



MARTIAL ARTS AND FITNESS CENTER OF EXCELLENCE

EXERCISE GUIDEBOOK

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Force Fitness Instructor Program • Marine Corps Martial Arts Program



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DYNAMIC WARM-UP

DEFINITION

The Dynamic Warm-up library provides a structured progression to prepare Marines for training by increasing tissue temperature, improving movement quality, and ramping intensity appropriately.

SIGNIFICANCE

A consistent warm-up improves readiness for the main session by preparing joints, connective tissue, and coordination for the day's demands. It also provides a repeatable opportunity to observe movement quality and make quick adjustments before intensity increases.

MILITARY RELEVANCE

Training often begins under less-than-ideal conditions (stiffness, fatigue, load carriage, environmental stress). A standardized dynamic warm-up supports safer movement and better performance across strength, conditioning, and combatives sessions.

TRAINING INTENT

This library is organized as warm-up phases to guide progression from lower intensity to higher intensity movement.

MOVEMENT PATTERNS

- General Mobility
- Muscle Activation
- Transit Mobility
- Dynamic Mobility

GENERAL MOBILITY

DEFINITION

General mobility is the first warm-up phase and consists of in-place drills that take joints through usable ranges of motion with control. This category includes stationary patterns (e.g., bodyweight squats), active mobility movements (e.g., leg swings), and low-level rhythmic movements (e.g., jumping jacks).

SIGNIFICANCE

This phase reduces stiffness, improves movement options, and establishes basic positions before travel and higher speed work. It also allows instructors to spot obvious restrictions or asymmetries early. Common errors include rushing through ranges, using momentum without control, and treating this phase as flexibility work rather than preparation for movement.

MILITARY RELEVANCE

Starting training stiff is common after load carriage, prolonged sitting, prior field work, or limited recovery. General mobility helps restore movement quality so later running, lifting, and combatives work can be performed with better positions and less unnecessary compensation.

TRAINING INTENT

Keep the intensity low-to-moderate and prioritize controlled movement through range. Standards are smooth reps, stable trunk position, and deliberate pacing. This phase prepares the body to transition into activation and traveling drills without creating fatigue.

IN THIS SECTION

- Arm Circles
- Frontal Leg Swings
- Heel/Toe Raises
- Highland Fling
- Knee to Elbow Push Up
- Long Strider
- Sagittal Leg Swings
- Scorpions
- Side Straddle Hops
- Split Jack Forward
- Stationary Forward Lunge
- Stationary Squat
- Supine Leg Overs
- Trunk Twists

ARM CIRCLES



KEY INFO

Major Muscles

Deltoids

Related Exercises

Split Jack Forward, Highland Fling

COACH TIP

Actively coach the arm direction, tempo, and speed; to help control the pace of your Marines.

PREPARATION

Stand with your arms extended and palms facing up.

EXECUTION

Rotate your arms in a clockwise direction, increasing the size of the circle as you go. Repeat in the opposite direction.

FRONTAL LEG SWINGS



KEY INFO

Major Muscles

Adductors, Abductors

Related Exercises

Sagittal Leg Swings

COACH TIP

Focus on keeping the toes pointed straight ahead, and sweeping the foot across.

PREPARATION

Stand tall with one hand on a wall or stable surface.

EXECUTION

Swing one leg as high laterally as you can. In a fluid motion, swing the leg back in front of you. Keep the torso still and the leg straight throughout the movement.

HEEL/TOE RAISES



KEY INFO

Major Muscles

Gastrocnemius, Soleus, Anterior Tibialis

COACH TIP

Do not excessively stick out your hips while pulling up your toes.

PREPARATION

Stand tall with your hands on your hips and feet hip width apart.

EXECUTION

Press up onto the balls of your feet and then pull your toes up, so you are on your heels. Repeat these movements.

HIGHLAND FLING



KEY INFO

Major Muscles

Deltoids, Adductors, Abductors

Related Exercises

Long Strider, Split Jack Forward

PREPARATION

Stand tall with your feet hip width apart and arms extended to the side, palms facing up.

EXECUTION

Hop and cross your left arm and leg over your right arm and leg. Hop again and return to the starting position. Repeat the first step with the opposite arm and leg.

KNEE TO ELBOW PUSH UP



KEY INFO

Major Muscles

Pectoralis, Triceps, Abductors, Hip Flexor

Related Exercises

Push-Up

COACH TIP

Ensure the core remains tight, so the limbs can move independently.

PREPARATION

Assume a high plank position

EXECUTION

Lower the entire body to the deck at the same time. Simultaneously, bring one knee to the same side elbow, keeping that foot off of the deck. While returning to the starting position, extend that leg back.

LONG STRIDER



KEY INFO

Major Muscles

Deltoids, Glutes, Hamstrings, Quadriceps

Related Exercises

Split Jack Forward, Highland Fling

COACH TIP

Ensure the opposite arm/leg are utilized in the movement.

PREPARATION

Stand tall with your feet hip width apart.

EXECUTION

Hop and extend your opposite arm and leg forward. Scissor switch your arms and legs while staying in place.

SAGITTAL LEG SWINGS



KEY INFO

Major Muscles

Hip Flexor, Glutes, Hamstrings

Related Exercises

Frontal Leg Swings

COACH TIP

Get the swing heel as far behind as possible rather than trying to get it high.

PREPARATION

Stand tall with one hand on a wall or stable surface.

EXECUTION

Swing one leg as high forward as you can. In a fluid motion, swing the leg back behind you. Keep the torso still and the leg straight throughout the movement.

SCORPIONS



KEY INFO

Major Muscles

Glutes, Hamstrings

Related Exercises

Supine Leg Overs

COACH TIP

Engage the movement with the glutes, rather than extension through the spine.

PREPARATION

Start in the quadruped position.

EXECUTION

Lift one leg as high as possible, behind you, keeping a 90-degree bend in your knee. Ensure that your back remains flat and shoulders and hips remain square to the deck.

SIDE STRADDLE HOPS



KEY INFO

Major Muscles

Deltoids, Abductors, Adductors

Related Exercises

High Knees, Butt-Kickers, Lateral Shuffle

COACH TIP

Emphasize the arm movement to help facilitate and active warm-up.

PREPARATION

Stand with your feet together and arms at your side.

EXECUTION

Hop and bring your feet outside of hip width, crossing your left hand over the right. Return to the starting position and repeat the first step, this time crossing your right hand over your left.

SPLIT JACK FORWARD



KEY INFO

Major Muscles

Deltoids, Glutes, Hamstrings, Quadriceps

Related Exercises

Long Strider, Highland Fling

COACH TIP

Utilizing the traditional Side Straddle Hops immediately prior, helps learning this movement pattern.

PREPARATION

Stand tall with your feet hip width apart.

EXECUTION

Hop and move one foot backward and one forward while crossing your arms over your head like a side straddle hop.

STATIONARY FORWARD LUNGE



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Stationary Squat

COACH TIP

When coaching, observe for knee valgus movement, to ensure the Marine is moving with control

PREPARATION

Stand with feet hip width apart.

EXECUTION

Step forward with one foot and lower the hips until the rear knee is close to the deck. Keep the front foot flat on the deck and chest up, to maintain a neutral spine. At the bottom, drive back up to the starting position.

STATIONARY SQUAT



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Stationary Forward Lunge

COACH TIP

For most people, at the bottom of the hole, shin and back angles should be roughly similar

PREPARATION

Stand with feet hip to shoulder width apart, and toes slightly out.

EXECUTION

Break at the knees and hips simultaneously, lowering your body weight and maintaining even pressure on the feet. Decend as far as possible while keeping the heels on the ground, knees tracking in line with the feet, and torso parallel to the shins. At the bottom, drive into the ground until standing straight.

SUPINE LEG OVERS



KEY INFO

Major Muscles

Hamstrings, Lumbar Spine, T-Spine

Related Exercises

Trunk Twists

PREPARATION

Lie on your back with your head on the deck. Your feet should be together, and your arms extended out to the sides, palms down.

COACH TIP

Do not allow the leg being raised to bend at the knee.

EXECUTION

Try to touch your foot to the opposite hand while keeping your shoulders flat on the deck.

TRUNK TWISTS



KEY INFO

Major Muscles

T-Spine

Related Exercises

Supine Leg Overs

PREPARATION

Stand tall with the feet hip width apart and the arms extended out to the side, palms up.

COACH TIP

Ensure the rotation is coming from the spine, then allow the hips to follow.

EXECUTION

Rotate the trunk, pivoting on the foot you are twisting away from. Rotate in the opposite direction, pivoting on the opposite foot.

MUSCLE ACTIVATION

DEFINITION

Muscle activation is the second warm-up phase and uses deliberate drills to increase muscle engagement and reinforce alignment. It emphasizes controlled tension and coordination, commonly targeting the trunk, hips, and shoulder girdle to support later movement.

SIGNIFICANCE

Activation improves the ability to maintain posture and joint alignment as intensity increases, and it reinforces mechanics that carry into running, jumping, lifting, and combatives positions. Common issues include selecting drills that are too complex, progressing intensity too quickly, or allowing compensations that shift work away from the intended muscles.

MILITARY RELEVANCE

This phase supports performance under load and fatigue by preparing stabilizers that protect common “problem areas” (knees, hips, shoulders, low back). It also supports transitions and positional control used during movement, obstacle negotiation, and partner-based tasks.

TRAINING INTENT

Prioritize quality over speed. Standards are controlled tempo, stable foot/knee/hip alignment, and consistent trunk position. Progress to transit mobility once Marines demonstrate coordination and control rather than simply completing reps.

IN THIS SECTION

- Bear Crawl
- Cross-Over Lunge
- Frankenstein
- Inchworm
- Lateral Squat Wave
- Monster Walk
- Single Leg Balance
- Walking Knee Hug
- Walking Leg Cradle
- Walking Lunge w/ Side Reach
- Walking Lunge w/ Twist
- Walking Lunge-Elbow to Instep
- Walking Quad Stretch

BEAR CRAWL



KEY INFO

Major Muscles

Core

Related Exercises

Inchworm

PREPARATION

Start on all fours with your hands and toes on the deck. The knees should be directly under the hips and bent 90 degrees.

COACH TIP

While this is a fundamental movement for warfighters, when programming, be mindful of the intensity and volume, as this can quickly fatigue the shoulder girdle - especially if attempting overhead lifts immediately afterwards.

EXECUTION

Reach forward with the right arm and step forward with the left foot. Take another step by reaching forward with the left arm and stepping forward with the right foot. The back should be flat and the butt down throughout the movement.

CROSS-OVER LUNGE



KEY INFO

Major Muscles

Glutes, Quadriceps, Hamstrings

Related Exercises

Lateral Squat Wave

PREPARATION

Start standing tall with feet shoulder width apart and hands by your sides.

COACH TIP

This lunge variation challenged the glutes in a unique way that are especially important for athletic development

EXECUTION

Cross your left foot over your right. Squat down, putting the right knee behind your left heel. The left foot should be flat on the deck and the left knee over the ankle. Stand back up to the starting position.

FRANKENSTEIN



KEY INFO

Major Muscles
Hamstrings, Glutes

Related Exercises
Monster Walk

COACH TIP

Emphasize the main intent is to create rapid acceleration and deceleration of the leg, preparing the Marine for high velocity movements like jumps and sprints

PREPARATION

Start standing tall with arms extended out front.

EXECUTION

Take a step forward and lift the non-stepping leg straight up as high as you can while keeping the hips level with the deck. Lower the leg back to the deck in a quick and powerful manner, stopping just short of contact, step forward with that leg, and repeat with the opposite leg.

INCHWORM



KEY INFO

Major Muscles
Hamstrings, Lumbar Spine

Related Exercises
Bear Crawl

COACH TIP

Encourage active/braced breathing during the movement, to facilitate a rigid core.

PREPARATION

Start standing tall with hands by their sides.

EXECUTION

Bend at the hips and place the hands flat on the deck, keeping the legs as straight as possible. Walk the hands out while their hips go up. Then walk the feet towards the hands until you reach them, or the knees start to bend while keeping the hands flat on the deck. Repeat the movement until they reach the designated distance.

LATERAL SQUAT WAVE



KEY INFO

Major Muscles

Glutes, Quadriceps, Hamstrings, Adductors

Related Exercises

Cross-Over Lunge

COACH TIP

Emphasize that the Marine's center of mass should remain low, in a squat/crouched position throughout the movement. This results in a great stimulus as each position requires some isometric control

PREPARATION

Start standing with feet shoulder width apart. Stand sideways to travel from cone to cone.

EXECUTION

Squat and then step out laterally, maintaining your bodyweight over the trailing leg. As the lead leg extends, will transition their body weight from the trailing leg to the lead leg. The shoulders and toes will face forward throughout the movement. Once transitioned, bring the trailing leg back into the squat position and repeat the movement.

MONSTER WALK



KEY INFO

Major Muscles

Glutes, Abductors, Adductors

Related Exercises

Frankenstein

COACH TIP

Emphasize the use of the hip abductors and glutes, this is a muscle activation exercise not a MetCon.

PREPARATION

Start standing tall with hands behind your ears.

EXECUTION

Take a step forward and flex at the hip with horizontal abduction, the knee should be at hip height. Horizontally adduct the lifted leg with the knee remaining above the hip. Return the lifted leg to the deck, step forward with that leg, and repeat the movement on the opposite side.

WALKING KNEE HUG



KEY INFO

Major Muscles
Glutes, Hamstrings

Related Exercises
Walking Quad Stretch, Walking Leg Cradle

COACH TIP

Bring the leg to the chest, not dropping the chest to the leg.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Bring one knee up and grasp it with both hands, pulling it up to the chest while keeping the foot of the standing leg flat on the deck. Lower the raised leg and step onto that leg. Bring the opposite knee up to the chest.

WALKING LEG CRADLE



KEY INFO

Major Muscles
Hip External Rotation

Related Exercises
Walking Knee Hug, Walking Quad Stretch

COACH TIP

Bring the leg to the chest, not dropping the chest to the leg.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Bring one leg up, holding the ankle with one hand and placing the other on the knee. Slightly pull up at the ankle and push down on the knee while at the same time keeping the foot of the standing leg flat on the deck. Lower the raised leg and step onto that leg. Bring the other leg up and repeat the exercise.

WALKING LUNGE W/ SIDE REACH



KEY INFO

Major Muscles
Lats, Hip Flexor, Glutes, Quadriceps, Hamstrings

Related Exercises
Walking Lunge w/ Twist, Walking Lunge-Elbow to Instep

COACH TIP

Marines commonly forget which hand to reach with, preemptively cue them to reach with the correct hand

PREPARATION

Stand with feet hip width apart.

EXECUTION

Step out with one leg and drop the hips toward the deck, keeping the rear leg straight, front knee behind the toe, front foot flat and the chest up. At the bottom of the lunge, reach up with the opposite hand of the forward leg as high as you can and then over. step up on the forward leg and repeat on the other side.

WALKING LUNGE W/ TWIST



KEY INFO

Major Muscles

T-Spine, Hip Flexor, Glutes, Quadriceps, Hamstrings

Related Exercises

Walking Lunge w/ Side Reach, Walking Lunge-Elbow to Instep

COACH TIP

Ensure the rotation is coming from the thoracic spine.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Step out with one leg and drop the hips toward the deck, keeping the rear leg straight, front knee behind the toe, front foot flat and the chest up. At the bottom of the lunge, twist toward the leg that is in front. Twist back to the center, stand up on the forward leg, and repeat on the other side.

WALKING LUNGE-ELBOW TO INSTEP



KEY INFO

Major Muscles

Hip Flexor, Glutes, Quadriceps, Hamstrings

Related Exercises

Walking Lunge w/ Side Reach, Walking Lunge w/ Twist

COACH TIP

Ensure the rotation is coming from the thoracic spine.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Step out with one leg and drop the hips toward the deck, keeping the rear leg straight, front knee behind the toe, and the front foot flat. Place the opposite hand of the leg going forward flat on the deck. Bring the other elbow inside of the lunged knee. Return to the starting position then repeat with the opposite leg.

WALKING QUAD STRETCH



KEY INFO

Major Muscles

Quadriceps

Related Exercises

Walking Knee Hug, Walking Leg Cradle

COACH TIP

Over-extending at the lumbar spine is a common error which reduces the effectiveness of stretch on the quadriceps and hip flexors - Try to maintain neutral spine during the stretch

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Bring one leg up in front of them, grasp the ankle, and pull the foot back behind you. Keep the chest up, the knees together, and hold for a 1 count. Lower the foot, step forward, and repeat on the opposite side.

TRANSIT MOBILITY

DEFINITION

Transit mobility is the third warm-up phase and consists of traveling drills performed over distance. This category includes skips, shuffles, backpedaling, strides, bounds, and similar movements that gradually increase speed while the body is in motion.

SIGNIFICANCE

This phase bridges controlled in-place work and higher-intensity output by increasing heart rate, rhythm, and coordination while ramping speed. It prepares the nervous system and connective tissue for faster running and plyometric demands. Common errors include accelerating too quickly, allowing technique to degrade as speed increases, and failing to control landings and posture during bounds and skips.

MILITARY RELEVANCE

Operational movement rarely occurs in a static stance. Transit drills prepare Marines for moving efficiently while changing direction, negotiating terrain, and managing load—demands that show up in conditioning, obstacle courses, and movement under gear.

TRAINING INTENT

Use distance and gradual speed increases to prepare for the session's intensity. Standards are controlled posture, clean foot contact, stable trunk position, and consistent coordination at the chosen speed. The goal is readiness and tissue preparation—not fatigue.

IN THIS SECTION

- A-Skip
- Back Peddle Reach
- Butt-Kickers
- Carioca
- High Knees
- Lateral Shuffle
- Power Skip (Distance)
- Power Skip (Height)
- Side Slide w/Arm Swing
- Straight Leg Shuffle
- Strides/Build Up Series

A-SKIP**KEY INFO****Major Muscles**

Glutes, Hamstrings, Quadriceps

Related Exercises

B-Skip, High Knees, Butt-Kickers

COACH TIP

To regress this exercises you can slow the tempo down into a slow march, where speed and tempo are gradually increased until the Marine has the rhythm and coordination to complete at full speed

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Raise your left knee to hip height with the hip, knee, and ankle at 90 degrees. Drive your left leg down contacting the ground under the hip. When the left foot makes contact the right knee will raise up while hopping off the ground with the left foot. Alternate these steps with each side for the prescribed distance.

BACK PEDDLE REACH**KEY INFO****Major Muscles**

Glutes, Hamstrings, Quadriceps

Related Exercises

A-Skip, B-Skip, High Knees, Butt-Kickers

COACH TIP

Controlled steps while reaching under the hips, cueing smooth deceleration and avoiding excessive trunk lean or spinal extension as fatigue increases.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Take a step backward, reaching the leg back as far as you can and making ground contact as far behind the hip as possible. While back peddling, lean forward slightly.

BUTT-KICKERS



KEY INFO

Major Muscles

Hip Flexors, Glutes, Hamstrings, Quadriceps

Related Exercises

High Knees, Straight Leg Shuffle, Lateral Shuffle

COACH TIP

Emphasize quick heel recovery under the hips rather than maximal heel height, maintaining upright posture to prevent overextension or excessive spinal motion.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Trace the stance leg with your opposite ankle bone while flexing at the knee and the hip. Attempt to get the heel to the glute. Alternate this movement attempting to accumulate as many repetitions as possible.

CARIOCA



KEY INFO

Major Muscles

T-Spine, Lumbar Spine

Related Exercises

Side Slide w/Arm Swing

COACH TIP

Emphasize smooth hip rotation with the torso facing forward, cueing rhythm and coordination over speed, as excessive trunk rotation or rushing the pattern often degrades movement quality.

PREPARATION

Start standing tall with your arms extended out the sides and the palms facing up. Stand facing towards the side and cover prescribed distance.

EXECUTION

Take a quick step with the left foot behind the right foot. Bring the right foot over parallel to the left foot, and then cross the left foot over the right foot, repeating for a designated distance. The movement comes from the hips; the upper body should not rotate.

HIGH KNEES



KEY INFO

Major Muscles

Hip Flexors, Glutes, Hamstrings, Quadriceps

Related Exercises

Straight Leg Shuffle, Butt-Kickers, Lateral Shuffle

COACH TIP

Cue tall posture and rhythmic knee lift driven by hip flexion, monitoring for lumbar extension or loss of coordination as fatigue increases.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Alternate raising one knee at a time to hip height, maintaining 90-degrees at the ankle, knee, and hip. The arms will be moving in opposition with the legs and the torso will remain erect. Repeat this motion, trying to accumulate as many ground contacts as possible.

LATERAL SHUFFLE



KEY INFO

Major Muscles

Glutes, Quadriceps, Hamstrings, Adductors, Abductors

Related Exercises

Straight Leg Shuffle, Butt-Kickers, High Knees

COACH TIP

Maintain a low, athletic stance with hips and shoulders square, cueing push-off from the outside leg.

PREPARATION

Start in an athletic position with the hips low and the chest up. Stand facing towards the side and cover prescribed distance.

EXECUTION

Maintain the athletic position while traveling laterally, pushing off the back foot trying to keep your feet the same distance apart the whole time.

POWER SKIP (DISTANCE)



KEY INFO

Major Muscles

Glutes, Hamstrings, Quadriceps

Related Exercises

Power Skip (Height)

COACH TIP

Cue horizontal projection through the hips with a slight forward lean from the ankles.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Skip forward, staying close to the ground and trying to cover as much distance as possible. Drive opposite knee and arm while dorsiflexing the foot that is driving.

POWER SKIP (HEIGHT)



KEY INFO

Major Muscles

Glutes, Hamstrings, Quadriceps

Related Exercises

Power Skip (Distance)

COACH TIP

Emphasize vertical force production through a stiff ankle and aggressive knee drive.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Skip forward, trying to get as high as possible with each movement. Drive opposite knee and arm while dorsiflexing the foot that is driving.

SIDE SLIDE W/ARM SWING



KEY INFO

Major Muscles

Glutes, Quadriceps, Hamstrings, Adductors, Abductors, Pectoralis, Deltoids

Related Exercises

Carioca

COACH TIP

Ensure a neutral spine is maintained throughout.

PREPARATION

Start in an athletic position with the hips low and the chest up. Stand facing towards the side and cover prescribed distance.

EXECUTION

Side shuffle, letting your arms swing free and cross over in front of you and overhead. Keep your arms loose throughout the movement.

STRAIGHT LEG SHUFFLE



KEY INFO

Major Muscles

Hip Flexors, Glutes, Hamstrings

Related Exercises

High Knees, Butt-Kickers, Lateral Shuffle

COACH TIP

Emphasize stiffness through the ankle, cueing rapid ground contact while maintaining an upright torso to avoid compensatory lumbar motion.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Begin the drill by lightly jogging forward while keeping the leg straight with an unlocked knee and ankles dorsiflexed. Pull the foot under the hips and swing the arms at the shoulder. Repeat using a continuous turnover on each side.

STRIDES/BUILD UP SERIES



KEY INFO

Major Muscles

Glutes, Hamstrings, Quadriceps

Related Exercises

Harness Resisted Sprint, Partner Resisted Sprint

PREPARATION

Start in the standing position with feet hip width apart.

COACH TIP

Carefully consider your Marine's prior exposure to sprints, when programming this exercise. A surprisingly low amount of volume can be sufficient for those not used to sprinting.

EXECUTION

Run at progressive efforts (50%, 75%, 100%) for 25yds each with slight rest between efforts.

DYNAMIC MOBILITY

DEFINITION

Dynamic mobility is the final warm-up phase and includes higher-intensity plyometrics and ballistic mobility drills performed through large ranges of motion at speed. The emphasis is fast, coordinated movement that prepares Marines for high-output running, jumping, lifting, or combatives tasks.

SIGNIFICANCE

This phase increases readiness by improving movement speed, elastic qualities, and the ability to tolerate rapid loading and unloading. It also reinforces the positions required for safe, powerful movement when intensity peaks. Common issues include using drills that exceed skill level, progressing intensity beyond what the session requires, and allowing sloppy landings or uncontrolled ranges.

MILITARY RELEVANCE

High-output movement demands occur during sprinting, rapid changes of direction, obstacle negotiation, and close-range engagements that require quick transitions and body control. Dynamic mobility prepares Marines to move fast without losing alignment or coordination.

TRAINING INTENT

Select drills that match the day's training demands and the group's proficiency. Standards are crisp movement, controlled landings, stable trunk position, and range of motion that remains controlled at speed. This phase should increase readiness for the main event without degrading performance through excessive volume.

IN THIS SECTION

- Burpee
- Frog Thrust w/Jump
- Groiners
- Jump Thrust
- Mountain Climbers
- Speed Skaters
- Split Squat Drops
- Squat Drops

BURPEE



KEY INFO

Major Muscles

Core, Glutes, Hamstrings, Quadriceps, Pectoralis, Deltoids, Triceps

Related Exercises

Jump Thrust, Frog Thrust w/ Jump

COACH TIP

Use short, repeatable bouts with clear movement standards, as technique degradation can occur rapidly under metabolic fatigue.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Bend down so that your hands and feet are flat on the deck, placing the hands inside of the feet. Kick the legs back into the push-up position and perform a push-up. Return the feet back to the outside of the hands, keeping the hands flat on the deck, and jump straight up.

FROG THRUST W/JUMP



KEY INFO

Major Muscles

Core, Glutes, Hamstrings, Quadriceps

Related Exercises

Burpee, Jump Thrust

COACH TIP

Actively engage the core and shoulders during transitions.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Squat down, placing your hands flat on the deck between your legs, and kick your legs back into a push-up position. Then bring both feet back outside the palms and jump as high as possible. When you land, drop into a squat and repeat.

GROINERS



KEY INFO

Major Muscles

Core

Related Exercises

Mountain Climbers

COACH TIP

Actively engage the core and shoulders during transitions.

PREPARATION

Start in the high plank position.

EXECUTION

Bring one foot to the outside of the same side hand. Kick that foot back and then bring the other foot up to the outside of the opposite hand.

JUMP THRUST



KEY INFO

Major Muscles

Core, Glutes, Hamstrings, Quadriceps

Related Exercises

Burpee, Frog Thrust w/ Jump

COACH TIP

Actively engage the core and shoulders during transitions.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Squat down, placing your hands flat on the deck in front of your toes, and kick your legs back into a push-up position. Then bring both feet back behind the palms and jump as high as possible. When you land, drop into a squat and repeat.

MOUNTAIN CLIMBERS



KEY INFO

Major Muscles

Core

Related Exercises

Groiners

COACH TIP

Ensure the core remains rigid and the hips don't sag.

PREPARATION

Start in the high plank position.

EXECUTION

Bring one knee up to your chest, hovering the foot over the deck, and then return it to the starting position. Continue to alternate sides, keeping the back flat while performing the movement.

SPEED SKATERS



KEY INFO

Major Muscles

Glutes, Hamstrings, Quadriceps, Abductors, Adductors

Related Exercises

Hurdle Hops-Lateral, Hurdle Hops-Lateral (SL)

COACH TIP

Emphasize powerful lateral push-off with controlled single-leg landings, cueing hip stability and quiet foot contact on landing.

PREPARATION

Start in the standing position with feet hip width apart.

EXECUTION

Bend at the knees and lean slightly forward with a straight back. Bound to the right, landing on the right leg. The left leg will come near their right ankle, but the left foot should not touch the deck. Then bound to the left, landing on the left leg, and bringing the right leg near the left ankle while prevent the right foot from touching the deck. Swing the arms while performing this movement to help maintain balance.

SPLIT SQUAT DROPS



KEY INFO

Major Muscles

Glutes, Hamstrings, Quadriceps

Related Exercises

Squat Drops

COACH TIP

The intent is to safely expose the lower body to artificially increased peak forces, ensure Marines are quickly dropping their center of mass and coming to an abrupt stop and the bottom position

PREPARATION

Start in the standing position with feet together.

EXECUTION

Triple extend up on the toes reaching up towards the sky and drop into a lunge, keeping the knee over the ankle, the front foot flat, and the rear knee off the deck. In one motion, jump back to the starting position and repeat the movement on the other side.

SQUAT DROPS



KEY INFO

Major Muscles

Glutes, Hamstrings, Quadriceps

Related Exercises

Split Squat Drops

COACH TIP

The intent is to safely expose the lower body to artificially increased peak forces, ensure Marines are quickly dropping their center of mass and coming to an abrupt stop and the bottom position

PREPARATION

Start in the standing position with feet together.

EXECUTION

Triple extend up on the toes reaching up towards the sky then quickly drop into a squat. From the bottom, stand up and return to the starting position.

CORE

DEFINITION

The Core library contains trunk-focused movement patterns used to develop strength, control, and stability of the torso and pelvis across multiple planes of motion.

SIGNIFICANCE

Trunk training supports posture, force transfer, and controlled movement under load and fatigue. The library separates trunk movement patterns from stability patterns to help instructors select exercises that match the goal.

MILITARY RELEVANCE

Marines rely on trunk control during load carriage, ground-based transitions, lifting, sprinting, and partner tasks where posture and balance must be maintained under external forces.

TRAINING INTENT

This library distinguishes between trunk movement, trunk/pelvic stability holds, and transverse-plane rotation to improve exercise selection and coaching clarity.

MOVEMENT PATTERNS

- Core
- Plank
- Rotation

CORE

DEFINITION

Core, as a movement pattern in this guide, includes trunk-focused exercises that emphasize spinal flexion, spinal extension, and lateral flexion, as well as related patterns that rely heavily on hip flexion with the trunk acting as a stabilizer. These are exercises that do not fit cleanly into the plank category (primarily stability and tension) or rotation (primarily transverse-plane rotation).

SIGNIFICANCE

Training trunk movement builds strength and control through ranges of motion that show up during ground-based transitions, bending, reaching, and position changes. It also develops local muscular endurance of the anterior and posterior trunk and helps coordinate the hips and trunk during repeated efforts. Common issues include substituting motion from the lumbar spine when it should come from the hips (or vice versa), losing pelvic control, and using speed to compensate for limited strength or range.

MILITARY RELEVANCE

Trunk flexion/extension and lateral flexion are used during repeated transitions between standing, kneeling, prone, and seated positions; bending and reaching to handle equipment; and maintaining control while moving under load in constrained spaces. Hip-flexion-dominant core work also supports sustained movement demands such as stepping, climbing, and carrying where trunk position must remain controlled while the legs work

TRAINING INTENT

In this guide, core movement exercises are used to develop controlled spinal motion where appropriate, and controlled trunk positioning when the hips are the primary driver. We prioritize smooth reps, appropriate range, and consistent pelvic control before adding load, speed, or volume. The standard is deliberate movement without uncontrolled lumbar extension/rotation, and without compensations that shift work away from the intended musculature.

IN THIS SECTION

- Abdominal Crunch
- Buddy Leg Raise
- Flutterkicks
- Hanging Leg Raises
- Med Ball Partner Toss
- Med Ball V-Up
- Prone Superman
- Sit and Reach
- Toe Touches
- TRX Atomic Push-ups
- TRX Pike
- V-Ups

ABDOMINAL CRUNCH



KEY INFO

Major Muscles

Abdominals

Related Exercises

Med Ball V-Up, Toe Touches, Flutterkicks, Buddy Leg Raise

PREPARATION

Lay on your back, with knees bent, and feet flat on the deck. Arms crossed over the chest, hands grasping biceps. Head slightly off the deck.

EXECUTION

Lift the torso off the deck until the forearms touch the thighs. Slowly lower back to the starting position and repeat the motion as prescribed.

COACH TIP

For most abdominal flexion exercises, it is important to control the eccentric portion of the movement, to maximize strength/hypertrophy gains - but also for safety.



BUDDY LEG RAISE**KEY INFO****Major Muscles**

Abdominals

Related Exercises

Abdominal Crunch, Flutterkicks, Buddy Leg Raise, Toe Touches

COACH TIP

Partner may push off in diagonal directions to shift focus to obliques.

PREPARATION

Lay on your back with a partner standing over your head. Grasp your partner's ankles.

EXECUTION

Curl the abdomen and raise both legs together upwards, bending at the waist. At the peak of the contraction, the partner will push the feet back down from the top.



FLUTTERKICKS



KEY INFO

Major Muscles

Abdominals

Related Exercises

Abdominal Crunch, Toe Touches, Flutterkicks, Buddy Leg Raise

PREPARATION

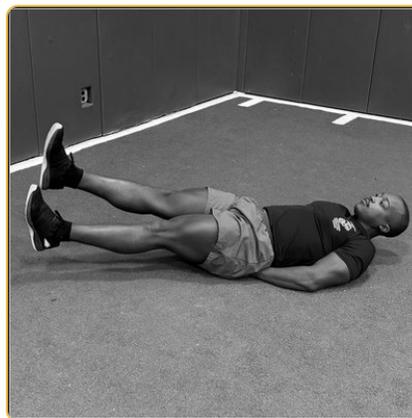
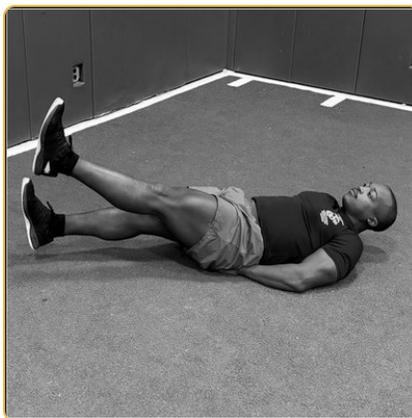
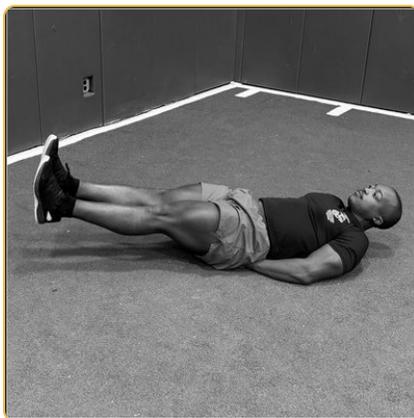
Lay on your back, with hands underneath the glutes and legs fully extended hovering 6 inches off the deck. The head should remain slightly off the deck the entire movement.

COACH TIP

Maintain lumbar contact with the floor and ribs down throughout, reducing range or tempo if anterior pelvic tilt or hip flexor dominance replaces controlled trunk engagement.

EXECUTION

Alternating each leg, begin raising each leg approximately 18 inches up and down in a scissor fashion. The legs should be kept straight and ankles dorsiflexed.



HANGING LEG RAISES



KEY INFO

Major Muscles

Abdominals

Related Exercises

Abdominal Crunch, Flutterkicks, Buddy Leg Raise, Toe Touches

PREPARATION

Perform a "dead hang" on a pull-up bar.

EXECUTION

With locked knees, raise both legs straight up to form at least a 90 degree hip angle. Slowly lower the legs to return to the start position.

COACH TIP

Limit swaying motion.



MED BALL PARTNER TOSS



KEY INFO

Major Muscles

Abdominals

Related Exercises

Abdominal Crunch, Toe Touches, Flutterkicks, Buddy Leg Raise

COACH TIP

Maintain a neutral spine and tall posture.

PREPARATION

Sit on the deck holding a medicine ball with legs slightly bent and feet held 6 inches off the deck. Your partner standing directly in front.

EXECUTION

Continuously toss the med ball back and forth with your partner, maintaining the starting position



MED BALL V-UP**KEY INFO****Major Muscles**

Abdominals

Related Exercises

Abdominal Crunch, Toe Touches, Flutterkicks, Buddy Leg Raise

COACH TIP

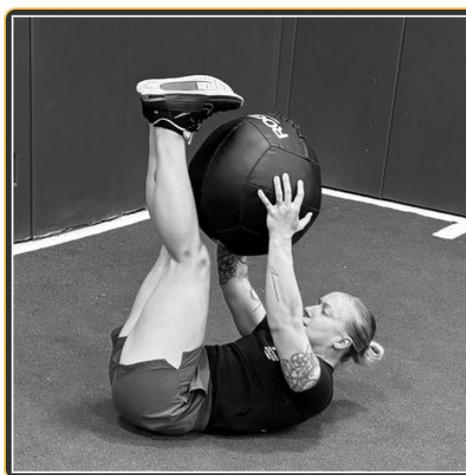
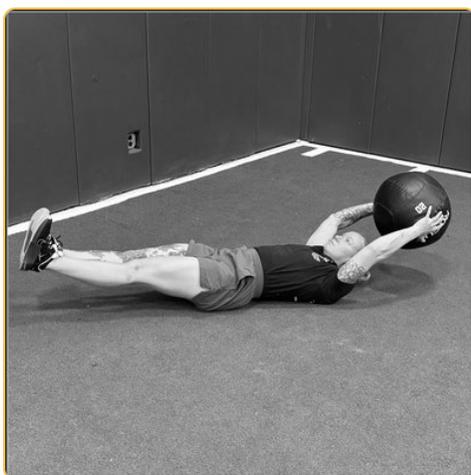
Initiate the movement by bracing the trunk and lifting through the hips and shoulders simultaneously.

PREPARATION

Lay on your back grasping a medicine ball. Fully extend your arms and legs vertically, holding the med ball over your shoulders. Slightly lift the head off the deck.

EXECUTION

Simultaneously, raise both medball and feet, as high as possible, until they meet at the apex above your body. Keep the knees locked throughout, rotating around the pelvis and glutes. Slowly lower the med ball and legs back to the starting position.



PRONE SUPERMAN



KEY INFO

Major Muscles

Erector Spinae

Related Exercises

IYTs, Bird-Dogs, Bent Over Lateral Raises

PREPARATION

Lay on your stomach with forehead resting on the fist of one hand. The other hand is extended in a "thumbs-up" position.

EXECUTION

Simultaneously, raise the extended arm and opposite leg into the air. Elbow and knee locked. Pause at the peak contraction before returning to the starting position.

COACH TIP

Keep the elbow and knee as straight as possible, emphasizing the muscular contraction from the glutes and posterior shoulder to raise the limbs.



SIT AND REACH



KEY INFO

Major Muscles

Abdominals

Related Exercises

Bicycle crunches, V-Ups, Kayaks

PREPARATION

Lay on your back, with knees bent, and feet flat on the deck. Arms extended overhead. Head slightly off the deck.

EXECUTION

Lift the torso off the deck and extend the arms overhead, reaching for the sky, biceps next to ears. Return to the starting position.

COACH TIP

Emphasize pulling the belly-button to the knees to facilitate flexion.

TOE TOUCHES



KEY INFO

Major Muscles

Abdominals

Related Exercises

Abdominal Crunch, Flutterkicks, Buddy Leg Raise

PREPARATION

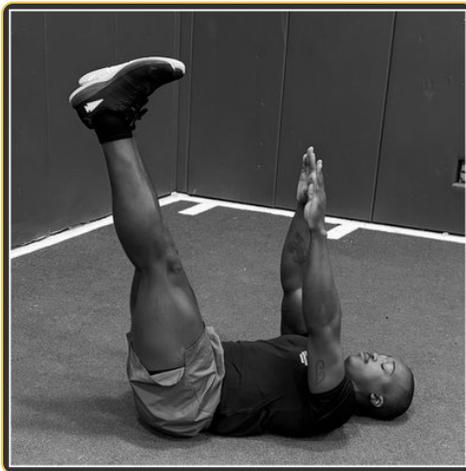
Lay on your back with legs extended straight up in the air, bent 90 degrees at the hip. With the back still on the ground, arms outstretched towards the feet.

EXECUTION

Curl the abdomen and torso as you reach and extend your arms to your toes. Shoulder blades should come off the deck and fingers should touch the toes at the top of the contraction. Lower the shoulderblades back to the deck to return to the starting position.

COACH TIP

Head should remain off the deck the entire movement.



TRX ATOMIC PUSH-UPS



KEY INFO

Major Muscles

Abdominals, Chest, Triceps

Related Exercises

Abdominal Crunch, Flutterkicks, Buddy Leg Raise, Toe Touches, Hanging Leg Raises

PREPARATION

Set TRX handles to knee height. Insert feet into TRX straps toes first. Assume a plank position with hands directly under the shoulders.

EXECUTION

Perform a push-up. After completion, pull both knees up and under the body towards the chest (a reverse crunch). Extend legs back out to the plank position to return to the starting position.

COACH TIP

Limit sagging of the back.

TRX PIKE



KEY INFO

Major Muscles
Abdominals

Related Exercises
TRX Plank on Elbow

PREPARATION

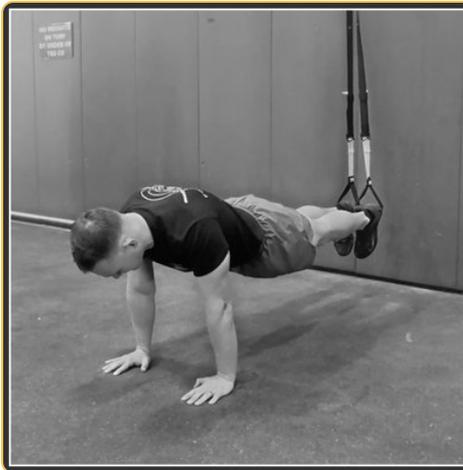
Set TRX handles to mid-shin height. Insert feet into TRX straps toes first. Assume a plank position with hands directly under the shoulders.

COACH TIP

Initiate the movement by actively pulling the pelvis toward the ribs while maintaining shoulder stability, and reduce range or tempo if lumbar flexion or shoulder dumping replaces controlled trunk engagement.

EXECUTION

Lift the hips up and pull both feet under the body toward the hands, making sure the hips raise towards the sky while keeping the legs locked. Slowly lower the hips to return to the starting position.



V-UPS



KEY INFO

Major Muscles
Abdominals

Related Exercises
Bicycle crunches, Kayaks, Sit and Reach

PREPARATION

Lay on your back fully extending your arms and legs vertically. Slightly lift the head off the deck.

COACH TIP

Marines can add weight (Medball), by grasping with both hands, to increase the difficulty or provide stimulus for progressive overload. This can be a regression for Marines who have limited range of motion.

EXECUTION

Simultaneously, raise both hands and feet, as high as possible, until they meet at the apex above your body. Keep the knees locked throughout, rotating around the pelvis and glutes. Slowly lower the arms and legs back to the starting position.

PLANK

DEFINITION

The plank is a trunk and pelvic stability pattern where the body maintains alignment under tension while resisting unwanted motion. In this guide, plank work primarily trains anti-extension, anti-rotation, and lateral stability rather than repeated spinal flexion/extension or rotation.

SIGNIFICANCE

Plank training develops the ability to brace and maintain alignment under sustained tension, which supports force transfer between the upper and lower body. It reinforces trunk stiffness and shoulder support without relying on spinal movement. Common errors include sagging at the hips, excessive lumbar extension, shrugged shoulders, and holding positions beyond the ability to maintain alignment.

MILITARY RELEVANCE

Plank capacity supports maintaining posture under load carriage, bracing during impact or sudden movement, and sustaining stable positions during prolonged work in standing, kneeling, or prone. It also supports tasks where the limbs must produce force while the trunk stays organized, such as crawling, climbing, and repeated ground-to-stand transitions.

TRAINING INTENT

We train planks as quality-based holds: alignment and bracing come first, duration comes second. Progressions increase time, change lever arms, or add perturbations only when the standard is met: neutral trunk position, controlled pelvic position, active shoulder support, and steady breathing without loss of posture.

IN THIS SECTION

- Farmer Carry
- Plank
- Sandbag Lateral Bag Drag
- Side Plank
- TRX Plank on Elbow

FARMER CARRY



KEY INFO

Major Muscles

Core, Forearms

Related Exercises

Suitcase Carry

PREPARATION

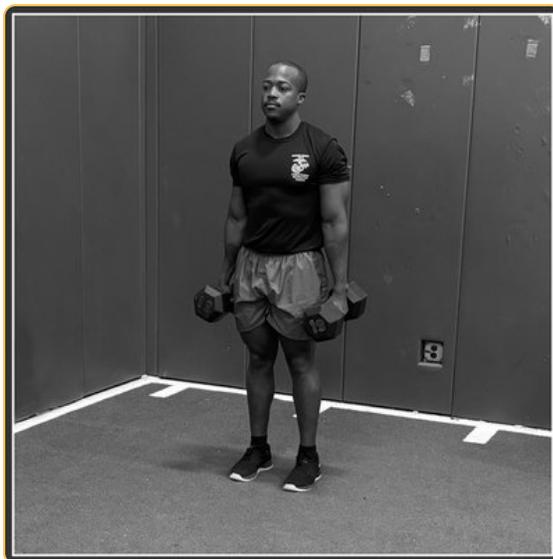
Grasp two dumbbells (or other similar weight implement) with a neutral grip. Stand tall with a neutral spine. Weights held at the side.

EXECUTION

While maintaining an active core and neutral spine, walk forward naturally without leaning to one side or the other.

COACH TIP

Can be modified by using only one weight implement, a suitcase carry.



PLANK



KEY INFO

Major Muscles

Abdominals, Core

Related Exercises

Side Plank, Sandbag Lateral Bag Drag

PREPARATION

Lay flat on the deck, face down, with forearms approximately shoulder width apart and palms flat on the deck or in a fist.

COACH TIP

The neck and head should remain neutral. Encourage Marines to release and relax the muscles of the neck and face to reduce unnecessary strain.

EXECUTION

Lift and hold the torso up from the deck, creating a straight line from head to feet. Isometrically hold for prescribed duration.



SANDBAG LATERAL BAG DRAG**KEY INFO****Major Muscles**

Abdominals, Obliques, Core

Related Exercises

Plank, Side Plank

PREPARATION

Assume a plank position, face down on the deck, with forearms approximately shoulder width apart and palms flat on the deck, creating a straight line from head to feet. The desired weighted bag under the left armpit, within reach of the right hand.

COACH TIP

Do not let hips rotate or sag.

EXECUTION

Lift the right arm off the deck, grab the bag and drag it to the opposite side. Swap hand positions, with the right arm on the deck, grab the bag with the left hand to return it to the starting position.

SIDE PLANK



KEY INFO

Major Muscles

Abdominals, Core

Related Exercises

Plank

PREPARATION

Lay on your left or right side, resting the same side forearm and hip on the deck.

EXECUTION

Lift and hold the torso up from the deck, creating a straight line from head to feet. Isometrically hold for prescribed duration.

COACH TIP

Ensure the lumbar spine and hip position remains neutral, often people "cheat" by creating a small amount of hip flexion



TRX PLANK ON ELBOW**KEY INFO****Major Muscles**

Abdominals, Core

Related Exercises

TRX Pike

PREPARATION

Set TRX handles to mid-shin height. Insert feet into TRX straps toes first. Assume a plank position with forearms directly under the shoulders.

COACH TIP

Maintain a rigid rib-to-pelvis position and minimize strap sway. Keep the head and neck relaxed.

EXECUTION

Lift and hold the torso up from the deck, creating a straight line from head to feet. Isometrically hold for prescribed duration.



ROTATION

DEFINITION

Rotation is a trunk and hip pattern involving controlled turning in the transverse plane, or resisting that turning when force is applied. In this guide, rotation work focuses on spinal/torso rotation and anti-rotation, distinct from plank-based stability holds and from core exercises that emphasize flexion/extension or lateral flexion.

SIGNIFICANCE

Rotational capacity improves the ability to generate and absorb force across planes while maintaining trunk integrity. It supports coordination between hips, trunk, and shoulders and reduces “energy leaks” during tasks requiring turning, reaching, or redirecting force. Common breakdowns include rotating primarily through the low back, losing pelvic control, and moving without bracing—especially under load or speed.

MILITARY RELEVANCE

Rotation shows up when changing direction under load, repositioning equipment from one side to the other, negotiating obstacles, and responding to unpredictable external forces. It also supports close-range tasks that require controlling another person or object and maintaining balance while force is applied from varying angles.

TRAINING INTENT

We start with controlled ranges and positions that teach proper sequencing (hips and trunk working together) and the ability to brace while rotating or resisting rotation. Progressions add load, speed, or complexity once athletes can rotate without excessive lumbar motion, loss of balance, or compensations that shift work away from the intended pattern.

IN THIS SECTION

- Band Standing Twist
- Bicycle crunches
- Hanging Oblique Knee Raises
- Kayaks
- Med Ball Russian Twist
- Med Ball Standing Side Toss
- Med Ball Wood Choppers

BAND STANDING TWIST



KEY INFO

Major Muscles
Abdominals, Core

Related Exercises
Med Ball Russian Twist

PREPARATION

Loop a band around an immovable object about chest height. Standing off at a 90 degree angle from the anchor point, arms extended, hold the band with both hands such that there is some tension.

COACH TIP

Rotate through the thoracic spine while keeping the hips and pelvis quiet.

EXECUTION

With arms locked, rotate your core from one side horizontally across your body to the other side, pivoting on the foot closest to the anchor point.



BIYCLE CRUNCHES



KEY INFO

Major Muscles
Abdominal, obliques, core

Related Exercises
V-Ups, Kayaks, Sit and Reach

PREPARATION

Lay on your back with your hands interlocked behind your head and your knees stacked over your hips, knees bent at a 90 degree.

COACH TIP

Ensure Marines' elbows touch their opposite knee and shoulders off the deck.

EXECUTION

Alternate bringing opposite elbow to opposite knee, while extending the other leg straight. Motion should continue back and forth, each elbow to opposite knee, making contact before going to the other side.

HANGING OBLIQUE KNEE RAISES



KEY INFO

Major Muscles

Abdominals, Obliques, Core

Related Exercises

Hanging Leg Raises, Med Ball Russian Twist, Band Standing Twist

PREPARATION

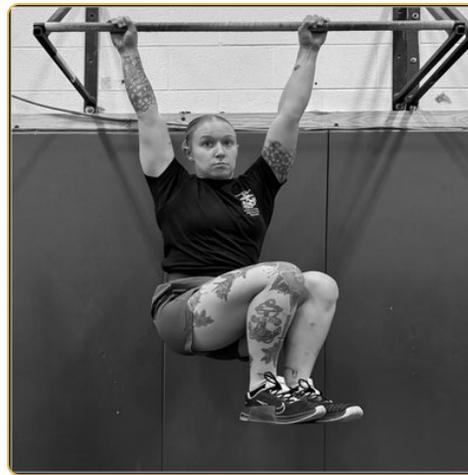
Perform a "dead hang" on a pull-up bar.

EXECUTION

With straight arms, lift your knees up together bringing them above the waist towards on elbow at a time. Lower the knees back to a dead hang and repeat on the opposite side.

COACH TIP

Cue to "engage the movement by pulling your belly-button upwards" helps actively engage the abdominal muscles.



KAYAKS



KEY INFO

Major Muscles

Abdominal, obliques, core

Related Exercises

Bicycle crunches, V-Ups, Sit and Reach

PREPARATION

Sit on the deck legs bent to chest and feet held 6 inches off the deck. Once balanced, place hands in the center over the naval. Maintain a neutral spine throughout.

EXECUTION

While holding the hands and knees to chest, rotate the core and move the hands to touch the deck while extending the legs when rotating on each side of your body. Keep the feet as steady as possible by rotating with control.

COACH TIP

Marines typically reach with their hands, direct them to focus on rotation.

MED BALL RUSSIAN TWIST**KEY INFO****Major Muscles**

Abdominals, Core

Related Exercises

Band Standing Twist

PREPARATION

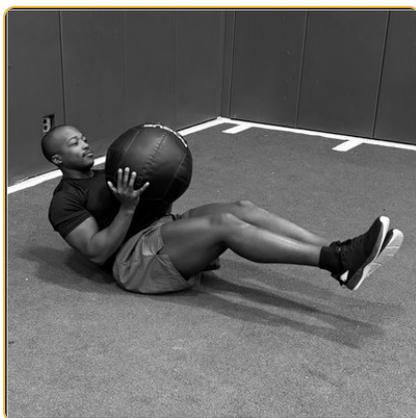
Sit on the deck holding a medicine ball with legs slightly bent and feet held 6 inches off the deck. Once balanced, pick up a medicine ball and hold it centered over the naval. Maintain a neutral spine throughout.

COACH TIP

Ensure the rotation is coming from the spine, and not just the arms reaching

EXECUTION

While holding the med ball, rotate the core and move the medicine ball to touch the deck on each side of your body. Keep the feet as steady as possible by rotating with control.



MED BALL STANDING SIDE TOSS**KEY INFO****Major Muscles**

Abdominals, Obliques, Core

Related Exercises

Med Ball Russian Twist, Band Standing Twist

PREPARATION

Stand with your partner, with heels in line, about 5 feet away. Turn outboard to face opposite directions (such that the left shoulder of one is facing the left shoulder of the other). One partner will start holding the med ball.

COACH TIP

Ensure the Marine's hips and feet turn and pivot, as if conducting a rear-hand punch, to maximize power output

EXECUTION

The partner with the ball will rotate and pivot around their lead leg, to pass the ball in the air to their partner. The receiving partner will catch the ball stopping its momentum, and passing the ball back in the same manner.



MED BALL WOOD CHOPPERS**KEY INFO****Major Muscles**

Abdominals, Obliques, Core

Related Exercises

Med Ball Russian Twist, Band Standing Twist

PREPARATION

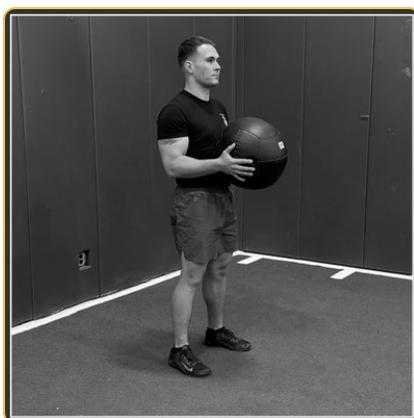
Stand with feet shoulder width apart, knees slightly bent, holding medicine ball in front of your chest.

COACH TIP

Quick and violent movements help to train the body's ability to accelerate and decelerate rotational movements.

EXECUTION

Swing the medicine ball in a diagonal motion across the body, using the core muscles to decelerate the med ball at the end of its path. The speed should be quick and powerful.



FOUNDATIONAL MOVEMENTS

DEFINITION

Foundational Movements includes the primary full-body movement patterns used to develop strength, stability, and coordinated athletic movement.

SIGNIFICANCE

These patterns form the base for safe, repeatable training and provide a common language for coaching and evaluation. They support the ability to produce force, absorb force, and maintain posture under load.

MILITARY RELEVANCE

Foundational movements underpin common demands such as lifting and carrying equipment, climbing, changing levels, and moving efficiently under load across uneven terrain.

TRAINING INTENT

Exercises in this library emphasize consistent positions, controlled mechanics, and scalable progressions that can be trained across proficiency levels.

MOVEMENT PATTERNS

- Push
- Pull
- Squat
- Lunge
- Hinge

PUSH

DEFINITION

Push is an upper-body pattern where force is applied away from the body through the hands or forearms. It includes horizontal pressing (pushing forward), vertical pressing (pushing overhead), and supportive positions where the arms bear load while the trunk stays stable.

SIGNIFICANCE

Push strength supports force production through the shoulders, chest, and triceps while requiring trunk control to transfer force effectively. It contributes to upper-body durability by reinforcing shoulder stability and scapular control under load. Common issues include flared elbows, loss of ribcage/trunk position, excessive shoulder elevation, and pressing through unstable positions that reduce force output and increase irritation risk over time

MILITARY RELEVANCE

Pushing actions show up when getting up from the ground, moving through obstacles, controlling another person at close range, and driving or bracing against external resistance. Push strength also supports tasks where the arms must stabilize the body while loaded or fatigued, such as maintaining posture under gear, supporting movement over uneven terrain, or sustained work in awkward positions.

TRAINING INTENT

In this guide, push exercises progress from stable positions and clean mechanics (scapular control, elbow path, trunk stiffness) to higher loads, longer sets, or more demanding angles. The standard is controlled reps with visible shoulder stability and consistent trunk position; no compensatory arching, shrugging, or loss of alignment as fatigue increases.

IN THIS SECTION

- Around The Worlds
- Barbell Bench Press
- Barbell Overhead Press
- Dive Bombers
- Overhead Dumbbell Triceps Extension
- Push-Up
- Pushup with Release
- TRX Chest Press
- TRX Triceps Press

AROUND THE WORLDS



KEY INFO

Major Muscles

Shoulders

Related Exercises

Barbell Overhead Press

COACH TIP

Ensure the head and neck remain stationary, using the movement of the arms to move the weight.

PREPARATION

Stand tall grabbing a weight plate. Hold the plate in front of your chest, elbows tight to the body.

EXECUTION

Rotate the plate around the outside of your head, clockwise and then counter clockwise. Plate should do an entire rotation around your head before going back the same way.

BARBELL BENCH PRESS**KEY INFO****Major Muscles**

Chest, Triceps, Shoulders

Related Exercises

Push-Up, Barbell Overhead Press, TRX Chest Press, Band Standing Chest Press

PREPARATION

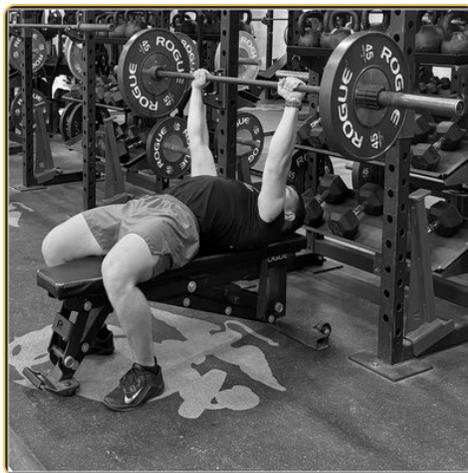
Lay flat on a bench with feet flat on the deck and head, shoulders, and butt in contact with the bench. Retract and depress the scapula during the entire movement. Grasp the bar at or just outside of shoulder width.

COACH TIP

Optimizing grip placement can be done by sliding the grip in/out, at the bottom of the lift (barbell on the chest), looking for a 90-degree angle at the elbow. The bar path should NOT be vertical, it should follow a diagonal or "J" shaped path.

EXECUTION

Extend the chest and maintain depressed and retracted scapula. Unrack the barbell with locked elbows, such that it rests directly over the shoulder joint. Lower the bar to the chest and gently touch the bottom of the sternum or top of the abdomen. At this position the forearms should be vertical. Return to the start position by pressing the bar upwards.



BARBELL OVERHEAD PRESS



KEY INFO

Major Muscles

Triceps, Shoulders

Related Exercises

Push-Up, Barbell Overhead Press, TRX Chest Press, Dumbbell Arnold Press

PREPARATION

May be seated or standing. Grasp the barbell with a shoulder width (or slightly wider) grip. Assume the front-rack position, with the barbell resting in the hand and supported by the front of the shoulder. If standing, stance should be shoulder width apart. Core should be braced to maintain neutral spine throughout.

COACH TIP

Cue to "squeeze the glutes" to maintain lumbar and pelvic control, reducing excessive spinal extension.

EXECUTION

Retract the head backwards and press the barbell overhead. The forearms should maintain vertical position the entire movement. As the barbell passes the face the head can return forward. Once overhead the biceps should be next to the ears with the barbell, shoulders, hip, and feet in-line vertically. From the top, slowly reverse the movement to return to the start position.



DIVE BOMBERS



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Power Ups

COACH TIP

Cue Marines to "Go under the log" to ensure full range of motion. Consider modification from this exercise if this causes back pain.

PREPARATION

Start in the modified front leaning rest position, feet extended outside shoulder width, butt elevated in a downward dog position.

EXECUTION

Descend down, bending at the elbow, as if your head is going under a log, followed by the torso and legs. At which point, begin to raise the head and chest up, extending the arms, keeping the hips low. Return to the starting position the same way.

OVERHEAD DUMBBELL TRICEPS EXTENSION



KEY INFO

Major Muscles

Triceps

Related Exercises

TRX Triceps Press, Tricep Kickbacks, Band Tricep Pressdown

COACH TIP

Do not allow lower back to extend. A single arm variation can be done, with the unloaded hand supporting the elbow overhead.

PREPARATION

May be seated or standing. Grasp a dumbbell with both hands, and extend it overhead, such that the elbows are fully extended and the palms towards the sky.

EXECUTION

Bend at the elbows, allowing the dumbbell to travel behind the head. Lower the weight as far as possible, while the upper arm stays in a vertical position and spine remains neutral. Extend at the elbows to return to the starting position.

PUSH-UP



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

TRX Chest Press, Barbell Bench Press, TRX Knee to Elbow Push-up

PREPARATION

Start in front leaning rest position. Feet hip width apart and neutral spine. Hands shoulder width apart, directly under the shoulders.

COACH TIP

A classic exercise that can be made more difficult by controlling the tempo, adding a pause at the bottom, or elevating the hands such the chest and shoulders can have more range of motion (deficit push-up).

EXECUTION

Lower the entire body to the deck at the same time. Once the chest touches the deck, push back up to the starting position with both arms locking out simultaneously.



PUSHUP WITH RELEASE



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

TRX Chest Press, Barbell Bench Press, TRX Knee to Elbow Push-up

PREPARATION

Start in front leaning rest position. Feet hip width apart and neutral spine. Hands shoulder width apart, directly under the shoulders.

COACH TIP

Re-establish full-body tension before each press by setting the scapulae and bracing the trunk, as loss of tension between reps often leads to lumbar extension and shoulder compensation.

EXECUTION

Descend down until your chest touches the deck. Lift your hands off the deck, extend them forward over your head without touching the ground, and then return them to your normal push-up position. Ascend back up into the front leaning rest.

TRX CHEST PRESS



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Push-Up, Barbell Overhead Press, Barbell Bench Press

PREPARATION

Stand facing away from the anchor point. Grasp the handles with an overhand grip and fully extend the arms to shoulder height. Walk your feet backwards to achieve the desired working angle with the body.

EXECUTION

Retract and depress the scapula during the entire movement. Lower the entire body at the same time, by bending at the elbows. Descend as far as possible or until the handles come in contact with the upper chest. Extend the arms to return to the starting position.

COACH TIP

Walking your feet in/out is an easy way to scale the difficulty of this exercise



TRX TRICEPS PRESS



KEY INFO

Major Muscles

Triceps, Shoulders

Related Exercises

Overhead Dumbbell Triceps Extension, TRX Chest Press, Barbell Bench Press, Band Tricep Pressdown

PREPARATION

Stand facing away from the anchor point. Grasp the handles with an overhand grip and fully extend the arms to shoulder height. Walk your feet backwards to achieve the desired working angle with the body.

COACH TIP

Maintain a rigid plank position with elbows tracking forward, adjusting body angle to preserve shoulder stability and prevent lumbar extension as fatigue accumulates.

EXECUTION

Bend at the elbows until the arms reach approximately 90-degrees, with the hands at the bridge of the nose and wrists straight. Extend the elbows to return to the starting position.

PULL

DEFINITION

Pull is an upper-body pattern where force is applied toward the body through the hands. It includes vertical pulling (pulling down or pulling the body up), horizontal pulling (rowing motions), and loaded carries or holds that require sustained grip and upper-back engagement

SIGNIFICANCE

Pull training develops the upper back, biceps, and forearms while reinforcing shoulder mechanics and posture under load. It improves the ability to control external objects, stabilize the shoulder girdle, and sustain grip during repeated work. Common breakdowns include forward shoulder drift, excessive neck tension, uncontrolled torso movement, and relying on momentum rather than the upper back to initiate and control the pull.

MILITARY RELEVANCE

Pulling capacity is used for climbing and negotiating obstacles, hauling equipment, dragging or assisting a casualty, and controlling loads during movement. It also supports weapon handling and load carriage by contributing to upper-back endurance, scapular stability, and grip performance during prolonged tasks.

TRAINING INTENT

We prioritize full-range control and consistent shoulder mechanics before adding load, speed, or complexity. The standard is deliberate movement with the upper back initiating and controlling the rep, minimal torso compensation, and grip performance that matches task demands, especially during repeated efforts or under external load.

IN THIS SECTION

- Barbell Bent Over Row
- Barbell Shrug
- Bent Over Raises
- Bicep Curl
- Inverted Row
- Pull-up
- TRX Low Row
- Upright Rows

BARBELL BENT OVER ROW



KEY INFO

Major Muscles

Back, Biceps

Related Exercises

Inverted Row, Pull-Up, TRX Low Row, TRX High Row, TRX Single Arm Row

PREPARATION

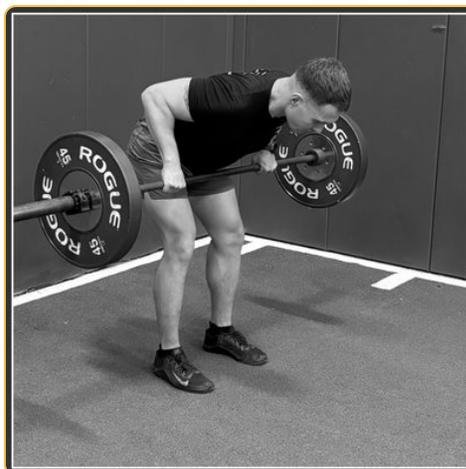
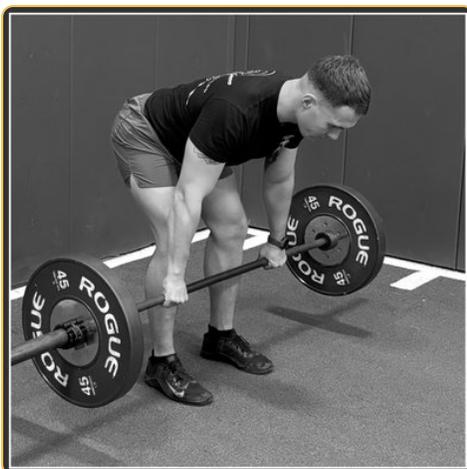
Grasp a barbell with an overhand grip, hands just outside shoulder width. While maintaining a neutral spine, hinge at the hips until the chest is parallel to the deck.

COACH TIP

The natural tendency for ego-lifting is to excessively load the exercise, with a more vertical torso - emphasizing greater trapezius involvement. Reducing the weight and aiming to have the torso as horizontal as possible will better align the actions of the Lats and rhomboids to have a better force profile.

EXECUTION

Without moving the torso or legs, pull the barbell upwards and touch the bottom of the ribcage or top of the abdomen. The forearm should remain vertical throughout. Lower the bar, with control, to return to the starting position.



BARBELL SHRUG



KEY INFO

Major Muscles
Trapezius, Back

Related Exercises
Barbell Bent Over Row

PREPARATION

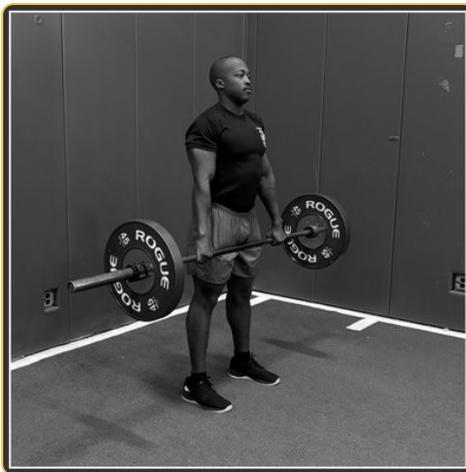
Grasp a barbell with an overhand grip, hands shoulder width. Unrack the barbell such that it hangs from fully extended arms at mid-thigh height.

COACH TIP

Kettlebells, dumbbells, and/or other weight implements can be utilized instead of Barbells.

EXECUTION

Pull the barbell upwards towards the ears, keeping the elbows locked out. Pause briefly at the peak of the contraction and lower the barbell back down to the starting position with control.



BENT OVER RAISES



KEY INFO

Major Muscles
Shoulder

Related Exercises
Barbell Bent Over Row, Inverted Row

PREPARATION

Grasp two dumbbells or light weights, one in each hand, with an overhand grip. While maintaining a neutral spine, hinge at the hips until the chest is parallel to the deck.

COACH TIP

Utilizing weights that are too heavy will shift the focus off the rhomboids and rear-delts, on to the traps and other compensatory muscles. Keep the ego in check, higher rep schemes tend to work better for this exercise.

EXECUTION

While maintaining a slight bend in the elbow, lift both arms rearwards towards the sky by pinching the scapulae together. Pause at the peak of the contraction and slowly lower the weight to the starting position.

BICEP CURL



KEY INFO

Major Muscles

Biceps

Related Exercises

Barbell Bent Over Row, Inverted Row

PREPARATION

Grasp a dumbbell in each hand, palms facing forward. Stand tall with the weights down at your side, arms fully extended.

EXECUTION

Bend at the elbow and curl the dumbbells simultaneously towards the chest, keeping the upper arm next to the rib cage. From the top, reverse the movement under control to return to the starting position.

COACH TIP

Emphasizing the cue to push your pinkie fingers to the sky, at the top of the movement, will help prioritize the biceps brachii - which also has the mechanical action of supination of the wrist.



INVERTED ROW



KEY INFO

Major Muscles

Back, Biceps

Related Exercises

Barbell Bent Over Row, Pull-Up, TRX Low Row, TRX High Row, TRX Single Arm Row

PREPARATION

Position a barbell waist high in an immovable rack. Lie underneath the barbell and grab it with an overhand grip, slightly wider than shoulder width. Hang from the bar, such that the shoulder joint is directly under the barbell. From this inverted and modified plank position, the core should be contracted to maintain rigidity with only the heels touching the deck.

COACH TIP

Initiate the pull by retracting the scapulae to emphasize involvement of the Lats

EXECUTION

Flex at the elbows and retract the scapula to pull the entire torso up to the barbell. Pause at the peak of the contraction and slowly lower yourself back to the starting position.



PULL-UP



KEY INFO

Major Muscles

Back, Biceps

Related Exercises

Barbell Bent Over Row, Inverted Row, Pull-Up, TRX Low Row, TRX High Row, TRX Single Arm Row

COACH TIP

If Marines feel the movement more in the biceps than in the lats, from a dead hang have them focus on initiating the movement with their scapulae.

PREPARATION

Hang from a bar with overhand grip, hands slightly wider than shoulder width.

EXECUTION

Pull the entire body upwards, initiating the movement from the scapula. Continue pulling until the chin comes over the bar, then return to the starting position with control.



TRX LOW ROW



KEY INFO

Major Muscles

Back, Biceps

Related Exercises

Barbell Bent Over Row, Pull-Up, Inverted Row, TRX Low Row, TRX High Row, TRX Single Arm Row

PREPARATION

Stand facing the anchor point and grasp the handles with a neutral grip. Lean backwards and extend the arms to hang from the TRX. The heels should remain in contact with the deck and core engaged to maintain rigidity in this semi-reclined plank position.

COACH TIP

Focus on initiating the movement with the scapulae, by squeezing the shoulder blades together.

EXECUTION

Flex at the elbows and retract the scapula to pull the entire torso up until the knuckles become even with the rib cage. Pause at the peak of the contraction and slowly lower yourself back to the starting position.



UPRIGHT ROWS



KEY INFO

Major Muscles

Delts

Related Exercises

Barbell Bent Over Row, Inverted Row, Pull-Up, TRX Low Row, TRX High Row, TRX Single Arm Row

COACH TIP

Plates can be substituted with a barbell, some Marines might find discomfort in the wrist/elbow, widening or shortening grip width may be helpful before regressing to a different exercise.

PREPARATION

Stand tall, arms extended down with weight hanging down in front of you, hands grasping it.

EXECUTION

Raise the plate up to chin level, keeping it tight to your body, elbows high.

SQUAT

DEFINITION

The squat is a lower-body pattern where the hips and knees bend together to lower the body under control and return to standing while maintaining a stable trunk and balanced foot pressure.

SIGNIFICANCE

Squat strength supports force production and absorption through the hips and knees and reinforces trunk control under load. It develops the capacity to move efficiently in and out of low positions and to manage external loads without losing posture. Common breakdowns include the knees collapsing inward, heels rising, and the trunk tipping forward due to limited mobility or insufficient control.

MILITARY RELEVANCE

Squatting mechanics show up when rising from the ground under load, stepping up and over obstacles, climbing inclines with gear, and lifting or positioning equipment during maintenance. The pattern also supports tasks that require maintaining stability and posture while carrying loads across uneven terrain.

TRAINING INTENT

In this guide, squat exercises are used to build consistent positions first (foot pressure, knee tracking, trunk stiffness), then add range of motion, and finally increase load or tempo as appropriate. The goal is repeatable, controlled reps with a stable trunk and symmetrical movement, especially when fatigued or under external load.

IN THIS SECTION

- Barbell Back Squat
- Barbell Front Squat
- Barbell Lateral Squat
- Barbell Overhead Squat
- Dumbbell Split Squat
- Kettlebell Goblet Lateral Squat
- Plate Step Up
- Squat Jumps
- TRX Pistol Squat

BARBELL BACK SQUAT**KEY INFO****Major Muscles**

Quadriceps, Hamstrings, Glutes

Related Exercises

Goblet Squat, Front Squat, Sandbag Shoulder Squat, Body Weight Squat

PREPARATION

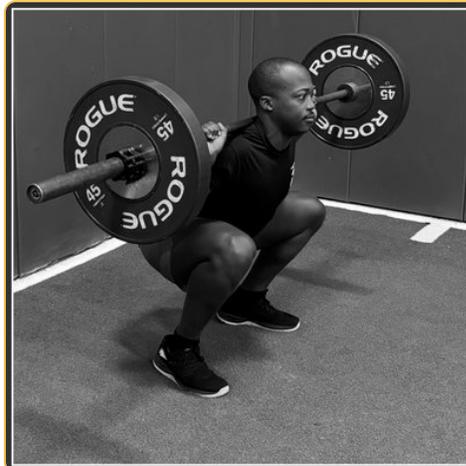
Step under the bar, placing it across the top of the shoulder blades. Stand to unrack and take a step away from the rack. Stand with feet hip to shoulder width apart, and toes slightly out.

EXECUTION

Break at the knees and hips simultaneously, lowering the weight and maintaining even pressure on the feet. Descend as far as possible while keeping the heels on the ground, knees tracking in line with the feet, and torso parallel to the shins. At the bottom, drive into the ground until standing straight.

COACH TIP

For most people, at the bottom of the hole, shin and back angles should be roughly similar. Small plates can be used under the heels to artificially increase dorsiflexion (potential fix if the back angle is too horizontal in above scenario).



BARBELL FRONT SQUAT



KEY INFO

Major Muscles

Quadriceps, Hamstrings, Glutes

Related Exercises

Goblet Squat, Barbell Back Squat, Sandbag Shoulder Squat

PREPARATION

Unrack the bar so the hands are under the bar, palms up, elbows raised as high as possible. The bulk of the weight is supported on the front of the shoulders. Stand with feet hip to shoulder width apart, and toes slightly out.

EXECUTION

Break at the knees and hips simultaneously, lowering the weight and maintaining even pressure on the feet. Decend as far as possible while keeping the heels on the ground, elbows raised as high as possible, and knees tracking in line with the feet. At the bottom, drive into the ground until standing straight.

COACH TIP

If traditional Front rack grip is uncomfortable or inadequate, a cross-grip approach can be used.

BARBELL LATERAL SQUAT



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Lateral Lunge, Split Squat, Kettlebell Goblet Lateral Lunge, Lateral Squat

PREPARATION

Stand with feet wider than shoulder width apart, toes pointed forward. Barbell placed on the back, similar to a back squat, resting on the upper traps and delts.

EXECUTION

Break at the knees and hips simultaneously, descending over one foot, the majority of your weight should be supported by that same foot. Decend as far as possible while keeping both feet flat on the ground and chest up. The opposite side leg will be fully extended with the foot flat on the deck and toes pointing forward. At the bottom, drive into the ground until standing upright in the starting position.

COACH TIP

Maintain an upright torso with even foot pressure, cueing the hips to sit back over the working leg. Limit the load if you observe or experience frontal-plane collapse, knee valgus, or spinal flexion appears. For Marines struggling with mobility, cue to keep working leg slightly forward to assist with limitations.

BARBELL OVERHEAD SQUAT



KEY INFO

Major Muscles

Quadriceps, Hamstrings, Glutes

Related Exercises

Plate Overhead Squat, Goblet Squat, Front Squat

PREPARATION

Grasp the bar with an overhand grip and press it overhead. The bar, when arms are locked out, should be six inches from the top of the head.

When viewed from the side, a vertical line should drop straight down and pass through the shoulder, hip, knee, ankle, and mid foot.

COACH TIP

For most people, the perceived lack of overhead stability can be a lack of dorsiflexion. If the lift appears unstable (or barbell drifting too far forwards), place plates under the heels to artificially increase dorsiflexion.

EXECUTION

Break at the knees and hips simultaneously, lowering the weight and maintaining even pressure on the feet. Decend as far as possible while keeping the heels on the ground, barbell above the center of balance, and knees tracking in line with the feet. At the bottom, drive into the ground until standing straight.



DUMBBELL SPLIT SQUAT



KEY INFO

Major Muscles

Quadriceps, Hamstrings, Glutes

Related Exercises

Dumbbell Split Squat, Goblet Squat, Front Squat, Plate Step Up, TRX Pistol Squat, Dumbbell Single Leg Box Step Down, Dumbbell Single Leg Box Step Up, TRX Split Squat, TRX Pistol Squat

COACH TIP

Ensure the staggered stance is not too narrow, this can lead to instability. Kettlebells or other weight implements can be utilized instead of DBs.

PREPARATION

Stand in a staggered stance with the heel of the rear foot off the deck. Grasp dumbbells in each hand, hanging at the side, in a neutral grip.

EXECUTION

Break at the knees and hips simultaneously, lowering the weight while maintaining most of the pressure on the front foot. Decend as far as possible while keeping the heel of the front foot on the ground, chest up, and knees tracking in line with the feet. At the bottom, gently tap the back knee to the ground (or stop just before touching) and drive into the ground until returning to the start position.

KETTLEBELL GOBLET LATERAL SQUAT



KEY INFO

Major Muscles

Quadriceps, Adductors, Hamstrings, Glutes

Related Exercises

Lateral Lunge, Dumbbell Split Squat, Goblet Squat, Front Squat, Plate Step Up, TRX Pistol Squat, Sandbag Shoulder Lunge

COACH TIP

Rotating the opposite (unloaded) leg, such that the toes flare up to the sky can be a useful modification to challenge the hamstrings and adductors. Dumbbells and/or other weight implements can be utilized instead of Kettlebells.

PREPARATION

Stand with feet wider than shoulder width apart, toes pointed forward. Grasp a kettlebell like a goblet, keeping the weight close to your chest.

EXECUTION

Break at the knees and hips simultaneously, descending over one foot, the majority of your weight should be supported by that same foot. Decend as far as possible while keeping both feet flat on the ground and chest up. The opposite side leg will be fully extended with the foot flat on the deck and toes pointing forward. At the bottom, drive into the ground until standing upright in the starting position.

PLATE STEP UP



KEY INFO

Major Muscles

Quadriceps, Hamstrings, Glutes

Related Exercises

Dumbbell Split Squat, Goblet Squat, Front Squat, Dumbbell Single Leg Box Step Down, Dumbbell Single Leg Box Step Up, TRX Pistol Squat

COACH TIP

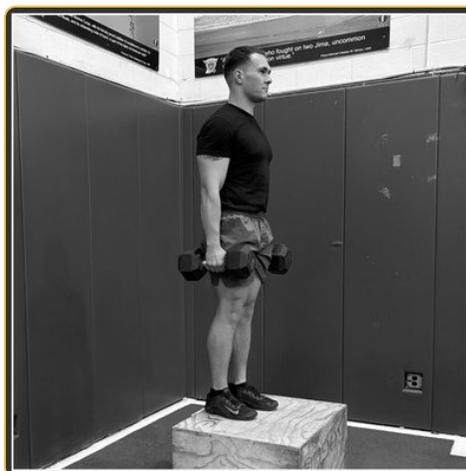
Alternate legs to ensure an even stimulus is applied bilaterally. Dumbbells, Kettlebells, and/or other weight implements can be utilized instead of plates.

PREPARATION

Start facing a box or bench, grasping the weight in both hands.

EXECUTION

Place one foot on top of the box and ascend to the top, while keeping the chest up, until standing fully on top of the box. Once atop, step back down to the starting position.



TRX PISTOL SQUAT



KEY INFO

Major Muscles

Quadriceps, Hamstrings, Glutes

Related Exercises

Dumbbell Split Squat, Goblet Squat, Front Squat, Plate Step Up, Dumbbell Single Leg Box Step Down, Dumbbell Single Leg Box Step Up

PREPARATION

Stand facing the anchor point with feet hip-width apart and TRX at mid-length. Hold handles with a neutral grip and elbows bent at the side. Place tension on the TRX by slightly leaning backwards.

EXECUTION

Pick one foot off the deck and squat straight down. Descend as far as possible while keeping the knee tracking in line with the foot, chest up, and heel on the ground. During the movement the TRX will provide tension and support to aid in balance. At the bottom, drive into the ground until standing and repeat on the opposite side.

COACH TIP

Applying rearward tension on the TRX will act to counter-balance the squat and assist with the movement.



LUNGE

DEFINITION

The lunge is a single-leg pattern where one leg supports most of the load while the body lowers and rises under control. It requires coordinated hip, knee, and ankle motion with trunk stability and balance.

SIGNIFICANCE

Lunges develop unilateral strength, balance, and control, and they help identify and address side-to-side differences. They also train the ability to produce force and maintain alignment when the base of support is narrow or changing. Common issues include unstable foot pressure, the knee drifting inward, excessive forward trunk lean, or loss of balance.

MILITARY RELEVANCE

Single-leg demands are common when moving over uneven terrain, stepping into and out of kneeling positions, changing levels quickly, and maneuvering while loaded. The lunge pattern also supports repeated starts/stops and transitions that occur during movement, handling equipment, or getting up from the ground.

TRAINING INTENT

We use lunges to build stable alignment first (foot contact, knee tracking, trunk control), then progress range, loading position, and complexity (e.g., forward/reverse/ lateral variations). The goal is controlled, repeatable reps on each side with minimal wobble and consistent mechanics under load.

IN THIS SECTION

- Forward Lunge
- Lateral Lunge
- Overhead Lunge
- Reverse Lunge
- Sandbag Rotation Lunge

FORWARD LUNGE



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Reverse Lunge, Dumbbell Split Squat, Front Squat, Plate Step Up, TRX Pistol Squat

PREPARATION

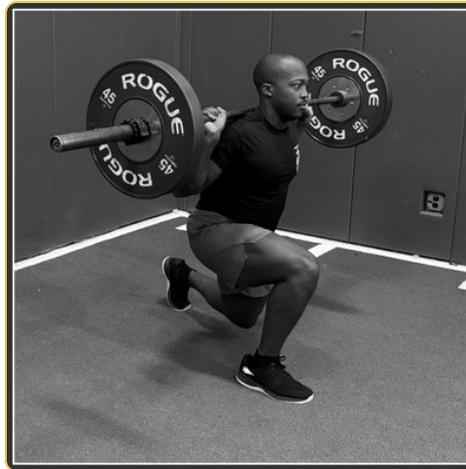
When using a barbell, unrack with the weight across the back of the shoulders. Stand with feet hip width apart.

COACH TIP

Lunges differ from squats (i.e., split squat) due to the stepping motion between reps, this added movement adds a distinct increase in eccentric load (the added difficulty of having to stop and reverse your own weight as you lunge forward). Be mindful of this when regressing/progressing similar movements.

EXECUTION

Step forward with one foot and lower the hips until the rear knee is close to the deck. Keep the front foot flat on the deck and chest up, to maintain a neutral spine. At the bottom, drive back up to the starting position.



LATERAL LUNGE



KEY INFO

Major Muscles

Quadriceps, Glutes, Adductors, Hamstrings

Related Exercises

Kettlebell Goblet Lateral Squat, Dumbbell Split Squat, Cossack Squat, TRX Balance Lunge

PREPARATION

When using a barbell, unrack with the weight across the back of the shoulders. Stand with feet hip width apart.

EXECUTION

Step laterally with one foot, to a stance wider than shoulder width and lower the hips. Keep both feet flat on the deck and chest up, to maintain a neutral spine. The opposite leg will be fully extended with toes pointing forward. At the bottom, push off the lateral foot to stand up to the starting position.

COACH TIP

Altering foot placement by slightly externally rotating the loaded (lunging) leg can help with some hip discomfort, this may also aid in getting a deeper position.



OVERHEAD LUNGE**KEY INFO****Major Muscles**

Quadriceps, Glutes, Hamstrings

Related Exercises

Forward Lunge, Reverse Lunge, Dumbbell Split Squat, Front Squat, Plate Step Up, TRX Pistol Squat, Barbell Overhead Squat

PREPARATION

Stand with feet hip width apart and the weight extended overhead. If using a barbell, the grip should be wide enough that approximately 6 inches of space are between the bar and top of the head.

COACH TIP

Cue to "pull the weight apart" to engage the upper back and shoulders for stability. Ensure the weight maintains its position over the base of support. A wider grip on the weight implement (ie., barbell) can help improve overhead stability by reducing the flexibility demands (thoracic extension and Lats/Triceps)

EXECUTION

With the weight overhead, step forward with one foot and lower the hips until the rear knee is close to the deck. Keep the front foot flat on the deck and chest up, to maintain a neutral spine. At the bottom, drive back up to the starting position.

REVERSE LUNGE



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Forward Lunge, Dumbbell Split Squat, Front Squat, Plate Step Up, TRX Pistol Squat, TRX Lunge

PREPARATION

When using a barbell, unrack with the weight across the back of the shoulders. Stand with feet hip width apart.

EXECUTION

Step backwards with one foot and lower the hips until the rear knee is close to the deck. Keep the front foot flat on the deck and chest up, to maintain a neutral spine. At the bottom, drive back up to the starting position.

COACH TIP

A wide variety of impliments can be used to load this (barbells, DBs, KBs). Use controlled eccentrics and moderate volume, as stability demands often increase before force production is limited.



SANDBAG ROTATION LUNGE



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Forward Lunge, Reverse Lunge, Dumbbell Split Squat

COACH TIP

Cue to "extend at the hips" to drive the sandbag up inbetween transitions.

PREPARATION

Execute a squat, and grasp the sandbag with a neutral grip. Stand up tall with feet hip width apart and sandbag held at mid-thigh.

EXECUTION

Step backwards with one foot and lower the hips, simultaneously swing the bag to the outside of the forward leg and continue lowering until the rear knee is close to the deck. Keep the front foot flat on the deck and chest up, to maintain a neutral spine. At the bottom, drive back up to the starting position, using momentum to swing the bag in front to chest height. Immediately and seamlessly execute the same motion on the opposite side.

HINGE

DEFINITION

The hinge is a hip-dominant pattern where the hips move back and forward while the spine stays braced and neutral, with relatively smaller knee bend compared to a squat.

SIGNIFICANCE

Hinge training strengthens the posterior chain (glutes, hamstrings, and back musculature) and builds the ability to handle heavy or awkward loads with safer mechanics. It supports efficient lifting, lowering, and pulling by emphasizing hip extension rather than excessive spinal movement. Common errors include rounding the back, shifting load to the toes, or turning the hinge into a squat due to poor hip control.

MILITARY RELEVANCE

Hinging mechanics are used when lifting equipment from the ground, handling bulk loads, moving objects during maintenance, and generating force for tasks like dragging, pulling, or striking tools. Good hinge mechanics help maintain posture and control when loads are heavy, uneven, or handled repeatedly.

TRAINING INTENT

We prioritize a consistent setup (brace, hip position, foot pressure) and controlled movement before adding speed or heavier loads. The standard is visible trunk stability, a clear hip-driven movement, and smooth force transfer from the ground through the hips—without spinal collapse or loss of balance.

IN THIS SECTION

- Barbell Deadlift
- Barbell Goodmorning
- Barbell Romanian Deadlift
- Dumbbell Single Leg Romanian Deadlift
- Hexbar Deadlift
- Tire Flips

BARBELL DEADLIFT



KEY INFO

Major Muscles

Hamstrings, Glutes, Lower Back

Related Exercises

Hexbar Deadlift, Barbell Romanian Deadlift, Tire Flips, Single Leg Deadlift, Barbell Good Morning

COACH TIP

Scraped shins are often a byproduct of poor start position, either too far or too close to the bar, causing uneven foot pressure and a pendulum effect on the barbell once lifted off the floor.

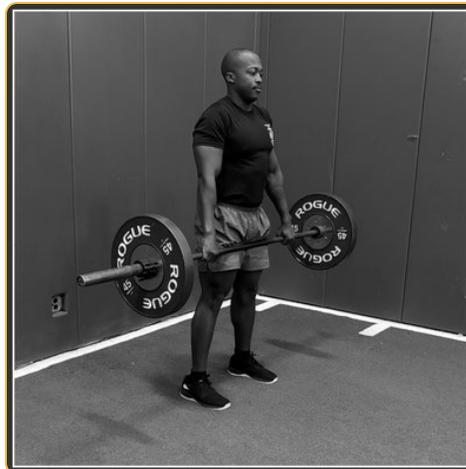
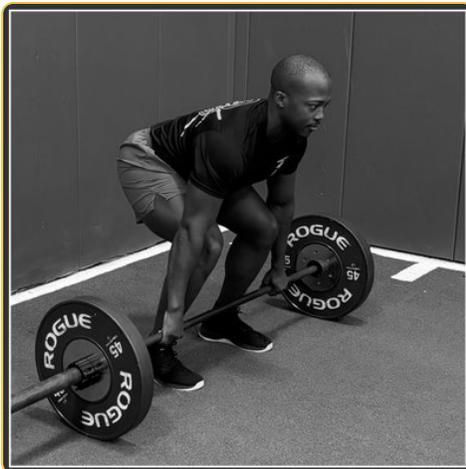
"Packing the Lats" and extending the arms, by depressing and protracting the scapula, is key to maximizing leverage off the floor (do the opposite of a shrug).

PREPARATION

Stand facing the barbell, the middle of the foot directly under the barbell and stance hip width apart. Unlock the knees and bend over while maintaining a straight back and grasp the barbell with an overhand grip. The grip should be slightly wider than foot stance. From this position the hips should be lowered such that the shins just touch the resting barbell and tension can be felt on the hamstrings and glutes.

EXECUTION

While maintaining a neutral spine, extend at the hips and drive the feet into the ground, to stand upright. The bar should gently brush the thighs on the way up, minimizing the distance between the body and the barbell. Once complete, the motion should be reversed, first unlocking the hips and "bowing" forwards to load the hamstrings and glutes, then bending at the knees to return to the start position.



BARBELL GOODMORNING



KEY INFO

Major Muscles

Hamstrings, Glutes, Lower Back

Related Exercises

Barbell Romanian Deadlift, Barbell Deadlift, Hexbar Deadlift

PREPARATION

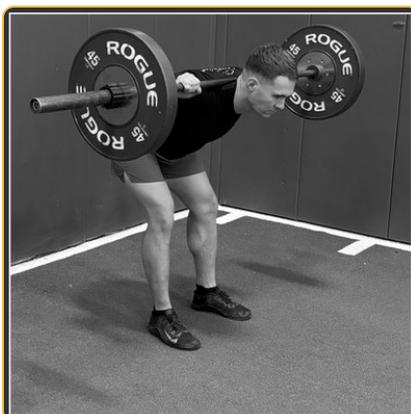
Stand under the barbell so that it runs across the back of the shoulders. Stand feet hip or shoulder width apart. Gently bend the knees.

EXECUTION

Break at the hips by pushing them backwards and maintaining a neutral spine. Maintain tension in the upper back and "bow" forward until max tension is felt on the hamstrings and glutes, then reverse the movement, driving the hips forwards and returning to the start position.

COACH TIP

Pins or safety arms can be placed at the bottom position within a squat rack (around hip or belly height), conducting good mornings "from the pins" is often an easier way to build confidence in beginners.



BARBELL ROMANIAN DEADLIFT



KEY INFO

Major Muscles

Hamstrings, Glutes, Lower Back

Related Exercises

Dumbbell Single Leg Romanian Deadlift, Barbell Deadlift, Hexbar Deadlift, Tire Flips

PREPARATION

Grasp the barbell shoulder width apart with an overhand grip. Stand tall while maintaining a neutral spine, making sure the bar is held mid-thigh.

EXECUTION

Unlock the knees slightly and hinge at the hips keeping the bar close to the body. Continue lowering the bar by bending at the hip, until max tension can be felt in the hamstrings and glutes. From the bottom position, extend at the hip to reverse the motion and return to the starting position.

COACH TIP

Emphasizing "Hips back" as far as they will go to maximize the stretch on the hamstrings.

DUMBBELL SINGLE LEG ROMANIAN DEADLIFT



KEY INFO

Major Muscles

Hamstrings, Glutes, Lower Back

Related Exercises

Barbell Romanian Deadlift, Barbell Deadlift, Hexbar Deadlift, Tire Flips

COACH TIP

Don't let hips rotate laterally towards the unweighted leg, Cue the lifter to keep the lifted leg's toes pointed towards the deck.

PREPARATION

Grasp two dumbbells with an overhand grip. Stand tall with a neutral spine. Dumbbells held at mid-thigh.

EXECUTION

While maintaining a neutral spine, slightly bend both knees and lift one leg off the deck. Then bend forward at the hip, lowering the dumbbells toward the deck, while raising the lifted leg backwards and horizontal to the deck. Once max tension is felt in the hamstring and glute, reverse the movement by standing up right to the start position.

HEXBAR DEADLIFT



KEY INFO

Major Muscles

Hamstrings, Glutes, Lower Back

Related Exercises

Barbell Deadlift, Barbell Romanian Deadlift, Tire Flips

PREPARATION

Step into the center of the hexagon with feet hip width apart. Unlock the knees and bend over while maintaining a neutral spine and grasp the bar with a neutral grip.

EXECUTION

While maintaining a neutral spine, extend at the hips and drive the feet into the ground, to stand upright. Once complete, the motion should be reversed, first unlocking the hips and "bowing" forward to load the hamstrings and glutes, then bending at the knees to return to the start position.

COACH TIP

Middle finger knuckle inline with the pivot point.



TIRE FLIPS



KEY INFO

Major Muscles

Hamstrings, Glutes, Lower Back

Related Exercises

Barbell Deadlift, Barbell Romanian Deadlift, Hexbar Deadlift

PREPARATION

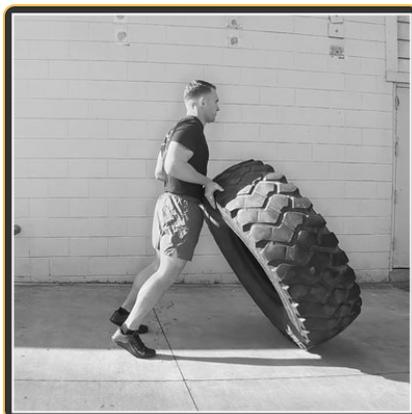
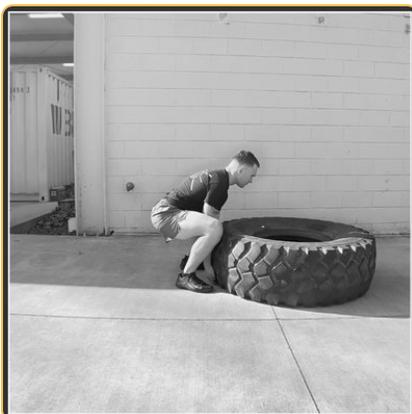
Stand facing the tire approximately 1 to 1.5 feet away. Stand with feet shoulder width apart. Squat down, while maintaining a neutral spine, and grasp the bottom of the tire with both hands, palms up. Lean forward into the tire such that the front of the biceps and/or front of the shoulders contact the side of the tire. The heels may raise slightly and center of pressure is on the balls of the feet.

COACH TIP

Initial starting position should "feel" like a tripod sprint start - with much of the balance on the forefoot. Height/size of the tire will dictate, but forward pressure and contact on the tire wall should be achieved by the biceps or front delts.

EXECUTION

Extend at the hips to lift the tire off the floor. If the tire is too large to flip in one motion, one of the feet may take a small step forward to a modified front lunge position to arrest the tire, allowing it to rest atop the knee. From this modified position, the grip can be changed to push the tire over completely.



POWER

DEFINITION

The Power library contains exercises intended to improve rapid force production. In this guide, “power” includes loaded explosive lifts, plyometrics, and ballistic/speed-based exercises such as medicine ball throws and slams.

SIGNIFICANCE

Power training improves the ability to produce and absorb force quickly, supporting sprinting, jumping, striking, and rapid transitions. This library also reinforces that power is not limited to “power exercises”—traditional resistance training can develop power when load is reduced and intent is maximal speed.

MILITARY RELEVANCE

Rapid force expression supports short bursts of movement, obstacle negotiation, aggressive transitions, and tasks that require quick changes in output under load and fatigue.

TRAINING INTENT

This library is organized by where power is primarily expressed, while maintaining coaching standards that prioritize speed, quality, and appropriate loading.

MOVEMENT PATTERNS

- Lower Body Power
- Upper Body Power

LOWER BODY POWER

DEFINITION

Lower body power exercises emphasize rapid force production through the hips, knees, and ankles. In this library, “power” includes loaded explosive lifts (e.g., Olympic-derivative movements), plyometrics (e.g., hops and jumps), and speed-based drills (e.g., unloaded jumps), all selected to train high rates of force development.

SIGNIFICANCE

Power training improves the ability to produce and absorb force quickly, which supports sprinting, jumping, rapid changes of direction, and efficient movement under time constraints. It also develops coordination and stiffness through the lower extremity and trunk when forces rise quickly. Common issues include using loads that slow the movement, accumulating fatigue that degrades landing mechanics, and treating power work like conditioning rather than prioritizing high-quality, high-speed reps.

MILITARY RELEVANCE

Lower body power contributes to rapid acceleration, jumping and landing, short bursts of movement under load, obstacle negotiation, and quick transitions between levels. These demands show up in movement to cover, climbing, bounding, casualty movement starts, and any scenario requiring fast repositioning with equipment.

TRAINING INTENT

In this guide, lower body power exercises are performed with an emphasis on speed and technical quality. We use low-rep sets, adequate rest, and clear standards for posture and landing mechanics. This category does not “own” power development—traditional strength lifts can also train power when loads are reduced and intent is maximal speed—so exercise selection and loading should match the training goal and the athlete’s proficiency.

IN THIS SECTION

- Box Jump
- Broad Jump
- Diagonal Bound
- Hands Free Squat Jump
- Kettlebell Swing
- Lateral Squat Jumps
- Pogo Hops
- Split Squat Jump

BOX JUMP



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings, Calves

Related Exercises

Broad Jump, Hands Free Squat Jump, Box Depth Jump, Box Tuck Jump Single Leg

PREPARATION

Start in standing position with feet hip width apart, facing a box, and approximately 4-6 inches away from the front edge.

EXECUTION

Use the arms to counter movement by swinging them to the rear while descending into a partial squat. Once the legs are maximally loaded, swing the arms aggressively upwards to generate momentum while jumping atop the box. Land squarely on top of the box, feet hip width apart, breaking at hips and knees to absorb the landing force. Step back down off the box and return to the start position.

COACH TIP

Boxes can be good constraints-based challenges, but even a relatively small box can be used for max-intent jumps, by limiting the amount of knee and hip flexion that is needed when landing on top of the box.



BROAD JUMP**KEY INFO****Major Muscles**

Quadriceps, Glutes, Hamstrings, Calves

Related Exercises

Box Jump, Hands Free Squat Jump, Box Jump, Pogo Hops

PREPARATION

Start in standing position with feet hip width apart.

EXECUTION

Use the arms to counter movement by swinging them to the rear while descending into a partial squat. Once the legs are maximally loaded, swing the arms aggressively upwards to generate momentum while jumping forwards with max intent. Land squarely, feet hip width apart, breaking at hips and knees to absorb the landing force.

COACH TIP

Most novices gain the most by being explicitly cue'd to create violent arm swing, then focusing on timing their jump with the arm swing.



DIAGONAL BOUND



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings, Calves

Related Exercises

Broad Jump, Hands Free Squat Jump, Box Jump, Pogo Hops

COACH TIP

The tempo of the bounds can be altered to provide a stability and balance challenge by going slower, balancing and controlling on one leg before bounding to the next.

PREPARATION

Start in standing position with feet hip width apart.

EXECUTION

Jump at a 45-degree angle as far as possible on one leg, land softly. While the rear foot is still off the deck, drive to the opposite side, at a 45-degree angle, jumping and landing in the same manner. Repeat these motions seamlessly for prescribed time or distance.



HANDS FREE SQUAT JUMP



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings, Calves

Related Exercises

Hands Free Squat Jump, Box Jump, Pogo Hops

COACH TIP

Emphasize rapid force production through the hips and ankles with minimal countermovement, maintaining upright posture.

PREPARATION

Start in standing position, feet hip width apart, and hands on hips. Squat down slightly.

EXECUTION

Execute a jump as high as possible, without using arm momentum. Land softly, breaking at the hips and knees.



KETTLEBELL SWING



KEY INFO

Major Muscles

Glutes, Hamstrings

Related Exercises

Kettlebell Romanian Deadlift, Barbell Deadlift, Goblet Squat, Front Squat

COACH TIP

Ensure smooth, constant, tension is observed in the swing. Poor coordination or drive from the glutes can cause an awkward swing that appears to be two-distinct phases.

PREPARATION

Start in standing position with feet hip width apart, kettlebell 6 inches in front. Squat down and grasp the kettlebell with both hands.

EXECUTION

While maintaining a neutral spine and straight arms, fully extend at the hip and knee to lift the kettlebell to shoulder height. Allow the kettlebell to descend between the legs and repeat the motion for the prescribed number of repetitions.

LATERAL SQUAT JUMPS



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings, Calves

Related Exercises

Broad Jump, Hands Free Squat Jump, Box Jump, Pogo Hops

COACH TIP

Emphasize explosive lateral push-off with soft, controlled landings, cueing hip and knee alignment.

PREPARATION

Start in standing position with feet hip width apart.

EXECUTION

Jump as far to the right or left as possible, keeping the hips and shoulders square to the direction you are facing. Land squarely, feet hip width apart, breaking at hips and knees to absorb the landing force and immediately jump back to the starting position.

POGO HOPS



KEY INFO

Major Muscles

Quadriceps, Calves

Related Exercises

Hands Free Squat Jump, Box Jump

COACH TIP

Do not land on locked-out knees. Find a smooth rhythm that minimizes ground contact time.

PREPARATION

Start in standing position, feet hip width apart.

EXECUTION

Hop in place, ensuring ground contact time is minimal. Arm swing should be natural, but not excessive to the point ground contact time is increased. The heels should not contact the deck during the exercise.



SPLIT SQUAT JUMP



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings, Calves

Related Exercises

Dumbbell Split Squat, Box Jump, Hands Free Squat Jump, Box Jump, Goblet Squat

COACH TIP

To elicit gains for explosive strength and power, the emphasis needs to be on jumping as high as possible. Often, Marines jump only high enough to switch foot positions and miss out on potential gains.

PREPARATION

Start in standing position with feet hip width apart.

EXECUTION

Jump as high as possible and land in the split squat position. Decend as far as possible while keeping the heel of the front foot on the ground, chest up, and knees tracking in line with the feet. At the bottom, stop just before touching the ground, and drive up into another jump. Repeat the motion on the opposite side.



UPPER BODY POWER

DEFINITION

Upper body power exercises emphasize rapid force production through the shoulders, arms, and trunk. In this library, “power” includes ballistic throws and slams (commonly with medicine balls), explosive pressing variations (e.g., plyometric push-ups), and loaded movements performed with high intent and appropriate load to allow fast execution.

SIGNIFICANCE

Upper body power training improves the ability to express force quickly while maintaining shoulder and trunk control. It supports rapid pushing, striking, bracing, and force transfer from the trunk to the arms. Common issues include selecting loads that reduce movement speed, losing trunk position to “chase” power output, and allowing shoulder mechanics to degrade as fatigue accumulates.

MILITARY RELEVANCE

Upper body power supports tasks that require fast force application through the arms and trunk, such as rapid obstacle interaction, controlling equipment, dynamic pushing actions, and close-range engagements where quick force expression matters. Ballistic throws and explosive pressing also reinforce coordination between the trunk and upper extremities under time pressure.

TRAINING INTENT

We prioritize movement speed and clean mechanics over fatigue and volume. Sets are typically short with sufficient recovery to keep reps explosive and consistent. As with lower body power, this category does not represent the only way to train power—traditional resistance exercises can develop power when the load is reduced and the intent is maximal speed—so programming should reflect the goal (power vs strength vs hypertrophy) and the constraints of the training environment.

IN THIS SECTION

- Barbell Push Jerk
- Barbell Push Press
- Clap Push-up
- Med Ball Chest Throw Against Wall
- Med Ball Slam
- Med Ball Wall Ball
- Power Ups

BARBELL PUSH JERK



KEY INFO

Major Muscles

Triceps, Shoulders

Related Exercises

Barbell Push Jerk, Med Ball Wall Ball, Landmine Thrust

PREPARATION

Unrack the bar so the hands are under the bar, palms up, elbows raised as high as possible. The bulk of the weight is supported on the front of the shoulders. Stand with feet hip to shoulder width apart, and toes slightly out.

EXECUTION

While maintaining a rigid core, smoothly descend into a quarter squat. Quickly reverse this motion to create upward momentum on the barbell. Continue driving the barbell vertically through the full extension of the ankles, knees, and hip. As the barbell becomes weightless, lift the feet off the deck and shuffle them wider, to shoulder or slightly wider than shoulder width. Catch the load of the barbell in the position, with arms locked overhead. Drive the barbell overhead, with the biceps near the ears, and stand tall. Lower the barbell to the starting position to repeat the motion as prescribed.

COACH TIP

This is a Lower body power exercise disguised as an upper body one; the majority of force comes from the legs! Cue to "squeeze the glutes" to maintain lumbar and pelvic control, reducing excessive spinal extension. Limit hip flexion to ensure bar path is vertical. Subtle "Stomping" is okay but should not be overtly coached often, as this typically cues Marines to cut their upward leg drive too soon.



BARBELL PUSH PRESS



KEY INFO

Major Muscles

Triceps, Shoulders

Related Exercises

Barbell Push Jerk, Med Ball Wall Ball, Landmine Thrust

PREPARATION

Unrack the bar so the hands are under the bar, palms up, elbows raised as high as possible. The bulk of the weight is supported on the front of the shoulders. Stand with feet hip to shoulder width apart, and toes slightly out.

COACH TIP

This is a Lower body power exercise disguised as an upper body one - the majority of force comes from the legs! Cue to "squeeze the glutes" to maintain lumbar and pelvic control, reducing excessive spinal extension. Limit hip flexion to ensure bar path is vertical. Knees should NOT rebend - that is a push jerk.

EXECUTION

While maintaining a rigid core, smoothly descend into a quarter squat. Quickly reverse this motion to create upward momentum on the barbell. Continue driving the barbell vertically through the full extension of the ankles, knees, and hip. Drive the barbell overhead, with the biceps near the ears. Lower the barbell to the starting position to repeat the motion as prescribed.



CLAP PUSH-UP



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Plyo Push-up, Barbell Push Press, Barbell Bench Press, TRX Chest Press

COACH TIP

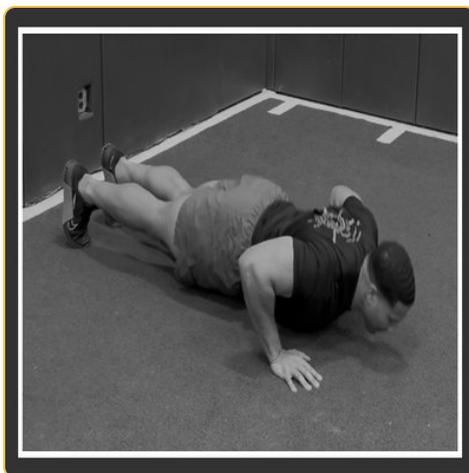
You can easily regress this by conducting on the knees or by elevating the hands on top of a bench.

PREPARATION

Lay flat on the deck, face down, with hands just outside of the chest.

EXECUTION

Explosively push up from the deck with both hands, at the apex, lift both hands off the deck and clap them in front of the chest, quickly returning them to start position before upward momentum ceases. Lower the entire body back to the starting position to repeat the motion as prescribed.



MED BALL CHEST THROW AGAINST WALL



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Med Ball Wall Ball, Med Ball Slam

COACH TIP

Often programmed as "Power" but students do not execute with maximal output, and this turns into a pseudo-conditioning exercise (this is fine - just be clear with coaches intent).

PREPARATION

Stand with feet together holding a medicine ball at chest height, in front of a target/wall.

EXECUTION

Throw the med ball at chest height at the target wall. Throw with enough force to ensure it's return after contacting the wall, return to the starting position and repeat the motion as prescribed.

MED BALL SLAM



KEY INFO

Major Muscles

Lats, Core

Related Exercises

Med Ball Wall Ball, Med Ball Chest Throw Against Wall, Split Jump w/ Med Ball Slam

COACH TIP

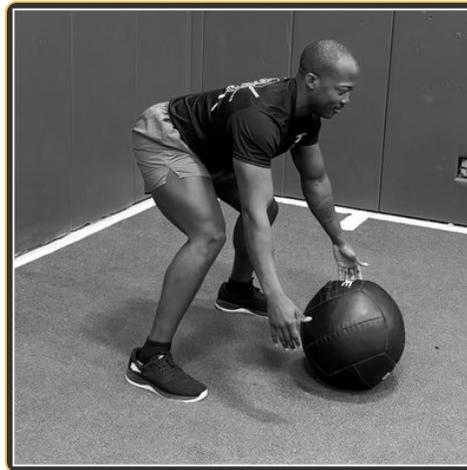
Often programmed as "Power" but students do not execute with maximal output, and this turns into a pseudo-conditioning exercise (this is fine - just be clear with coaches intent).

PREPARATION

Stand with feet together holding a medicine ball.

EXECUTION

Raise the med ball above overhead and in one swift motion shuffle the feet off the deck to a shoulder width stance, drop the hips to the deck, and slam the med ball into the ground. Catch the med ball on the rebound and return to the starting position to repeat the motion as prescribed.



MED BALL WALL BALL



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Med Ball Chest Throw Against Wall, Landmine Thrust

PREPARATION

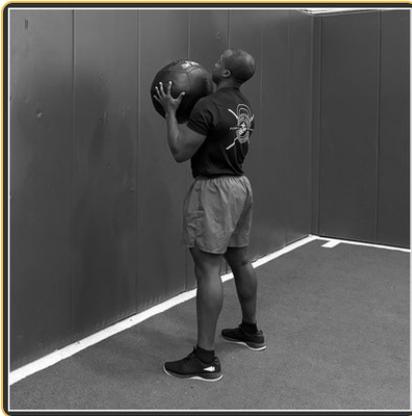
Stand with feet together holding a medicine ball at chest height, in front of a target/wall.

EXECUTION

Squat down holding the med ball at chest height. Explosively stand up from the squat and launch the med ball as high as possible onto the target wall. Catch the ball, return to the starting position and repeat the motion as prescribed.

COACH TIP

Often programed as "Power" but students do not execute with maximal output, and this turns into a pseudo-conditioning exercise (this is fine - just be clear with coaches intent).



POWER UPS



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Dive Bombers

PREPARATION

Start in the kneeling position, chest up tall, hands slightly outside of shoulder width.

EXECUTION

Fall forward, dropping into a kneeling push-up, until chest touches the ground. Explosively push back up into the starting position.

COACH TIP

This can be used as a conditioning exercises, within a larger circuit, or on it's own as a great upper body power development exercise. When done with maximal intent the exercise challenges the stretch-shortening cycle with a violent deceleration followed by an explosive concentric phase.

LINEAR SPEED

DEFINITION

The Linear Speed library contains drills and exercises intended to improve sprint mechanics and running speed in a straight line.

SIGNIFICANCE

Speed development relies on posture, strike position, and efficient mechanics that support rapid force production and minimize braking. The library separates early sprint mechanics from maximum-velocity mechanics to guide drill selection and coaching.

MILITARY RELEVANCE

Marines frequently need short bursts of speed from a stop and efficient running mechanics during training and task-based movement. Improving sprint mechanics can also support running economy at submaximal speeds.

TRAINING INTENT

This library is organized by sprint phase, with drills selected to reinforce the key positions and skills required for each phase.

MOVEMENT PATTERNS

- Acceleration
- Maximum Speed

ACCELERATION

DEFINITION

Acceleration is the sprint phase where the athlete increases speed from a stationary or slower start to higher velocity, typically over the first 10–15 yards. It is characterized by whole-body lean, strong projection, and repeated forceful ground contacts that drive the body forward.

SIGNIFICANCE

Acceleration depends on producing high force while maintaining posture that allows efficient force transfer. When the body is in a whole-body lean, the athlete is coached to apply force into the ground in line with the torso, which supports forward acceleration without reaching. Common issues include leaning by hip hinge instead of whole-body projection, losing the straight-line posture (head-to-heels), and striking too far in front of the center of mass, which increases braking and reduces effective force application.

MILITARY RELEVANCE

Acceleration is required any time a Marine must move quickly from a stop—initiating movement to cover, closing distance, short bursts under load, or reacting to a developing situation. Improving acceleration supports faster starts and more efficient short efforts that occur frequently in training and task-based movement.

TRAINING INTENT

Acceleration drills in this guide emphasize projection posture, whole-body lean, and force application through the ground in line with the torso. The standard is stable trunk position, foot strike near/under the hips, and piston-like step action early to maximize effective contacts without reaching.

IN THIS SECTION

- A-Skip
- Broad Jump Start
- Falling Start
- Harness March
- Harness Resisted Sprint
- Hill Sprint
- Partner Resisted Sprint
- Push-Up Starts
- Wall Drill 1 Count

A-SKIP



KEY INFO

Major Muscles

Lower Body

Related Exercises

B-Skip, High Knees, Butt-Kickers

PREPARATION

Stand with feet shoulder-width apart.

COACH TIP

To regress this exercises you can slow the tempo down into a slow march, where speed and tempo are gradually increased until the Marine has the rhythm and coordination to complete at full speed

EXECUTION

Raise left knee to hip height, hip/knee/ankle at 90°. Drive left leg down under hip, hopping off left foot as right knee lifts. Alternate each step.

BROAD JUMP START



KEY INFO

Major Muscles

Lower Body

Related Exercises

Falling Start, Push-Up Starts

PREPARATION

Stand feet slightly wider than shoulder-width, ready to jump.

COACH TIP

Emphasize explosive hip extension and aggressive first step projection, cueing a stiff torso and clean transition from jump to sprint without excessive forward trunk collapse.

EXECUTION

Perform broad jump, land on both feet with soft knees, then transition immediately into a sprint.

FALLING START



KEY INFO

Major Muscles

Lower Body

Related Exercises

Broad Jump Start, Push-Up Starts

PREPARATION

Stand with feet together.

COACH TIP

Think "Micheal Jackson". Initiate movement from a controlled ankle lean rather than a hip hinge, cueing smooth acceleration while maintaining stacked ribs and pelvis to avoid spinal overextension.

EXECUTION

Lean forward to ~40°, drive dominant knee up and foot out, then push off into sprint.

HARNESS MARCH



KEY INFO

Major Muscles

Lower Body

Related Exercises

Harness Resisted Sprint

PREPARATION

In harness, face away from partner applying tension, lean forward at 45°, heels 1–2" off deck.

COACH TIP

Apply resistance that preserves sprint mechanics, cueing aggressive knee drive and forceful push-off while avoiding over-resistance that shortens stride or increases trunk lean.

EXECUTION

March forward, knees to hip level, contact deck under hips on ball of foot, natural arm swing.

HARNESS RESISTED SPRINT



KEY INFO

Major Muscles

Lower Body

Related Exercises

Partner Resisted Sprint

PREPARATION

Same setup as Harness March.

COACH TIP

Select loads that slow velocity slightly without altering posture

EXECUTION

Sprint forward with knees to hips, maintain 45° lean, partner provides resistance. Emphasize power and turnover.

HILL SPRINT



KEY INFO

Major Muscles

Lower Body

Related Exercises

Harness Resisted Sprint, Partner Resisted Sprint

PREPARATION

Stand in athletic position at base of hill.

COACH TIP

For true sprint-acceleration preparation, the slope of the hill should not be too steep, while steep hill sprints are a good workout - they alter the sprinting movement pattern too much to benefit much from specific sprint mechanics.

EXECUTION

Sprint to top emphasizing acceleration mechanics. Walk back down to recover.

PARTNER RESISTED SPRINT



KEY INFO

Major Muscles

Lower Body

Related Exercises

Harness Resisted Sprint

PREPARATION

Lean forward into partner at 45°, heels 1–2" off ground. Partner places hands on shoulders.

COACH TIP

Apply resistance that preserves sprint mechanics, cueing aggressive knee drive and forceful push-off while avoiding over-resistance that shortens stride or increases trunk lean.

EXECUTION

Sprint against partner resistance, using piston-like leg action and natural arm swing.

PUSH-UP STARTS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Broad Jump Start, Falling Start

PREPARATION

Begin in prone position, palms flat on deck.

COACH TIP

Drive explosively from the upper body into the first step while maintaining trunk stiffness, as loss of core control during the transition can reduce acceleration efficiency and increase spinal stress.

EXECUTION

Explode upward with plyo push-up, bring feet under hips, transition into sprint.

WALL DRILL 1 COUNT



KEY INFO

Major Muscles

Lower Body

Related Exercises

A-Skip, B-Skip, High Knees, Butt-Kickers

PREPARATION

Face wall, arms extended, body at 45° angle, one leg lifted at 90° joint angles, support heel 1-2" off deck.

COACH TIP

Emphasize tall posture with ribs stacked over pelvis, cueing active ground strike and hip flexion without lumbar extension.

EXECUTION

Drive lifted leg down, contact deck with ball of foot, opposite knee lifts. Repeat to alternate sides.

MAXIMUM SPEED

DEFINITION

Maximum speed is the sprint phase where the athlete reaches and sustains their highest velocity. It is characterized by upright posture, rapid force production, short ground contact times, and efficient limb mechanics that support high stride frequency and appropriate stride length.

SIGNIFICANCE

Maximum speed improves when the athlete can apply force quickly and effectively while minimizing braking forces. Key qualities include strike position near/under the hip, stable trunk position, and coordinated “front-side” mechanics (preparing for and initiating ground contact) with efficient recovery of the leg after contact (“back-side” mechanics). Common errors include striking too far in front of the center of mass (creating braking impulse), excessive backside swing that delays recovery, and postural collapse that reduces force transfer and efficiency.

MILITARY RELEVANCE

While true maximum velocity sprinting occurs less often than short bursts, maximum-speed training improves running economy and mechanics at submaximal speeds. It also supports performance for timed runs, repeated sprint efforts, and movement tasks where Marines must maintain speed efficiently over short-to-moderate distances.

TRAINING INTENT

Maximum speed drills in this guide emphasize posture, strike position, and fast, crisp mechanics rather than fatigue. Standards include tall posture, foot contact close to the hip, minimal braking, and controlled but rapid limb action. Volume is managed to preserve high output and technical quality, with full recovery as needed to keep reps fast and consistent.

IN THIS SECTION

- Assisted/Over Speed Sprints
- B-Skip
- Butt Kickers
- Fast Claw Continuous
- Fast Claw Ground Prep
- Fast Claw Ground Recovery
- High Knees
- Sprints
- Straight Leg Shuffle

ASSISTED/OVER SPEED SPRINTS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Harness Resisted Sprint, Partner Resisted Sprint

PREPARATION

Stand with bungee belt, partner walks out until tension forms.

COACH TIP

Use minimal assistance that slightly increases stride frequency without altering posture, cueing relaxed mechanics and terminating the set immediately if overstriding or loss of trunk control occurs.

EXECUTION

Sprint forward using bungee tension to increase turnover. Partner cleans up slack as Marine runs.

B-SKIP



KEY INFO

Major Muscles

Lower Body

Related Exercises

Straight Leg Shuffle, Butt-Kickers, High Knees

PREPARATION

Stand tall.

COACH TIP

To regress this exercises you can slow the tempo down into a slow march, where speed and tempo are gradually increased until the Marine has the rhythm and coordination to complete at full speed

EXECUTION

Lift left foot over right knee, extend leg, pull down under hip with glute/hamstring. Pop up and repeat with opposite leg.

BUTT KICKERS



KEY INFO

Major Muscles

Lower Body

Related Exercises

High Knees, Straight Leg Shuffle, Lateral Shuffle

PREPARATION

Stand tall.

COACH TIP

Emphasize quick heel recovery under the hips rather than maximal heel height, maintaining upright posture to prevent overextension or excessive spinal motion.

EXECUTION

Pull heel to glute, ankle traces stance leg, alternate quickly for max contacts.

FAST CLAW CONTINUOUS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Fast Claw Ground Prep, Fast Claw Ground Recovery

PREPARATION

Stand with one hand on wall, inboard leg up with joints at 90°.

COACH TIP

Emphasize rapid, active ground contact with the foot striking beneath the hips, cueing stiffness through the ankle and avoiding overstriding or excessive vertical oscillation.

EXECUTION

Drive leg down/back, drag foot like striking a match, lift under hips. Repeat continuously.

FAST CLAW GROUND PREP



KEY INFO

Major Muscles

Lower Body

Related Exercises

Fast Claw Ground Recovery, Fast Claw Continuous

COACH TIP

Emphasize rapid, active ground contact with the foot striking beneath the hips, cueing stiffness through the ankle and avoiding overstriding or excessive vertical oscillation.

PREPARATION

Stand with one hand on wall, inboard leg up with joints at 90°.

EXECUTION

Extend inboard leg, drive swing leg down/back using glutes/hamstrings. Contact ground under hips. Return to start.

FAST CLAW GROUND RECOVERY



KEY INFO

Major Muscles

Lower Body

Related Exercises

Fast Claw Ground Prep, Fast Claw Continuous

COACH TIP

Emphasize rapid, active ground contact with the foot striking beneath the hips, cueing stiffness through the ankle and avoiding overstriding or excessive vertical oscillation.

PREPARATION

Stand with one hand on wall, both feet on deck.

EXECUTION

Pull inboard foot across deck like striking a match, bring under hip, lift to 90°, repeat.

HIGH KNEES



KEY INFO

Major Muscles

Lower Body

Related Exercises

Straight Leg Shuffle, Butt-Kickers, Lateral Shuffle

COACH TIP

Cue tall posture and rhythmic knee lift driven by hip flexion, monitoring for lumbar extension or loss of coordination as fatigue increases.

PREPARATION

Stand tall.

EXECUTION

Alternate raising knees to hip height, joints at 90°, fast ground contacts, arm/leg opposition.

SPRINTS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Harness Resisted Sprint, Partner Resisted Sprint

COACH TIP

Be mindful when programming sprints for novice Marines, very small doses are often suitable for those not accustomed to sprinting.

PREPARATION

Stand or use sprinter's stance.

EXECUTION

Sprint forward, keep head down, drive for first 10 steps, then transition to max speed mechanics (hip-to-lip arm swing, elliptical leg cycle).

STRAIGHT LEG SHUFFLE



KEY INFO

Major Muscles

Lower Body

Related Exercises

High Knees, Butt-Kickers, Lateral Shuffle

COACH TIP

Emphasize stiffness through the ankle, cueing rapid ground contact while maintaining an upright torso to avoid compensatory lumbar motion.

PREPARATION

Stand tall.

EXECUTION

Jog forward with straight legs, knees unlocked, dorsiflexed ankles. Pull foot under hips, swing arms naturally.

AGILITY

DEFINITION

The Agility library contains drills used to build movement quality and progression toward change-of-direction performance. Some categories are constrained coordination tools that support later change-of-direction training.

SIGNIFICANCE

High-quality change of direction requires braking, repositioning, and re-acceleration mechanics, and can be further enhanced with perception–reaction demands. This library uses a progression approach: constrained drills to build coordination and positions, then constrained change-of-direction drills to train mechanics.

MILITARY RELEVANCE

Changing direction under load, moving around obstacles, and repositioning efficiently are common in training and task-based environments. Better mechanics support safer and more effective movement.

TRAINING INTENT

This library is taught as a progression. Ladder and hurdle drills are treated as building blocks; cone drills are the primary constrained change-of-direction category.

MOVEMENT PATTERNS

- Ladder Drills
- Hurdle Drills
- Cone Drills

LADDER DRILLS

DEFINITION

Ladder drills are constrained footwork patterns performed through a fixed ladder layout. They emphasize rhythm, timing, and precise foot placement within a defined space.

SIGNIFICANCE

Ladder drills can improve coordination and lower-limb rhythm and provide a low-cost way to teach controlled foot contacts and posture under light intensity. They do not, by themselves, train high-quality change-of-direction ability or reactive decision-making. Common issues include focusing on fast feet without posture, allowing noisy or uncontrolled contacts, and assuming ladder performance transfers directly to cutting performance.

MILITARY RELEVANCE

Ladder drills may support movement readiness and coordination for Marines who need a structured warm-up or controlled introduction to footwork patterns. They can also serve as a teaching tool before progressing to higher-intensity change-of-direction tasks that require braking and re-acceleration.

TRAINING INTENT

Ladder drills in this library are used to teach posture, rhythm, and controlled foot placement. Standards include stable trunk position, quiet/controlled contacts, and consistent execution of the pattern. They are programmed as preparation for more specific change-of-direction work (cones) rather than as a primary agility endpoint.

IN THIS SECTION

- Ladder High Knees
- Ladder Hopscotch
- Ladder In In/Out Out - Forward
- Ladder In In/Out Out - Lateral
- Ladder Skiers
- Ladder SL Hops Forward
- Ladder SL Hops Forward/Backward
- Ladder SL Hops Lateral

LADDER HIGH KNEES



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder Hopscotch, Ladder In In/Out Out - Forward, Ladder In In/Out Out - Lateral

COACH TIP

Cue tall posture and rhythmic knee lift driven by hip flexion, monitoring for lumbar extension or loss of coordination as fatigue increases.

PREPARATION

Stand feet hip-width apart at the start of the ladder.

EXECUTION

Raise one knee at a time to hip height while maintaining posture and alternating arm swing. Step one or both feet in each box.

LADDER HOPSCOTCH



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder High Knees, Ladder In In/Out Out - Forward, Ladder In In/Out Out - Lateral

COACH TIP

Emphasize rhythm and precise foot placement with minimal ground contact time, cueing upright posture.

PREPARATION

Stand feet hip-width apart at the start of the ladder.

EXECUTION

Jump outside the ladder, then into the box with both feet, alternating pattern. Variations include one foot in and alternating legs.

LADDER IN IN/OUT OUT - FORWARD



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder High Knees, Ladder Hopscotch, Ladder In In/Out Out - Lateral

COACH TIP

Emphasize rhythm and precise foot placement with minimal ground contact time, cueing upright posture.

PREPARATION

Stand feet hip-width apart at the start of the ladder.

EXECUTION

Step one foot into the first box, then the other. Step out beside the next rung, alternating sides. Continue the pattern throughout.

LADDER IN IN/OUT OUT - LATERAL



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder High Knees, Ladder Hopscotch, Ladder In In/Out Out - Forward

COACH TIP

Emphasize rhythm and precise foot placement with minimal ground contact time, cueing upright posture.

PREPARATION

Stand with right shoulder toward the ladder, feet hip-width apart.

EXECUTION

Step the inside foot into the first box, then the outside foot. Step out laterally on each side and continue the pattern.

LADDER SKIERS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder High Knees, Ladder Hopscotch, Ladder In In/Out Out - Forward, Ladder In In/Out Out - Lateral

COACH TIP

Emphasize rhythm and precise foot placement with minimal ground contact time, cueing upright posture.

PREPARATION

Stand feet hip-width apart, right foot in the first box.

EXECUTION

Hop forward, switching feet placement — one in the box, one out — and continue alternation through the ladder.

LADDER SL HOPS FORWARD



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder SL Hops Forward/Backward, Ladder SL Hops Lateral

COACH TIP

Progress speed and pattern complexity before duration, as prolonged sets tend to reduce movement quality without added neuromuscular benefit.

PREPARATION

Stand on one foot at the start of the ladder.

EXECUTION

Hop forward, placing the foot in each box. Use arm swing and minimize ground contact.

LADDER SL HOPS FORWARD/BACKWARD



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder SL Hops Forward, Ladder SL Hops Lateral

COACH TIP

Progress speed and pattern complexity before duration, as prolonged sets tend to reduce movement quality without added neuromuscular benefit.

PREPARATION

Stand on one foot at the start of the ladder.

EXECUTION

Hop forward twice, then back once, repeating the rhythm through the ladder. Use arms for momentum and minimize ground contact.

LADDER SL HOPS LATERAL



KEY INFO

Major Muscles

Lower Body

Related Exercises

Ladder SL Hops Forward, Ladder SL Hops Forward/Backward

COACH TIP

Progress speed and pattern complexity before duration, as prolonged sets tend to reduce movement quality without added neuromuscular benefit.

PREPARATION

Stand on one foot, shoulder facing ladder.

EXECUTION

Hop laterally into each box, using arms for momentum and minimizing time on the ground.

HURDLE DRILLS

DEFINITION

Hurdle drills are constrained movement drills performed over and around low hurdles. They emphasize rhythm, posture, and coordinated limb action while moving through pre-set patterns.

SIGNIFICANCE

These drills develop coordination, stiffness control, and repeated ground contacts with consistent mechanics. They also reinforce posture and foot placement at manageable speeds before introducing more demanding change-of-direction tasks. Common issues include chasing speed at the expense of posture, reaching or bounding uncontrolled, and allowing the trunk to collapse or rotate excessively.

MILITARY RELEVANCE

Hurdle drills can support general movement readiness by improving coordination, lower limb control, and the ability to maintain mechanics while stepping, hopping, and transitioning. These qualities contribute to safer running and movement over irregular terrain and prepare Marines for later change-of-direction training.

TRAINING INTENT

In this guide, hurdle drills are treated as a building block rather than a full agility solution. Standards focus on consistent posture, clean foot contacts, and repeatable rhythm. Progression is based on maintaining control while gradually increasing complexity or speed—not on completing patterns as fast as possible.

IN THIS SECTION

- Hurdle Hops SL-Forward
- Hurdle Hops SL-Forward/Backwards
- Hurdle Hops-Forward
- Hurdle Hops-Forward/Backwards
- Hurdle Hops-Lateral
- Hurdle Hops-Lateral (SL)

HURDLE HOPS SL-FORWARD



KEY INFO

Major Muscles

Lower Body

Related Exercises

Hurdle Hops SL-Forward/Backwards, Hurdle Hops SL-Lateral

COACH TIP

Use low hurdle heights and controlled volumes initially, as excessive height often increases landing stress without improving reactive strength.

PREPARATION

Place 5-6 hurdles in a line. Stand on one foot in front of the first hurdle with upright posture.

EXECUTION

Hop forward on one foot over each hurdle, using the airborne leg for knee drive. Land softly on the same leg with minimal ground contact.

HURDLE HOPS SL-FORWARD/BACKWARDS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Hurdle Hops SL-Forward, Hurdle Hops SL-Lateral

COACH TIP

Use low hurdle heights and controlled volumes initially, as excessive height often increases landing stress without improving reactive strength.

PREPARATION

Place 5-6 hurdles in a line. Stand on one foot in front of the first hurdle with upright posture.

EXECUTION

Hop on one foot in a two-forward, one-back pattern until all hurdles are cleared.

HURDLE HOPS-FORWARD



KEY INFO

Major Muscles

Lower Body

Related Exercises

Hurdle Hops-Forward/Backwards, Hurdle Hops-Lateral

PREPARATION

Place 5-6 hurdles in a straight line about 1.5 feet apart. Stand in front of the first hurdle with feet close together, upright posture, shoulders over hips, knees, and ankles.

COACH TIP

Emphasize quick, elastic ground contacts with stable landings, cueing tall posture and terminating the set if contact time lengthens or trunk stiffness degrades under fatigue.

EXECUTION

Hop with both feet over each hurdle in a quick forward motion, minimizing ground contact and maintaining forward momentum.

HURDLE HOPS-FORWARD/BACKWARDS



KEY INFO

Major Muscles

Lower Body

Related Exercises

Hurdle Hops-Forward, Hurdle Hops-Lateral

PREPARATION

Same setup as Forward. Start upright in front of the hurdle.

COACH TIP

Emphasize quick, elastic ground contacts with stable landings, cueing tall posture and terminating the set if contact time lengthens or trunk stiffness degrades under fatigue.

EXECUTION

Hop with both feet in a two-forward, one-back pattern until all hurdles are cleared.

HURDLE HOPS-LATERAL



KEY INFO

Major Muscles

Lower Body

Related Exercises

Hurdle Hops-Forward, Hurdle Hops-Forward/Backwards

PREPARATION

Place 5-6 hurdles in a line. Stand sideways to the first hurdle with feet together, shoulders over hips, knees, and ankles.

COACH TIP

Emphasize quick, elastic ground contacts with stable landings, cueing tall posture and terminating the set if contact time lengthens or trunk stiffness degrades under fatigue.

EXECUTION

Hop laterally over each hurdle with both feet, minimizing ground contact and maintaining lateral momentum.

HURDLE HOPS-LATERAL (SL)



KEY INFO

Major Muscles

Lower Body

Related Exercises

Hurdle Hops SL-Forward, Hurdle Hops SL-Forward/Backwards

PREPARATION

Place 5-6 hurdles in a line. Stand sideways with the foot furthest from the hurdle off the ground and upright posture.

COACH TIP

Use low hurdle heights and controlled volumes initially, as excessive height often increases landing stress without improving reactive strength.

EXECUTION

Hop laterally over each hurdle on one foot, maintaining balance and minimal ground contact.

CONE DRILLS

DEFINITION

Cone drills are constrained change-of-direction drills performed around cones using pre-planned movement patterns. They emphasize deceleration, repositioning, and re-acceleration mechanics while changing direction.

SIGNIFICANCE

Cone drills develop the mechanical components needed for change of direction: braking capacity, body positioning, foot placement, and efficient transitions out of cuts. They are more specific to agility than ladders or hurdles, but they are still constrained and typically lack perception–reaction demands unless a decision component is added. Common issues include poor braking posture, excessive steps to change direction, upright cutting without lowering center of mass, and overstriding into the plant.

MILITARY RELEVANCE

Marines often have to change direction under load, move around obstacles, and reposition quickly in constrained spaces. Cone drills help develop controlled deceleration and re-acceleration, which supports safer and more efficient movement during training, field tasks, and conditioning environments.

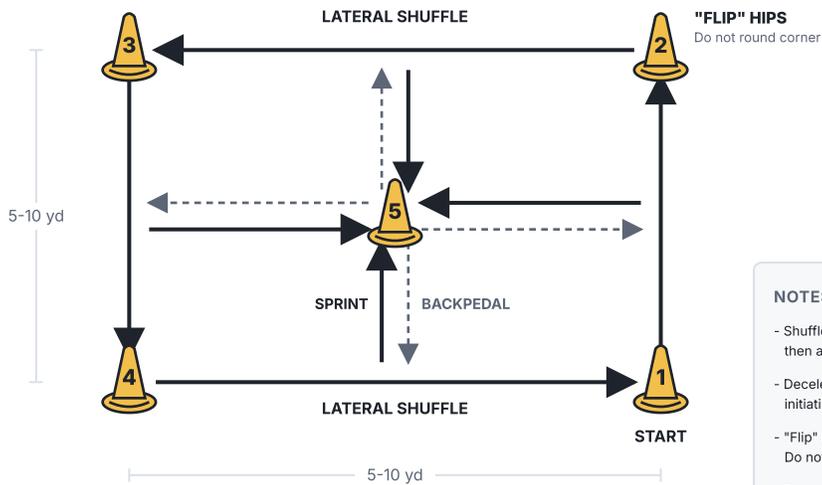
TRAINING INTENT

For this guidebook, cone drills are treated as the primary constrained agility category. Standards emphasize controlled deceleration, stable trunk position, efficient foot placement, and strong re-acceleration mechanics. Where diagrams are provided, the intent is to standardize setup, spacing, and coaching points so instructors can run these drills consistently and progress complexity over time.

IN THIS SECTION

- Cone Attack and Retreat
- Cone Box
- Cone Goalie Drill
- Cone Hour Glass
- Cone J-Hook Reverse Sprint
- Cone M-Drill
- Cone X-Drill
- Prone 5-10-5

CONE ATTACK AND RETREAT

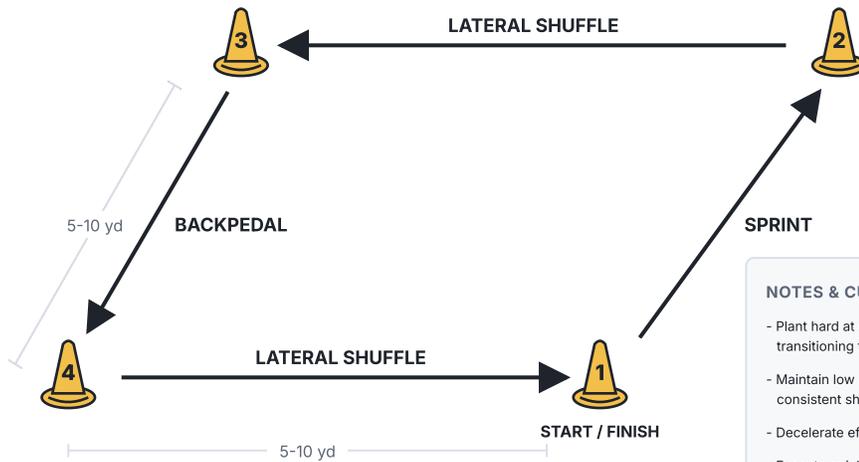


NOTES & CUES

- Shuffle to the midpoint of each side, then aggressively attack Cone 5.
- Decelerate fully at the center before initiating the backpedal.
- "Flip" hips instantly at corner cones. Do not round the edges.
- Repeat sequence on all 4 sides of the box to complete the drill.

Ver: 1.0

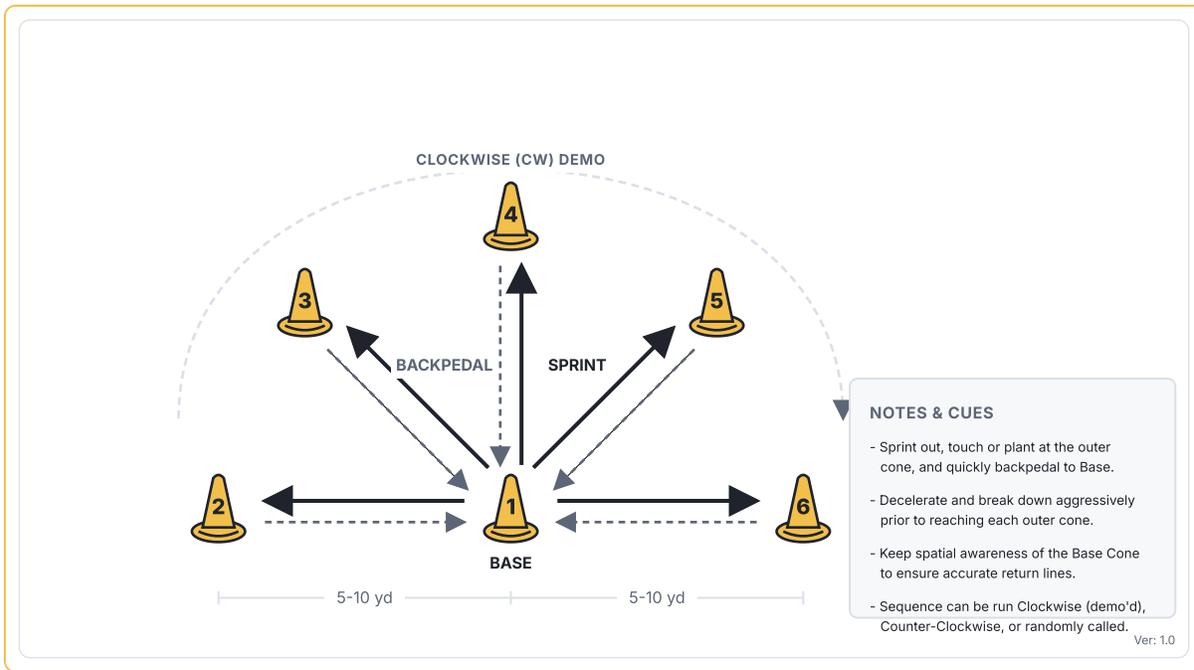
CONE BOX



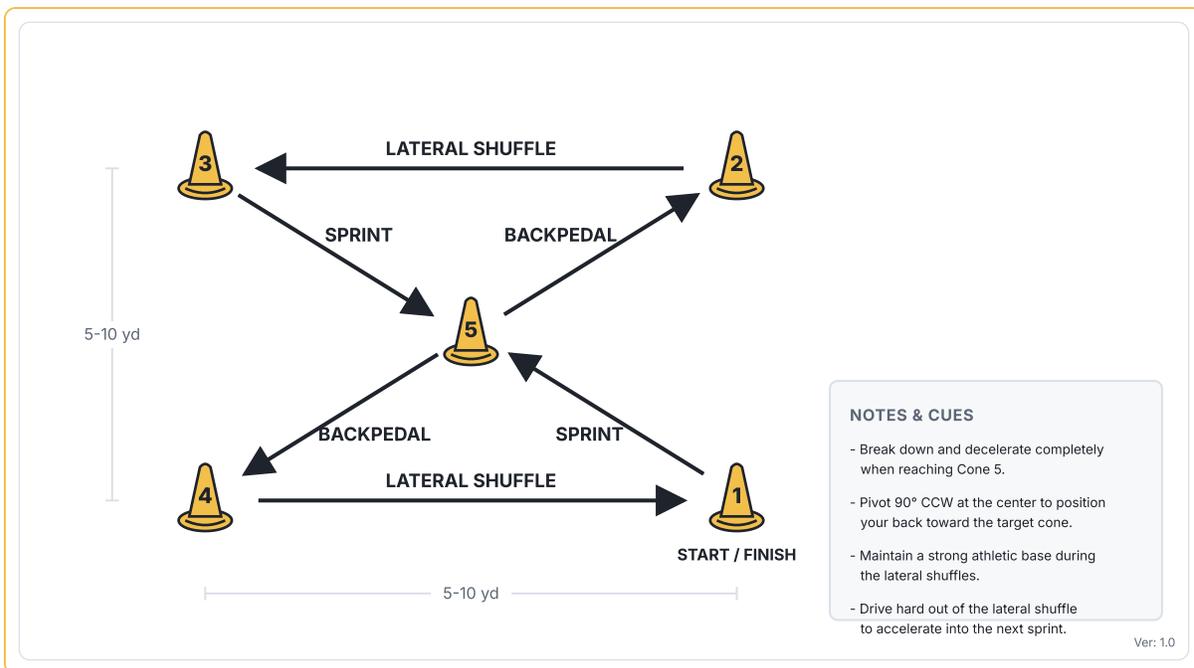
NOTES & CUES

- Plant hard at Cone 3 before transitioning to backpedal.
- Maintain low athletic base and consistent shuffle speed.
- Decelerate efficiently into Cone 2.
- Execute quick transitions between each movement type.

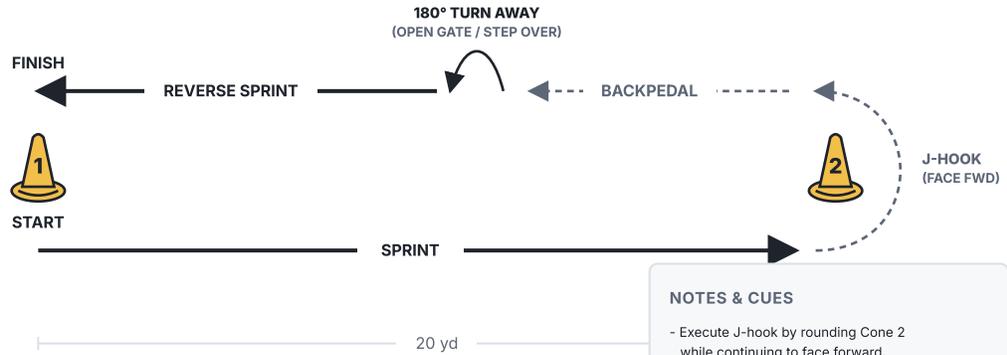
CONE GOALIE DRILL



CONE HOUR GLASS



CONE J-HOOK REVERSE SPRINT

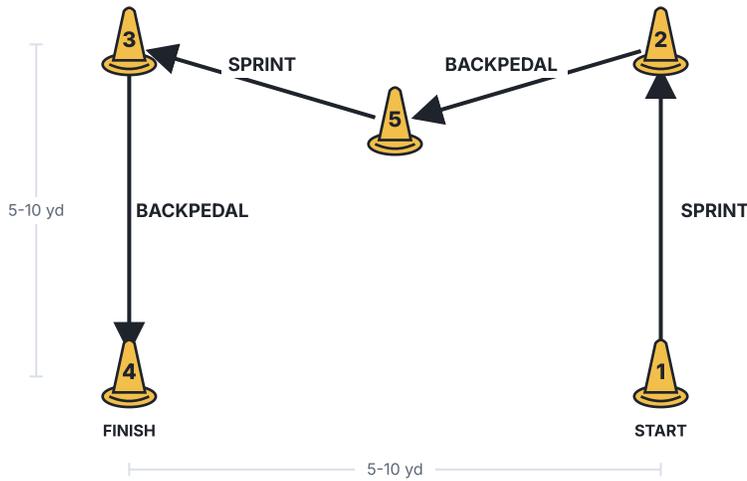


NOTES & CUES

- Execute J-hook by rounding Cone 2 while continuing to face forward.
- After a few steps of backpedaling, flip hips 180° AWAY from the center axis.
- Turn outside by opening the gate (outside leg) or stepping over (inside leg).

Ver: 1.0

CONE M-DRILL

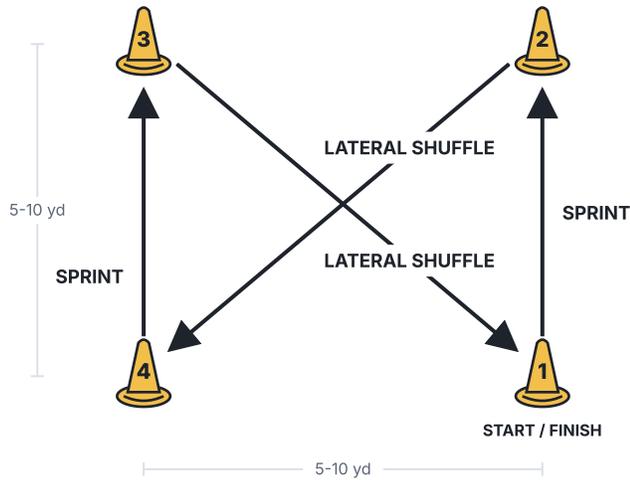


NOTES & CUES

- Plant aggressively at Cone 2, quickly flipping hips ~45° into the backpedal.
- At Cone 5, plant hard and flip ~90° to rapidly accelerate into the sprint.
- Stay low during transitions to avoid popping up and losing leverage.
- Keep backpedal strides clean and controlled to prevent stumbling.

Ver: 1.0

CONE X-DRILL

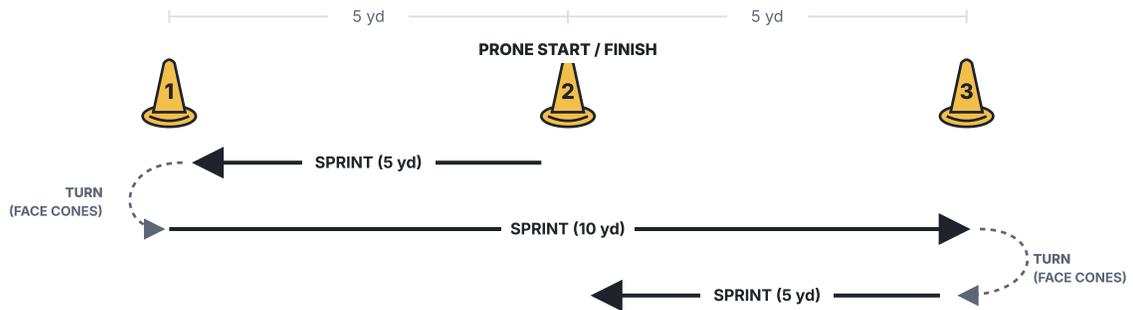


NOTES & CUES

- Plant aggressively to transition from sprint to shuffle.
- Open hips to orient inside shoulder toward target cone.
- Maintain a low athletic base during lateral movements.
- Accelerate rapidly out of the shuffles into the next sprint.

Ver: 1.0

PRONE 5-10-5



NOTES & CUES

- Start prone with head facing Cone 2.
- Pop up explosively and sprint 5 yds.
- Plant and turn, keeping chest facing the cones (do not turn your back to the field).
- Sprint through the center cone to finish.

Ver: 1.0

RECOVERY

DEFINITION

The Recovery library contains mobility and corrective-focused exercises used to reduce stiffness, restore range of motion, and support movement quality between training sessions.

SIGNIFICANCE

Recovery work supports readiness by maintaining usable range of motion and reinforcing positions that carry into training. This library includes foam rolling, static stretching, active stretching, and corrective exercises without treating them as a substitute for appropriate training load management and recovery practices.

MILITARY RELEVANCE

Training and operational demands can create repeated stiffness and postural stress, especially from load carriage, high-volume running, and prolonged time in equipment. Maintaining mobility supports consistent movement and training performance.

TRAINING INTENT

Exercises are selected to restore and maintain range and control without adding unnecessary fatigue. Correctives reinforce stable positions after range is available.

MOVEMENT PATTERNS

- Lower Mobility
- Upper Mobility

LOWER MOBILITY

DEFINITION

Lower body mobility includes recovery-focused exercises targeting the ankles, knees, hips, and surrounding musculature to improve range of motion, reduce stiffness, and restore movement quality. In this guide, it may include foam rolling, static stretching, active stretching, and corrective exercises.

SIGNIFICANCE

Lower body mobility work supports joint position, tissue tolerance, and movement options that influence squatting, hinging, lunging, running, and loaded movement. It can help manage the short-term effects of high training volume, load carriage, and repetitive impacts by addressing stiffness and maintaining usable range. Common issues include using aggressive techniques that create soreness, holding stretches without maintaining position, and selecting drills that do not match the limitation (joint restriction vs tissue tightness vs motor control).

MILITARY RELEVANCE

Marines frequently accumulate lower body fatigue and stiffness from running, hiking under load, prolonged standing, and repeated transitions on uneven terrain. Maintaining lower body mobility supports training readiness and can improve comfort and movement quality during both conditioning and strength tasks.

TRAINING INTENT

Lower body mobility exercises are used to restore and maintain range and control without adding significant fatigue. Standards emphasize controlled positioning, appropriate intensity, and breathing that supports relaxation and positional control. Corrective exercises are selected to reinforce movement quality and stability once range is available, not as a substitute for sound training or recovery habits.

IN THIS SECTION

- Adductor Heel Sit w/ Reach Stretch
- Butterfly Stretch
- Combination Hip Stretch
- Couch Stretch
- Glute Figure 4 Stretch
- Half Kneeling Hip Flexor Stretch
- Passive Anterior Tibialis Stretch
- Passive Arch Stretch
- Passive Posterior Tibialis Stretch
- Prone Position Ankle Hook Stretch
- Seated Lateral Hip Stretch
- Side Sitting and Lean Forward Stretch
- Slant Board Stretch
- Sprinter 90/90 Stretch
- Strap Passive Hamstring Stretch
- Strap Quad Stretch
- Supine 90/90 Active Hamstring Stretch
- Wall 3 Way Ankle Stretch
- Wall ITB Stretch

ADDUCTOR HEEL SIT W/ REACH STRETCH



KEY INFO

Major Muscles

Adductors

Related Exercises

T-Spine Heel Sit w/ Reach Stretch

COACH TIP

Try to remain sitting on your heel the entire stretch.

PREPARATION

Kneeling, right leg extended to side with toe forward, hands on floor.

EXECUTION

Sit on heel and reach left with right arm between knee and hand.

BUTTERFLY STRETCH



KEY INFO

Major Muscles

Adductors, Lower Back

Related Exercises

Combination Hip Stretch

COACH TIP

Don't allow your back to round, try to retain a neutral spinal position.

PREPARATION

Seated with soles of feet together, knees relaxed outward, back upright.

EXECUTION

Press elbows into thighs while activating abdominals.

COMBINATION HIP STRETCH



KEY INFO

Major Muscles

Hip rotators

Related Exercises

Butterfly Stretch

COACH TIP

Allow the leg to move in the socket, don't compensate with extra movements.

PREPARATION

Seated, legs bent at 90°, hands supporting from behind.

EXECUTION

Internally and externally rotate each leg, hold 3s, return.

COUCH STRETCH



KEY INFO

Major Muscles

Hip Flexors, Quads

Related Exercises

Half Kneeling Hip Flexor Stretch

PREPARATION

Half-kneeling, right foot in front, left shin on box/wall, lean forward hands on floor.

COACH TIP

Ensure you are adequate distance away from the wall/elevated surface, being too close or too far will limit the range of motion.

EXECUTION

Sit fully upright keeping front foot and rear knee grounded. Adjust if needed.

GLUTE FIGURE 4 STRETCH



KEY INFO

Major Muscles

Hip, Glute

Related Exercises

Seated Lateral Hip Stretch

PREPARATION

Sit on the floor with legs fully extended. Put the right foot on the left knee keeping the knee at 90 degrees like a "number 4."

COACH TIP

Allow the leg to move in the hip socket, don't compensate with extra movements.

EXECUTION

Lay back flat on the floor, bend the left knee, and bring it towards the chest. The Marine may also grab the left thigh with both hands (not on the shin) and pull towards the chest to increase the stretch.

HALF KNEELING HIP FLEXOR STRETCH



KEY INFO

Major Muscles

Hip Flexors

Related Exercises

Couch Stretch

PREPARATION

Half-kneeling, right knee down, left foot flat with ankle under knee.

COACH TIP

Try to actively engage the abs and glutes during this movement, to enhance the stretch.

EXECUTION

Lunge forward to lengthen back leg, possibly raise right arm overhead.

PASSIVE ANTERIOR TIBIALIS STRETCH



KEY INFO

Major Muscles

Anterior Tibialis

Related Exercises

Passive Posterior Tibialis Stretch

COACH TIP

Footwear limits range of motion, performing these barefoot is typically best.

PREPARATION

Start seated with right ankle on left knee (shoe off) or standing with foot top down.

EXECUTION

Grab right foot and apply steady pressure down or extend front knee with toes on deck.

PASSIVE ARCH STRETCH



KEY INFO

Major Muscles

Plantar Fascia

Related Exercises

Slant Board Stretch, Wall 3 Way Ankle Stretch, Prone Position Ankle Hook Stretch

COACH TIP

Preferred to execute without footwear, to emphasize "peeling" the toes back towards the knee to maximize the stretch.

PREPARATION

Sit with right ankle on top of the left knee making a figure 4 position with shoe off.

EXECUTION

Grab the toes and ball of the feet on the right side. pull the ankle and toes towards the knee, allowing the Achilles and arch to be stretched.

PASSIVE POSTERIOR TIBIALIS STRETCH



KEY INFO

Major Muscles

Posterior Tibialis

Related Exercises

Passive Anterior Tibialis Stretch

COACH TIP

Don't allow the heel to lift up during the stretch.

PREPARATION

Start standing in split squat, left foot forward, right foot flat behind.

EXECUTION

Drive right knee forward and in toward midline.

PRONE POSITION ANKLE HOOK STRETCH



KEY INFO

Major Muscles

Gastrocnemius, Soleus

Related Exercises

Passive Arch Stretch, Slant Board Stretch, Wall 3 Way Ankle Stretch

COACH TIP

Footwear limits range of motion, performing these barefoot is typically best.

PREPARATION

Start in front leaning rest (plank); place left foot on right heel or enter pike with heels off floor.

EXECUTION

Slowly press right heel to floor using left foot and pressing back.

SEATED LATERAL HIP STRETCH



KEY INFO

Major Muscles

Gluteus Medius

Related Exercises

Wall ITB Stretch

COACH TIP

Engage the movement by pulling the leg to the chest, not by leaning down towards the leg.

PREPARATION

Seated, right knee bent and crossed over left leg mid-thigh.

EXECUTION

Hug and draw right leg into chest.

SIDE SITTING AND LEAN FORWARD STRETCH



KEY INFO

Major Muscles

Hip, Glute

Related Exercises

Seated Lateral Hip Stretch

COACH TIP

Don't allow your back to round, try to retain a neutral spinal position.

PREPARATION

Seated, right leg bent in front, left bent behind, thighs at 90° to each other.

EXECUTION

Lean forward over front shin with upright posture, rotate chest toward knee and repeat.

SLANT BOARD STRETCH



KEY INFO

Major Muscles

Gastrocnemius, Soleus

Related Exercises

Passive Arch Stretch, Wall 3 Way Ankle Stretch, Prone Position Ankle Hook Stretch

COACH TIP

While exploring the stretch, try to keep the heels in contact with the deck.

PREPARATION

Start standing facing the slant board (rock, curb, foam roller, or incline).

EXECUTION

Place one or both feet towards the bottom of the board and stand tall with the legs straight. Slightly lean forward until a stretch is felt. Repeat with knees bent at 20-30 degrees.

SPRINTER 90/90 STRETCH



KEY INFO

Major Muscles

Hamstring

Related Exercises

Supine 90/90 Active Hamstring Stretch, Strap Passive Hamstring Stretch

COACH TIP

Cue Marines to attempt to straighten the front leg and flatten their back.

PREPARATION

Start half-kneeling, back knee on floor, hands flat to either side of front foot.

EXECUTION

Stand up with hips traveling up and back at 45°, straighten front leg, hold 3 count, return.

STRAP PASSIVE HAMSTRING STRETCH



KEY INFO

Major Muscles

Hamstrings

Related Exercises

Supine 90/90 Active Hamstring Stretch, Sprinter 90/90 Stretch

COACH TIP

Don't allow the opposite leg to move.

PREPARATION

Start lying face up, strap looped around right foot.

EXECUTION

Pull right leg up straight with strap, opposite leg straight and grounded.

STRAP QUAD STRETCH



KEY INFO

Major Muscles
Quadriceps

Related Exercises
Couch Stretch

COACH TIP

Don't allow your thigh to slide out of alignment with the torso.

PREPARATION

Lay prone with strap on right foot, strap over right shoulder held in both hands.

EXECUTION

Pull strap to bend knee toward hip.

SUPINE 90/90 ACTIVE HAMSTRING STRETCH



KEY INFO

Major Muscles
Hamstring

Related Exercises
Sprinter 90/90 Stretch, Strap Passive Hamstring Stretch

COACH TIP

Maintain the 90 degree hip flexion and don't allow the opposite leg to move.

PREPARATION

Start lying face up, right leg bent at hip and knee to 90°, hands on thigh.

EXECUTION

Extend right knee while pulling thigh into hands, ankle dorsiflexed, opposite leg flat and still.

WALL 3 WAY ANKLE STRETCH



KEY INFO

Major Muscles
Ankle, Gastrocnemius, Soleus

Related Exercises
Passive Arch Stretch, Slant Board Stretch, Prone Position Ankle Hook Stretch

COACH TIP

While exploring the stretch, try to keep the heels in contact with the deck.

PREPARATION

Face a wall with toes of right foot 4-6 inches off wall; hands on wall at shoulder height; bend knee toward wall.

EXECUTION

Keep front foot flat and drive knee forward to touch wall over big toe, middle toe, and little toe, returning to neutral each time. Hold 1 count.

WALL ITB STRETCH



KEY INFO

Major Muscles

IT Band/Lateral hip

Related Exercises

Seated Lateral Hip Stretch

COACH TIP

Allow the hips to bend not the torso.

PREPARATION

Standing, right hand on wall, right leg crossed behind left, left hand on hip.

EXECUTION

Push left hand into hip and shift hips toward wall, weight on right leg.

UPPER MOBILITY

DEFINITION

Upper body mobility includes recovery-focused exercises targeting the shoulders, thoracic spine, scapular region, elbows, and wrists to improve range of motion, reduce stiffness, and restore movement quality. In this guide, it may include foam rolling, static stretching, active stretching, and corrective exercises.

SIGNIFICANCE

Upper body mobility supports overhead positions, pressing and pulling mechanics, and the ability to maintain posture under load. It also helps manage stiffness from repetitive training, load carriage, prolonged postures, and high volumes of upper body work. Common issues include forcing range at the shoulder without addressing thoracic/scapular control, using aggressive stretching that irritates tissues, and performing mobility work without reinforcing the positions needed for training tasks.

MILITARY RELEVANCE

Upper body stiffness commonly accumulates from rucking, equipment carriage, prolonged time in body armor, push/pull training, and sustained postures during work. Maintaining shoulder and thoracic mobility supports efficient movement and durable positions during training and task-based work.

TRAINING INTENT

Upper body mobility exercises are used to restore range and control while reinforcing stable shoulder mechanics and posture. Standards emphasize controlled movement, appropriate intensity, and positions that carry over to training (scapular control, ribcage/trunk position, and smooth range). Corrective work is selected to improve movement quality and tolerance for pressing, pulling, and overhead tasks without adding unnecessary fatigue.

IN THIS SECTION

- Bar Lat Stretch
- Biceps Stretch
- Child's Pose
- Door Frame Stretch
- Long Arm Pull and Rotate Stretch
- Quadruped w/ T-spine Rotation Stretch
- Seal Stretch
- Sleeper Stretch
- T-Spine Heel Sit w/ Reach Stretch
- Triceps Stretch
- Wrist Extensors Stretch
- Wrist Flexors Stretch
- ½ Kneeling Wall Rotation Stretch

BAR LAT STRETCH



KEY INFO

Major Muscles
Latissimus Dorsi

Related Exercises
Triceps Stretch

PREPARATION

Set up a bar chest height. hold on to the bar with arms fully extended and slightly wider than shoulder width.

COACH TIP

Depending on flexibility, adjust bar height for intensity of stretch, ensure upright posture by maintaining a neutral spine. Sit backwards into a deep squat to apply slight traction.

EXECUTION

Slightly pull and sit into a squat position while holding on the bar. The head should be in alignment with the arms.

BICEPS STRETCH



KEY INFO

Major Muscles
Biceps

Related Exercises
Triceps Stretch

PREPARATION

Set up a bar slightly higher than hip height. face away from the bar and hold onto the bar with an underhand grip. Alternatively, a partner can hold the Marine's hand and wrist to the rear while bracing the Marine's shoulder at the top.

COACH TIP

Depending on flexibility, adjust bar height for intensity of stretch, ensure upright posture by maintaining a neutral spine.

EXECUTION

Slightly move forward and down to create the stretch in the biceps. Alternatively, the partner can extend the arm back and up as far as possible.

CHILD'S POSE



KEY INFO

Major Muscles
Low back & Latissimus Dorsi

Related Exercises
Seal Stretch

PREPARATION

Kneel on the floor while sitting on the heels with knees slightly apart.

COACH TIP

Try to remain sitting on your heels the entire stretch. Cue the Marine to take big "belly" breathes while slowly increasing their stretch.

EXECUTION

Bring the chest to the knees while pushing the hips back and arms sliding along the deck reaching out as far as they are able to. Bring the chest into the thighs and get as low as possible.

DOOR FRAME STRETCH



KEY INFO

Major Muscles

Chest

Related Exercises

Long Arm Pull and Rotate Stretch

PREPARATION

Stand at a post, door frame, or corner of a wall. Place hand and arm on the wall while elbow is flexed at 90 degrees.

COACH TIP

Depending on flexibility, adjust hand height for intensity of stretch, ensure upright posture by maintaining a neutral spine.

EXECUTION

Slightly move forward to create a stretch. In a door frame, both sides can be done at once.

LONG ARM PULL AND ROTATE STRETCH



KEY INFO

Major Muscles

Chest

Related Exercises

Door Frame Stretch

PREPARATION

Hold on to a bar or post at shoulder height directly from the side.

COACH TIP

Depending on flexibility, adjust bar height for intensity of stretch, ensure upright posture by maintaining a neutral spine.

EXECUTION

Slightly pull and rotate away from the post.

QUADRUPED W/ T-SPINE ROTATION STRETCH



KEY INFO

Major Muscles

T spine

Related Exercises

T-Spine Heel Sit w/ Reach Stretch, ½ Kneeling Wall Rotation Stretch

PREPARATION

Start in the quadruped position, on hands and knees. Take the right hand and place it on the back of the head with the forearm resting on the face.

COACH TIP

Encourage the Marine to rotate through the thoracic spine to create movement.

EXECUTION

While maintaining contact with the hand on the head and forearm on face, rotate the head and torso to the right. Maintain hip and lower back stability.

SEAL STRETCH



KEY INFO

Major Muscles

Low back, rectus abdominis

Related Exercises

Child's Pose

PREPARATION

Start face down on the floor and hands at the level of the forehead. The forearms will be on the floor like a "plank position"

EXECUTION

Push up on the elbows while keeping hips on the floor and the head will be looking up at the ceiling. The Marine may progress by keeping the hands at the level of the forehead and extend the elbows while keeping their hips on the floor. The last progression will allow the hands to walk back towards their shoulders.

COACH TIP

Encourage the use of the posterior chain muscles to pull the body into extension, not just pressing with the arms.

SLEEPER STRETCH



KEY INFO

Major Muscles

Shoulder rotation

PREPARATION

Lie down on their side with arm at, or about, 90 degrees to the torso and elbow bent at 90 degrees with the fist towards the ceiling.

EXECUTION

Use the other hand to grab the wrist and slowly apply pressure to move palm to the floor. Increase difficulty by moving the starting position closer to the head.

COACH TIP

Ensure your torso isn't leaning into/away from the stretch to maintain even pressure.

TRICEPS STRETCH



KEY INFO

Major Muscles

Triceps

Related Exercises

Biceps Stretch

PREPARATION

Stand at a wall or upright. Move the elbow up towards the ceiling with arm next to the ear. Place the end of the elbow on the wall or upright.

COACH TIP

Goal is to drive the elbow straight backwards, so limit rotation of the arm or torso to ensure the tricep is targeted in this stretch.

EXECUTION

Apply slight pressure downward.

WRIST EXTENSORS STRETCH



KEY INFO

Major Muscles

Wrist extensors

Related Exercises

Wrist Flexors Stretch

PREPARATION

Fully extend the right arm in front with fingertips pointed down toward the floor. use the left hand and fully grab the right hand and finger tips. Alternatively, the Marine may use the floor or wall to anchor the hands.

COACH TIP

Ensure elbow is fully locked out.

EXECUTION

Apply light pressure bringing the hand to the wrist.

WRIST FLEXORS STRETCH



KEY INFO

Major Muscles

Wrist flexors and Wrist extensors

Related Exercises

Wrist Extensors Stretch

PREPARATION

Fully extend the right arm in front with fingertips pointed up toward the ceiling (hand STOP position). use the left hand and fully grab the right hand. Alternatively, the Marine may use the floor or wall to anchor the hands.

COACH TIP

Ensure elbow is fully locked out.

EXECUTION

Apply light pressure bringing the hand to the wrist.

½ KNEELING WALL ROTATION STRETCH



KEY INFO

Major Muscles

T spine

Related Exercises

T-Spine Heel Sit w/ Reach Stretch, Quadruped w/ T-spine Rotation Stretch

PREPARATION

Start in a kneeling position with the wall to their side. The forward knee will be on the outside. A foam roller or block will be placed between the up knee and the wall, locking it into place. Bring both hands together and extend elbows in front with the inside hand contacting the wall.

COACH TIP

Maintain a stacked rib-to-pelvis position while rotating through the thoracic spine

EXECUTION

With the inside hand maintaining contact with the wall, rotate the torso and attempt to touch the wall with the outside hand.

DRILLS

DEFINITION

The Drills library is a catch-all category for conditioning-style exercises used to develop muscular endurance and repeated-effort capacity, including partner-based drills and carry variations.

SIGNIFICANCE

These exercises build tolerance for sustained work and reinforce posture and joint control under fatigue. They are effective for simple setups and group training, but require standards to prevent technique breakdown from becoming the training outcome.

MILITARY RELEVANCE

Marines often perform repeated efforts with limited recovery and may need to move with or assist a partner. This library supports task-relevant work capacity and durability under uneven loads and fatigue.

TRAINING INTENT

Drills are programmed to create controlled fatigue while maintaining minimum movement standards. Carries emphasize trunk stability and joint integrity under awkward or shifting loads.

MOVEMENT PATTERNS

- Drills
- Carries

DRILLS

DEFINITION

Drills include conditioning-style exercises used to develop muscular endurance, repeated effort capacity, and movement control under fatigue. In this guide, drills may include prolonged jumping patterns and partner-based exercises (e.g., buddy push-ups, buddy squats) performed for time, repetitions, or intervals.

SIGNIFICANCE

This category builds tolerance for sustained muscular work and reinforces posture and joint control when fatigue increases. It also provides a practical way to train work capacity using simple setups and minimal equipment. Common issues include allowing technique to degrade to the point that the drill no longer reinforces useful mechanics, selecting volumes that create excessive soreness or interfere with skill training, and prioritizing output over safe joint positions.

MILITARY RELEVANCE

Marines often need to perform repeated efforts with limited recovery, sometimes while managing equipment, uneven footing, or a partner. Drill-style work supports the ability to maintain effort and basic movement quality under stress and fatigue, which can carry over to physically demanding training and task-based events.

TRAINING INTENT

Drills are programmed to create repeatable exposure to sustained effort while maintaining minimum movement standards. The goal is not perfect technique under maximal fatigue, but consistent positions that remain safe and productive as output increases. Work-to-rest, volume, and exercise selection should match the session objective and the group's proficiency.

IN THIS SECTION

- Buddy/Squad Push Ups
- Squad Situps
- Star Jumps
- Triple Threats

BUDDY/SQUAD PUSH UPS



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Squad Situps

PREPARATION

All buddies begin in the bottom of a push-up position, lined up head to toe with one another. Each buddy's feet are on the shoulder of the person behind them.

EXECUTION

All executing at the same time, extend the arms until both arms lock out simultaneously. Return to the starting position by lowering your body down to the deck.

COACH TIP

For easy alignment and execution, build the "stack" from back-to-front.

SQUAD SITUPS



KEY INFO

Major Muscles

Chest, Triceps, Shoulders

Related Exercises

Buddy/Squad Push Ups

PREPARATION

Start seated, side by side with your squad. Lay on your back, with knees bent, and feet flat on the deck. Arms linked with those on the side of you. Head slightly off the deck.

EXECUTION

Lift the torso off the deck, together, and then return down to the starting position.

COACH TIP

Communication is essential to properly execute. Ensure all Marines shoulders touch the deck prior to executing follow on repetitions.

STAR JUMPS



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Burpee

PREPARATION

Stand tall, feet together.

EXECUTION

Squat down, with hands touching the outside of your boots. Stand up while jumping forward, arms and legs abducting from your body while in the air like a star. Land in the starting position.

COACH TIP

Maintain heels on the deck while squatting by bending at the knees, hip, and ankles rather than back. Ensure full extension on the jumps.

TRIPLE THREATS



KEY INFO

Major Muscles

Quadriceps, Glutes, Hamstrings

Related Exercises

Split Squat Jump

COACH TIP

Lunge to depth, squat to depth, jump to the sky to ensure full extension on each rep.

PREPARATION

Stand tall.

EXECUTION

Jump into lunge, then jump into lunge on the other side, and then jump into a squat. Each part of the repetition should have knees bent to 90 degrees.

CARRIES

DEFINITION

Carries are locomotion-based exercises where a Marine moves under an external load while maintaining posture, grip, and trunk stability. In this guide, carries include both traditional loaded carries (e.g., farmer carry) and casualty-relevant partner variations (e.g., fireman's carry, bridal carry, buddy drag, pistol belt drag).

SIGNIFICANCE

Carries develop whole-body tension, trunk stiffness, and joint stability under load, including uneven and awkward loads that challenge posture and balance. They also build grip and upper back endurance and reinforce bracing while moving. Common issues include losing posture, allowing the load to pull the body into rotation or collapse, taking uncontrolled steps, and using distances or loads that degrade mechanics beyond acceptable standards.

MILITARY RELEVANCE

Carrying and dragging tasks are directly relevant to casualty movement and to moving equipment over distance, especially in unpredictable environments. These drills build the ability to maintain stability and continue moving efficiently while managing an uneven load and changing footing.

TRAINING INTENT

Carries are trained with clear standards: stable trunk position, controlled steps, and the ability to maintain alignment while the load attempts to shift or rotate the body. Progressions manipulate load type, distance, and speed while preserving posture and control. When partner carries/draggs are used, safety and communication standards are prioritized alongside physical output.

IN THIS SECTION

- Firemans Carry
- Pistol Belt Drag
- Underarm Drag

FIREMANS CARRY



KEY INFO

Major Muscles

Lower back, Quadriceps, Glutes, Hamstrings

Related Exercises

Underarm Drag

PREPARATION

Start with your buddy across your shoulders like a barbell, standing up tall, with their hand pressing into your lower back.

COACH TIP

Cue Marine to maintain core rigidity and to practice braced breathing while under load to protect against unintended movements of the spine.

EXECUTION

Walk forward for prescribed distance.

PISTOL BELT DRAG



KEY INFO

Related Exercises

Barbell Deadlift, Barbell Romanian Deadlift, Tire Flips

COACH TIP

Since the added load of the buddy is transferred through the belt, at the hips, the rest of the spine is functionally unloaded - making this a great way to challenge leg strength without direct spinal loading. Marines should still emphasize a neutral spine. Cue Marines to "Keep your butt low" to ensure proper technique.

PREPARATION

Buddy begins in the supine position, holding onto your MCMAP belt. Stand over your buddy, in a modified bear crawl position.

EXECUTION

Bear crawl forward for prescribed distance.

UNDERARM DRAG



KEY INFO

Major Muscles

Back, Quadriceps, Glutes, Hamstrings

Related Exercises

Firemans Carry

PREPARATION

Buddy starts sitting down with their arms folded. Grab your buddy under their arms and grasp their forearms, stand up and keep their back tight to your chest.

COACH TIP

Emphasize secure underarm control and short, powerful steps. Cue the Marine being carried to keep their toes to the sky.

EXECUTION

Being to walk backwards, ensuring buddy keeps their toes off the deck, legs straight.

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