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# 8-Week Tactical Strength & Conditioning Program

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## 8-Week Tactical Strength & Conditioning Program

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## Week One

### Day One: Lower Body Strength

Exercise	Sets	Reps
<b>Warm-up Circuit</b> <input type="checkbox"/> Glute Bridges x 10 <input type="checkbox"/> World's Greatest Stretch x 5 each side <input type="checkbox"/> Groiner x 5 each side <input type="checkbox"/> Body Weight Squat x 10 <input type="checkbox"/> Cossack Squat x 6 each side <input type="checkbox"/> Banded Pull-Aparts to Dislocate x 8 <input type="checkbox"/> Push-Ups x 10	1	*Please see left column for instructions and reps
Back Squat	5	5
Trap Bar Deadlift	5	5
DB Step-ups	3	12
<b>Lower Body SuperSet</b> <input type="checkbox"/> Front Rack Walking Lunges <input type="checkbox"/> Single-Leg Squat to Box *	3	10 per leg * To make this move more challenging you can lower the box, or hold a DB or KB while completing the movement.
<b>Core Superset</b> <input type="checkbox"/> Landmine Anti-Rotation <input type="checkbox"/> Pallof Press w/ Band	3	10
<b>Recovery Circuit</b> <input type="checkbox"/> World's Greatest Stretch 1x5 per side <input type="checkbox"/> Thoracic Rotations x 45 seconds <input type="checkbox"/> Downward Dog 30-45 seconds <input type="checkbox"/> Cobra Stretch 30-45 seconds	1	*Please see left column for instructions and reps