



**TACTICAL
FUNCTIONAL
TRAINING**



6-WEEK MOBILITY TRAINING FOR LAW ENFORCEMENT
MOBILITY = SURVIVABILITY



TRAIN RIGHT.

GET HOME AT NIGHT.™

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TACTICAL FUNCTIONAL TRAINING

Maximize Your Journal:

A Tactical Guide for Law Enforcement Professionals

Welcome to a resource designed exclusively for those who understand the value of precision and commitment – the law enforcement community. This comprehensive guide will navigate you through the strategic utilization of your journal, ensuring you extract every ounce of its potential. Let's delve into this pragmatic roadmap tailored to empower your journaling experience.

Chapter 1: Habits - Building Foundations

Begin your journey with Chapter 1, a foundational phase that spans 4-6 weeks. Your mission is to identify and cultivate the habits reinforcing your path to success. Embrace the disciplined approach required in law enforcement as you lay the groundwork for a thriving journaling practice.

Chapter 2: Mobility Program

For those prioritizing injury prevention, Chapter 2 offers Tactical Mobility training. Across six weeks, engage with succinct 1-1:30 minute videos to enhance your mobility. Dedicate 5-10 minutes daily to these movements, witnessing tangible results that bolster your operational readiness. These routines can also serve as effective warmups to your regular training regimen.

Chapter 3: Nutrition Program

Chapter 3 unveils the Strategic Nutrition module. Over six weeks, you'll undertake a methodical journey towards improved dietary habits. With 3-4 weekly videos, you'll embrace focused tasks and goals that harmonize with your demanding schedule. Reflect on each lesson, adapt your strategy, and develop nutritional resilience.

Tailored Fitness Tracks

Your journal presents two distinct fitness trajectories, each meticulously designed to align with your goals:

Chapter 4: Academy Program

For those pursuing peak physical form in alignment with academy standards, the Academy Program is your compass. Engage with three advanced workouts per week over six weeks. This program primes you for the rigorous challenges inherent to law enforcement roles.

Chapter 5: Body Weight Foundation Program

Newcomers and those aiming for heightened fitness levels should embrace the Body Weight Foundation Program. Dedicate 30 minutes, 2-3 days a week, to build a robust physical foundation that complements your law enforcement responsibilities. You will see the evolution of your endurance and capability.

Chapter 6: Bonus Yoga Mobility

Your Journal: A Strategic Asset

Remember, your journal is more than a mere repository of exercises – it's a tactical asset. It serves as a guide to improved performance and a source of accountability. Approach each page with the same precision you exhibit in your profession. These pages provide a path toward your improved self.

This journal encapsulates your journey towards self-improvement and professional prowess. Approach this endeavor with the steadfastness and precision that defines law enforcement. The path unfolds before you – embrace it with purpose.



THIS JOURNAL BELONGS TO:

Consult your physician or physical therapist before beginning any exercise routine. The movements in the videos are not intended to treat any ailment or injury. Do not attempt any motion that causes you pain, and never force your body into any positions.

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:

%

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:

 %

Send your questions or feedback to info@tacticalfunctionaltraining.com

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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, 5lb Weighted Bar). Tactical Functional Training is an Amazon affiliate partner.



Do you think you're ready for the physical fitness test?

See if you can complete Challenge Workout #1 and #2:

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



Dates completed: _____

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



Dates completed: _____

Hurricane #1

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



Dates completed: _____

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

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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



Dates 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



Dates completed: _____

Video 3

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



Dates 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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