

The Movement System

Training program: ACFT

Day 1	Week 1:					Week 2:					Week 3:				
	Reps	%1RM				Reps	%1RM				Reps	%1RM			
Broad Jump	6 x 6					6 x 6					6 x 6				
Sprints	4 x 60M		80% Intensity			5 x 60M		85% Intensity			6 x 60M		90% Intensity		
			Rest: At least 2 minutes					Rest: At least 2 minutes					Rest: At least 2 minutes		
Trap Bar Deadlift	5	65				3	70				5	75			
	5	75				3	80				3	85			
	5+	85				3+	90				1+	95			
Weighted Push-up	3 x 10					3 x 12					3 x 14				
Cable Row	2 x 10					2 x 12					2 x 14				
Sled Push	5 x 45 sec					6 x 45 sec					6 x 45 sec				
Steady State Run	3-4 miles		HR: 70-75% MHR (~130-155BPM)			3-4 miles		HR: 70-75% MHR (~130-155BPM)			3-4 miles		HR: 70-75% MHR (~130-155BPM)		
Day 2	Week 1:					Week 2:					Week 3:				
DB Jump	5	10%BW				5	10% BW				5	10% BW			
	5					5					5				
	5					5					5				
Vertical Jump	5					6					8				
	5					6					8				
Incline DB Press	3 x 8					4 x 8					4 x 8				
KB Swing	5 x 30 sec					6 x 30 sec					6 x 30 sec				
Plank	Max					Max					Max				
Day 3	Week 1:					Week 2:					Week 3:				
5% Incline Walk/ Jog	10 Min Walk / 5 Min Incline Jog		1 X			10 Min Walk / 5 Min Incline Jog		2 X			10 Min Walk / 5 Min Incline Jog		2 X		
DB Push Press	6		20-30%BW			6					6				
	6					6					6				
						6					6				
Squat	Reps	%1RM				Reps	%1RM				Reps	%1RM			
	5	65				3	70				5	75			
	5	75				3	80				3	85			
	5+	85				3+	90				1+	95			
Bike Intervals	30 Sec Hard/ 90 Sec Easy Spin		3x			30 Sec Hard/ 90 Sec Easy Spin		3x			30 Sec Hard/ 90 Sec Easy Spin		3x		
Weighed Carry	3x 80M	40lbs				4x 80M	40lbs				5x 80M	40lbs			
Hand Release Push-ups	60s					70s					80s				
Plank	Max					Max					Max				