

News

Reviews

Opinion

Intel

Exclusives

ISSUE  
23

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# The Circuit

## Close Up on Surveillance The experts opinion

### Contractors Workout

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By: Orlando Wilson  
Contractors Workout

# Contractors Workout

**As a security contractor you need to keep a decent degree of fitness at all times.**

**T**his can be difficult on operations as you may not have the time or facilities to workout. When on operations and training contracts you can be working 16 plus hour's a-day and when you get down time you need to eat, sleep and prepare for the next day's work.

A lot of times on operations in 3rd world countries we do not have the space or facilities that you have in gyms in Europe and the U.S. We also spend a lot of time waiting around in crappy apartments and hotel rooms for contracts to commence and on down time. For personal security reasons we cannot go for runs etc. as most times we don't want too many people to know we are actually there. The locals in most places can spot foreigners a mile away and word would soon get around there are Gringos training

in such and such a park etc. Word gets out your there and you can blow the operation or be targeted for kidnapping or just shot up! Endurance is one of the main qualities you need; also you need to be able to move. If you have too much bulk and muscle it can make you slow and limit your flexibility.

You need to be able to cross obstacles, crawl for long distances, access weapons in tight spaces and fight. It's ok being able to run 5 miles at a decent pace but you also have to be able to fight when you get to your objective and run back again! Leg strength is very important, you need to be able to walk and run for long distances to be able to get to an objective and if things go bad you need to get out of there as quickly as possible. An important consideration is the climate and environment you're going to be working in, you have to be acclimatized. Heat, >

humidity and altitude can have big impacts on someone's performance. I have even seen this when training with clients in Miami, the clients are gym fit but it another story in the Everglades walking through water in 100 degree heat and humidity, the mosquitoes just add to the fun!

So, the emphasis needs to be on high rep's and exercises that use as multiple muscles in each exercise. All exercises should replicate movements we would be using on operations in the real-world. If you do not have time to dedicate to a fixed training session complete sets of reps throughout the day, a set of 20 press ups takes a minute, you should be able to fit in 5 sets a day. Also walk where possible and use stairs not elevators; you're easily ambushed in an elevator as there is no escape!



### Diet

When home in Miami or other 1st world location where I have a choice of what to eat I tend to lay off the carbohydrates and stick to meat, vegetables and no junk food. Contractors drink alcohol, but always try to stay off beer; wine and spirits are better for you in moderation. Caffeine is a must for most contractors; there have been jobs where I have lived on Coke-Cola, just for the caffeine and sugar!

On contracts a lot times you don't have a choice of what you're eating. At the time of writing this I am in West Africa and the diet here is heavy on carb's; a lot of rice, yams, pasta etc. with very small serving's of meat and fish compared with U.S. and Europe. So, you need to be able to perform on whatever food is available, food is just calories.

On operations you need to be able to go without food for at least 24 hours and still function, being able to eat every few hours is not an option; I try to eat once in the morning and then again in the evening. If you are in a sniper hide or observation post you need to keep your movement and noise to a minimum, food is not your main concern, you can always add on a few pounds if you get back to a safe area!

### Exercises

#### 1. Running

The basics, you have to be able to run. At a minimum you need to be able to keep a steady pace for 40 minutes. Make maximum use of hills or if you are cooped up in a hotel find some stairs to run up and down.

#### 2. Risks Inc. Sit-up

This exercise uses the legs and core muscles

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and goes through four of the main shooting positions.

Stand in a boxing/shooting stance, left leg forward. Keep your hands up in front your face (hold light weights to simulate a weapon) and drop to a kneeling position. Then drop to the seated position, hand remain up. Drop back into the lying position, hands and head up. Now get back up without using your hands. Get back into the seated, kneeling then standing positions. Repeat with the left leg forward. Do 50 reps per day.

#### 3. Squatted walk & bunny hops

This exercises is excellent for condition the legs. Tactical there are times when stalking a target you have to use the squatted walk to stay low and behind cover. Best to get use to it before you need to use it.

Get down in a squat position and bring your hands up in front of your face, hold light weights if you wish. Now walk in a squatted position for 10 meters and turn around. Remain in the squat and bunny hop back to your start point. Repeat until you've had enough.

#### 4. Front kicks

These are good for flexibility and a basic and highly effective unarmed combat technique. Stand in a boxing stance with you left leg forward; bring your right leg forward until the thigh is parallel the ground the snap out your foot, keeping the toes angled up. Complete 50 reps and repeat with the left leg. For extra resistance you can use leg weights. 10 sets of 50 reps should keep you in condition.

#### 5. Press ups

The press up is a simple and very effective exercise. We need upper body strength for crawling on the ground through low grass and low cover; the whole of the upper body is used in conjunction with the legs to push and pull the body along.

#### 6. Knife kata's

Knives are highly effective weapons if use properly at close quarters, these kata's with weighted bars help to increase strength and flexibility, which is also a necessity when using pistols and rifles. This exercise also strengthens the forearms and your grip; having a good grip is one of the essential requirements when using firearms.