

# Test your strength and toughness with this military exercise!

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1. Better evening workout or morning?
2. 8 habits to destroy the six-pack abdomen super fast

Here is a 90-minute exercise named "Ugly Operator" for tactical units like FBI, SWAT . of the US military.

Please seriously take the challenges listed below, record the results and score according to the end of the article to see how much you get.

## Jumpstart (recommended, not required)

Perform 4 rounds of movements below:



1. Goblet Squat x 10 (12 kg)
2. Anti-push x 8
3. Bend your belly x 10

## **Content I: Weightlifting (bench-press), rep maximum possible (max reps)**



Start with 10 rep at 60kg, 5 rep at 75kg.

Required for men: 80 - 83kg.

When performing this action, the bar of the bar must touch the human chest, not lift the buttocks off the bench, the feet touch the ground, .

## **Content II: Fron squat, rep maximum possible (max reps)**



Starting: 10 rep at 60kg, 5 rep at 75kg.

Required for men: 80 - 83kg.

When done, lower the weight until the thighs are parallel to the ground (the lower the better).

## **Content III: Deadlift, rep maximum can be in 60 seconds**



Starting: 10 rep at 60kg, 5 rep at 80kg.

Required for men: 100kg.

Note: When exercising, the most advantageous position is the closest to the bar. This position helps shorten the distance between the center of gravity bar and your gravity center.

## **Content IV: Sprinting 4 x 25m in 60 seconds**



Before doing this, you need to prepare 2 milestones 25m apart. 1 rep is one touch of a milestone, one run and return of 2 rep. Only count the reps performed within 60 seconds.

Note: Take a deep breath, relax the muscles about 60 seconds between the contents.

## **Content V: Inhale the bars, reps as much as possible**



Requirement: 1 rep is satisfactory, the chin must be on the bar.

Sniffing a single bar is a simple but highly effective action to increase the upper body strength and toughness.

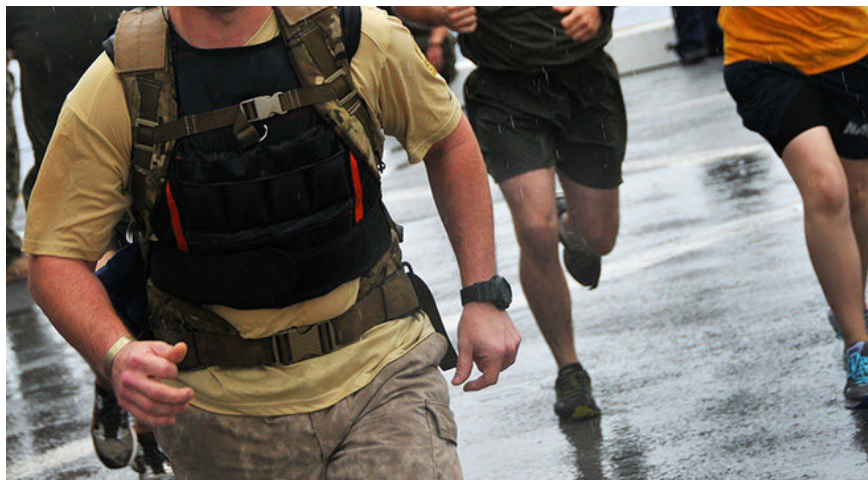
## **Content VI: Sandbag GET-UP, rep maximum for 10 consecutive minutes**



Required for men: 36kg.

You can prepare sandbags with the required weight to implement this content.

## **Contents VII: Wearing 10kg of armor, running 4.8km under 30 minutes.**



These 6 contents almost take away all of your power, so this 7th content is an extremely difficult challenge. This content does not count, only achieved or failed. If you feel that your health is not guaranteed, you cannot overcome this challenge, just ignore it because it can cause heart attack, extremely dangerous.

That's the whole content of the "Ugly Operator" challenge, how much content can you do?

## How to calculate points

**Total score = total reps of I - V content (VI content only counts 1/2 of reps).**

Content VII does not count but it determines whether you will complete the "Ugly Operator".

Meet the standard if the minimum total score reaches 100 and finish content VII within 30 minutes.

If you do not meet the standard, it is perfectly normal to take this whole challenge to need a persistent training process. Please practice with friends and try again when you feel capable.

Note: You need to be cautious when doing hard / heavy movements to avoid unfortunate injuries.

Rep: The number of continuous episodes in a set, it is calculated when you finish a whole movement of the exercise, then repeat until the break for a new round.

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