



TACTICAL ATHLETIC

FUNCTIONAL TRAINING CONCEPT FOR SPECIAL FORCE UNITS

balanceSCHMIEDE

PARKOUR

HALO SESSION

PRODUCTS



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PRIVATE CLASS

HALO SESSION

[„HALO high altitude -low opening“ = enter fast and do a great job]



- user: members of police, military and homeland security
- duration: 2 days / day1: 4 hours & day2: 8 hours
- location: BalanceSchmiede, Bad Tölz (BY/D)
- content: functional training (sport), functional training (tactical), theoretical basics
- your equipment: 2x shirt, 2x sweatpants, indoor shoes, outdoor shoes, towel
- loan: tactical gear

conditions: NO PAIN and healthy, min 20 puhs ups, min 8 pull ups, 5km run in less 40 min

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day 1

1400	arrival & welcome ceremony
1415 – 1515	lecture (theory)
1515 – 1615	training session (sport)
1615 – 1630	break
1630 – 1715	lecture (theory)
1715 – 1800	training session (tactical)
1800 – ...	dinner (included in price) & convivial evening



day 2

0900 – 0930	„Good morning“ warm up (session)
0930 – 1030	lecture (theory)
1030 – 1145	training session (sport)
1145 – 1200	break
1200 – 1300	training session (tactical)
1300 – 1400	lunch (self)
1400 – 1500	safety briefing parkour: ropehandling, location
1500 – 1630	training session (tactical at parkour)
1630 – 1730	competition parkour
1730 – 1800	official farewell

PARKOUR

OVERVIEW



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PARKOUR - TACTICAL ATHLETIC



The PARKOUR on Sunday is the highlight of our HALO SESSION.

The location is a closed 10.000m² area with fantastic opportunities to create bizarre szeneries of tactical operations.

By going through the PARKOUR you have to solve problems of speed, strength and up/down roping with tactical gear.

You also have to act under pressure in areas with special conditions, like simulating gas contamination or light changing.

Get sh#t done - good luck!

PARKOUR

TRAINING SESSION



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Training session on the PARKOUR

Work your way from room to room – from task to task.

In every section we put it in a nutshell: athletic skills to complete the tactical challenge successfully.

We train the contents you received on day 1.

Get a feeling why to do movements exactly like mentioned in the gym to be the fittest element on the battlefield.

PARKOUR

COMPETITION SESSION



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Competition session on the **PARKOUR**

„Run – shoot – communicate“ are fundamental basics of acting in operations.

Bring it to the next level.

In the competition you work against the time!

Make your best job... and be fast.

Separate your weaknesses from the strengths to be aware of what you are training next.

Well, you cannot train to much for a job that could kill you.



To stay healthy and effective in tactical operations
you don't need „THOR'S HAMMER“...

... you need a sword
and the skill to use it like a needle!

TACTICAL ATHLETIC is a functional training concept with sports scientific background.
As professionals in structured evolution of exposure profiles for special forces we clearly dissociate from any “crossfit concept”.
In TACTICAL ATHLETIC we deal with all necessary mental, neural and biomechanical/ -chemical tasks!

HEAD PROFESSIONAL



**TACTICAL
ATHLETIC**

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SCHMIEDE

persönlich. nachhaltig. effektiv.

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