



**TACTICAL  
FUNCTIONAL  
TRAINING**



**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**

# 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:**

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# 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.

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## Why is this habit important to you?

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# 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



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### Day 6

Floss  
Down Dog  
Bridge  
Plank



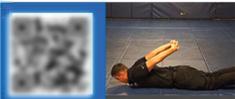
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### Day 7

J Curl  
Shoulder Opener  
Down Dog Heel Drives  
T Spine Rotation



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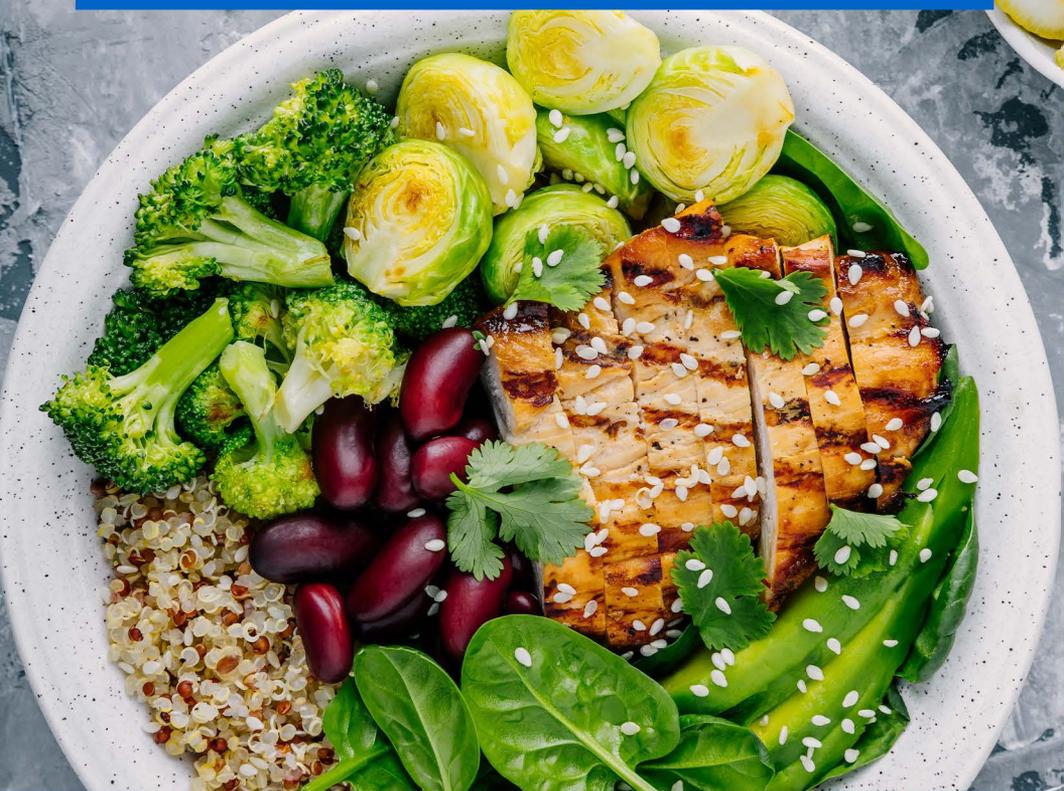


**BONUS VIDEO!**  
EXP Prone Shoulder Ext.

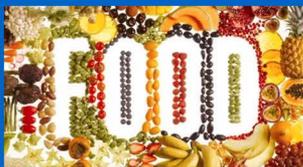
COMPLETION:

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# NUTRITION



**Introduction to Nutrition:**



# WEEK 1

## NUTRITION PROGRAM

### Take Control of Your Habits



\*\*\* TACTICAL FUNCTIONAL TRAINING

Greg Smith  
PHYSIOLOGIST & MASTER COACH  
ACSM CERTIFIED EXERCISE PHYSIOLOGIST

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

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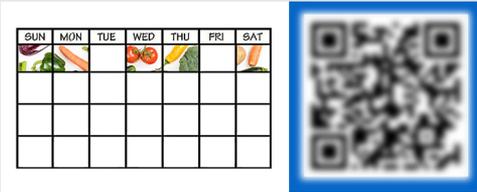
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### How to Set Goals



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?

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### What Is The Best Diet?



Data

What foods make you feel/perform your best?

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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



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YOGA COMPLETION:

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