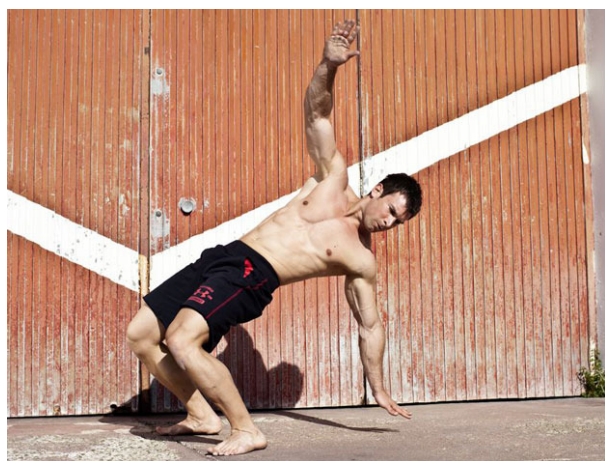


Men's Health

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The ultimate Tacfit home workouts

A new bodyweight-exercise trend is taking the US by storm. Here's how Tacfit can give you all-over muscular definition and the strength of a commando



Your training regime just went rogue. If the gym is The Establishment, Tacfit is fighting the power by mixing T-shirt filling muscle-building with functional performance. Based on the tactical response training used by elite military groups, it works your body from all angles, to stimulate more muscles. And the best bit: it won't cost you a thing.

"Short for 'tactical fitness', Tacfit is based on practical movements," says coach Raimar





Mohrdeck. “You train for 20-30min in high-intensity intervals.” The benefits aren’t just physical, either. The moves are intentionally complicated to test your mind as well as your body, preparing you for elite performance in real-world situations.

So if you want military-grade muscle that’s responsive and powerful, drop your barbell and try this. Do the following three circuits for six weeks (Monday, Wednesday and Friday, ideally) with a day’s rest in between each. If you’d rather stick to your gym routine, try adding one of these sessions on the weekend. Going back to those barbells on Monday will feel a whole lot easier.

The power-boosting, fat loss workout

The six-pack sculpting workout

The upper-body bulk-up workout

Photography: Stefan Volk; Model: Moritz Tellmann

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