

THE BATTLE HARD EXERCISE LIBRARY

The core movement families in one place, with the column options from each home chapter. Mission Standard is the target, not the starting point. Find your real column in each family and start there.

PUSH — Chapter 4

Mission Standard	Standard push-up, chin to floor, full lockout
Field Version	Incline push-up, hands elevated
Scale Down	Wall push-up at chest height
Progress	Three sets of ten clean at current level
Load It Up	Weighted vest or loaded pack

PULL — Chapter 4

Mission Standard	Pull-up, dead hang to chin over bar
Field Version	Inverted row, straps or fixed low bar
Scale Down	Band row, seated or standing
Progress	Three sets of eight clean, full range
Load It Up	Added band, vest, or dip belt

SQUAT — Chapter 4

Mission Standard	Bodyweight squat, thighs to parallel
Field Version	Box or chair squat, controlled descent
Scale Down	Thirty-second chair stand
Progress	Three sets of twelve clean, full control
Load It Up	Goblet squat

HINGE — Chapter 4

Mission Standard	Single-leg Romanian deadlift pattern, bodyweight
Field Version	Two-leg hip hinge, flat back
Scale Down	Glute bridge
Progress	Three sets of ten, flat back every rep
Load It Up	Dumbbell or kettlebell Romanian deadlift

POWER — Chapter 5

Mission Standard	Standing broad jump
Field Version	Fast sit-to-stand from a chair
Scale Down	Sit-to-stand at controlled speed, hands assisting
Progress	Three sets of eight fast sit-to-stands, controlled descent
Optional	Explosive step-up — gated, see Chapter 5

CARRY — Chapter 6

Mission Standard	Two-hand farmer carry, sixty feet
Field Version	Suitcase carry, one side at a time
Scale Down	Short suitcase carry, twenty to thirty feet
Progress	Full distance, shoulders level, grip holds
Load It Up	Heavier load or longer distance

MOBILITY — Chapter 9

Mission Standard	Goblet-hold squat, held at depth
Field Version	Goblet-hold squat to your current depth
Scale Down	Box squat, heels down, chest up
Progress	Five-second hold, heels flat, knees tracking
Load It Up	Add to every warm-up rather than adding external load

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