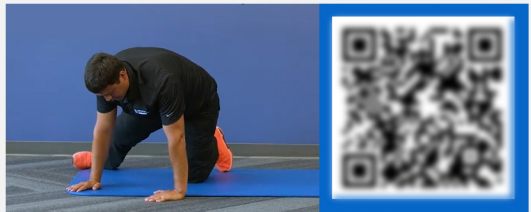
Strength Endurance #1

- Single Leg Bulgarian
- Turkish Get up
- Single Leg Bridge
- Plank with Rotation
- Single Leg Stance w/ Rotation
- Hindu Pushup
- Single Leg Split Cycle Jump
- Prone Cobra Row
- The Skater



Strength Endurance #2

- Single Leg Bulgarian
- Windshield Wipers
- Fire Hydrant w/ Straight Leg Kick
- Up Up Down Down Plank
- Single Leg RDL w/ Diagonal Reach
- Jump Squat
- Floor Bridge w/ Reverse Reach
- Tricep Push Up
- 3-Point Burpee
- Jumping Jacks



Hurricane #1

- 30 Second Sprint
- Push Ups
- Air Press
- 30 Second Sprint
- Transverse Lunge
- Stationary Lunge Pulses
- 30 Second Sprint
- Side Plank
- Bicycle Crunch



WEEK 1 COMPLETION:

 %



BODY WEIGHT FOUNDATION

Kurtis Rayfield Intro:



WEEK 1

BODY WEIGHT FOUNDATION

Video 1

Single Leg Bulgarian
Turkish Get-Up
Single Leg Bridge
Plank with Rotation
Single-leg Stance
Hindu Pushup
Single Leg Split Cycle Jump
Prone Cobra Row
The Skater



Date completed: _____

Video 2

ISO Squat Hold
Dead Bug
Wall Press Heel Taps
Calf Stretch
Single Leg RDL
ISO Wall Push
Side Plank
Clam Shell ISO



Date completed: _____

Video 3

ISO Split
Squat Hold
Glute Bridge Hold
Bretzel Stretch
ISO Hold Pushup
Harop Leg Curl ISO Hold
Shoulder Stability Y-Raise



Date completed: _____

WEEK 1 COMPLETION:

%

BONUS WORKOUTS

YOGA MOBILITY

How-Tos:

Date Completed

First thing in the morning

Childs Pose
Cat Cow
Downward Facing Dog
Forward Fold



Hip Opener Internal External 1



Shoulder Opener

Rotator Cuff Opener
Eagle Arms
Palms to Wall



Sun Salutation 1

Forward Fold
Flat Back Lift
Downward Facing Dog
Plank Position
Upward Facing Dog
Arm Stretch



Sun Salutation 2

Chair Pose
Flat Back
Forward Fold
Downward Facing Dog
Plank Position
Upward Facing Dog
Spine Twist



YOGA COMPLETION:

%



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