

Tactical Athlete,

Thanks for checking your email for videos and handouts. This is the “Gem” of them all. This Handout gives you a general outline for the systems and programming that I use.

I don't expect you to know what everything means, but you should be able to interpret some of this. I do expect you to do research and compare what I give to you and what you find. I may not have all the answers or the best programming for you. This system has worked for me and others, but may need to be adjusted for you.

You may not be ready for everything on this handout and may need guidance from a medical professional or a coach. Use your head and get what you need. Don't try to do something you are not comfortable with or do not understand completely.

Score well on the medical clearance, or get clearance from a Doctor of physical therapy or a medical doctor.

Score well on the movement clearance, or get a sports clearance from a Doctor of physical therapy or medical doctor.

Improve your performance of having adequate fitness levels and job specific needs, this can be done through a performance coach, or tactical strength and conditioning facilitator.

Your training should look something like this:

Metabolic Conditioning - 1-3x/week (Complexes, circuits, sprints, etc.)

Strength Training - 3-5x/week (Push, pull, hinge, squat, carry. Low reps, high weight.)

Mobility and Walking - Daily (Frequent low-level movement, and bodywork.)

Eat like an adult. (NO fruity pebbles, NO hotdogs, NO macaroni and cheese...)

Don't do any harm. (Sitting for hours, deadlifting with high heels, lack of integrity...)

Sleep for 8 hours, walk 30 minutes every day, eat 4 good meals a day, 3 strength sessions a week, 2 flexibility/mobility sessions for every 1 strength session

I want everyone to get what they want. I will do everything I can to help you do that within my scope of expertise. Feel free to text, email, call, or schedule with me to help you reach your goal. I am seriously available to you at least a few days out of the week.

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