

Field Circuit Training Exercises

Leg Exercises			
Exercise	Start	Finish	Comments
Front Squat			Carry Variations: -Front -Overhead -Shoulder -Back Equipment: -Sandbag/Water-can
Romanian (Straight leg) Deadlift			Variations: -Sumo deadlift -1-arm deadlift (more core stability required) Equipment: -Sandbag/Water-can(s)
Overhead Reverse Lunge			Carry & Step Variations: -Front/Shldr/Back *may also lunge fwd or laterally Equipment: -Sandbag/Water-can
Suspension Reverse Lunge			Equipment: -Suspension strap (TRX or 550 cord); Girth hitch looped 550 cord from Stryker. Push through heel not toes.
Suspension Lateral Lunge			Same as above; Be sure to keep weight back (knee should not track in front of toes on stance leg). Suspended leg is kept straight.

<p>Split Squat Jumps</p>			<p>Finish with opposite leg forward; This is a good body wt exercise that adds in a component of cardiovascular conditioning and power.</p>
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Pulling Exercises

<p>Pull-ups</p>			<p>Equipment: Stryker or suspend a litter between two HMMWV or FLAs.</p>
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<p>Supine Pull-ups</p>			<p>Equipment: Suspension strap (TRX or looped 550 cord) Variation: Feet can be on ground or elevated.</p>
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<p>Single Arm Rows</p>			<p>Equipment: Water-can (50-100% full) Progression: Lift opposite leg (Rt leg in picture shown) high off ground throughout movement.</p>
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<p>Straight Arm Rows</p>			<p>Equipment: Black band (6') girth-hitched to Stryker Tip: Keep back flat throughout movement</p>
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<p>Pull-downs</p>			<p>Equipment: Black band girth hitched to Stryker.</p> <p>Variation: Perform a “squatted row” by girth hitching band to a lower placement (see below).</p>
<p>Plank Row</p>			<p>Equipment: Black band (6') girth hitched to Stryker.</p> <p>Tip: Keep hips even throughout movement</p>
<p>Suspension “T’s”</p>			<p>Equipment: Suspension strap or black band.</p> <p>Variation: Can also perform “Y’s” in which the arms are in a more vertical direction.</p>
<p>Pushing Exercises</p>			
<p>Suspension Push-up</p>			<p>Equipment: Suspension Strap</p> <p>Progression: Elevate feet</p>
<p>Push-up and Crunch</p>			<p>Equipment: Suspension Strap</p> <p>Tip/Progression: Do not allow lower back to sag. Can perform “pike” position vs. crunch.</p>

<p>Band Push-up</p>			<p>Equipment: Black theraband (approx. 30")</p> <p>Tip: Keep band under arms. This is a great way to increase push-up stamina.</p>
<p>Band Press down</p>			<p>Equipment: Black Theraband (approx. 6')</p> <p>Tip: Keep elbows locked at your sides.</p>
<p>Band Curl and Press</p>			<p>Equipment: Black theraband (approx. 6')</p>
<p>Additional ("Other") Exercises</p>			
<p>Band Crunch</p>			<p>Equipment: Black Theraband (approx. 6')</p>

