

# TRAIN THE TRAINER

**WARRIOR ATHLETE**  
READINESS & RESILIENCE  
BLDG. 1533

**FEB**  
5-9

**MAY**  
13-17

**AUG**  
12-16

**OCT**  
14-18

**7AM - 1PM**

## STRENGTH AND CONDITIONING MADE EASY FOR TACTICAL ATHLETES.

Learn the skills necessary to provide your Marines and Sailors a fitness program to enhance their physical readiness.

Upon completion, leaders will earn TRX, HITT Level 1, and WARR cert along with a T-shirt.

Train the Trainer may also be requested by a unit.  
Minimum 8 participants per class, max capacity of 25.

### MORE INFO:

**760.830.3807 OR [WARRIORATHLETE@USMC-MCCS.ORG](mailto:WARRIORATHLETE@USMC-MCCS.ORG)**