

# Operation Peak Performance™: Obstacle Course (Free-style Circuit) Master Class



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Produced by **SGT Ken**®

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# Operation Peak Performance™

## Obstacle Course (Free-style Circuit) Master Class with SGT Ken®

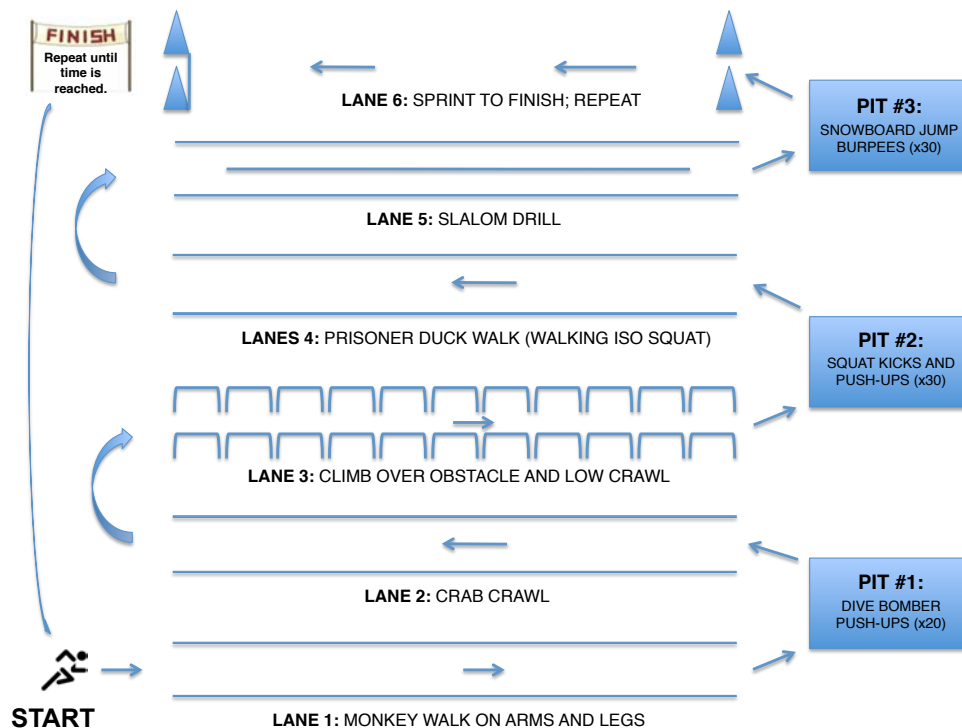
### Program Theory

1. Program format: *Free-style Circuit Fitness Training* in three phases: Warm-up, Free Circuit Fitness Course (each round is approximately 4-6 minutes), and Cool-down.
2. Exercise-science elements: PROGRESSION, VARIETY and PRECISION. You perform the exercises with gradual *progression* and work within your limits. You perform a *variety* of movements in order to achieve function by performance in all three planes of motion and all forms of energy. You focus on movement *precision* in order to prevent injury and improve biomechanics.
3. Program focus: Free circuit fitness programs allow you perform exercises in multiple stations for a specified amount of repetitions each, or to successfully accomplish a series of obstacles (aka “fitness challenge” or “obstacle course”) with the intent to achieve the best time possible for the entire event.
4. References: *US Army Field Manual 7-22: Army Physical Readiness Training (OCT2012)* and the *Boot Camp Instructor Course Level One Manual (NOV2015)*.

### Warm-up Phase

**Calisthenics:** Perform 6-8 minutes of calisthenics, such as running in-place, Side-Straddle-Hops “Jumping Jacks” or jumping rope in order to warm-up the body.

**Dynamic Flexibility:** Perform 4-6 minutes of dynamic flexibility exercises, such as Knee Lifts, Hip Stretches, Leg Lifts and Shoulder Rotations.

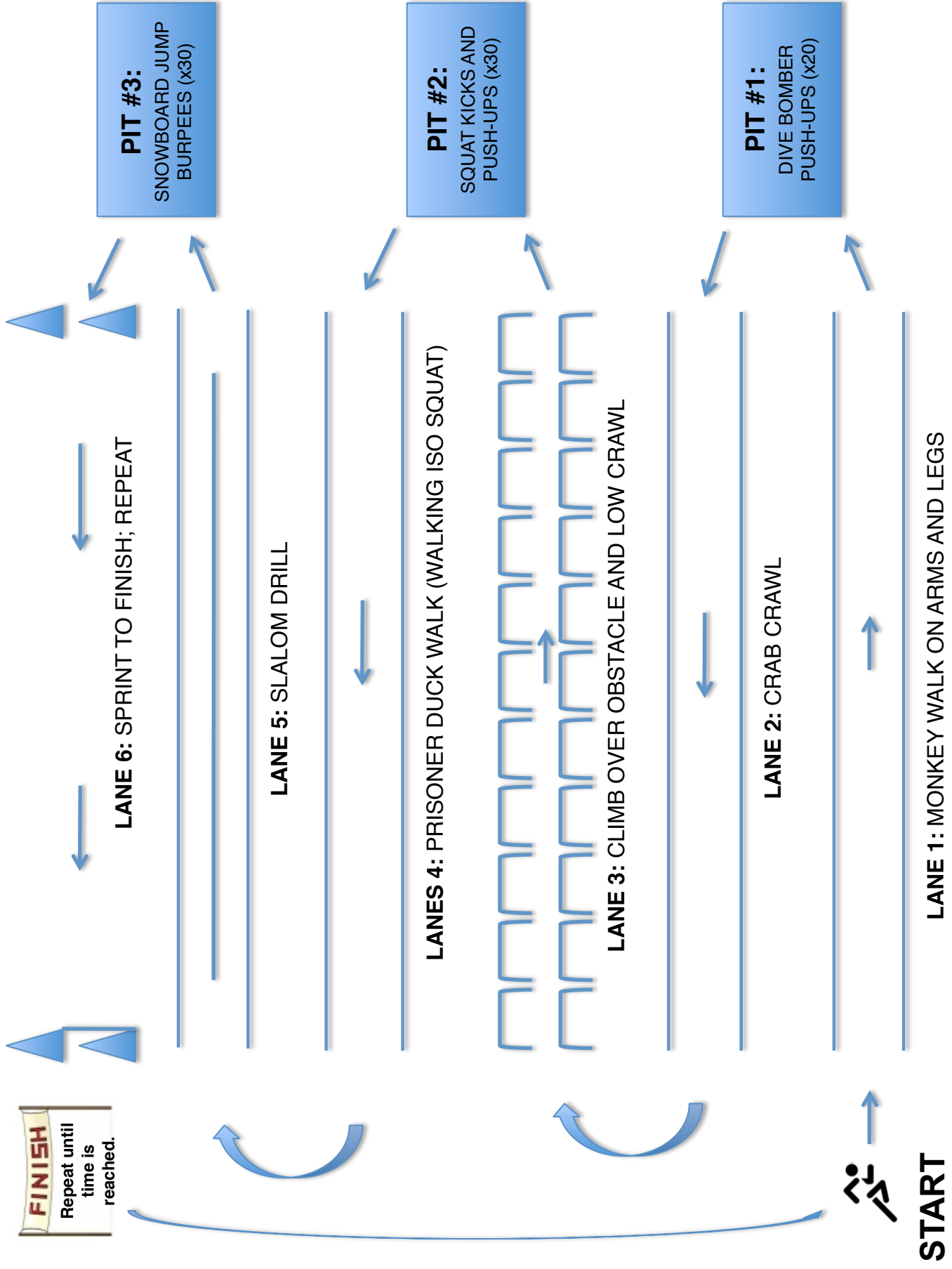


### Cool-down Phase

**Dynamic or Static Flexibility:** Perform 4-6 minutes of dynamic or static flexibility exercises.

### Conclusion

Review of workout and Q&A period



**FINISH**  
Repeat until time is reached.



**START**

**LANE 6: SPRINT TO FINISH; REPEAT**

**LANE 5: SLALOM DRILL**

**LANES 4: PRISONER DUCK WALK (WALKING ISO SQUAT)**

**LANE 3: CLIMB OVER OBSTACLE AND LOW CRAWL**

**LANE 2: CRAB CRAWL**

**LANE 1: MONKEY WALK ON ARMS AND LEGS**

**PIT #3:**  
SNOWBOARD JUMP  
BURPEES (x30)

**PIT #2:**  
SQUAT KICKS AND  
PUSH-UPS (x30)

**PIT #1:**  
DIVE BOMBER  
PUSH-UPS (x20)