



# FORCE PREPARATION GUIDE

**6-Week**  
with or without  
**SANDBAG**

FORCE Evaluation  
Training Program



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For your safety, please ensure to read the full disclaimer before you start your training. PSP is offering this fitness program to Canadian Armed Forces members. By using this publication, the FORCE Preparation Guide, tailored to Canadian Armed Forces personnel, become accessible to all. Participants who are not Canadian Armed Forces members recognize and acknowledge that their age, health status and physical fitness level are unknown, and it is entirely up to each individual to assess their ability to participate in this program. Since it is preferable to consult your physician before beginning any exercise program, we invite all participants who are not Canadian Armed Forces members to consult the 'Get Active Questionnaire' of the Canadian Society for Exercise Physiology and its Reference Document. If you experience any pain or difficulty during the exercises presented in this Guide, it is recommended that you stop and consult a healthcare provider. If CAF members sustain an injury during this FORCE Evaluation Training Guide, please remember to fill out a CF98.





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## PROGRAM OVERVIEW

This training program is designed to prepare Canadian Armed Forces (CAF) personnel physically for the FORCE evaluation in order to optimize performance.

It will provide a 6-week, structured workout schedule with the goal of improving your overall strength, endurance and mobility.

This program will also provide guidelines on timing your nutrition as it relates to your training. Along with easy-to-follow workouts, you will be challenged to a fitness check before and after your 6 weeks program in order to check your progress.

# WHAT IS THE FORCE EVALUATION?

The FORCE Evaluation is a reflection of the CAF minimal physical employment standard related to common defence and security duties known as the Universality of Service principle. The FORCE Evaluation is designed to capture the movement patterns, energy systems, and muscle groups recruited in the performance of the Common Military Task Fitness Evaluation (CMTFE). There is one minimum standard for all CAF personnel.

The FORCE evaluation components are:



## **20 metre (m) Rushes:**

Starting from the prone position, complete two shuttle sprints (1 shuttle = 20 m there, 20 m back) totaling 80 m, dropping to the prone position every 10 m. To be completed in 51 seconds or less.

## **Sandbag Lift:**

30 consecutive lifts of a 20 kg (44 lbs) sandbag from the floor to a height of 1.0 m. The member alternates between left and right sandbags separated by 1.25 m. To be completed in 3 minutes and 30 seconds or less.

## **Intermittent Loaded Shuttles:**

10 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with 20 kg (44 lbs) sandbag and unloaded shuttles, totaling 400 m. To be completed in 5 minutes and 21 seconds or less.

## **Sandbag Drag:**

By carrying one 20 kg (44 lbs) sandbag, pull a minimum of four sandbags on the floor over a 20 m distance without stopping. Some sandbags being dragged depend on the type of floor (friction on floor surface affects resistance).



## FITNESS PROGRAM OPTIONS

This program can be added to your existing training schedule or used as a stand-alone program to help you prepare for your **FORCE evaluation**.

Options have been provided to facilitate training with or without sandbag workouts. For those with minimal to no equipment, the bodyweight program can be used. There is also an option for resistance using a sandbag which can easily be replaced with a backpack filled with household items. CAF personnel can choose the option best suited for their needs and environment.







## THE WORKOUTS

Each workout day (3 per week) consists of a dynamic warm up, a strength circuit, a conditioning circuit and a cool down stretch.

The goal of each weekly workout is to improve your overall strength and conditioning by progressively increasing the intensity of the workouts by modifying the work-to-rest ratio. By increasing your overall strength and stamina using the specified exercises in the manner prescribed, CAF personnel will be better prepared for the rigorous demands of the FORCE evaluation while minimizing risk of injury.



## MOBILITY

One or two days per week is marked for mobility sessions consisting of light cardio, dynamic stretches and static stretches.

These sessions involve light cardio as an active recovery session and exercises to improve overall joint range of motion.



# FUELING YOUR BODY

In order to optimize performance, it is important to properly fuel your body at the appropriate time.

The goal of this strategy is to have access to adequate energy stores and to prevent dehydration during exercise. It is useful to replace your body's much-needed fluids while also rebuilding your carbohydrate stores and repairing muscle tissue after exercise.



## FUEL FOR TRAINING AND RECOVERY

	BEFORE EXERCISE		DURING EXERCISE			AFTER EXERCISE
WHEN	2-4 hrs before	1-2 hrs before	lasting < 1hr	lasting > 2h	lasting > 3hrs	0-2 hrs after exercises
GOAL	Provide energy and prevent dehydration and hunger during exercise		Stay hydrated	Stay hydrated and provide energy	Stay hydrated, provide energy and replace sodium	Replace fluids and rebuild carbohydrate stores and repair muscles
FLUIDS	Drink about 300-600 mL (1-2½ cup)	Drink about 150-350 mL (½-1½ cup)	Drink water to thirst	Drink about 150-350 mL (½-1½ cup) every 15 or 20 min (0.5-1.5 L per hour of exercise)		Drink water as soon as possible
	<b>Tip:</b> Urine amount and color is a good indication of hydration status. Aim for pale yellow!			Add source of carbohydrate and minerals	Add source of carbohydrate and sodium	<b>Tip:</b> Drink 1.5 L of water for every 1kg weight loss during exercise
FOOD	Eat a balanced meal rich in carbohydrate with some protein and low fat	Eat a snack high in carbohydrate or a liquid meal	Not needed	If needed, easily digested foods high in carbohydrate	Include sodium in food or fluid	<ul style="list-style-type: none"> <li>• Eat a snack as soon as possible</li> <li>• Eat a meal containing carbohydrate and protein</li> </ul>
SUGGESTIONS	<b>Meal Suggestions</b> <ul style="list-style-type: none"> <li>• Rice, vegetables, lean meat and milk</li> <li>• Pasta, tomato/lean meat sauce, apple sauce, milk</li> <li>• Lean meat sandwich and juice</li> <li>• Pancakes with fruit, yogurt and nuts</li> </ul>	<b>Snack Suggestions</b> <ul style="list-style-type: none"> <li>• Smoothie using fruit, milk, soymilk or yogurt</li> <li>• Chocolate milk</li> <li>• Pita with hummus and vegetable juice</li> <li>• A slice of bread with peanut butter and milk</li> <li>• Low-fat muffin and fruit yogurt</li> </ul>		<b>Sport drink (commercial or homemade):</b> <ul style="list-style-type: none"> <li>• Carb concentration of 4-8% (40-80g carb per litre of fluid)</li> <li>• Sodium intake of 0.5-0.7g (¼ tsp salt) sodium per litre fluid</li> </ul> <b>Water with carbohydrate foods:</b> <ul style="list-style-type: none"> <li>• Fruit (e.g. bananas, oranges, dates)</li> <li>• Granola bars, cookies, candies, bagels</li> <li>• Special sport gels, bars or candies</li> </ul>	<b>Snack Suggestions:</b> <ul style="list-style-type: none"> <li>• Bagel and chocolate milk or yogurt</li> <li>• Sandwich and juice</li> <li>• Granola bar and juice or yogurt drink</li> </ul> <b>Meal Suggestions:</b> <ul style="list-style-type: none"> <li>• Pasta with tomato sauce, cheese and a salad</li> <li>• Chicken and vegetable rice, fruit salad and milk</li> <li>• Tuna sandwich, raw veggies and a glass of milk</li> <li>• Chili, bread and milk</li> </ul>	
	<b>Tip:</b> The tolerance is individual and depends on the type/intensity of exercise (marching vs. running). Avoid trying new foods or drinks before or during competition or rucksack march.					

Department of National Defence. (2010). *Top Fuel for Top Performance: Top Fuel Nutrition Tips*. Retrieved from the Government of Canada website: [http://cmp-cpm.mil.ca/assets/CMP\\_Intranet/docs/en/health/caf-members/health-promotion/top-fuel-nutrition-tips.pdf](http://cmp-cpm.mil.ca/assets/CMP_Intranet/docs/en/health/caf-members/health-promotion/top-fuel-nutrition-tips.pdf) (accessible from the DND intranet only).


# 6-WEEK FORCE PROGRAM

## WITH OR WITHOUT SANDBAG

Week:	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Strength & conditioning Day 1	OFF	Strength & conditioning Day 2	Mobility Day 3	Strength & conditioning Day 4	OFF	Optional mobility (repeat day 3)
2							
3							
4							
5							
6							

There will be an optional fitness assessment before and after your 6-week program, which you can use to test and track your progress. You can use this to determine your current training needs and create goals for the upcoming week(s).

The 3 challenges prescribed were chosen as FORCE specific training exercises all requiring the particular strength and endurance used in the 4 tasks of the FORCE evaluation.

FITNESS CHALLENGE/CHECK		
<p><b>A1:</b> Max repetitions of Hand Release Burpees in 60 sec</p>		<p>Drop the chest to the floor, lift your hands off the floor, go back up to a standing position, and jump.</p> <p>Perform a maximum of repetitions in 60 seconds. Score = total number of repetitions completed.</p>
<b>Rest for 5 to 8 minutes</b>		
<p><b>B1:</b> Wall Chair Hold – Max hold</p>		<p>Hold your back flat against a wall with your knees bent at 90 degrees.</p> <p>Hold for as long as possible. Score = total time of unbroken hold.</p>
<b>Rest for 5 to 8 minutes</b>		
<p><b>C1:</b> Complete 1000m as fast as possible</p>		<p>Run and/or walk 1000m as fast as possible.</p> <p>Score = total time to complete the distance above.</p>



## SCALING OPTIONS

No time? No problem!

The 6-week FORCE preparation guide also provides you options to scale back the circuit workouts by reducing the number of rounds performed.



Workout Options				
Workout Time	Warm-up	Strength	Conditioning	Cool-Down
~15 minutes	2-3 Rounds	1 Round	1 Round	1-2 Round
~20-25 minutes	2-3 Rounds	2 Rounds	2 Rounds	1-2 Round
~25-30 minutes	2-3 Rounds	2 Rounds	2-3 Rounds	2-3 Rounds
~30-60 minutes	3 Rounds	3 Rounds	3 Rounds	3 Rounds



ONE TEST, ONE STANDARD

# FORCE EVALUATION











# WORKOUT

with sandbag

# 6-WEEK FORCE PROGRAM WITH SANDBAG








## DAY - 1

DAY 1 – STRENGTH AND CONDITIONING					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Jumping Jacks		3	30	-	Reach your arms overhead to warm up the shoulders too.
<b>A2:</b> Lizard Hip Opener to T-spine Rotation			5 each side		Reach as low as possible with closest elbow, then turn out towards the front knee.
<b>A3:</b> Squat Stretch			10		Push your knees out with your elbows, keeping feet flat on the ground. Keeping your hands on your feet, push your legs as straight as possible to feel your hamstring stretch.
<b>CARDIO</b>					
<b>B1:</b> Moderate Cardio of your choice			10 min		Run if possible or select a cardio machine of your choice.
<b>SUPERSET 1</b>					
<b>C1:</b> Sandbag Front Squat		3	15	-	Hold the sandbag in front of you with both arms and keep it close to your body.
<b>C2:</b> Sandbag Bent Over Row			10 to 15	60 sec	Keep your back straight in the bent-over position. Pull the sandbag to your torso.









# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 1

SUPERSET 2					
<b>D1:</b> Sandbag / Bodyweight Lunges		3	20	-	Alternate left and right leg. Attempt to bend both knees to 90 degrees.
<b>D2:</b> Push Ups (knees/feet)		3	10 to 15	60 sec	Descend until your chest reaches the floor. If unable, use your knees as the pivot point.
INTERVAL WORK					
<b>E1:</b> Burpees with Hand Release		5	Max reps in 1 min	1 min	Max reps in 1 min, followed by 1 min rest. Repeat for 5 total sets (10 min).
CORE					
<b>F1:</b> Side Plank Hold		3	30 to 60 sec each side	30 to 60 sec	Make sure your feet, hips, and elbows are aligned. Keep the body straight and hips high.
MOBILITY					
<b>G1:</b> Pigeon Stretch		1-2 min on each side		Keep your knee on the ground. You should feel a stretch in your glute associated with the front leg.	
<b>G2:</b> Doorway Pec Stretch				Keep your shoulder close to the wall and turn away to stretch the pectoral muscle.	
<b>G3:</b> Couch Stretch				Keep the chest high to deepen the stretch in the front of the hip.	








# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 2

DAY 2 – STRENGTH AND CONDITIONING						
	Pictures	Sets	Reps	Rest	Cues	
<b>ACTIVATION</b>						
<b>A1:</b> Inchworm		3	5	-	Walk your hands into a plank position and walk them back to your feet.	
<b>A2:</b> Half Burpee			10		Perform a plank, then hop back up to a squat stance (flat feet on the ground).	
<b>A3:</b> Wall Slides			10		Keep back flat on the wall, then slide the arms as high as possible while maintaining full contact with the wall.	
<b>A4:</b> Lunges (no weight)			20		Alternate left and right leg. Control the movement while attempting to bend both knees to 90 degrees	
<b>SUPERSET 1</b>						
<b>B1:</b> Sandbag Good Morning / Sandbag Deadlift		3	15	-	Shift the hips back while dropping the chest forward. Keep spine neutral and stable.	
<b>B2:</b> Step up / Sandbag Step Up			20		60 sec	Alternate left and right leg. Step on a stable chair or on stairs.




# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 2

SUPERSET 2						
<b>C1:</b> Sandbag Ground to Shoulder		3	8 each side	-	Keep your back straight and use your legs and hips for power and momentum.	
<b>C2:</b> Sandbag Carry / Sandbag Static March			45 sec each side	60 sec	Carry the sandbag on one shoulder or in one hand for 45 sec each side.	
<b>THIS SECTION IS A 10 MIN CIRCUIT WORKOUT. THE GOAL IS TO KEEP MOVING AT A STEADY PACE FOR THE ENTIRE 10 MIN OF WORK. CHOOSE A REPETITION SCHEME THAT ALLOWS YOU TO KEEP MOVING WITHOUT GETTING STUCK TO ONE MOVEMENT.</b>						
<b>D1:</b> Sandbag Thruster (squat + press)		With a steady pace, perform:  5 to 10 sandbag thrusters  5 to 10 split squat jumps (each side)  5 to 10 hand release push ups  Repeat this circuit for 10 min with as little rest as possible.			Perform a full squat and use your legs for power on the way up to push the sandbag overhead.	
<b>D2:</b> Split Squat Jump					Explosive tempo on the way up in a lunge position.	
<b>D3:</b> Hand Release Push-Up (knees/feet)					Descend until your chest reaches the floor. If unable, use your knees as the pivot point.	
CORE						
<b>E1:</b> Hollow Body Hold		3	30 sec	-	To lower the intensity, bring arms lower and bend your knees.	
<b>E2:</b> Deadbug			20	60 sec	Alternate opposite arm and leg. Focus on keeping the spine stable and core tight.	








# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 2

MOBILITY			
<p><b>F1:</b> Quadriceps Stretch</p>		<p>1 to 2 min on each side</p>	<p>Laying on your side, keep your knees and hips aligned while pulling back on the bent leg.</p>
<p><b>F2:</b> Half Kneeling Hamstring Stretch</p>			<p>Keep the front leg straight and lean forward while keeping your back straight.</p>
<p><b>F3:</b> Wall T-spine Extension</p>			<p>With both hands on a wall, shift your hips back while you drop your chest towards the floor.</p>







# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 3

DAY 3 – LIGHT CARDIO AND MOBILITY					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Dorsiflexion to Calf Raise		3	10	-	In a standing position, shift your weight on your heels and lift your toes. Following this, lift your heels off the floor by pushing through your toes.
<b>A2:</b> Hamstring Sweep			10		Keep both knees close to each other. Front leg is extended while hips shift backward.
<b>A3:</b> Dynamic Quad Stretch – Hold 3 sec			10		Lift your heel towards your glute. Ensure knee of bent leg points towards the floor.
<b>A4:</b> Side Shuffle		3	10 each side	-	While maintaining a half squat position, shuffle to the side.
<b>A5:</b> Butt Kickers			20		Alternate bringing your heels to your glutes in a light jog.
<b>A6:</b> High Knees			20		Alternate raising your knees to hip height in front of you in a light jog.
<b>CARDIO</b>					
<b>B1:</b> Running, easy to moderate pace		10 to 15 min			Goal is to find an easy to moderate pace you can maintain for the entire time.




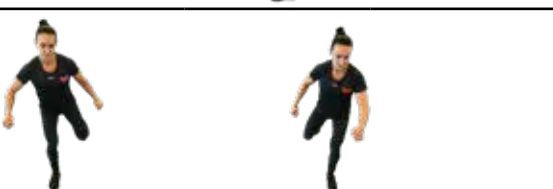
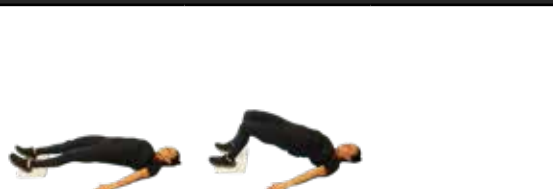

# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 3

MOBILITY			
<p><b>C1:</b> Figure 4 Stretch</p>		<p>1 or 2 sets 1 to 2 min each side</p>	<p>Keep your head relaxed on the ground.</p>
<p><b>C2:</b> Downward Dog with Calf Stretch</p>			<p>Alternate left and right calf stretch.</p>
<p><b>C3:</b> Seated Hamstring Stretch</p>			<p>Keep one leg extended and reach forward as far as possible.</p>
<p><b>C4:</b> Lizard Hip Opener to T-spine Rotation</p>			<p>Reach as low as possible with closest elbow, then turn out towards the front knee.</p>
<p><b>C5:</b> Couch Stretch</p>			<p>Keep the chest high to deepen the stretch in the front of the hip.</p>
<p><b>C6:</b> Twisted Cross (Pec Stretch)</p>			<p>Reach as low as possible with closest elbow, then turn out towards the front knee.</p>






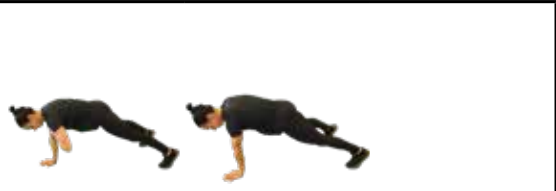
# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 4

DAY 4 – STRENGTH AND CONDITIONING					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Prone Angels		3	5	-	Laying in a prone position, raise your hands overhead as high as possible.
<b>A2:</b> Squat Stretch			10		Push your knees out with your elbows, keeping feet flat on the ground. Keeping your hands on your feet, push your legs as straight as possible to feel your hamstring stretch.
<b>A3:</b> Butt Kickers			20		Alternate bringing your heels to your glutes in a light jog.
<b>A4:</b> Skater Jumps			20		Starting on one leg, jump laterally (to the side) while landing on the other foot.
<b>SUPERSET 1</b>					
<b>B1:</b> Towel Leg Curl		3	10	-	Heels are on a towel. While keeping the hips raised, curl your heels towards your glutes.
<b>B2:</b> Sandbag Overhead Press			10 to 15		60 sec

# 6-WEEK FORCE PROGRAM WITH SANDBAG




## DAY - 4

SUPERSET 2					
<b>C1:</b> Sandbag Sumo Squat		3	15	-	In a wide squat stance, hold the sandbag in your hands in front of you. Keep your chest up.
<b>C2:</b> Chair Hold on Wall with Sandbag			30 to 60 sec	60 sec	Hold a chair position on a wall (knees bent at 90 degrees). Hold the sandbag in both arms.
CONDITIONING					
<p><b>THIS SECTION IS A 10 MIN CIRCUIT WORKOUT. THE GOAL IS TO KEEP MOVING AT A STEADY PACE FOR THE ENTIRE 10 MIN OF WORK. CHOOSE A REPETITION SCHEME THAT ALLOWS YOU TO KEEP MOVING WITHOUT GETTING STUCK TO ONE MOVEMENT.</b></p>					
<b>D1:</b> Squat Jump		With a steady pace, perform:  10 squat jumps  10 sandbag sumo deadlift high pull  30 high knees (total)  Repeat this circuit for 10 min with as little rest as possible.		Perform a full squat and, with power, jump on the way up. Remove the jump if needed.	
<b>D2:</b> Sandbag Sumo Deadlift High Pull				Keep the chest up and use your legs, hips, and arms for power and momentum to raise the sandbag up to the collar bone.	
<b>D3:</b> High Knees				Alternate raising your knees to hip height in front of you in a light jog.	
CORE					
<b>E1:</b> Plank Alternating Shoulder Taps		3	30 to 60 sec	60 sec	Holding a plank position with feet wide, lift one hand and touch opposite shoulder while keeping the hips and spine as stable as possible.



# 6-WEEK FORCE PROGRAM WITH SANDBAG

## DAY - 4

MOBILITY			
<p><b>F1:</b> Towel Hamstring Stretch</p>		<p>1 to 2 min each side</p>	<p>While lying on your back, wrap a towel around your foot and use it to assist a light pull.</p>
<p><b>F2:</b> Two Legs Iron Cross Stretch</p>			<p>While keeping your back flat on the floor, bend both knees and drop them to one side.</p>
<p><b>F3:</b> Doorway Pec Stretch</p>			<p>Keep your elbows below shoulder height.</p>

## DAY 1 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>MODERATE CARDIO</b>									
<b>B1:</b> Cardio of choice	1	10 min	-						
<b>SUPERSET 1</b>									
<b>C1:</b> SB Front Squat	3	15	-						
<b>C2:</b> SB Bent Over Row		10 to 15	60 sec						
<b>SUPERSET 2</b>									
<b>D1:</b> SB Lunges	3	20	-						
<b>D2:</b> Push-Ups		10 to 15	60 sec						
<b>INTERVAL WORK</b>									
<b>E1:</b> Burpee with HR	5	Max	60 sec						
<b>CORE</b>									
<b>F1:</b> Side Plank Hold	3	30 to 60 sec	60 sec						

## DAY 2 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SUPERSET 1									
<b>B1:</b> SB Good Morning	3	15	-						
<b>B2:</b> SB Step Up		20	60 sec						
SUPERSET 2									
<b>C1:</b> SB to Shoulder	3	8	-						
<b>C2:</b> SB Carry		45 sec	60 sec						
INTERVAL WORK									
<b>D1:</b> Sandbag Thruster	10 min circuit								
<b>D2:</b> Split Squat Jump									
<b>D3:</b> HR Push-Up									
CORE									
<b>E1:</b> Hollow Body Hold	3	30 sec	-						
<b>E2:</b> Deadbug		20	60 sec						

## DAY 3 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>MODERATE CARDIO</b>									
<b>B1:</b> Running	1	10 to 15 min	-						

## DAY 4 – TRACKING SHEET

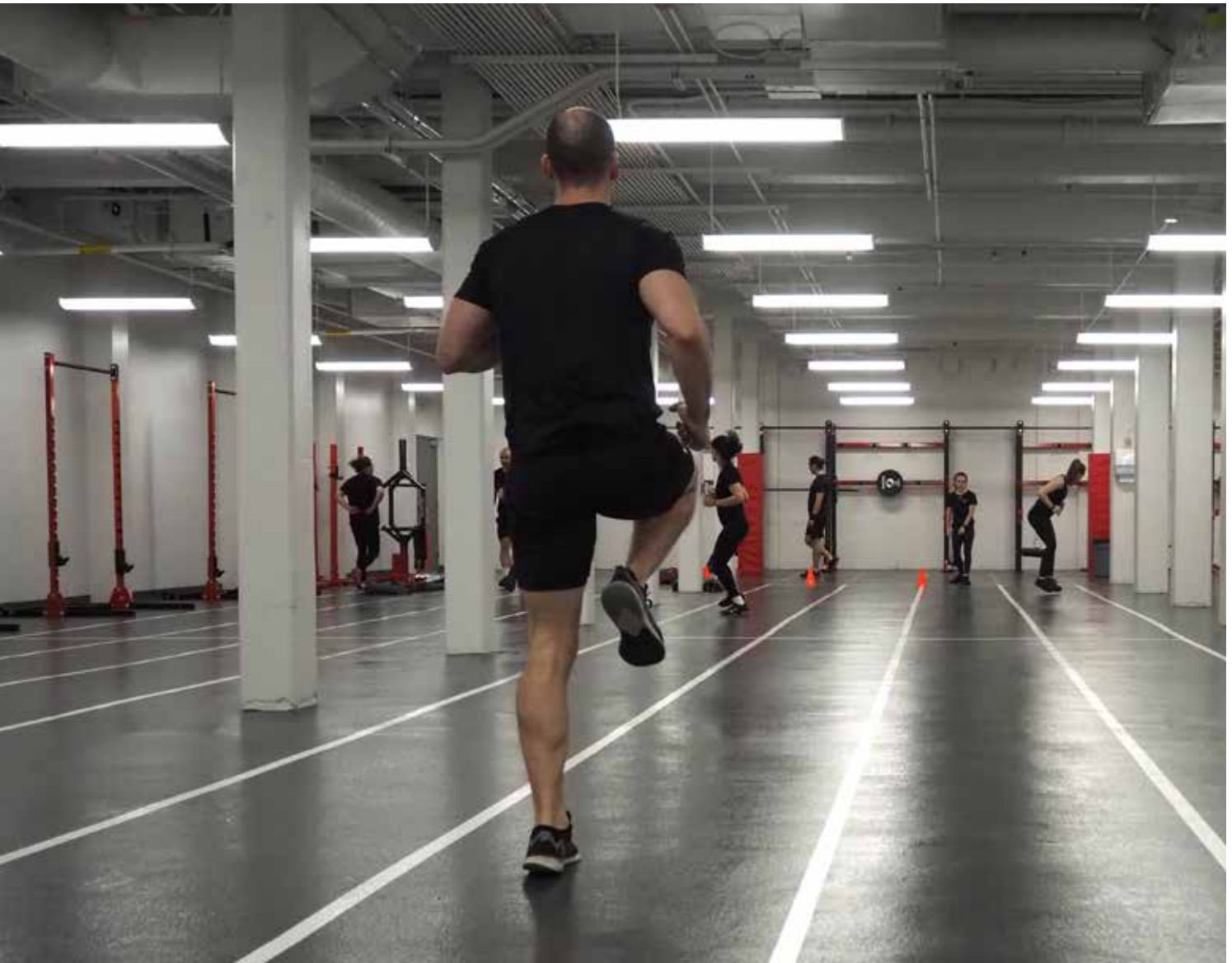
	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SUPERSET 1</b>									
<b>B1:</b> Towel Leg Curl	3	10	-						
<b>B2:</b> SB Press		10 to 15	60 sec						
<b>SUPERSET 2</b>									
<b>C1:</b> SB Sumo Squat	3	15	-						
<b>C2:</b> Chair Hold (wall)		30 to 60 sec	60 sec						
<b>CONDITIONING</b>									
<b>D1:</b> Squat Jump		10 min circuit							
<b>D2:</b> SB Sumo DL HP									
<b>D3:</b> High Knees									
<b>CORE</b>									
<b>E1:</b> Plank Taps	3	30 to 60 sec	60 sec						

# FITNESS CHALLENGE/CHECK

TEST 1	SCORE BEFORE WEEK 1	SCORE AFTER WEEK 6
<p><b>A1:</b> Max repetitions of Hand Release Burpees in 60 sec</p>		
TEST 2	SCORE BEFORE WEEK 1	SCORE AFTER WEEK 6
<p><b>B1:</b> Wall Chair Hold – Max Hold</p>		
TEST 3	SCORE BEFORE WEEK 1	SCORE AFTER WEEK 6
<p><b>C1:</b> Run/Walk Complete 1000m as fast as possible</p>		

ONE TEST, ONE STANDARD

# FORCE EVALUATION











# WORKOUT

without sandbag

# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG








## DAY - 1

DAY 1 – STRENGTH AND CONDITIONING					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Jumping Jacks		3	30	-	Reach your arms overhead to warm up the shoulders too.
<b>A2:</b> Lizard Hip Opener to T-spine Rotation			5 each side		Reach as low as possible with closest elbow, then turn out towards the front knee.
<b>A3:</b> Squat Stretch			10		Push your knees out with your elbows, keeping feet flat on the ground. Keeping your hands on your feet, push your legs as straight as possible to feel your hamstring stretch.
<b>CARDIO</b>					
<b>B1:</b> Moderate Cardio of your choice		10 min			Run if possible or select a cardio machine of your choice.
<b>SUPERSET 1</b>					
<b>C1:</b> Squat Jump		3	15	-	Perform a full squat and jump on the way up.
<b>C2:</b> Single Leg Glute Bridge			10 to 15 each side	60 sec	Push through your heels and squeeze your glutes to lift the hips as high as possible.









# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 1

SUPERSET 2						
<b>D1:</b> Static Lunge / Jumping Lunges		3	20	-	Alternate left and right leg. Attempt to bend both knees to 90 degrees.	
<b>D2:</b> Push-Ups (knees/feet)			10 to 15	60 sec	Descend until your chest reaches the floor. If unable, use your knees as the pivot point.	
INTERVAL WORK						
<b>E1:</b> Burpees with Hand Release		5	Max reps in 1 min	1 min	Max reps in 1 min, followed by 1 min rest. Repeat for 5 sets total (10 min).	
CORE						
<b>F1:</b> Side Plank Hold		3	30 to 60 sec each side	30 to 60 sec	Make sure your feet, hips and elbows are aligned. Keep the body straight and hips high.	
MOBILITY						
<b>G1:</b> Pigeon Stretch		1 to 2 min each side			Keep your knee on the ground. You should feel a stretch in your glute associated with the front leg.	
<b>G2:</b> Door way Pec Stretch					Keep your shoulder close to the wall and turn away to stretch the pectoral muscle.	
<b>G3:</b> Couch Stretch					Keep the chest high to deepen the stretch in the front of the hip.	








# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 2

DAY 2 – STRENGTH AND CONDITIONING					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Inchworm		3	5	-	Walk your hands into a plank position and walk them back to your feet.
<b>A2:</b> Half Burpee			10		Perform a plank, then hop back up to a squat stance (flat feet on the ground).
<b>A3:</b> Wall Slides			10		Keep back flat on the wall, then slide the arms as high as possible while maintaining full contact with the wall.
<b>A4:</b> Lunges			10		Alternate left and right leg. Attempt to bend both knees to 90 degrees.
<b>SUPERSET 1</b>					
<b>B1:</b> Hip Thrust with Hold		3	15	60 sec	Hold 3 sec on top of each rep, squeeze your glutes as much as possible to elevate the hips.
<b>B2:</b> Step Up			20		Alternate left and right leg. Step on a stable chair or on stairs.




# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 2

SUPERSET 2					
<b>C1:</b> Plank Knee to Elbow		3	10 to 15 each side	-	Holding the plank position, bring your knee to your elbow, keeping the hips stable.
<b>C2:</b> Incline Push-Up			5 to 10	60 sec	Use a wall, table, chair, or couch to put your hands on.
CONDITIONING					
THIS SECTION IS A 10 MIN CIRCUIT WORKOUT. THE GOAL IS TO KEEP MOVING AT A STEADY PACE FOR THE ENTIRE 10 MIN OF WORK. CHOOSE A REPETITION SCHEME THAT ALLOWS YOU TO KEEP MOVING WITHOUT GETTING STUCK TO ONE MOVEMENT.					
<b>D1:</b> Squat In and Out		With a steady pace, perform:		Perform a full squat, then jump your feet in and back out to the squat stance for the next squat.	
<b>D2:</b> Split Squat Jump		5 to 10 squats in and out		Explosive tempo on the way up in a lunge position.	
<b>D3:</b> Hand Release Push-Up (knees/feet)		5 to 10 split squat jumps (each side)			
		5 to 10 hand-release push-ups		Descend until your chest reaches the floor. If unable, use your knees as the pivot point.	
		Repeat this circuit for 10 min with as little rest as possible.			
CORE					
<b>E1:</b> Hollow Body Hold		3	30 sec	-	To lower the intensity, bring arms lower and bend your knees.
<b>E2:</b> Deadbug			20	60 sec	Alternate opposite arm and leg. Focus on keeping the spine stable and core tight.








# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 2

MOBILITY					
<p><b>F1:</b> Quadriceps Stretch</p> 		1	1-2 min each side	-	Laying on your side, keep your knees and hips aligned while pulling back on the bent leg
<p><b>F2:</b> Half Kneeling Hamstring Stretch</p> 					Keep the front leg straight and lean forward while keeping your back straight.
<p><b>F3:</b> Wall T-spine Extension</p> 			1-2 min		With both hand on a wall, shift your hips back while you drop your chest towards the floor.







# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 3

DAY 3 – LIGHT CARDIO AND MOBILITY					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Dorsiflexion to Calf Raise		3	10	-	In a standing position, shift your weight on your heels and lift your toes. Following this, lift your heels off the floor by pushing through your toes.
<b>A2:</b> Hamstring Sweep			10		Keep both knees close to each other. Front leg is extended while hips shift backward.
<b>A3:</b> Dynamic Quad Stretch – Hold 3 sec			10		Lift your heel towards your glute. Ensure knee of bent leg points towards the floor.
<b>A4:</b> Side Shuffle			10 each side	-	While maintaining a half squat position, shuffle to the side.
<b>A5:</b> Butt Kickers			20		Alternate bringing your heels to your glutes in a light jog.
<b>A6:</b> High Knees			20		Alternate raising your knees to hip height in front of you in a light jog.
<b>CARDIO</b>					
<b>B1:</b> Running, easy to moderate pace		10-15 min		Goal is to find an easy to moderate pace you can maintain for the entire time.	







# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 3

MOBILITY			
<p><b>C1:</b> Figure 4 Stretch</p>		<p>1 to 2 sets 1 to 2 min each side</p>	<p>Keep your head relaxed on the ground</p>
<p><b>C2:</b> Downward Dog with Calf Stretch</p>			<p>Alternate left and right calf stretch.</p>
<p><b>C3:</b> Seated Hamstring Stretch</p>			<p>Keep one leg extended and reach forward as far as possible.</p>
<p><b>C4:</b> Lizard Hip Opener to T-spine Rotation</p>			<p>Reach as low as possible with closest elbow, then turn out towards the front knee.</p>
<p><b>C5:</b> Couch Stretch</p>			<p>Keep the chest high to deepen the stretch in the front of the hip.</p>
<p><b>C6:</b> Twisted Cross (Pec Stretch)</p>			<p>In a prone position while keeping one arm extended, rotate towards the opposite side.</p>

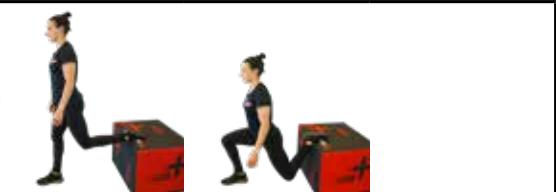

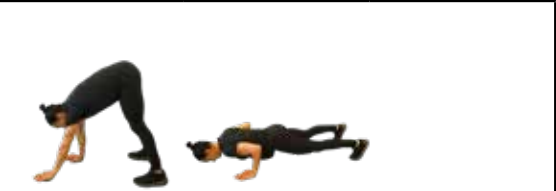


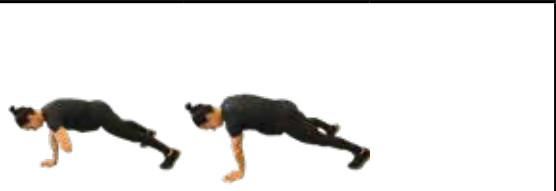
# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 4

DAY 4 – STRENGTH AND CONDITIONING					
	Pictures	Sets	Reps	Rest	Cues
<b>ACTIVATION</b>					
<b>A1:</b> Prone Angels		3	5	-	Laying in a prone position, raise your hands overhead as high as possible.
<b>A2:</b> Squat Stretch			10		Grab your toes while keeping your legs as straight as possible, then drop your hips to the floor.
<b>A3:</b> Butt Kickers			20		Alternate bringing your heels to your glutes in a light jog.
<b>A4:</b> Skater Jumps			20		Starting on one leg, jump laterally (to the side) while landing on the other foot.
<b>SUPERSET 1</b>					
<b>B1:</b> Towel Leg Curl		3	10	-	Heels are on a towel. While keeping the hips raised, curl your heels towards your glutes.
<b>B2:</b> Pike Push-up (feet elevated)			5 to 10		60 sec

# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG




## DAY - 4

SUPERSET 2						
<b>C1:</b> Bulgarian Split Squat		3	10 each side	-	Place your rear leg on a chair/bench. Keep front foot flat on the floor while you lower your back knee towards the ground.	
<b>C2:</b> Chair Hold on Wall			60 sec	60 sec	Hold a chair position on a wall (knees bent at 90 degrees).	
CONDITIONING						
THIS SECTION IS A 10 MIN CIRCUIT WORKOUT. THE GOAL IS TO KEEP MOVING AT A STEADY PACE FOR THE ENTIRE 10 MIN OF WORK. CHOOSE A REPETITION SCHEME THAT ALLOWS YOU TO KEEP MOVING WITHOUT GETTING STUCK TO ONE MOVEMENT.						
<b>D1:</b> Inchworm to Push-Up (knees/feet)		Repeat this circuit for 10 min with as little rest as possible.	With a steady pace, perform:		Walk your hands down to a plank position, then lower your chest all the way to the floor. Perform the push-up from your knees if needed.	
<b>D2:</b> Sumo Squat			5 to 10 inchworms to push-up	15 to 20 sumo squats	30 high knees (total)	Wide squat stance with toes pointed out. Keep chest up.
<b>D3:</b> High Knees			Alternate raising your knees to hip height in front of you in a light jog.			
CORE						
<b>E1:</b> Plank Alternating Shoulder Taps		3	30 to 60 sec	60 sec	Holding a plank position with feet wide, lift one hand and touch opposite shoulder while keeping the hips and spine as stable as possible.	



# 6-WEEK FORCE PROGRAM WITHOUT SANDBAG

## DAY - 4

MOBILITY			
<p><b>F1:</b> Towel Hamstring Stretch</p>		<p>1 to 2 min each side</p>	<p>While lying on your back, wrap a towel around your foot and use it to assist a light pull.</p>
<p><b>F2:</b> Two Legs Iron Cross Stretch</p>			<p>While keeping your back flat on the floor, bend both knees and drop them to one side.</p>
<p><b>F3:</b> Doorway Pec Stretch</p>			<p>Keep your elbows below shoulder height.</p>

## DAY 1 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>MODERATE CARDIO</b>									
<b>B1:</b> Cardio of choice	1	10 min	-						
<b>SUPERSET 1</b>									
<b>C1:</b> Squat Jump	3	15	-						
<b>C2:</b> SL Glute Bridge		10 to 15	60 sec						
<b>SUPERSET 2</b>									
<b>D1:</b> SB Lunges	3	20	-						
<b>D2:</b> Push-Ups		10 to 15	60 sec						
<b>INTERVAL WORK</b>									
<b>E1:</b> Burpee with HR	5	Max	60 sec						
<b>CORE</b>									
<b>F1:</b> Side Plank Hold	3	30 to 60 sec	60 sec						

## DAY 2 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SUPERSET 1</b>									
<b>B1:</b> Hip Thrust + Hold	3	15	-						
<b>B2:</b> Step Up		20	60 sec						
<b>SUPERSET 2</b>									
<b>C1:</b> Plank Knee to Elbow	3	10 to 15	-						
<b>C2:</b> Incline Push-Up		5 to 10	60 sec						
<b>INTERVAL WORK</b>									
<b>D1:</b> Squat In and Out	10 min circuit								
<b>D2:</b> Split Squat Jump									
<b>D3:</b> HR Push-Up									
<b>CORE</b>									
<b>E1:</b> Hollow Body Hold	3	30 sec	-						
<b>E2:</b> Deadbug		20	60 sec						

## DAY 3 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>CARDIO</b>									
<b>B1:</b> Running	1	10 to 15 min	-						

## DAY 4 – TRACKING SHEET

	Sets	Reps	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>SUPERSET 1</b>									
<b>B1:</b> Towel Leg Curl	3	10	-						
<b>B2:</b> Pike Push-Up		5 to 10	60 sec						
<b>SUPERSET 2</b>									
<b>C1:</b> Bulg. Split Squat	3	10	-						
<b>C2:</b> Chair Hold (wall)		30 to 60 sec	60 sec						
<b>CONDITIONING</b>									
<b>D1:</b> Inchworm Push-Up		10 min circuit							
<b>D2:</b> Sumo Squat									
<b>D3:</b> High Knees									
<b>CORE</b>									
<b>E1:</b> Plank Taps	3	30 to 60 sec	60 sec						

# FITNESS CHALLENGE/CHECK

TEST 1	SCORE BEFORE WEEK 1	SCORE AFTER WEEK 6
<p><b>A1:</b> Max Reps HR Burpees – 60 sec</p>		
TEST 2	SCORE BEFORE WEEK 1	SCORE AFTER WEEK 6
<p><b>B1:</b> Wall Chair Hold – Max hold</p>		
TEST 3	SCORE BEFORE WEEK 1	SCORE AFTER WEEK 6
<p><b>C1:</b> Run/Walk 1000m as fast as possible</p>		

# ABOUT US

## HEALTH PROMOTION



Strengthening the Forces is the CAF's Health Promotion program, and is designed to enable Canadian Armed Forces (CAF) personnel to take control of their health and well-being through awareness campaigns, skill-building workshops, and initiatives aimed at fostering a culture of health and wellness in the CAF community. PSP Health Promotion is committed to maintaining a healthy, equitable, diverse and operationally ready CAF where all members can thrive.

[cfmws.ca/support-services/health-wellness/health-promotion](https://cfmws.ca/support-services/health-wellness/health-promotion)

Email: [HealthPromotionNCR@cfmws.com](mailto:HealthPromotionNCR@cfmws.com)

### FOLLOW US:

Facebook: [PSP CFSG Ottawa-Gatineau](#)

Instagram: [pspcfsgog](#)

# FITNESS AND SPORTS



Connecting with Canadian Armed Forces personnel and supporting the community has always been at the core of why we do what we do. Now, more than ever when connectivity matters most, PSP Fitness is utilizing its resources to help you stay fit, healthy, safe, and informed.

The physical fitness of all CAF personnel is essential and a critical component of operational readiness. It is the responsibility, in part, of the PSP Fitness team to develop and sustain a strong, healthy and fit CAF. This includes providing high-quality physical training that is delivered in a professional, effective, and safe manner.

[cfmws.ca/sport-fitness-rec/fitness-testing](https://cfmws.ca/sport-fitness-rec/fitness-testing)

Email: [ncrfitness.cprcn@forces.gc.ca](mailto:ncrfitness.cprcn@forces.gc.ca)



## REFERENCES

### **Mission Nutrition Program**

[cfmws.ca/CFMWS/media/NationalCapitalRegion/documents/4.1.1.1/MISSION-NUTRITION-BOOKLET-EN-FINAL.pdf](http://cfmws.ca/CFMWS/media/NationalCapitalRegion/documents/4.1.1.1/MISSION-NUTRITION-BOOKLET-EN-FINAL.pdf)

### **Frequently Asked Questions regarding FORCE**

[cfmws.ca/sport-fitness-rec/fitness-testing/cmtfe-force-evaluation/force-evaluation/force-evaluation-faqs](http://cfmws.ca/sport-fitness-rec/fitness-testing/cmtfe-force-evaluation/force-evaluation/force-evaluation-faqs)











