TACFIT26

THE "QUAL" WORKOUTS

The Official Qualification Workouts for the Tactical Fitness Divisions

1. Regression Level
2. Recruit Level
3. Instructor Level

by USA National Police Team Coach, Scott Sonnon
World Champion, Master of Sport, Federal Consultant
Produced by www.HMAXInternational.com
The information in this book is presented in good faith, but no warranty is given, nor results guaranteed. Since we have no control over physical conditions surrounding the application of information in this book the author and publisher disclaim any liability for untoward results including (but not limited) any injuries or damages arising out of any person’s attempt to rely upon any information herein contained. The exercises described in this book are for information purposes, and may be too strenuous or even dangerous for some people. The reader should consult a physician before starting TACFIT® or any other exercise programs.

LEGAL STATEMENT:

When purchasing equipment, or any other products from RMAX International, the purchaser understands the risks associated with using this kind of equipment and/or other products, and the purchaser understands and assumes any and all the risks associated with following instructions from other products, and agrees not to hold RMAX International, as well as any officers, members, employees, assistants, volunteers, assignees, or agents of any type whatsoever, acting on or in behalf of the aforementioned entities and persons, responsible for injuries, maintenance, and/or supervision.

ATTENTION:

Nothing within this information intends to constitute an explanation of the use of any product, or the carrying out of any procedure, or the process introduced by, or within any material. This site, and its officers and employees accept no responsibility for any injuries, or damages arising out of any person’s attempt to rely upon any information contained herein. Consult your doctor before using this, or any other exercise device. Do not use if you have an injury, or are experiencing pain or inflammation in parts of your body without first consulting your doctor. Use this product at your own risk. Failure to follow instructions, and/or using this product in any way other than its intended use could result in injury.

IMPORTANT:

Please be sure to thoroughly read the instructions in this book, paying particular attention to all cautions and warnings shown for TACFIT to ensure their proper and safe use.
REGRESSION LEVEL

Lunge Raise 5
Knee Ellipse 6
Sit Thru Hip 7
Tactical Pushup Knee 8
Hollow Body Crunch 9
Table Lift 10

RECRUIT LEVEL (Before Certification)

Front Lunge 12
Pull Plank Knee 13
Sit Thru Knee 14
Tactical Pushup 15
Spinal Rock Basic 16
Tripod Vertical 17

INSTRUCTOR LEVEL (After Certification)

Rear Lunge 19
Pull Plank 20
Sit Thru Extension 21
Screwing Pushup 22
Spinal Rock Pike 23
Tripod Overhead 24
Regressions
Lunge Raise

Standing in place in split leg squat, descend into two 90 degree angles with the legs. Back knee hovers but not impacts the ground. Mid foot balance on front leg. Feet remain shoulder width apart. Hips should remain in one line, so drive back leg hip forward to keep alignment. Elbows in, and forearms parallel to each other, without hands touching. Bend forearms from parallel to the ground, or up perpendicular to the ground. Spine perpendicular to the ground at all times, chin down, head even with the horizon, like a piston up and down when in motion.

Exhale to lunge down, and keep exhaling as you drive from midfoot front leg to ball of foot rear leg. Extend legs upward, and lock both knees, while pressing front ball of foot into ground lifting heel. Ensure that you drive off back leg to keep hips in one line; don’t rotate back leg hip outward.

Place heel down front leg, before inhaling through the nose. Then, exhale, and drop into the next repetition.
Knee Ellipse

Begin in sleeping warrior sitting back on your insteps. Take palm heels of your hands and press your glutes back toward your heels which are rotated to the outside of your seat.

With your hands, pull yourself forward to hands and knees, exhaling through the mouth. Inhale through the nose, and then exhale again as you lower your elbows to the ground, forearms touching the floor.

Sit back and push back into the next sleeping warrior.

Focus primarily on the timing of dropping the elbows, and aligning your elbows behind your wrists, forearms parallel.
Sit Thru Hip

Sit down on one hip with knee through. Place your posting hand firmly on the ground, locking the elbow and press down into the floor to keep your shoulder blade packed down; don’t shrug your shoulder upward. Bring opposite elbow to your ribs. Eyes spot the floor between where both hands will be on the floor.

Exhale through the mouth as you place your lifted hand down on the ground, and rotate your knee from under so that you return to a quad squat on the balls of your feet.

Keep exhaling as you switch to the opposite side, sitting your knee through. Retract the opposite elbow to your rib. Sit the hip down.
**Tactical Pushup Knee**

On your hands and knees, tuck your tailbone underneath and extend your hips forward as far as possible. Exhale through the mouth and round your midback so that you can keep your hips forward and tailbone tucked. Lower to the bottom of your pushup and keep your forearms parallel with each other, elbows tight to the sides of your body.

As you continue your exhale deeper, push the ground away, and externally rotate your elbows in a screwing motion to lock your elbows at the top, with elbow pits pointed away from you. Inhale through the nose, before performing the next repetition.
Hollow Body Crunch

On your back with knees to chest and elbows to thighs, exhale and round the spine. Drive your mid-back thorax into the ground on your muscles, not your vertebrae. Exhale through the mouth deeper to lift your shoulder blades and your tailbone- tucked lower back toward the sky, rather than crunching them toward one another.

Allow a passive inhale through the nose, as you release lower back and shoulder blades back toward the ground.

As you lengthen arms and legs in opposite direction, exhale through the nose and contract your core. Lock elbows and knees, pointing toes and extending fingers. Tuck tailbone again and exhale attempting to lift shoulder blades and lower back up to the sky. Your core tightens here the greatest as you resist extension of your arms and legs to the ground.

Inhale through the nose as you place your lower back and shoulder blades back down before you exhale into the next repetition.
Table Lift

From a seated position, with your seat slightly behind your hands. Turn your fingers toward your heels, lock your elbows, press your shoulders down to lift your seat off the ground.

Pull with your heels, feet shoulder width apart, until you gain the crab position. Keep your shoulders pressing down into the ground, elbows locked the entire time.

From flat foot drive, keep pressing your palms into the ground, as you lift your hips high to full extension with an exhale through the mouth. Keep pinching your knees toward one another to keep shins parallel to each other.

Avoid arching the neck, and instead, imagine your spine lengthening from the top of your head to your tailbone. Don’t press higher than you do not feel pain. If you feel any pins and needs in the shoulders, don’t lift your hips as high. Imagine lifting your chest up to the sky and retracting your shoulder blades together.

Inhale through the nose as you begin to sit down, and then exhale as you press back to the original position, but with only heels and palms in contact.
Recruit Level
Front Lunge

Standing with feet shoulder width apart, feet parallel, step forward into two 90 degree angles with the legs. Exhale through the mouth as you lunge down to your knee hovering but not impacting the ground.

Mid foot balance on front leg. Feet remain shoulder width apart. Ensure that you drive off your back leg to keep hips in line; don’t rotate back leg hip outward. Elbows in, and forearms parallel to each other, without hands touching. Bend forearms from parallel to the ground, or up perpendicular to the ground. Spine perpendicular to the ground at all times, chin down, head even with the horizon, like a piston up and down when in motion.

Drive off of front leg mid foot to return to standing with feet maintaining shoulders width distance. Inhale through the nose. Switch to opposite leg to lunge into the next repetition.
Pull Plank Knee

Press back into sleeping warrior, feet extending, insteps touching the ground.

Exhale through the mouth and place your elbows on the ground, in one line with your wrists, forearms parallel to each other. Pull forward like you’re climbing up a wall by pulling yourself up a window ledge.

As you pull your head beyond your hands, only then, lift your elbows off the ground, pinching your forearms to your wrists. Exhale deepest, and round the midback contracting the core, like a hollow body crunch. Tuck the tailbone and squeeze the glutes to press forward off the knees.

Continue to exhale until you place your elbows backward, forearms down to the ground. Inhale through the nose, as you release your tailbone tuck, arching midback, to relax back into sleeping warrior again.
Sit Thru Knee

Begin in a high quad squat position, knees lifting hips. Exhale through the mouth as you sit one knee under the other rotating to the outside of the foot on the bottom leg.

Press elbow locked and palm into the ground to keep your shoulder down, without shrugging your shoulder to your neck. Avoid over rotating your torso through. Keep your two shoulders and pressing locked elbow in one line to avoid over rotating the torso.

Maintain your hips off the ground by pressing off of posting hand, and sit your glutes back toward the heel of bottom leg.

Pinch the elbow to ribs on the top arm, bending the elbow, bringing the hand to the side of the face. Eyes keep spotting the space originally between your two hands.

Inhale through the nose as you place the top hand back to the ground, before you exhale to sit the opposite knee under.
Tactical Pushup

Begin in the top of the pushup position and rotate your elbows externally so your elbow pits point away from you. Lock your elbows, and press your hands into the ground, to pull your shoulder blades down. Make your hands shoulder width apart.

As you lower yourself downward with an exhale through the mouth, retract your elbows toward your hips; don’t let them flair outward; keep elbows pinching the ribs.

Tuck your tailbone and contract your glutes, slightly rounding midback.

Kick your heels away and squeeze your knees locked: the tighter your lower body the lighter your upper body.

As you exhale your deepest, drive your palm heels into the ground and press back up to the top without arcing your spine, and without losing contact of your upper arms to your ribs through the whole motion.

Inhale through the nose before you exhale into the next repetition.
Spinal Rock Basic

Begin with feet slightly wider than shoulders width. Hands pull the shins, knees to chest. Inhale through the nose lifting the chest, while avoiding arching the chin upward.

Exhale through the mouth as you tuck your tailbone and round your lower back until it becomes flat to the ground. If you do not tuck, you can hurt your lower back. Round down. Only when your lower back becomes flat do you roll backward, knees to chest.

When you touch your shoulder blades, with no pressure on your neck, exhale through the mouth and extend your hips over your nose. Pull your heels toward your glutes, while pressing your knees to the sky, to get your greatest hip extension in an inverted bridge.

Lower your knees relaxed to your chest, before you round your spine again, grabbing shins. Roll forward, and inhale through the nose to return to the beginning position.
Tripod Vertical

Begin in one arm crab position, fingers pointed away from your feet, arm in line with your spine. Rear elbow locked, squeeze tricep, and press palm into the ground, to keep your shoulder packed down. Top elbow begins between your knees, forearm perpendicular to the ground.

Exhale through the mouth as you pinch knees together to keep shins parallel, and lift hips to extension. Keep your heels down! Press harder with the hip on the same side as your posting arm to keep to hips in one line parallel to the ground, facing the sky.

Keep exhaling as you rotate at the torso, lifting your two shoulders in one line with both elbows locked, fingers pointed vertically toward the sky. Eyes travel up the extending arm. Make sure to pull the bottom shoulder packed tightly; avoid shrugging your shoulder to neck.

Inhale through the nose as you sit down, bringing top elbow back to your centerline between your knees. Place your arm behind you as you slowly open your chest, switch hands, elbow between knees in opposite tripod position.
Instructor Level
Rear Lunge

Standing with feet shoulder width apart, feet parallel, step backward into two 90 degree angles with the legs. Contact your rear leg to ball of foot, and then exhale through the mouth as you lunge down to your knee hovering but not impacting the ground.

Mid foot balance on front leg. Feet remain shoulder width apart. Ensure that you drive off your back leg to keep hips in one line; don’t rotate back leg hip outward. Elbows in, and forearms parallel to each other, without hands touching. Bend forearms from parallel to the ground, or up perpendicular to the ground. Spine perpendicular to the ground at all times, chin down, head even with the horizon, like a piston up and down when in motion.

Drive off of front leg mid foot to return to standing with feet maintaining shoulders width distance. Inhale through the nose. Switch to opposite leg to lunge into the next repetition.
**Pull Plank**

Press back into sleeping warrior, on the balls of your feet, and your glutes bending your hips as low as you can to your heels, knees off the ground. Push back with your palm heels.

Exhale through the mouth and place your elbows on the ground, in one line with your wrists, forearms parallel to each other. Pull forward like you’re climbing up a wall by pulling yourself up a window ledge. Press off the balls of your feet.

As you pull your head beyond your hands, only then, lift your elbows off the ground, pinching your forearms to your wrists. Exhale deepest, and round the midback contracting the core, like a hollow body crunch. Tuck the tailbone and squeeze the glutes and lock your knees: the tighter your lower body, the lighter your upper body.

Continue to exhale until you place your elbows backward, forearms down to the ground. Inhale through the nose, as you release your tailbone tuck, arching midback, to relax back into original position.
Sit Thru Extension

Begin in a high quad squat position, knees lifting hips. Exhale through the mouth as you sit one knee under the other rotating to flat foot on the bottom leg. Extend the knee through and lock it, kicking your heel away, and pulling your toes back toward your shin. Keep your back heel down!

Press elbow locked and palm into the ground to keep your shoulder down, without shrugging your shoulder to your neck. Avoid over rotating your torso through. Keep your two shoulders and pressing locked elbow in one line to avoid over rotating the torso.

Maintain your hips off the ground by pressing off of posting hand, and sitting glutes back toward heel of bottom leg.

Pinch the elbow to ribs on the top arm, bending the elbow, bringing the hand to the side of the face. Eyes keep spotting the space originally between your two hands.

Inhale through the nose as you place the top hand back to the ground, before you exhale to rotate and extend the opposite foot under.
Screwing Pushup

Lie down on the ground, with your body rolled to one side slightly. The bottom elbow tucks tight under your ribs pointing down toward your hips. Place your other hand flat, in a pushup position.

Roll off of your underside forearm, and WHILE (not after) your hand turns down to the ground, begin screwing into the floor, extending your elbow. Exhale through the nose. Shift your weight to your opposite hand, but avoid pressing with it. Focus on 80% of your press to be from your screwing arm.

Lower to the other side, hip rotating down, but on the balls of your feet. Screw your forearm down, with your elbow pointing toward your hip. Inhale through the nose.

Repeat screwing press in opposite direction.
Spinal Rock Pike

Begin with feet slightly wider than shoulders width, legs extended. Hands wave forward, belly toward thighs, shoulders relaxed. Exhale through the mouth.

As you sit upward, inhale through the nose, before you exhale through the mouth and tuck your tailbone. Round your lower back until it becomes flat to the ground. If you do not tuck, you can hurt your lower back. Round down. Only when your lower back becomes flat do you roll backward, and pull knees to chest. Hands remain flat to the ground, if possible.

When you touch your shoulder blades, with no pressure on your neck, exhale through the mouth and extend your knees locked overhead. Avoid trying to kick the ground. Instead, squeeze your quads locked with an exhale through the mouth. The tighter you squeeze your quads and exhale your breath, the lower your legs will go without force. Eventually, they’ll touch balls of feet to ground. Exhale your fullest.

Bend your knees relaxed to your chest, before you round your spine again, grabbing shins. Roll forward, and inhale through the nose to return to the seated position. Extend your legs back down to the ground, and exhale into the forward wave.
Tripod Overhead

Begin in one arm crab position, fingers pointed away from your feet, arm in line with your spine. Rear elbow locked, squeeze tricep, and press palm into the ground, to keep your shoulder packed down. Top elbow begins between your knees, forearm perpendicular to the ground.

Exhale through the mouth as you pinch knees together to keep shins parallel, and lift hips to extension. Keep your heels down! Press harder with the hip on the same side as your posting arm to keep to both hips in one line parallel to the ground, facing the sky.

Keep exhaling while you rotate at the torso, until your two shoulders make one line with both elbows locked. Reach elbow locked overhead, and release the neck no tension. Make sure to pull the bottom shoulder packed tightly; avoid shrugging your shoulder to neck.

Inhale through the nose as you sit down, bringing top elbow back to your centerline between your knees. Place your arm behind you as you slowly open your chest, switch hands, elbow between knees in opposite tripod position.