



CRONUSFIT SQUAD FITNESS

CYCLE 3.0

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Baseline

The purpose of continued variation is to stress your body and test your commitment to a code. The Infantryman is a lethal, agile, and American. Rangers are capable of taking on the most varying mission set around the globe – you have what it takes. From the beaches of Normandy and volcanic mountains in the Pacific, to the cities of Iraq and deserts of Africa – the future Ranger must be physically capable of moving faster, further, and harder than his enemy.

CronusFit Cycle 3.0 will incorporate dedicated medical training for this phase, as your Squads will begin adjusting to high intensity movements and muscle fatigue. The incorporation of medical training (Ranger Big 5) will prepare the smallest unit on the battlefield to continue the fight, through distance and attrition.

Get after the training your units provide and extend yourself physically in order to represent the flag on your shoulder like the warriors who have come before you and for those who will follow! RLTV!!

#BESOMEBODY.
#CRONUSFIT



BECAUSE OTHERS SAY
IT BETTER THAN US...

***“PEOPLE
SLEEP
PEACEABLY IN
THEIR BEDS
AT NIGHT
ONLY
BECAUSE
ROUGH MEN
STAND READY
TO DO
VIOLENCE ON
THEIR
BEHALF.”***

**GEORGE
ORWELL**

WEEK 1

WEEKLY BIG 5 FOCUS – RADIO WORK

Each Ranger should be able to program the personal radio system and RTO systems in day and night conditions. Practice 9-Line MEDEVAC procedures and brevity IOT send up the information as fast as possible, getting your Ranger Buddy the care he will need.

MONDAY

Warmup: 1-Mile Run + 6x20 Push Up and 6x20 Sit Ups

Strength: Bench Press 3x5 / Ring

Dip 3x10

METCON: 24 AMRAP

- 400m Run / Burpees x 15 / Air Squat x 30

Medical TNG: Apply Tourniquet Gunshot Leg/Arm + Chest Seal

TUESDAY

Warmup: 5min Warm Up + 30x TTB / 3min Plank

Strength: Hexbar Tempo DL 3x5 (1313) / Leg Curl 4x8 / Good Morning 4x10 / Broadjump 4x 20m

Run: 4-Mile Run for Time

WEDNESDAY

Run: 10k Run (Zone 1)

Accessory:

- 4x30ft Rope Climb (w/Plate Carrier)
- 4x25 Sidewalk Dips
- 3min Max Push Up

THURSDAY

Ruck: 10km (#45) w/WPN systems

Every 10min knock out 20xOHS w/WPN

FRIDAY

Warm Up: 100cal AAB

METCON: E3OM x 8 Rnds

- 500m Row + 10 Close Grip PU

Strength: DB Press SA 5x2 / DB Hang PC 6x6

WEEK 2

WEEKLY BIG 5 FOCUS – SMALL UNIT TACTICS

Focus on expanding your techniques for marking rooms clear; identifying dead space; and clearing multiple rooms simultaneously with 2-3 Rangers. Your SQDs should be able to communicate in your stack without giving away your position to individuals within the rooms.

MONDAY

Run: 4 Mile Kit Run

This run should be done on a trail or on a land nav course.

Medical TNG: Treat gunshot wound to the neck. Prepare to rig a SKEDCO for vertical hoist.

TUESDAY

Warm Up: 1-Mile Run+ 4x15 Scapula Rotations

Strength: Leg Press 4x8 / KB DL 4x10

TM WOD: 2-3 TMs per SQD AFAP

- 400 Total Air Squats
- 12 Total Rope Climbs
- 6min Plank
- 6 Rope Climbs
- 150 Total Burpees
- 3 Rope Climbs

WEDNESDAY

Run: RPFT as SQD

For every 10sec over 40min do 10x Burpees per Ranger

THURSDAY

Ruck: 4x1 Mile Repeats + 5min Rest

Goal: 9min Mile

FRIDAY

Warm Up: 3x500m Row + 50ft Walking Lunge

Strength: Front Squat 4x10 / 24" Box Stepup w/#25 4x20

Partner WOD : 15min AMRAP

- Partner 1: MAX cal AAB
- Partner 2: 20x PU

*Winning team is the team with the highest calories registered

**Losers do 30 Pull Ups per Ranger

WEEK 3

WEEKLY BIG 5 FOCUS – MEDICAL TRAINING

Rangers should be able to tell you exactly where each item in the IFAC is located and inventory the medical equipment bimonthly. The worst case scenario is realizing you can't help your Ranger Buddy because neither of you have the basic equipment needed to mitigate injury.

MONDAY

APFT: 3-Mile Run instead of 2-Mile
*After completing first 2-Miles, rest 3min then complete remaining mile.

TUESDAY

Ruck: 6-Miles w/#55
Then...
Complete 1-Mile Movement w/equipment and 1xRGR in SKEDCO

WEDNESDAY

Warm Up: 1k Row
Strength: SA KB Snatch 3x10 / SA OHS 4x10 / 5min Max Squat #135
METCON: 4x 3min AMRAP + 2min Rest
- 8x PC #155 + Max Burpee BJ

THURSDAY

RPAT
Then...
Drop Kit – 1min MAX TTB / Push Ups / Dips / Pull Ups / Box Jump Overs / Sit Ups
* 1min Rest between sets

FRIDAY

Warm Up: 21-15-9 Burpee + WB #20
Strength: SA DB Press 4x8 + :30 Hand Stand Hold / DB Lat Raise 3x10 / DB Front Raise 3x10
METCON: 15 AMRAP
- 12x Thruster #95
- 21x KBS #55
- 200m Run

WEEK 4

WEEKLY BIG 5 FOCUS – MARKSMANSHIP

MONDAY

Run: 10x 400m Interval 3:2
Burpees x 500 Total
Strength: Weighted Pull Ups 4x6 /
Bent Over Row 3x10

Each Ranger must be capable of zeroing the laser optic attached to the weapon system.

TUESDAY

TM Competition: Clean and Jerk #155 x 100 / 20x Rope Climb / 2-Mile Tempo Run
Medical TNG: Each Ranger will be able to establish an IV

WEDNESDAY

Run: 10k Run
Strength: Hexbar DL 3x5 AHAP / Back Squat 3RM

THURSDAY

Ruck: 8 Miles (#65) w/WPN
Every 15min: WPN Push Press x 10 / OHS x 15

FRIDAY

Warm Up: 2-Mile Run (Every 800m increase speed by :30per Mile, start at 8min)

METCON: 20AMRAP

- 500m Row
- 20xDL #225
- 20x CTB
- 50x Air Squat