

ISP Applicant Physical Training – WEEK 5

Below you will find both a Pre-Warm-up Warmup, Dynamic Movement Prep, Physical Training Prep, and Cool Down during your E-Learning. Some of these movements may be brand new so be sure to click the video links to see demos.

Each training session is meant to hit various planes of motion and movement patterns that will help unlock your athletic potential, and improve movement quality. Complete what you can as best you can.

The warm-ups and workouts have been designed to be done at home or on the road? No or little equipment is needed. The only requirements are proper workout attire, sometimes a jump rope and remember to always start with the warm-up. They can be done for time or for work (don't just go fast to sacrifice form and movement). No one cares how fast you do the workout in, there is no leader board. Always work on pushing your relative intensity. You should not be wrecked after every workout. If you are you are missing the point of this. Slow is smooth and smooth is fast.

Pre-Warm-up Warm-up

Spend at least 5 minutes "Getting your Chili Hot" getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

If you are rolling around or stretching too much in the initial warm-up you are not doing it right.

Dynamic Movement Preparation

The dynamic movement preparation prepares the body for the day by introducing proper positions and movements once the posture is established. The athlete is either challenged by combining Primals or executing them through different planes of motion. Any stimulus, momentary or not, affects the nervous system, and persists for some time after stimulation ceases. During warm ups, there is a grand opportunity to train the nervous system and ingrain new motor activities, creating kinesthetic awareness, or the sense of body position in space and time. This relies on proprioceptors in muscles, connective tissues, and joints to integrate information with balance and touch, breathing control mechanisms, lactic acid processing, elevated heart rate, and many more factors.

Physical Training Prep

The physical training preparation is designed to supplement what you are/may already be doing. This training will be designed to be done with or without load/weight/implements. This training will help you ramp you up and help you prepare for some of the training at the academy.

Cool Down

Failure to include a cool down following training will dramatically effect an athlete's recovery, daily performance, and long term development! A proper cool routine will empower your performance!

Pre-Warmup Warm-up – Day 1

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 1

1-2 Rounds

:20 Ipsilateral Dead Bugs - [Video demo](#)

5 Scapular Pull-ups - [Video Demo](#)

If no Pull-up bar than 5 Reverse Shrugs (can be done on a chair if no dip bar) – [Video Demo](#)

10y Spiderman Crawls W/ Elbow To Drop - [Video Demo](#)

2R / 2L Spiderman To Lateral Flexion And Extension - [Video Demo](#)

10y Knee Hug To Horizontal Lunge Twist - [Video Demo](#)

Physical Training Prep – Day 1

50 Walking Lunges (each leg) – [Video Demo](#)

Run 400 meter (1/4 mile)

50 Walking Lunges (each leg) – [Video Demo](#)

Run 400 meter (1/4 mile)

Cool Down – 5 minute

Cool Down 3 – [Video Demo](#)

Pre-Warmup Warm-up – Day 2

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 2

1-2 Rounds:

: 25 Ipsilateral Dead Bugs - [Video demo](#)

3R/3L 5 Sec Side Pillar Hold Hip Drop and Reach - [Video Demo](#)

15 Hip Bridge - [Video Demo](#)

2R / 2L Captain Morgan’s* - [Video demo](#)

*1 Rep = R/L Up And Down, and hold top position for 1 long breath

Physical Training Prep – Day 2

1-2-3-4-5-6-7-8-9-10 reps of

Burpees – [Video Demo](#)

Push-ups – [Video Demo](#)

Sit-ups

Compare to Week 2 day 2 time

Cool Down – 5 minute

Cool down progression 1 – [Video Demo](#)

Pre-Warmup Warm-up – Day 3

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 3

1-3 Rounds

: 25 Static Pillar Holds - [Video Demo](#)

: 15 R /:15 L Cpt Morgan With Vertical Support - [Video Demo](#)

10y Leg Cradle Lunge With Lateral Flexion And Extension - [Video Demo](#)

2 Seesaw Walk Hug the World - [Video Demo](#)

Physical Training Prep – Day 3

5 rounds of

100 Toe touches (use piece of 2x4 or even a book and alternate L&R toe touches to the wood/book)

30 Air Squats - [Video Demo](#)

Cool Down – 5 minute

Cool down progression 2 – [Video Demo](#)

Pre-Warmup Warm-up – Day 4

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 4

1-3 Rounds

: 20 4 Way Dead Bugs – [Video Demo](#)

3 Inch Worm Hands Only – [Video Demo](#)

10y Knee Hug to Horizontal Lunge Twist – [Video Demo](#)

Seated Arm Swing – [Video Demo](#)

Physical Training Prep – Day 4

Running Skill Development - 10 minutes

3 sets of 15 meters of each

Cocky Walks – [Video Demo](#)

Heel Walks – [Video Demo](#)

High Skips – [Video Demo](#)

Volume Runs - 20 minutes

Perform a 200 yard sprint on the minute for 8 minutes. These are not meant to be all out sprints. I want you to focus on completing these at around 75% effort. Focus on good arm swing, torso position, and mechanics. This is an opportunity to stress the movement patterns under fatigue.

Rest 10 minutes then,

Burpees

4 x 25 Burpees, rest 60 second between sets – [Video Demo](#)

Cool Down – 5 minute

Spend at least :60 holding and breathing into each position.

Cool down 5 - [Video Demo](#)

Pre-Warmup Warm-up – Day 5

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 5

Let's put the training to the test! Hit a static hold and then a full plane of motion change with the ninja roll up. Take your time and focus on doing the movements correctly. This is skill work and athleticism more than anything.

60y Jog*

: 25 Goblet Squat Static Hold ** - [Video Demo](#)

2 Ninja Roll Up To Vertical Jump – [Video Demo](#)

2R / 2L Leg Cradle Lunge With Lateral Flexion and Extension*** - [Video Demo](#)

2 Ninja Roll Up To Vertical Jump - [Video Demo](#)

2R / 2L Leg Cradle Lunge W/ Back Heel Touch*** - [Video Demo](#)

2 Ninja Roll Up To Vertical Jump - [Video Link](#)

2R / 2L Leg Cradle Lateral Lunge W/ Twist*** - [Video Demo](#)

* 30 Yards Out, 30 Back. You Know the Drill Shuffles, Skips, and Strides, Get Loose

** Start conservative aka LIGHT! We will be progressing as we go

*** Breath Scheme! 1 Long Drawn Out Breath

Physical Training Prep – Day 5

5 rounds of

20 Push-ups – [Video Demo](#)

20 Sit-ups

20 Air Squats - [Video Demo](#)

Compare to week 2 day 5 time.

Cool Down – 5 minute

Cool Down 4 – [Video Demo](#)

Pre-Warmup Warm-up – Day 6

Spend at least 5 minutes “Getting your Chili Hot” getting your heart rate up and getting sweaty. This can be a combination of jog, bike, jumping jacks, side shuffles, cariocas, etc. Just get your feet, knees, hips, and arms in motion to arouse the CNS, Increase blood flow to the muscles. Then perform the daily warm-up below. No more than 5 minutes is needed.

Dynamic Movement Prep – Day 6

1-3 Rounds

: 25 Static Pillar Holds - [Video Demo](#)

: 15 R /:15 L Cpt Morgan with Vertical Support - [Video Demo](#)

10y Leg Cradle Lunge with Lateral Flexion and Extension - [Video Demo](#)

2 Seesaw Walk Hug the World - [Video Demo](#)

Physical Training Prep – Day 6

RUN – Set a timer for 14 Minutes and mark the distance you have completed. Bring a piece of chalk and circle where you stop. This can be done at a formal track or in your neighborhood. Solid goal is to get more than 2 miles in 14 minutes.

REST - 5 MINUTES

Stand tall and rest for a full 5 Minutes.

CONDITIONING - 15 MINUTES

RUN – Heading the opposite direction than you came, head back to your starting position. Push yourself because there is a time limit to cover the same distance. You have exactly 12:45 min to get back to the start or you will perform the extra credit work. Yes, this is less time than the 14 minutes it took you to get there so you better move!

EXTRA CREDIT

If you missed your second run, hit 3 rounds of descending reps. Round 1, Round 2, Round 3. If you hit your time, you only have to do Round 1 of each movement

30, 20, 10 – True Push-ups – [Video Demo](#)

20, 15, 10 – Bent Over Row – [Video Demo](#)

30, 20, 10 – Standing Calf Raises with weight – [Video Demo](#)

Cool Down – 5 minute

Cool down progression 1 – [Video Demo](#)