

OPERATION - SEEK AND DESTROY

Introduction

Instruxions: There are two parts to today's mission. Both your strength/power and your stamina will be tested equally. As you know, both will be demanded in combat and you won't get to pick and choose where to excel. In the strength/power phase you will be asked to complete 4 separate exercises and a power focused running drill. Your performance in the exercises will be based on your strength relative to your body weight. After a warmup of your choice, it is important to choose a weight will allow you to perform anywhere between 2 and 9 reps to absolute failure. This number will then be used to determine your estimated 1RM and scored relative to your bodyweight. A score of 0-3 will be assigned for each of the 4 exercises based on how close you come to hitting the expected strength goal you get. A 400 meter run (1 lap at a track or 1/4 mile on a treadmill) will be performed as well and likewise scored on a 0-3 basis depending on your time to completion. After a 5 minute rest you will move onto the stamina phase of the challenge. Here, the classic military calisthenics tests of pushups, pullups, situps and burpees will be assessed with an A-X twist. To replicate the elements of true performance fatigue more accurately, you will be asked to complete these tasks while performing some additional lung busting kettlebell swings in between each. Your score will once again range from 0-3 on each task, determined by how close you come to the expected rep goal for each in the two minute time limit. A final one and a half mile run will conclude your testing and be similarly judged on a 0-3 score based on your time to completion. A total score of 30 is possible. Good luck!