

# READY FOR ANYTHING

Real military training is designed to get you in supreme physical condition *and* prepared for any challenge. Get all the benefits with Tacfit workouts

**F**itness doesn't get much more functional than when it's used by commandoes. And when you're a military-grade physical specimen, one thing you can't afford is injuries. 'In Tacfit, we define fitness for a job as work capacity divided by injuries,' says trainer and martial arts expert Scott Sonnon, founder of Tacfit – short for Tactical Fitness. 'If your capacity increases but you have more injuries, you're no more fit than before. Eventually your injuries will outstrip your capacity and you'll be functionally unfit.'

Sonnon, a champion in the Russian martial art of sambo, has his own solution: Tacfit offers graded progressions, allowing intense work without increased risk of injury. The best part is that you don't need to perfect the moves to push yourself to the limit. 'The levels are more than mere advancements – they're ratchet-like fine-tuning,' he says. 'Even an elite athlete should be cranked back to level one if he's truly working at high intensity.'

'Lowering the level isn't a sign of insufficient conditioning, but intelligent conditioning. The harder moves will make your heart rate approach maximum, at which point your complex motor skills deteriorate and your injury risk increases, so it's smart to start with the simpler moves. In any one programme you go up and down the levels throughout the workout.' The result is a programme that prepares you for the toughest of challenges – without ruining your health.

For more information visit [rmaxi.com/tacfit26](http://rmaxi.com/tacfit26).



## How to do the workout

There are 26 Tacfit workouts, named for the letters of the Nato phonetic alphabet. In this one, 'Mike', you do four moves in total. Perform each one for 20 seconds followed by ten seconds' rest. Do this eight times, then rest for a minute before you go

on to the next move, so the whole workout lasts 20 minutes. We've demonstrated the recommended or Alpha moves, as well as simpler Beta and Delta variations.

To see it in full, visit: [mensfitnessTACFIT.com](http://mensfitnessTACFIT.com)

### TACFIT MIKE

ALPHA LEVEL	BOX HOP-OVER PARALLEL SQUAT	MEDICINE BALL JUMP THROW	RING EXTENSION	TACFIT PULL-UP
3				
BETA LEVEL	BOX HOP-UP BALL SQUAT	MEDICINE BALL FLOOR SLAM	RING LAWNMOWER	TACFIT CHIN-UP
2				
DELTA LEVEL	BOX STEP-UP	MEDICINE BALL NECK SQUAT	RING DOUBLE ROW	JUMPING PULL-DOWN
1				

**Exercise 1**

**ALPHA MOVE  
BOX HOP-OVER PARALLEL SQUAT**

- Start in a deep squat. Your thighs should be at least parallel to the ground and preferably lower. If you can't do that, use one of the easier variations below.
- Rest your forearms on the box. This position gives your nervous system an indication of your target, and it also prevents you from using arm-swing momentum in the jump.
- Jump over the box, rotating 180° as you do to end up in the same position but facing in the opposite direction. Focus on jumping up rather than over.
- Exhale before the next rep.



**BETA MOVE  
BOX HOP-UP BALL SQUAT**

- At the beginning of the move, squat and touch your tailbone to a medicine ball to increase your range of motion, then hop up onto the box, landing with knees bent.
- Don't stand up and then hop – do it from your sitting position on the ball. Avoid using your arms to help you.



**DELTA MOVE  
BOX STEP-UP**

- Start with your shoulders pressed down into the 'packed' position, with your elbows tucked in and fingertips almost touching. Lift one knee to sternum level, then place it on the box and bring your other foot up to meet it.
- Don't stand up straight – keep your head as still as possible, as if under a low ceiling.
- Step back off the box, landing with your toes off the floor. Inhale before starting your next rep with the other foot.



**Exercise 2**

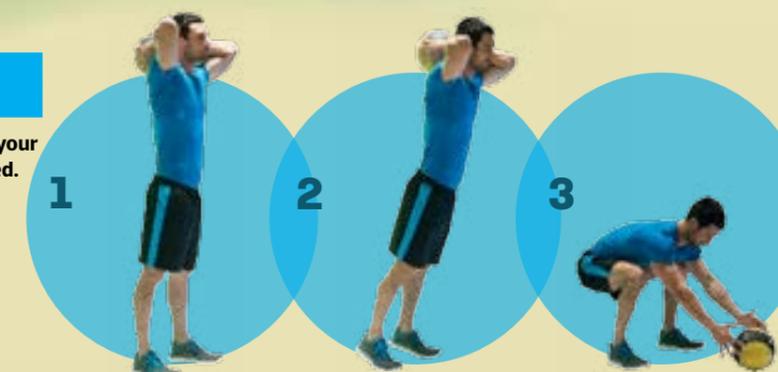
**ALPHA MOVE  
MEDICINE BALL JUMP THROW**

- Start in a deep squat, holding the medicine ball out in front of you with both hands.
- Jump as high as you can, thrusting your hips forwards and knees backwards.
- Contract your core in the air, exhaling through your mouth as you do so, and slam the ball down as hard as you can.
- Bring your knees to your chest and land in a full-depth squat, pulling your elbows down to your inner thighs.
- Reset, inhale through your nose, then exhale as you start the next jump.



**BETA MOVE  
MEDICINE BALL FLOOR SLAM**

- Stand holding the ball with both hands behind your neck, with your hips extended and knees locked.
- Quickly exhale as you pull the ball over your head and drop into a deep squat, slamming the ball on the floor.
- If possible, catch the ball on the bounce and drive back up to the start. Inhale as you drive up, then exhale as you start the next rep.



**DELTA MOVE  
MEDICINE BALL NECK SQUAT**

- Stand holding the ball with both hands behind your neck, with your hips extended and knees locked.
- Exhale through your mouth and perform a pull-over with the medicine ball while squatting, bringing your elbows to your inner thighs. At the bottom of the squat, straighten your arms to crush the medicine ball into the ground.
- Stand up again, pulling the medicine ball back over your head until it touches the back of your neck. Inhale through your nose without arching your back, then exhale as you start the next rep.



**Exercise 3**

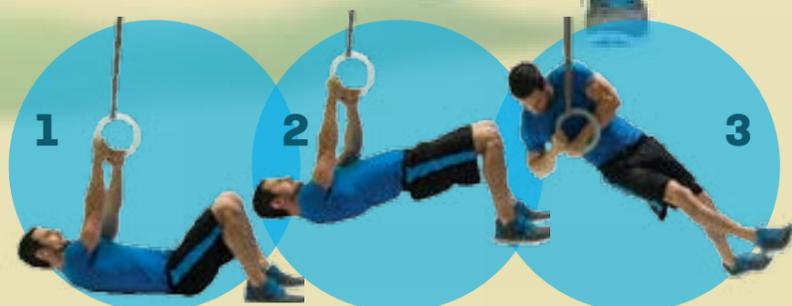
**ALPHA MOVE  
RING EXTENSION**

- Lie down with your shoulders on the floor and knees bent at 90°. Hold a ring in both hands, with your elbows locked.
- Drive your hips upwards and pinch your knees together. Row the rings to the centre of your chest, keeping your forearms tucked in to your ribs.
- Drive up with your right leg, threading the left leg underneath. Roll your upper left arm into the strap of the ring as you exhale through your mouth.
- Once your weight is fully supported by the strap, twist your torso to bring your right shoulder directly above the left one, touching the strap, and extend your arm directly up the line of the strap.
- Pause briefly in the top position, then reverse the move until you're back in the start position. Take a breath.
- Switch sides with each set.



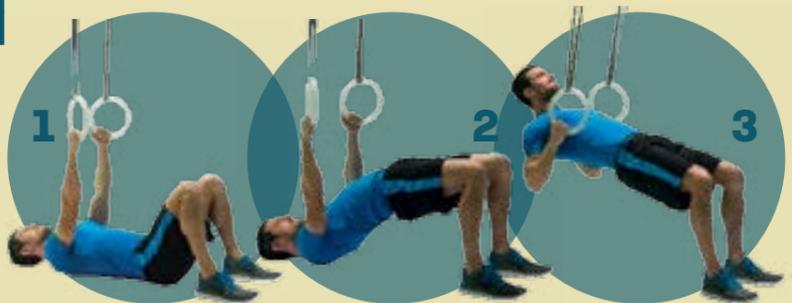
**BETA MOVE  
RING LAWNMOWER**

- Lie down with your shoulders and feet flat on the floor, knees bent. Hold a ring in both hands with your elbows locked.
- Drive your hips upwards and pinch your knees together. Row the rings to your chest, keeping your forearms tucked in to your ribs. Drive up with your left leg, threading the right leg underneath, and roll your upper left arm into the strap.
- Pause briefly in the top position, then reverse the move until you're back in the start position. Take a breath.
- Switch sides with each set.



**DELTA MOVE  
RING DOUBLE ROW**

- Lie down with your shoulders and feet flat on the floor, knees bent. Hold a ring in each hand with your elbows locked.
- Drive your hips upwards and pinch your knees together, keeping your heels down. Exhale and row the rings to your ribs, keeping your forearms tucked in, and pause briefly. Bend at the hips and then straighten your arms to return to the start.
- Inhale, then exhale as you start the next rep.



**Exercise 4**

**ALPHA MOVE  
TACFIT PULL-UP**

- Take an overhand grip on the bar with your hands no wider than shoulder-width apart
- Get into the 'power chamber' position, which is with your feet slightly forwards and your body making a hollow dish shape.
- Pull up until your elbows are by your ribs, exhaling powerfully.
- Take care to keep your shoulder blades 'packed' down – no shrugging – and lower yourself until your elbows are fully extended. Inhale through your nose, then exhale as you start the next rep.



**BETA MOVE  
TACFIT CHIN-UP**

- Get into the power chamber position, using an underhand grip with your hands no closer than shoulder-width apart. Exhale through your mouth as you pull up until your elbows are next to your ribs.
- Lower slowly until your elbows are fully extended – don't bounce.



**DELTA MOVE  
JUMPING PULL-DOWN**

- Stand under the pull-up bar, then jump to take an overhand grip.
- Pull your shoulders down, contract your core and tighten your quads to pull up. Exhale powerfully – imagine you're about to be punched in the gut.
- Relax and drop down from the bar. Inhale through your nose before your next rep.

