Tactical Training with Limited Resources and Space

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TRX Training

Overview

- “Tactical Fitness”
- Expeditionary fitness requirements
- Foundational Movements
- “Functional Conditioning”
- Maximizing resources and space

“Tactical Fitness”

- How to best prepare for physical rigors of duty and maintain physical preparedness over time
- Environmental
- Load carriage
- “Periodization”
Expeditionary Fitness

- “911” force ready to deploy on contingency operations at any time
- More time in the field training in expeditionary environments requires fitness tools on site
- Portable, easy to set up and use

Analysis of pushing exercises: Muscle activity and spine load while contrasting techniques on stable surfaces with a tabile suspension strap training system

Stuart McCall PhD, and Jordan Andrews BSc.
Spine Biomechanics Laboratory, Department of Kinesiology, University of Waterloo, Waterloo, Canada. N2L3G7

There were variations in muscle activity and spine load characteristics in every task. In general, the instability associated with the table exercises (i.e. suspension strap system) required greater force in muscle activity than when performed on stable surfaces.
TRX Training

- Body Weight Competence
- Suspension Training
  - Mobility
  - Stability
  - Strength
- Rip Training
  - Mobility
  - Stability
  - Power

Programming

- Performance
- Durability
- Movement as a component of fitness
  - What should be mobile
  - What should be stable
  - When you “move better” you can be faster, stronger and more durable
- Foundational Movements
  - Standards remain the same, conditions change
Foundational Movements

- Plank
- Pull
- Hinge
- Squat
- Lunge
- Push
- Step
- Rotate

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