United States Coast Guard
U.S. Department of Homeland Security

CG Workout - Month **3** - Workout #**2**

ACTIVE DYNAMIC WARM-UP

20 Minutes

Exercise					
Pillar Prep [1]	**Circuit**	**Time**	**Distance**		**Rest**
Plank on Elbows	4	15 sec.			
Side Plank (right)	4	15 sec.			
Bridge	4	15 sec.			
Side Plank (left)	4	15 sec.			
Movement Prep	**Sets**	**Time**	**Distance**	**Reps**	**Rest**
World's Greatest Stretch				1	
Bretzel		10 sec hold		2	
Inverted Hamstring				2	
Handwalks			10 yards	1	

Exercise					
Battle Ropes	**Circuits**	**Time**	**Distance**	**Reps**	**Rest**
Alternating Waves	2	30 sec.			30 sec.
Large Waves	2	30 sec.			30 sec.
Power Jacks	2	30 sec.			30 sec.
Agility	**Circuits**	**Time**	**Distance**	**Reps**	**Rest**
60 Yard Shuttle w reverse Retu	2				60 sec.
60 Yard Shuttle w Carioca Retu	2				60 sec.

Note: [1] "Pillar Prep" is a circuit program = (Perform: "Prone on Elbows", then "Side Supine Bridge (right)", then "Supine Bridge", then "Side Supine Bridge (left)". Then repeat circuit.

ELASTICITY and STRENGTH

20 Minutes

Exercise					
Strength Circuit #1	**Circuits**	**Time**	**Distance**	**Reps**	**Rest**
Alternating Overhead Press	2-3			5-8	
MB Thruster	2-3			8-12	
Pull-Ups/ asst. Pull-Ups	2-3			5-8	
MB Slams	2-3			8-12	
Dead Lifts	2-3			5-8	
Kettlebell Swings	2-3			8-12	

Strength Circuit Alt #1	**Circuits**	**Time**	**Distance**	**Reps**	**Rest**
TRX incline Press	2			5-8	
MB Thruster	2			8-12	
TRX Pull-Up	2			5-8	
MB Slams	2			8-12	
TRX Lunge	2			5-8	
Kettlebell Swings	2			8-12	

Note: If you are struggling with Pull-Ups, utilize the TRX Force - Pull Up program in place of this section of this workout.

CONDITIONING

15 Minutes

Exercise					
ESD	**Sets**	**Time**	**Distance**	**Reps**	**Rest**
300 yard Shuttle				3-5	3 min.

Note: The 300 yard Shuttle is the primary ESD at the phase of training. ESD items to the right are only alternative choices.

Exercise					
ESD	**Sets**	**Time**	**Distance**	**Reps**	**Rest**
Versa-Climber		30-60 sec		5-12	1-2 min.
Treadmill		30-60 sec		5-12	1-2 min.
Cycling		30-60 sec		5-12	1-2 min.
Sleds		30-60 sec		5-12	1-2 min.

RECOVERY

5 Minutes

Exercise					
Recovery [3]	**Sets**	**Time**	**Distance**	**Reps**	**Rest**
Foam Roller					
Supine		30 sec.			
Glutes		30 sec.			
Hamstring		30 sec.			
Calves		30 sec.			
Inner Thigh		30 sec.			
Chest/Shoulders		30 sec.			
IT Bands		30 sec.			

Exercise					
Stretches [3]	**Sets**	**Time**	**Distance**	**Reps**	**Rest**
Calves and Hamstrings		30 sec.			
Hipflexors and Quads		30 sec.			
Adductors		30 sec.			
Hip Rotation and Posterior		30 sec.			
Bretzel		30 sec.			
90/90 Shoulder		30 sec.			

Note [3]: "Recovery" & "Stretches" should be performed individually. Make sure to focus on the most tender points in each area. Recovery should be performed on your own.