

Scott Sonnon - Tacfit26 New Generation

This is a giant program. There are 26 main programs in TACFIT26, each is named after a letter in the Nato alphabet from Alpha to Zulu. It involves a before and after test, called the “Qual” which represents all of the primary movement patterns necessary for real-life tactical fitness. Not everyone starts at the same level or progresses at the same constant, so there are also four levels to each exercise in those 26 programs. Each level is named after the first four Greek letters: Alpha, for the top performance; Beta, for the toughened pack; Gamma, for the segue to strength conditioning; and Delta, as a gross motor bare minimum to get you started, and to which you often performed even if you run with the Alpha dogs sometimes.

Also, included are very specific micro-warmups and micro-cooldowns, which we call mobility and compensation, respectively.

This course includes:

- TACFIT System Overview
- TACFIT26 Start Up Guide
- TACFIT26 Flip Chart
- TACFIT26 Exercise Manual
- TACFIT26 Qualification Manual
- TACFIT26 Mobility Manual
- TACFIT26 Compensation Manual
- TACFIT26 Daily Journals
- TACFIT26 Compensation Video Folder
- TACFIT26 Mobility Video Folder
- TACFIT26 Exercise Video Folder
- TACFIT26 Qual Video Folder
- Primal Stress Bodyweight Alternative Program Guide
- Primal Stress Bodyweight Alternative Program Video

This sounds like a lot but as we said, the system is massive, like an ocean. But included here are charts which plot your course for you, so that you navigate through YOUR fitness at your rate of recovery, not someone else's. Follow the charts, complete your journals, and your individualized TACFIT path will appear from the formula.

TACFIT 26: 3 Decades of Development

The most widely adopted tactical fitness system on the planet.

















The most successful approach of its kind backed by government tracked hard data and approved to be taught in departments across the country and around the world.

Nothing of its kind existed before this integrated approach to ancient tools, and nothing since has woven in the cutting-edge scientific discoveries which have eliminated injuries while exceeding performance of prior approaches.

TACFIT makes you more “fit and ready” than any other approach. Fact.

- The most widely adopted tactical fitness system on the planet.
- The most successful approach of its kind backed by government tracked hard data and approved to be taught in departments across the country and around the world.
- Nothing of its kind existed before this integrated approach to ancient tools, and nothing since has woven in the cutting-edge scientific discoveries which have eliminated injuries while exceeding performance of prior approaches.
- TACFIT makes you more “fit and ready” than any other approach. Fact.

Proof Content

 TACFIT Kettlebell Powerformance	 ...	140.9 MB
 TACFIT26 Qual Video Folder	 ...	146.6 MB
 TACFIT26 Mobility Video Folder	 ...	300.2 MB
 Tacfit26 Exercise Video Folder	 ...	500.4 MB
 TACFIT26 Compensation Video Folder	 ...	258.2 MB
 Primal Stress Bodyweight Alternative Program Video	 ...	1.3 GB
 PDFs	 ...	187.7 MB
 CST Shoulder RESET Patch	 ...	66.2 MB