

AOFP Austere Program

1. General. The intent of the Austere AOFP is to provide soldiers with an operational fitness routine that will produce the required physical, mental, and emotional fitness to be effective in today's contemporary operating environment. The program is designed to be flexible and utilized while in garrison, the field, or deployed to austere environments with only common military equipment and readily available local resources (rocks and sand). The purpose of the nine-week program is to maintain or enhance combat fitness, while commercial equipment is not available during deployment or training. The program will provide an effective routine until follow-on equipment, such as Olympic bars and plates, are available. It is designed to be executed "anywhere, anytime". All the required resources can be procured in theatre or easily packed into a couple of barrack boxes and deployed with the unit.

2. Equipment



Ammo cans (7.62mm, 5.56mm, .50Cal, 25mm)



Austere equipment



Rocks



LAV III Tire



Water Jerry Can



24 inch Box Jump



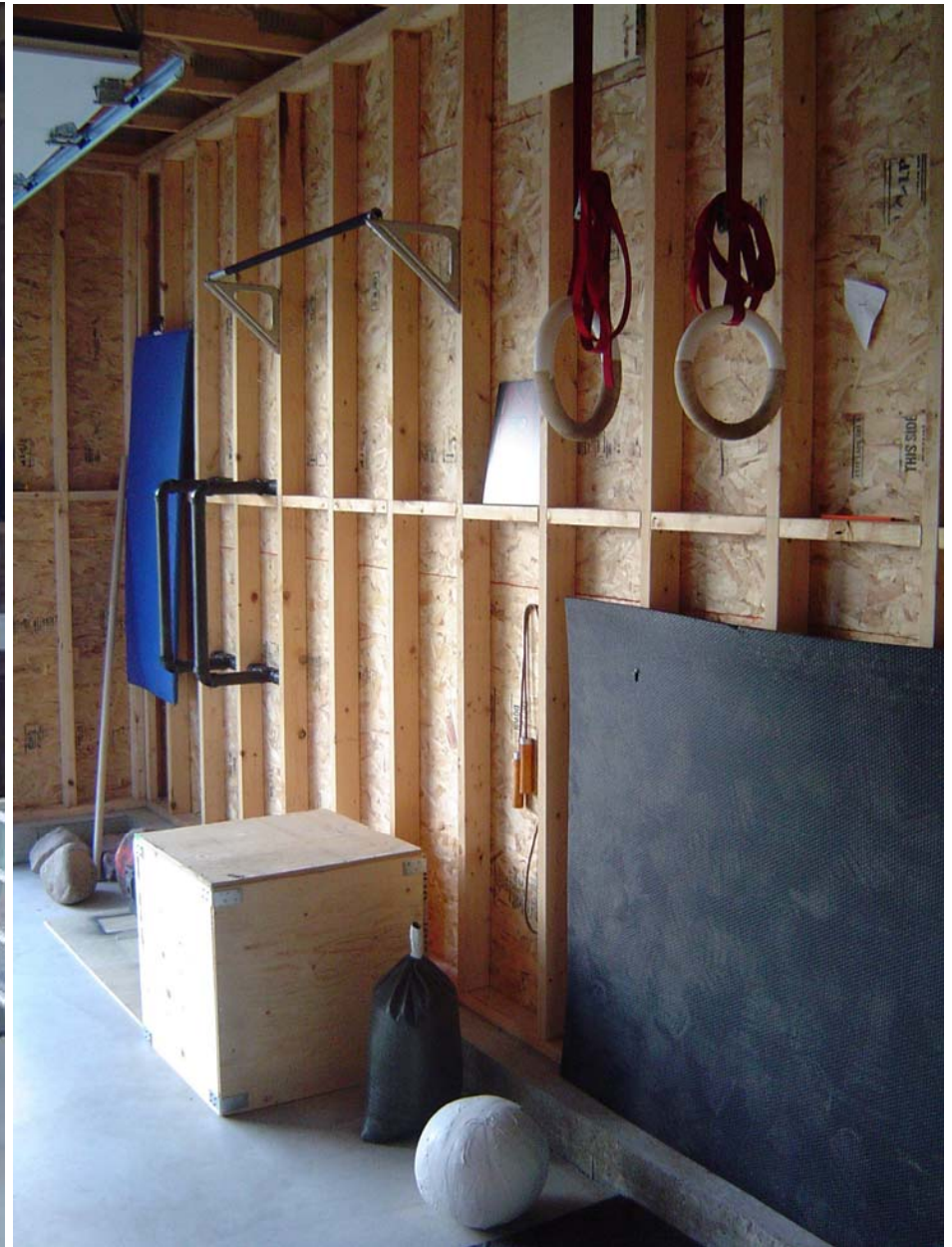
25 mm Ammo Can




Rock and Ammo Cans



Med Ball (Soccer Ball, Sand, and Duct Tape)



Austere Gym (rocks, ammo cans, P-Bars, mats, box jump, med ball, sand bag, pull-up bar, rings, skipping rope, wall ball target)

Equipment Weights 

Ammo Can Nomenclature	Quantity / Size	Type	Weight	Contents
Cart 25mm APFSDS-T	30 rds	PA125	70 lbs	Sand
Cart cal .50 4B/1T	100 rds	M2A1	50 lbs	Sand
Cart 5.56mm ball clip	910 rds	M2A1	30 lbs	Sand
Cart 7.62mm belt 4B/1T	220 rds	M19A1	20 lbs	Sand
Jerry can	20 liters	7240-21-852-5150	45 lbs	Water
Sand bag	14 in × 26 in	8105-00-142-9345	50 lbs	Sand
LAV III tire and rim	1	2610-20-000-7697	Approx 350 lbs	NA

	DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
Week 1	"Ivan" Complete as many rounds as possible in 20 minutes: - 70 pound push-press (25mm ammo can), 12 reps - 10 pull-ups	21-18-15-12-9-6 and 3 rep rounds for time of: - 50 pound front squat (sand bag) - Sit-ups	"Helen" Three rounds for time of: - 400 meter run - 50 pound dumbbell swing (.50 Cal ammo can) - 12 pull-ups	Five rounds for time of: -Run 400 meters -65 pound power clean (Rock), 15 reps	2.4 km run	REST	REST
Week 2	"Camille" Three rounds for time of: - Run 600 meters - 5 X (5 pull-ups, 10 push-ups, 15 squats)	"Tabata" 20 sec work, 10 sec rest for eight rounds per exercise: -double unders - push-ups - sit-ups - pull-ups - squats	For time: - 15 handstand push-ups - 3 L pull-ups - 12 handstand push-ups - 6 L pull-ups - 9 handstand push-ups - 9 L pull-ups - 6 handstand push-ups - 12 L pull-ups - 3 handstand push-ups - 15 L pull-ups	"Fran" 21-15 and 9 rep rounds for time of: -70 pound thrusters (25mm ammo can) -Pull-ups	15-12-9-6 and 3 rep rounds for total time of: -140 pound deadlift (2 x 25mm ammo cans) -Handstand push-ups -Vertical jump, 1 foot above reach	REST	REST
Week 3	"Cindy" Complete as many rounds as possible in 20 minutes: -5 pull-ups -10 push-ups -15 squat	10km run	"Frelen" Four rounds for time of: - Run 400m - 15 swings (.50 Cal ammo can) - 15 pull-ups	15-12-9-6 and 3 rep rounds for time of: -65 pound clean (Rock) -Ring dips 0Vertical jump, 1 foot above reach	Three rounds for time of: - Run 400 meters - 21 Burpees - 21 pull-ups	REST	REST
Week 4	"Gagetown" For time: - Run 400 meters - 70 pound thrusters (25mm ammo can), 21 reps - 30 pull-ups - Run 800 meters - 30 pull-ups - 70 pound thrusters (25mm ammo can), 21 reps - Run 400 meters	Complete as many rounds as possible in 20 minutes of: - 60 pound X 10 deadlift (2 x 5.56mm ammo can) - 50 pound X 8 Hang power clean (rock) - 70 pound X 6 Push-press (25mm ammo can)	Complete all 5 rounds for time of: Pull-up/push-up/ squats • 25-15-5 • 20-15-10 • 15-15-15 • 10-15-20 • 5-15-25	"Kelly" Five rounds for time of: - Run 400 meters - 30 box jumps, 24 inch box - 30 wall-ball shots, 20 pound ball, target ten feet above ground	5 km run	REST	REST

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Week 5	<p>"RSR"</p> <p>For time:</p> <ul style="list-style-type: none"> - Run 400m - 100 squats - Run 400m - 75 squats - Run 400m - 50 squats - Run 400m - 25 squats 	<p>Complete as many rounds as possible in 20 minutes of:</p> <ul style="list-style-type: none"> - 50 pound Clean (<i>rock</i>), 10 reps - 10 push-ups - Run 150 m 	<p>With a continuously running clock do one pull-up the first minute, two pull-ups the second minute, three pull-ups the third minute... continuing as long as you are able.</p> <p>Use as many sets each minute as needed.</p>	<p>Five rounds for time:</p> <ul style="list-style-type: none"> - 20 pull-ups - 40 push-ups - 60 squats 	<p>Complete as many rounds in 20 minutes of:</p> <ul style="list-style-type: none"> - walking lunge 20 pounds (<i>2 x 7.62 4B1T ammo cans</i>), 10 steps -Weighted pull-ups, with 20 pounds (<i>7.62 4B1T Ammo can</i>), 10 reps <p>*attach 7.62mm ammo can around waste, insert combat belt through ammo can handle and adjust*</p>	REST	REST
Week 6	<p>"Angie"</p> <p>For time:</p> <ul style="list-style-type: none"> - 100 pull-ups - 100 push-ups - 100 sit-ups - 100 squats 	<p>Complete as many rounds as possible in 20 minutes of:</p> <ul style="list-style-type: none"> - 70 pound thrusters (<i>25mm ammo can</i>), 10 reps - 8 pull-ups - Run 150 m 	10 km run	<p>For time:</p> <ul style="list-style-type: none"> - 100 sit-ups - 20 box jumps, 24 inch box - 100 squats - 20 pull-ups - 2.4 km run 	<p>For time:</p> <ul style="list-style-type: none"> - 800 meter run - 25 (<i>35 pound rock</i>) C&J - 600 meter run - 50 (<i>35 pound rock</i>) deadlifts - 400 meter run - 75 (<i>35 pound rock</i>) squats (hugging rock). 	REST	REST
Week 7	<p>"Barbara"</p> <p>Five rounds for time with a three minute break between rounds:</p> <ul style="list-style-type: none"> -20 pull-ups -30 push-ups -40 sit-ups -50 squats 	<p>Four rounds for time of:</p> <ul style="list-style-type: none"> - 50 (<i>5.56mm ammo can</i>) squats (hugging ammo can) - Run 600 meters 	<p>For time:</p> <ul style="list-style-type: none"> - 70 pound thrusters (<i>25mm ammo can</i>), 9 reps - 21 burpees with 1 foot leap above vertical reach - 70 pound thrusters, 15 reps - 15 burpees with 1 foot leap above vertical reach - 70 pound thrusters, 21 reps - 9 burpees with 1 foot leap above vertical reach 	<p>For time:</p> <ul style="list-style-type: none"> - 30 Box jumps, 24 inch box - 30 knees to elbows - 30 wall ball, (<i>20 pound ball</i>, 10 ft. target) - 30 med ball cleans (<i>20 pound ball</i>) - 2.4 km run 	<p>Three rounds for time of:</p> <ul style="list-style-type: none"> - run 800 meters - 50 puch-ups - 50 Sit-ups 	REST	REST

	DAY 1 Monday	DAY 2 Tuesday	DAY 3 Wednesday	DAY 4 Thursday	DAY 5 Friday	DAY 6 Saturday	DAY 7 Sunday
Week 8	<p>"Katrina" For time: -50 box jumps, 24 inches high -50 burpees, jumping to 12 inches above reach -50 deadlifts (2 x 5.56mm ammo can), 30 pounds -50 wall-balls, 20 pound ball, target ten feet above ground -50 cleans (rock), 30 pound ball</p>	<p>For time: - 25 walking lunge steps - 20 pull-ups - 50 box jumps, 24 inch box - 20 double-unders - 25 ring dips - 20 knees to elbows - 30 swings (.50 Cal ammo can), 50 pounds - 30 sit-ups - 20 hang squat cleans, 35 pound (rock) - 25 push press (water jerry), 45 pounds - 30 wall ball shots, 20 pound ball - 20 thrusters, (25mm ammo can) 70 pounds</p>	<p>5km run</p>	<p>21-15-9 reps of: Handstand push-ups Ring dips Push-ups</p>	<p>Complete as many rounds in twenty minutes of: - 70 pound push press (25mm ammo can) 15 reps - 24 inch box Box Jump, 15 reps - 15 sit-ups</p>	<p>REST</p>	<p>REST</p>
Week 9	<p>Complete as many rounds in twenty minutes of: - 21 jumping ring pull-ups - 70 pound Thruster (25mm ammo can), 15 reps</p> <p>Set-up the rings so they are about nine inches below your max reach and jump vigorously for each rep. Count only the reps where you go from full arm and shoulder extension to chin over the rings.</p>	<p>Complete as many rounds in twenty minutes of: - 5 Handstand push-ups - 12 Pull-ups</p>	<p>Four rounds for time of: - run 400 meters - 50 Squats</p>	<p>For 15 intervals: 20 seconds on/ 10 second off 70-pound thrusters (25mm ammo can)</p> <p>Ammo can must stay racked for duration of each interval.</p>	<p>Three rounds for time of: - run 100 meters - 50 push-ups - run 100 meters - 50 sit-ups - run 100 meters - 50 squats - run 100 meters - 20 pull-ups</p>		