



AN AMERICAN FITNESS BRAND

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## Battle of the Boats and Ropes™ Powered by WaterRower®, Produced by SGT KEN®

### Program Theory

1. Program Type: Perform Variable Intensity Interval Training (VIIT) at 30-second intervals on the Battle Rope and 4-minute intervals on the WaterRower, with 10 seconds transition to each station.
2. Program Format: *Fixed Circuit Fitness Training (time-controlled)* in three phases: Warm-up, VIIT phase (with team members coaching the athletes during rest periods), and Cool-down.
3. Program Set-up: Separate into teams of four. Participants will take turns as athlete (work phase) and coach (rest phase).
4. Exercise-Science Elements: PROGRESSION, VARIETY and PRECISION. *Progression* is the learning process of mastering the skill. Athletes are directed to perform movements with gradual progression and increase limits, when ready. *Variety* includes movements during the progression process to improve performance. *Precision* is the process of achieving precise targets of proper performance.
5. References:
  - a. WaterRower® Crew Coach Manual (AUG2018)
  - b. US Army Field Manual 6-22: Leader Development (JUN2015)
  - c. US Army Doctrine Publication 6-22: Army Leadership (JUL2019)
  - d. US Army Field Manual 7-22: Army Physical Readiness Training (OCT2020)



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### Warm-Up Phase

**Orientation and Application:** Perform 2-3 minutes of WaterRower® movements at 40-50% output, getting familiar with the WaterRower® machine and the posture necessary for optimal performance.

**Dynamic Flexibility:** Perform 2-3 minutes of dynamic flexibility exercises.

### Variable Intensity Interval Training (VIIT) Phase

16 min per round	Battle Rope (30 seconds)	Recovery (30 seconds)	Core (30 seconds)	WaterRower® (4 minutes)
ROUND 1, PART 1:	Speed Skater and Alternating Waves (O)	Coach Mode	Seated Leg Extensions	Row for 4 min, gradually increasing SPM
ROUND 1, PART 2:	Outside Circles (O)	Coach Mode	Modified Back Extensions	
ROUND 2, PART 1:	Snowboard Shuffle Whips (O)	Coach Mode	Supine Leg Lifts at Alternating Angles	Row for 4 min, gradually increasing SPM
ROUND 2, PART 2:	Jump-Whip-Squat-Thrusts (O)	Coach Mode	Quadruped Extensions	
CHALLENGE ROUND:	First Crew to reach 3k m.	First Crew to reach 3k m.	First Crew to reach 3k m.	First Crew to reach 3k m.

### Cool-down Phase

Perform an adequate cool-down, including approximately 8-10 minutes of stretching.

**Remarks:** (O) overhand grip; (U) underhand grip; SPM (Strokes Per Minute)



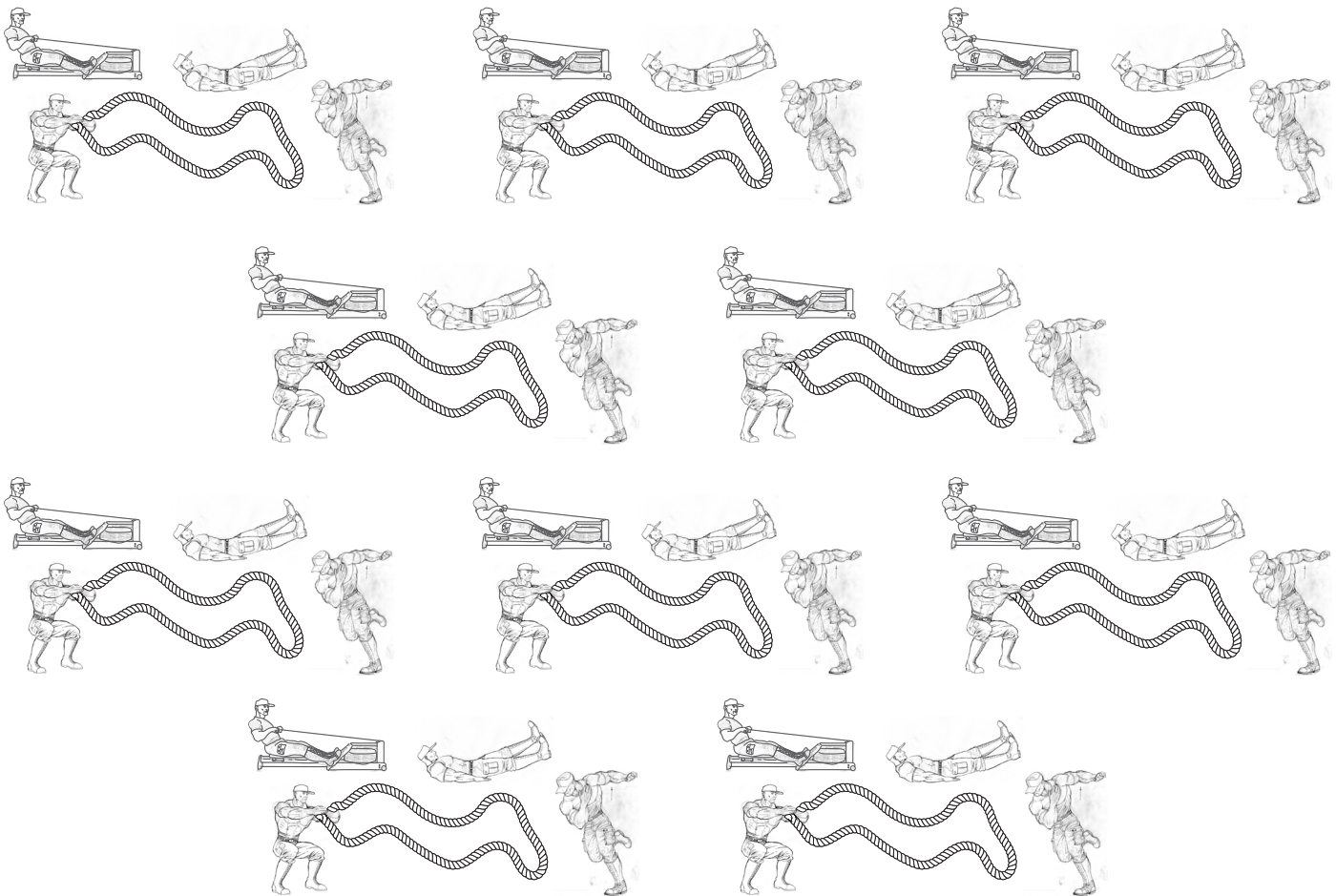
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## FLOOR PLAN BATTLE OF THE BOATS AND ROPES™



Extended Rectangular Formation

**Building waves underwater and above ground to gain rapid results!**

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