



6-WEEK MOBILITY TRAINING FOR LAW ENFORCEMENT
MOBILITY = SURVIVABILITY



TRAIN RIGHT.

GET HOME AT NIGHT.™

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HABITS

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TACTICAL FUNCTIONAL TRAINING

THIS JOURNAL BELONGS TO:

A man with short dark hair and a beard, wearing a blue long-sleeved sweater, is smiling and looking down at a wooden table. He is using a large knife to chop vegetables. On the table, there are various fresh vegetables including green beans, red bell peppers, and carrots. There are also some white bowls and a water bottle. The background is a blurred kitchen with a clock on the wall and a window letting in natural light.

CHAPTER 1

HABITS

There are 4 main principles of behavior change. Execute each one of these principles, and you're well on your way to making changes in your life that will stick.

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?



CHAPTER 2

MOBILITY



Each day you can work on the daily mobility video to help improve the function of your joints. Mobility training is something that is best done daily. Go through each day's movement twice.











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



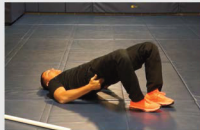
Day 3

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

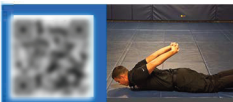
Floss
Down Dog
Bridge
Plank



Day 7

J Curl
Shoulder Opener
Down Dog Heel Drives
T Spine Rotation





BONUS VIDEO!
EXP Prone Shoulder Ext.

COMPLETION:

%

CHAPTER 3

NUTRITION

Introduction to Nutrition:



Each week you'll have 3 videos to watch and integrate. Each video builds off one another. If you feel that some things are easier than others, that's normal. Continue to work on integrating the nutrition program principles into your daily routine.

Adapt this program to your schedule. The program is set up for you to work through 3 - 4 videos each week. **We encourage you to review the video and take the time to write out goals that will help you improve your nutrition.** If you have any questions or comments, send an email to info@tacticalfunctionaltraining.com We will respond within 2 business days.

While you're working through the Nutrition Program, we encourage you to continue to practice the movements you learned in the Mobility Training Program on a daily basis. Continuing your mobility practice will help you maintain the symmetry and flexibility you built from the Mobility Program. Plan to invest 5-10 minutes/day on your mobility, and you'll see a significant improvement.

WEEK 1

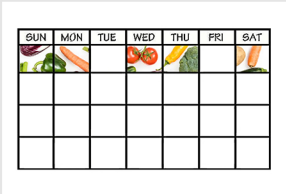
NUTRITION PROGRAM

Take Control of Your Habits



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

How to Set Goals



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?



What foods make you feel/perform your best?

WEEK 1 COMPLETION:

%

Chapter 1:

CHAPTER 4

ACADEMY WORKOUTS

Chapter 5:

The Academy Program is designed to prepare you for the physical fitness component of the academy. There are three (3) workouts for each week. We encourage you to cycle through the workouts twice to have six (6) days of rigorous workouts per week. Supplement the workouts by performing movements from the Mobility Program as your warm-up routine before starting the workouts. The Mobility movements will warm up your muscles before your workout and continue to improve your flexibility and symmetry.

Equipment List

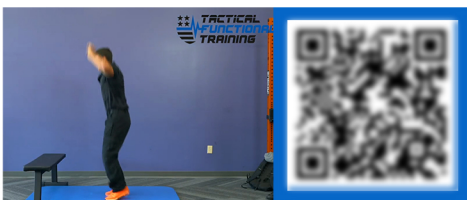
We use three pieces of equipment in the workouts in this section. If you would like to purchase the equipment, follow the link below (Trigger Point Balls, Foam Roller, 51b Weighted Bar). Tactical Functional Training is an Amazon affiliate partner.



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



Circuit One

WEEK 1 COMPLETION:

%

Chapter 1:

CHAPTER 5

BODY WEIGHT

FOUNDATION

Kurtis Rayfield Intro:



The Bodyweight Program is designed to build and maintain your endurance and physical fitness. Plan for 30-40 minutes per day for the workout and warmups. There are three (3) workouts for each week. Each workout is designed to be about 30 minutes in length. We encourage you to cycle through the workouts twice to have six (6) days of rigorous workouts each week. Supplement your workouts by incorporating movements from the Mobility Program into your warm-up routine, which warm up your muscles and enhance your flexibility and symmetry.

Equipment List

We use three pieces of equipment in the workouts in this section. If you would like to purchase the equipment, follow the link below (Trigger Point Balls, Foam Roller, 5lb Weighted Bar). Tactical Functional Training is an Amazon affiliate partner:



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:

%

CHAPTER 6

BONUS : YOGA



These movements can be added to your daily routine or performed when you can't get in a full workout. Use these movements to continue to improve your flexibility.

Katie Michel Intro:

A woman with long blonde hair, wearing a black tank top, standing and smiling.

KATIE MICHEL
BS in Exercise Sports Science
Yoga and Pilates RYT and RYT



TACTICAL
TRAINING



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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