



# THE **LEAN** BERETS

## AVENGERS OF HEALTH!

### Survival Skills Training



When examining historical archives of classical physical education and fitness training, nine essential survival skills emerge. These were the skill sets that allowed America to win two world wars. Because the Golden Era of American Fitness (1885-1920) was so intellectually developed and focused on quality, we have added a tenth skill to the set—*mental*. History shows that focused “mind and body training yields significant results.

***We live in a dangerous world—are you training for Survival Of The Fittest?***

1. **Mental**
2. **Restorative Arts/Corrective Exercises**
3. **Calisthenic (Body Weight Only Focus)**
4. **Calisthenics (Body Weight + Hand-Held Tools)**
5. **Jumping/Running**
6. **Crawling/Climbing**
7. **Lifting/Carrying/Throwing**
8. **Hanging/Inversion**
9. **Swimming**
10. **Combatives**

Using this survival skill set, we can easily make up a nice circuit training format by doing three minutes for each of the ten categories. One round would equal ten minutes. Repeat 3X and you have a full 30-minute training session focused on survival. Ideally, for each training session, all categories should be addressed for an equal period of time.

Here is a simple example of ten survival stations that can be both productive and fun: Mental (breathing exercises), Restoratives (health wand, Indian Clubs, medicine balls, light dumbbells), Calisthenic (joint mobility exercises), Calisthenics (health wand, Indian Clubs, medicine balls, light dumbbells), Jump/Run (hopping drills), Crawl/Climb (baby crawl or box step up), Lift/Carry/Throw (kettlebell suitcase carry), Hang/Inversion (dead hang for spinal decompression & shoulder strength), Swim (swim stroke arm movements), Combatives (blocking moves or hand/eye reaction drills)...possibilities are endless...just stick to the basic skills, and be creative and practical in application then history shows you will be better prepared.

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