



Creating the World's Most Superior Soldiers & Officers

In researching combat fitness, it became apparent early on that while there are important parallels with athletic or sport fitness, there are also some critical differences that must be addressed. First, it's important to define combat fitness and combat conditioning:

- Combat Fitness is the ability to perform in a combatively effective manner under conditions of extreme physical and mental stress.
- Combat Conditioning is the training that prepares the body/mind to perform at optimal levels of combative efficiency under less than optimal conditions.

The goal of Combat Conditioning is to increase the combat performance capability of the mind and body under stresses that are realistic for the combat environment. In Combat Conditioning, physical attributes are most important, because at elite levels, superior General Physical Preparedness conditioning becomes the measuring stick of success.

Furthermore, Special Physical Preparedness is the EDGE over the competition. SPP is the gap between GPP and Physical, Mental and Emotional Skills: a gap that's too large in most sports training

MASTER TRAINER:
Jeff Green MS, CSCS, CES, PES, USAW, USATF
Exercise Physiologist
Certified Strength and Conditioning Specialist
USA Weightlifting Coach
USA Track & Field Level 1 Coach
Clinical Exercise Specialist
Performance Enhancement Specialist
National Strength & Conditioning Association
Alabama State Chairman
American College of Sports Medicine Member
State & National Champion Powerlifter
Former Collegiate Wrestler

At the Icon Performance Center, our goal is to help the combat athlete's speed, power, explosive strength and flexibility. By using multi-joint explosive training exercise we are able to produce total body movements and reaction speed like no other program.

"Man is at his highest plateau of intelligence when put to the task of solving problems. Without the challenges of solving problems we stagnate and become complacent. With complacency comes eventual regression."



The Icon Performance Center possesses the most experienced training staff ever assembled in the state of Alabama. The center has brought together under one roof the best strength, conditioning, and speed professionals from every level of sport with extensive experience in high school, collegiate, and professional athletics.

What can Icon Performance do for me?

ICON Performance Combat Conditioning is for those people who are serious about training for a career in law enforcement and public safety. Whether you are contemplating applying to a police, sheriffs, corrections, or other public service agency, need to train for an upcoming fitness assessment or testing, or wish to maintain your current fitness level with a challenging exercise program, we have a workout for you!

- General and Dynamic Warm-Up Routines
- Static and Dynamic Flexibility
- Form Training
- Sprint Assisted Training
- Speed Endurance Training
- Sport Loading
- Energy System Training
- Strength, Power, and Speed Strength Training
- Plyometrics, Stretch-Reflex, and Shock Training
- Sprint Mechanics & First Step Quickness
- Acceleration and Max Speed Training
- "Pre-Hab", Recovery and Restoration Training
- Power Nutrition

ICON Performance Combat Conditioning is YOUR Ultimate Strength Training and Fitness Program .. Use our super-human cutting-edge exercises and quickly burn off excess fat while building functional muscle ... simultaneously double your strength, endurance and flexibility ... beginning RIGHT NOW"



WE HAVE KETTLEBELLS!

It can not only make you powerful, strong, and resilient, but also lean, flexible and graceful. It gets your heart pumping, boosts your energy levels, and melts fat faster than a deep fryer. And it's been around for only a few hundred years. It's a kettlebell, and it's the number training tool of the Russian & European Special Forces. Kettlebells are an ancient Russian weight-training tool shaped like a cannonball with a thick handle. They range in weight from 4kg (9lbs) to 48kg (105lbs), and are quickly becoming the strength tool of choice for athletes, coaches, and trainers. But kettlebells are for more than just the pros and 'hardcore' fitness buffs – everyone and anyone can lift kettlebells and reap muscular strength, endurance, flexibility and cardiovascular benefits with every workout.

Kettlebells focus on movement not muscle. Clients quickly discover just how functional training with kettlebells can be as the core strength-building benefits transfer to realistic, daily-life situations. Kettlebells combine many training protocols simultaneously:

Core strength -

kettlebell movements teach the body to stabilize the core, as almost all movements are done free-standing.

Strength –

kettlebell training develops strength in ALL planes of movement. We live and play in a three-dimensional world, and we should train accordingly.

Flexibility/Mobility –

kettlebell training promotes the body to 'open' up due the nature of multi-planer movement, and promotes increased range-of-motion in the joints.

Balance and stability –

kettlebell training is off-centred and focused. This calls for tremendous attention to balance as the weight travels through the air.

Coordination –

kettlebell training teaches 'connection' of your upper and lower body. This element provides athletes a superior edge in their training protocol due to greater body rhythm and awareness.

Acceleration/Deceleration –

most training protocols address acceleration but not deceleration, which is why most athletes get injured in a 'deceleration' mode.

Load/Explode –

kettlebell training offers a different type of loading that allows the athlete to combine all of the above elements and teach the body to be strong and resilient in 'compromised' positions

Resilience to Injury –

kettlebell training offers complete development in all planes of movement, therefore preventing more injuries.

Cardio –

kettlebell training, especially ballistic exercises, will enhance cardiovascular training. The conditioning aspect will also help to develop better weight management.

Police Training Program (8 weeks)

(Beginner-Intermediate-Advanced)

This exclusive co-ed training program prepares participants physically for a career in law enforcement. RCMP, municipal police departments, military, corrections, sheriffs, security and other applicants are welcome.

The program is divided into 2 modules – POPAT/PARE, giving participants a chance to familiarize themselves with the obstacle course portion of a fitness test, and a run module, where participants learn proper run technique for general fitness as well as prepare them for a 1.5 mile run standard. Head instructor Jeff Green MS, CSCS addresses biomechanics, posture, form, breathing, and test protocol familiarity.

Urban Gladiator Training-Military (8 weeks)

(Beginner-Intermediate-Advanced)

Feel the burn with ICON Performance Combat Conditioning circuit training incorporating plyometric drills, exercises and short runs or sprints. Clinics are run indoors, at ICON Performance, and may involve the use of tractor tires, heavy ropes, sandbags, parallel bars, medicine or stability balls, BOSU, kettlebells, balance equipment, bands, tubes, hoops, cones, bodyweight, or your imagination! Focus is on quality, not quantity, and participants can adjust degree of intensity to suit individual fitness levels.

Firefighter Training Program (8 weeks)

(Beginner-Intermediate-Advanced)

This exclusive co-ed training program prepares participants physically for a career in fireman, EMT & paramedic and other applicants are also welcome. Training modules are designed to prepare the applicant for the CPAT exam.



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