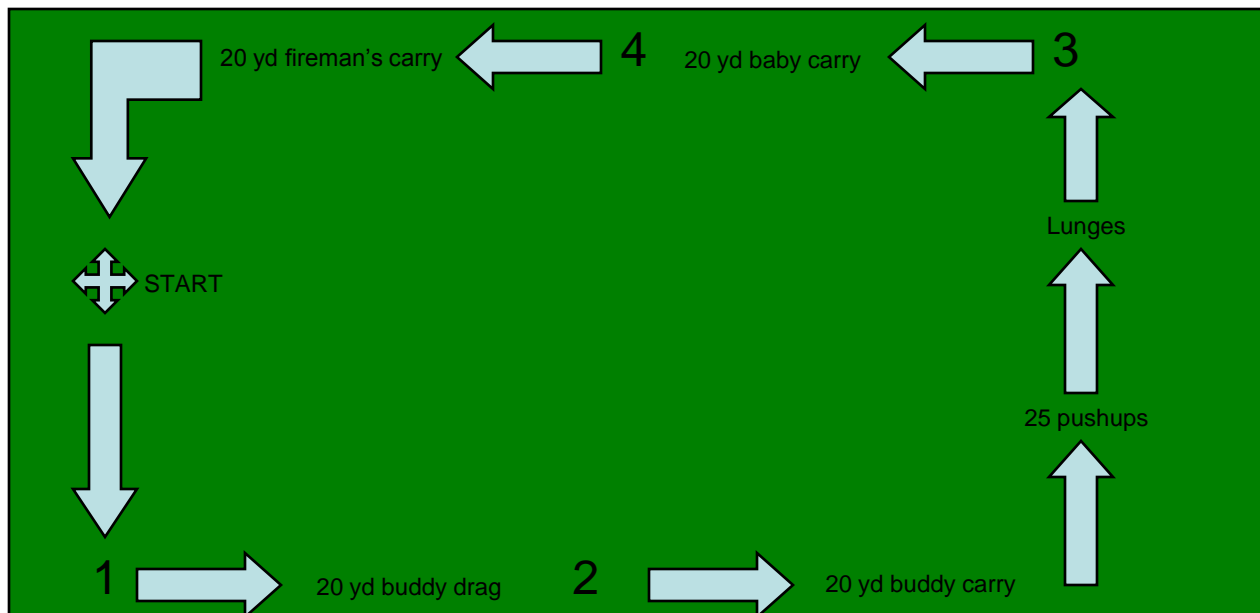


# DAY 1

## LOYALTY

- 1800-1820: Intro and Demonstrations
- 1820-1835: Warm Up
- 1835-1935: Med-Evac Physical Fitness Training
- 1935-1945: 15,20,25, Suicides
- 1945-1950: Silent Jacks
- 1950-2000: Cool Down

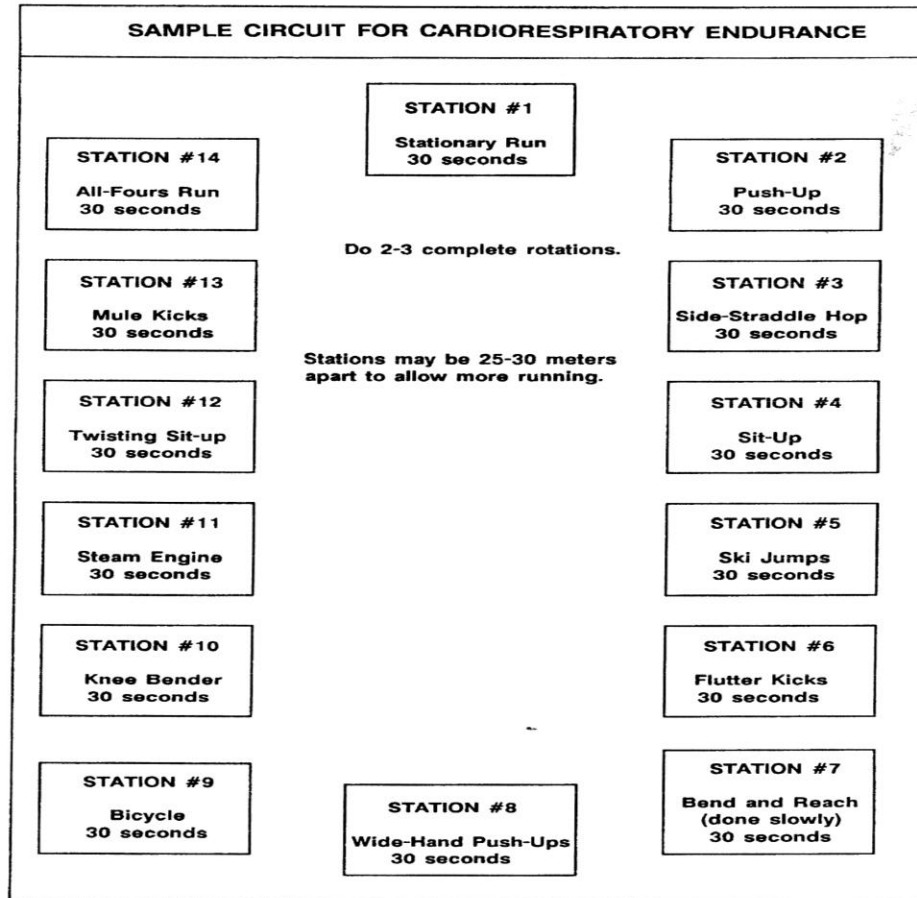


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# DAY 2

## DUTY/RESPECT

- 1800-1810 Intro and Demonstrations
- 1810-1820 Warm Ups
- 1820-1920 Circuit Drills
- 1920-1945 Far-Lick Run (broken down into 3 groups)
- 1945-1950 Silent Jacks (team cohesion drill)
- 1950-2000 Cool Down



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# **DAY 3**

## **SELFLESS SERVICE**

- 1800-1815 Intro and Demonstrations
- 1815-1825 Warm Ups
- 1825-1925 Guerilla Drills
- 1925-1945 2 mile Run-1½ Mile, ½ Last Man Up
- 1945-1950 Silent Jacks
- 1950-1800 Cool Down

### GUERILLA DRILLS

1. Bear Crawl
2. Inch Worm
3. Seal Crawl
4. Crab Walk (forward)
5. High Crawl
6. Alligator Walk
7. Low Crawl
8. Crab Walk (backward)



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# ***DAY 4***

# ***HONOR/INTEGRITY***

- 1800-1815 Intro
- 1815-1825: Warm Up
- 1825-1840: Smoke Session
- 1840-1845: Water Break
- 1845-1900: Smoke Session
- 1900-1905: Water Break
- 1905-1920: Smoke Session
- 1920-1925: Water Break
- 1925-1940: Smoke Session
- 1940-1950: Silent Jacks
- 1950-2000: Cool Down

SMOKE SESSION: High intensity cardio and muscle fatigue exercises



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# ***FINAL DAY***

# ***PERSONAL COURAGE***

- 1800-1820: Intro and Demonstrations
- 1820-1830: Warm Ups
- 1830-1930: Competition Relays
- 1930-1940: Silent Jacks
- 1940-1950: Cool Down
- 1950-2000: Recognize Hell Week MVP

Relay 1: To the 25, 20 Regular PU, and Back

Relay 2: To the 50, 20 Wide arm PU, and Back

Relay 3: To the 25, 30 Sit Ups, and Back

Relay 4: To the 50, 20 Diamond PU, and Back

Relay 5: To the 25, 15 V-Ups, and Back

Relay 6: To the 50, 20 PU, and Back

Relay 7: To the 25, 30 Sit Ups, and Back

Relay 8: Touchdown, End Zone to End Zone, and Back



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