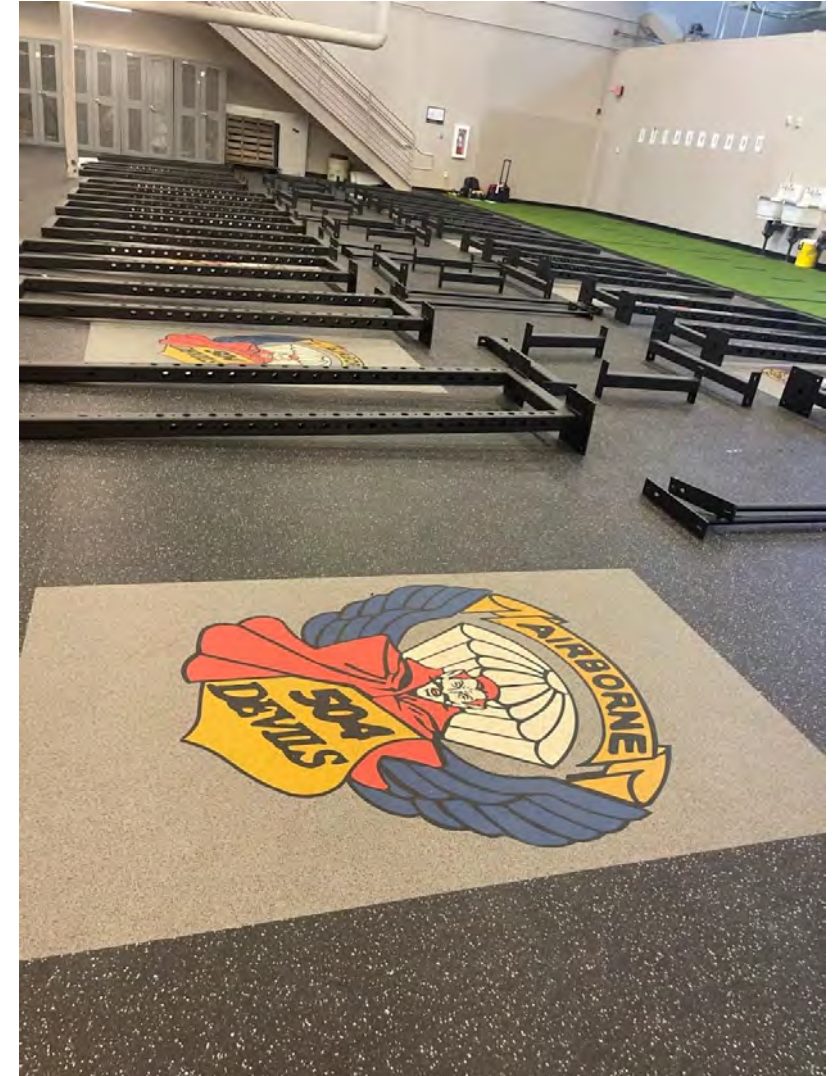
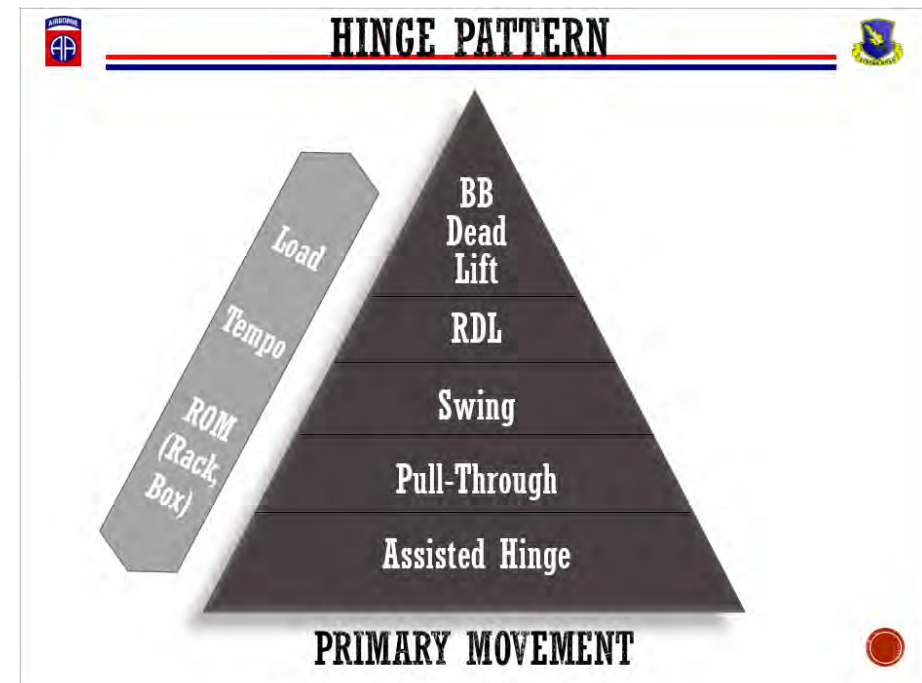
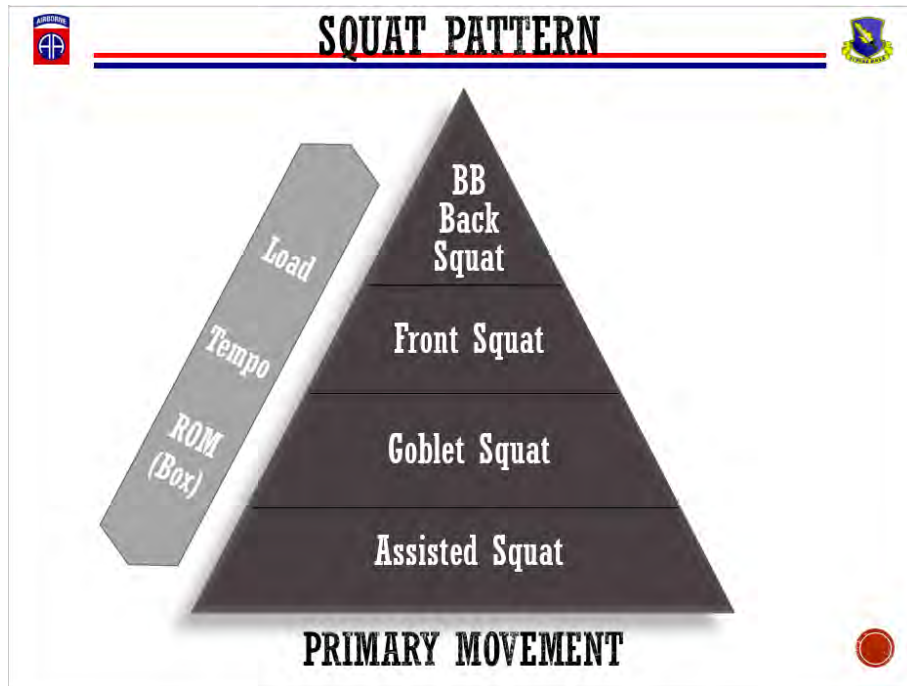


# Take Home Points

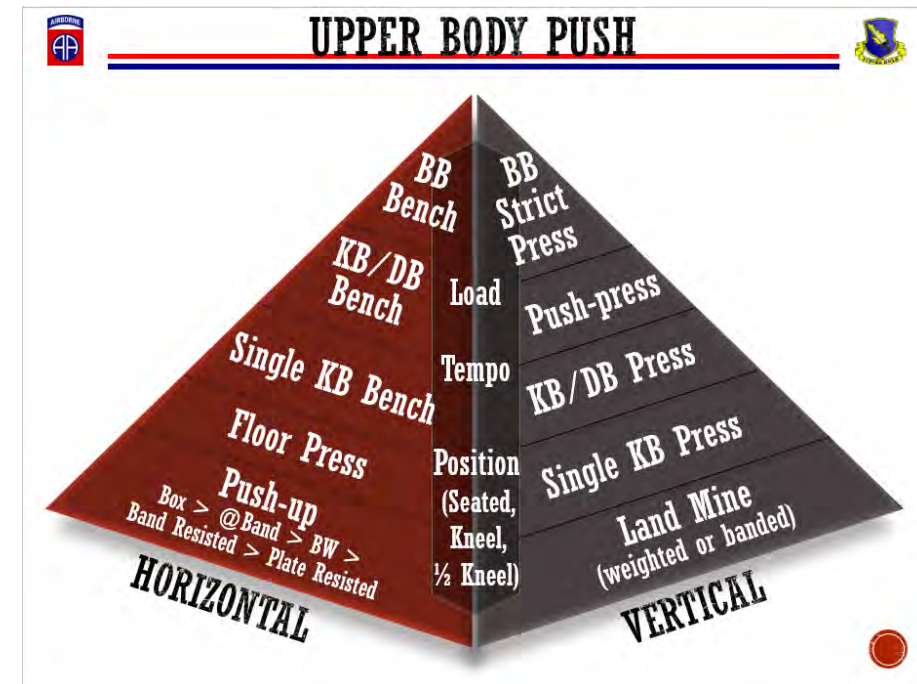
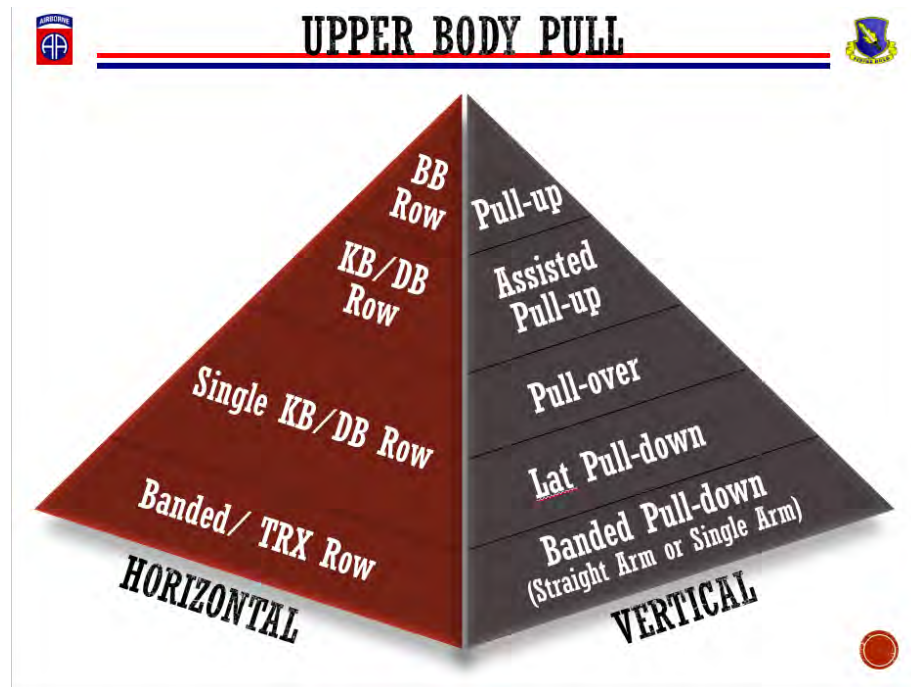
- Spend purposeful time evaluating the current program, culture, and barriers to training when arriving at a new organization
- Plan physical training with operational training schedules in mind
- Take pride in creating a program but be resilient and flexible with inevitable change
- Understand regressions to common movements to quickly modify training without taking someone out of a session



# Regressions to Common Movements



# Regressions to Common Movements



# Regressions to Common Movements

