



MILITARY



FUNCTIONAL FITNESS FOR PERFORMANCE



Day 1 | Recruit

Level I 3 sets

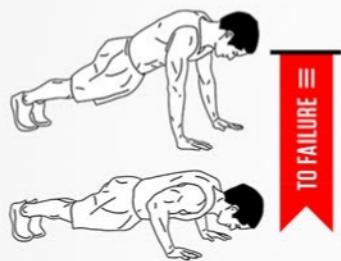
Level II 5 sets

Level III 7 sets

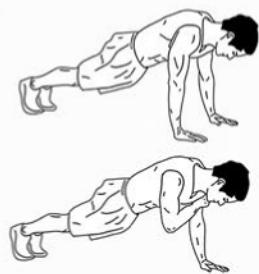


up to 2 minutes rest between sets

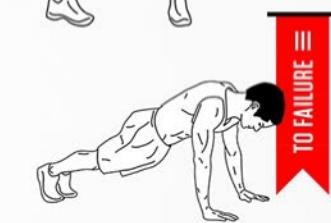
1 min high knees - or one lap around a field
in the beginning of every set



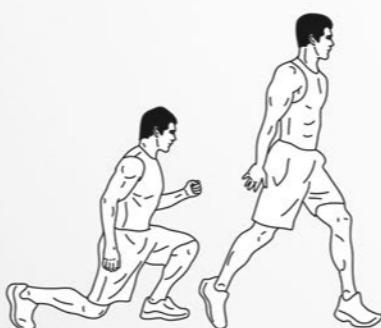
20 push-ups



20 shoulder taps



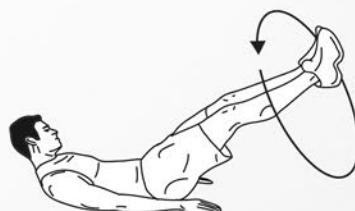
20-count plank hold



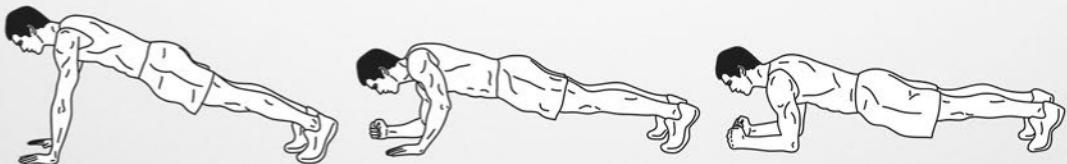
20 jumping lunges



20 knee-ins + twist



20 raised leg circles



20 up and down planks



Day 2 | Endurance

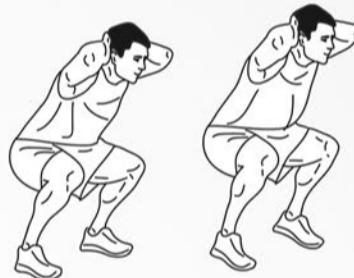
Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

30 seconds squat hops on the spot
before every exercise



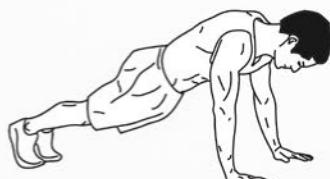
A

B

open area friendly - hop from point A to point B



squat hold



plank hold



push-up hold



single leg squat hold
1/2 time each leg



one arm plank hold
1/2 time each arm



one arm side plank hold
1/2 time each arm



Day 3 | Equalizer

Level I 3 sets



Level II 5 sets

Level III 7 sets

2 minutes rest between sets



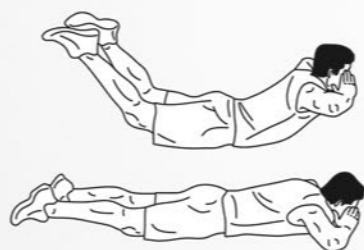
20 push-ups



5 close grip push-ups



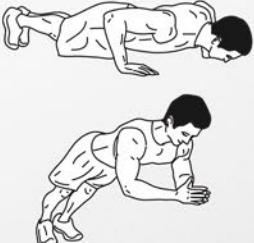
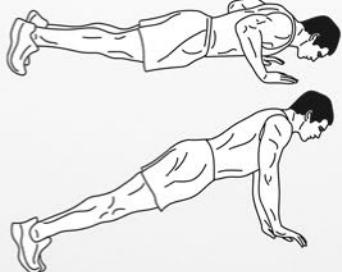
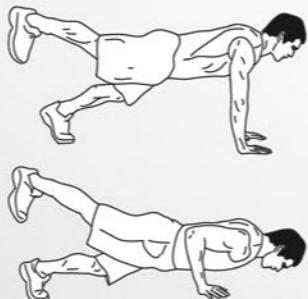
5 wide grip push-ups



20 back extensions

20-count hold

20 upward dog stretches



20 raised leg push-ups

5 power push-ups

5 clapping push-ups



Day 4 | Full Circuit

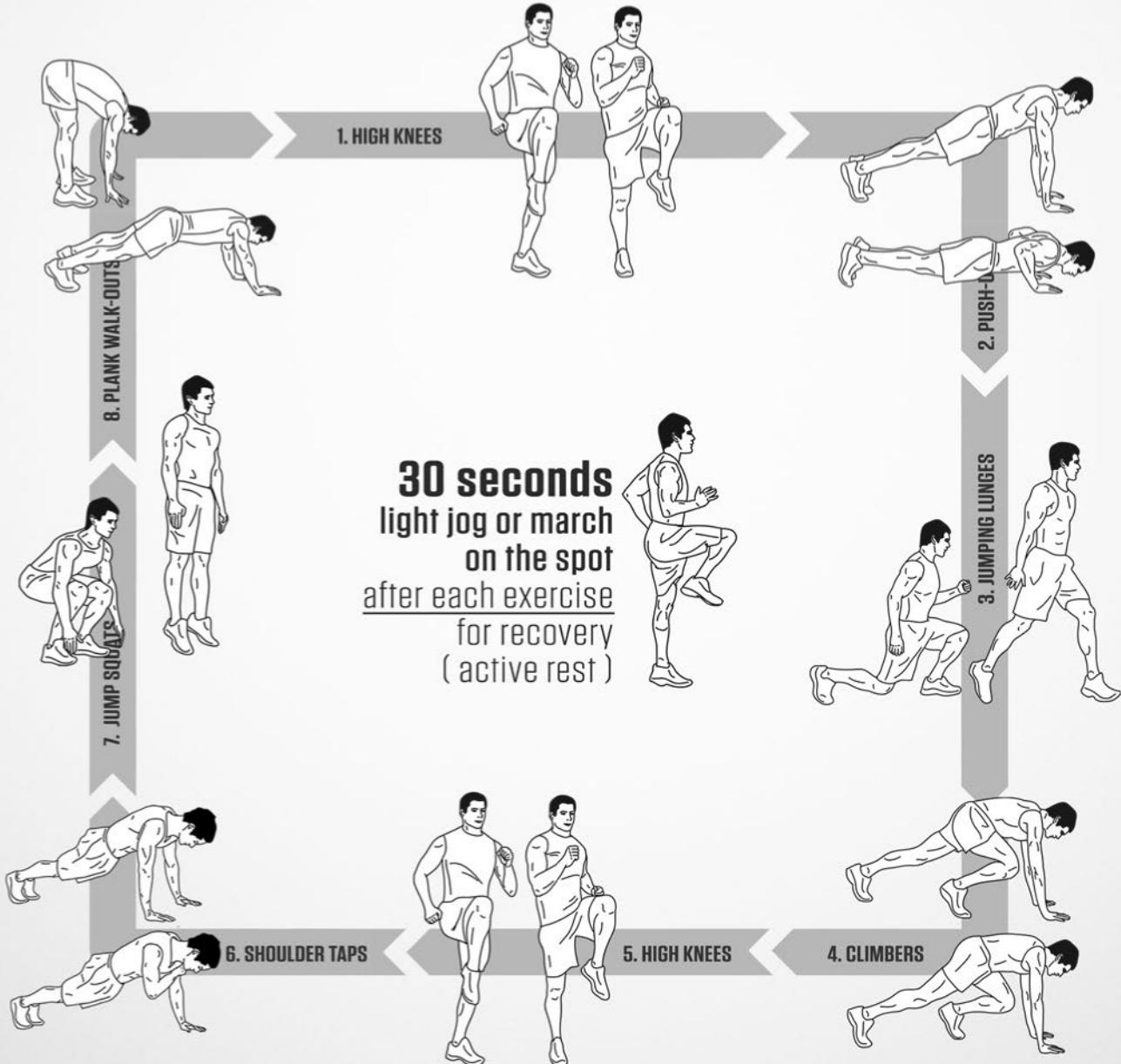
20 seconds each - warmup

set 1 30 seconds each exercise

set 2 40 seconds each exercise

set 3 60 seconds each exercise

3 sets all levels | no rest between sets





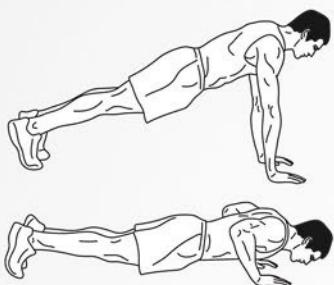
Day 5 | Power Circuit

Level I 3 sets

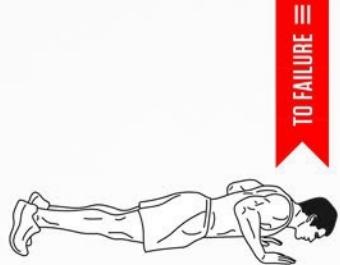
Level II 5 sets

Level III 7 sets

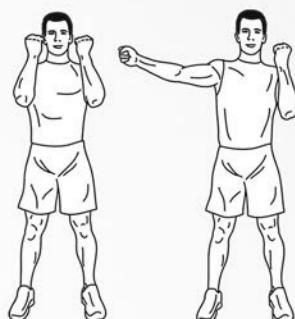
2 minutes rest between sets



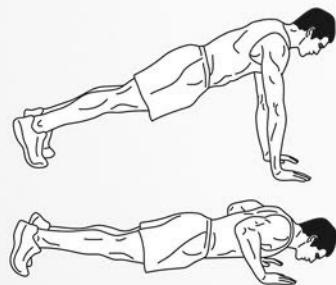
5 push-ups



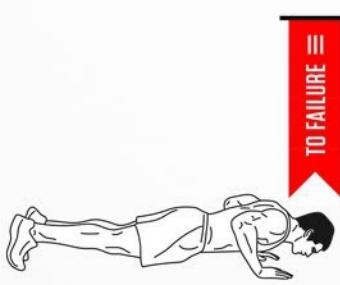
10-count push-up hold



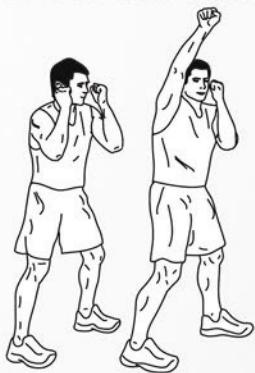
40 side-to-side backfists



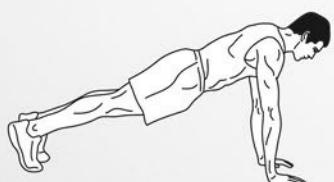
5 push-ups



10-count push-up hold



40 overhead punches





Day 6 | Cardio & Core

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



1min high knees



20 sit-ups

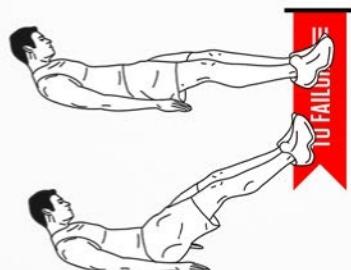
TO FAILURE
III



20 sitting twists

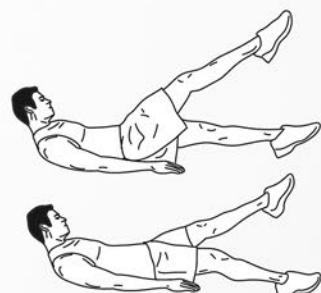


1min high knees



20 leg raises

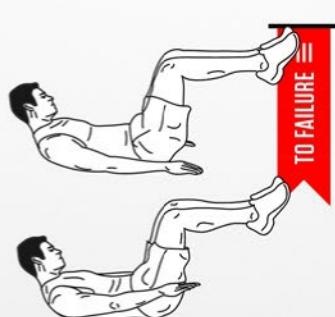
TO FAILURE
II



20 flutter kicks

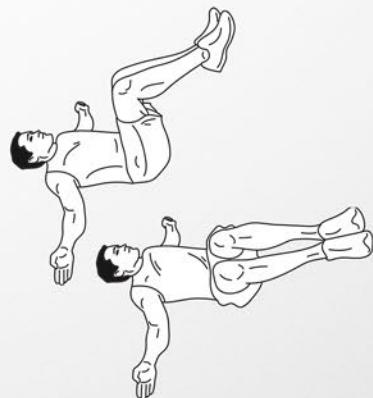


1min high knees



20 hundreds

TO FAILURE
III



20 hip rolls



Day 7 | Power Circuit

Level I 3 sets

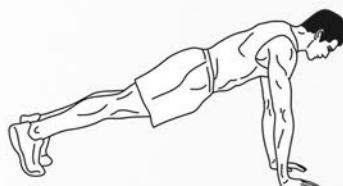
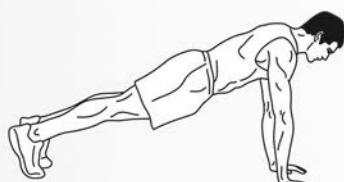
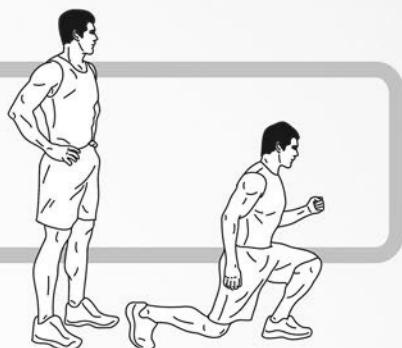
Level II 5 sets

Level III 7 sets



up to 2 minutes rest between sets

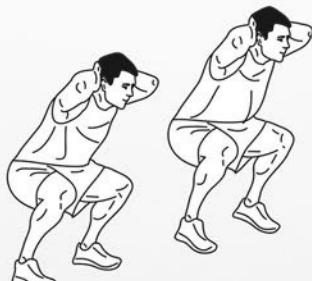
40 lunges - or walking lunges
in the beginning of every set



20 push-ups

20 slow climbers

20-count plank hold



20 squats

20 squat hops

20-count squat hold



Day 8 | Cardio HIIT

Level I 3 sets

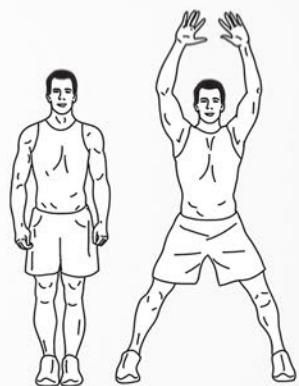
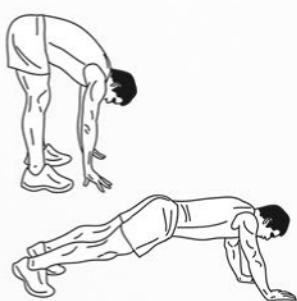
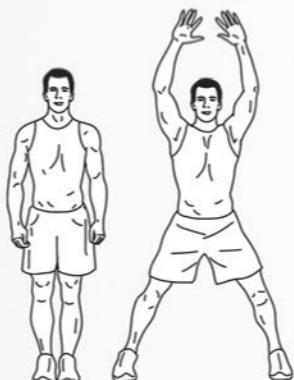
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



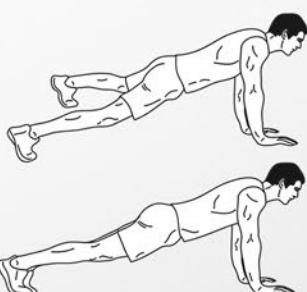
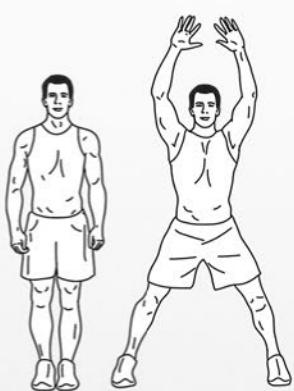
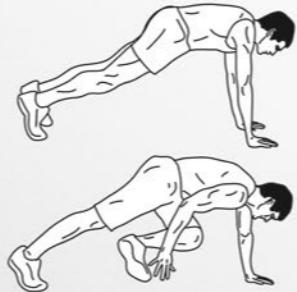
1 clapping push-up every 10 seconds



30sec jumping jacks

30sec plank walk-outs

30sec jumping jacks



30sec climber taps

30sec jumping jacks

30sec plank jacks



Day 9 | The Crawler

Level I 3 sets

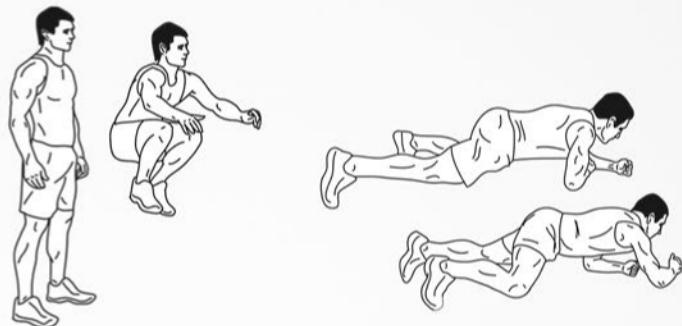
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 army crawl



10 jump knee tucks



10 army crawl



10-count plank hold



10 army crawl



10-count side plank



10 army crawl



10 jump knee tucks



10 army crawl

A

B

open area friendly - crawl from point A to point B



Day 10 | Survivor

Level I 3 sets | 3 minutes

Level II 4 sets | 4 minutes

Level III 5 sets | 5 minutes

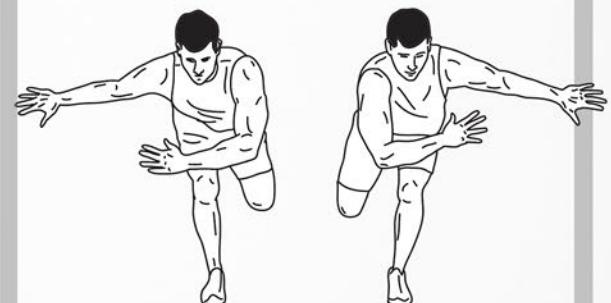
2 minutes rest between sets

Set a timer and do high knees (or run). Count to 10 or set intervals for 10 seconds. Every 10 seconds jump to the side (any direction) as fast as you can and do a basic burpee. Continue non-stop until the time for your level is up.

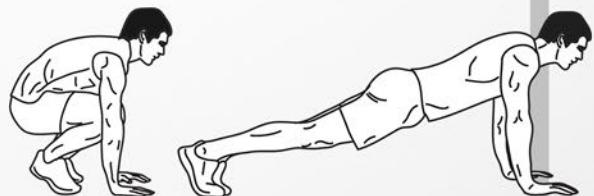


non-stop high knees

every 10 seconds



dodge (any direction)



one basic burpee



Day 11 | Power Circuit

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



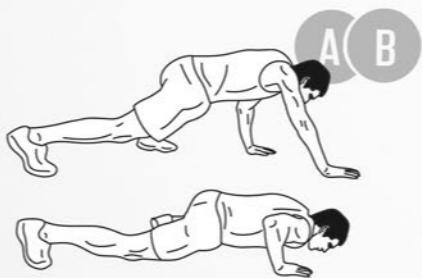
20 half squat walk



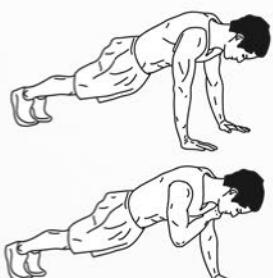
40 squats



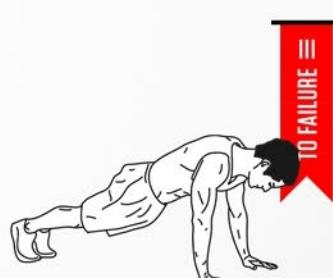
20-count squat hold



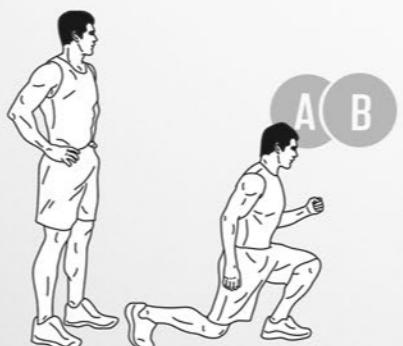
20 dragon push-ups



40 shoulder taps



20-count plank hold



20 walking lunges



40 calf raises



20-count calf raise hold



Day 12 | Conditioning

Level I 3 sets



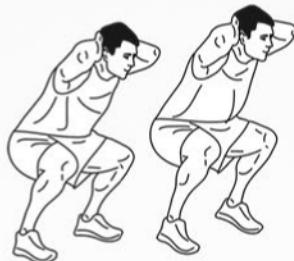
Level II 5 sets

Level III 7 sets

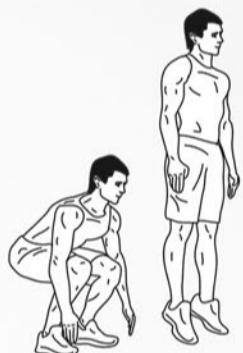
2 minutes rest between sets



1min hop on the spot



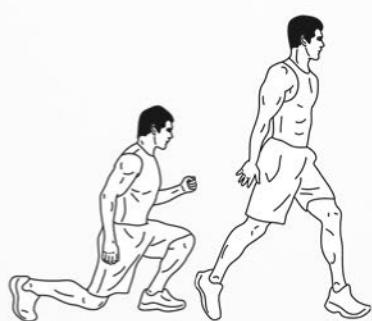
20 squat hops



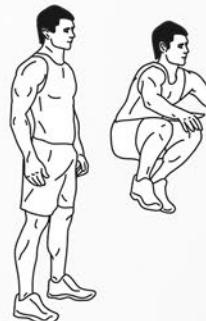
10 jump squats



1min hop on the spot



20 jumping lunges



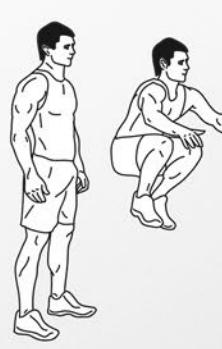
10 jump knee-tucks



1min hop on the spot



20 hop + deep squat



10 jump knee-tucks





Day 13 | Flexibility

Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

3 minutes march steps non-stop
warmup (repeat once)



deep lunge



deep side lunge



deep side lunge , toes up



toe reach hold



back stretch



butterfly stretch



back stretch #2

press the floor
with your hands
as hard as you can



prawn extension



bow hold

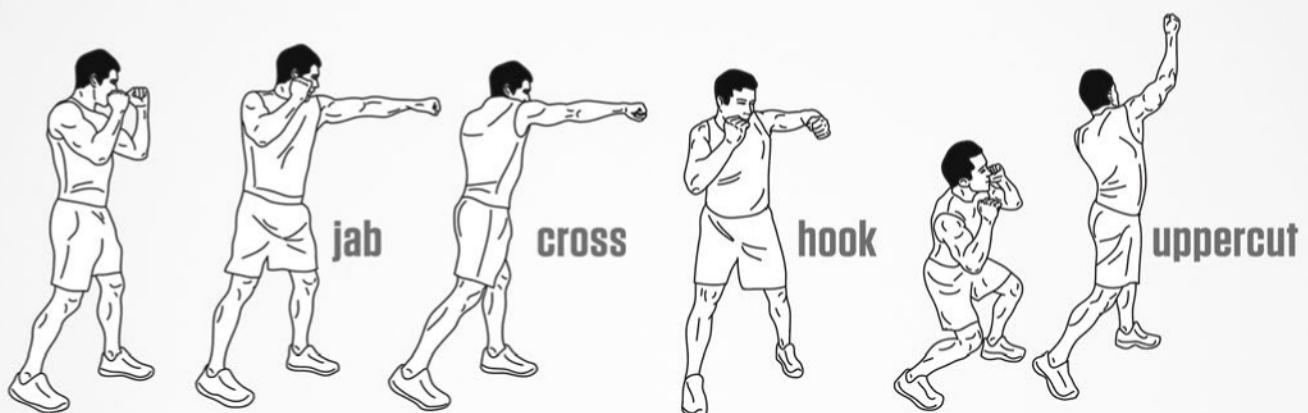


Day 14 | Combat

Level I 5 sets

Level II 7 sets

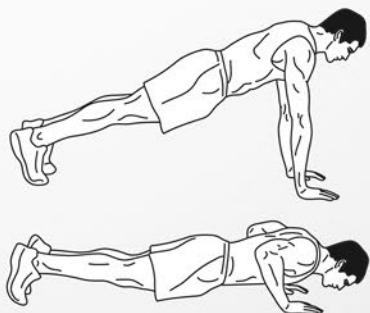
Level III 10 sets



5 minutes shadow boxing

free-style; jab + cross, jab + jab + cross, jab + cross + hook, multiple hooks, jab + cross + uppercut, jab + cross + jab + cross

active rest between sets



30 knee-to-elbow crunches

30 push-ups



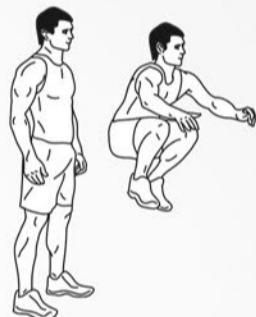
Day 15 | Obstacle Run

Level I 3 sets

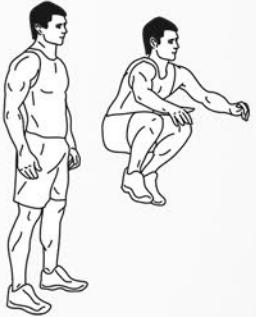
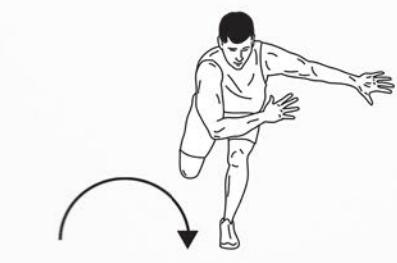
Level II 5 sets

Level III 7 sets

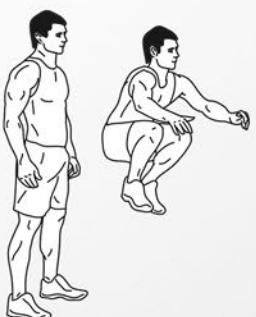
2 minutes rest between sets



1min high knees (or run) + jump to the left + jump knee tuck



1min high knees (or run) + jump to the right + jump knee tuck



1min high knees (or run) + basic burpee + jump knee tuck

A

open area friendly - crawl from point A to point B

B



Day 16 | Primal



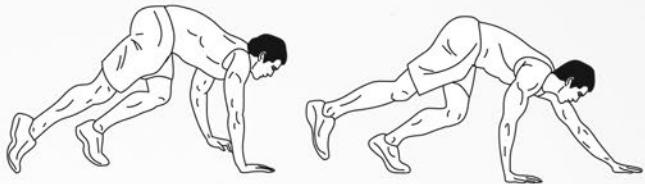
Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

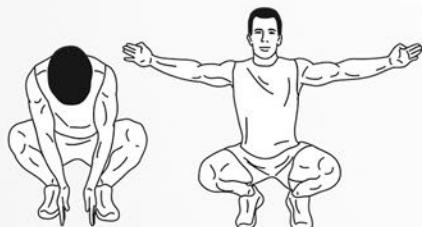
30 seconds bear crawl
before every set



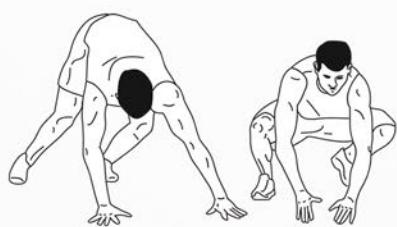
A

open area friendly - hop from point A to point B

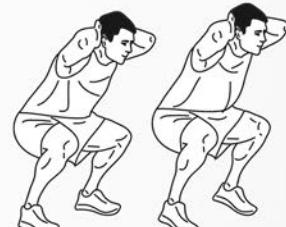
B



ape reach



side-to-side hops



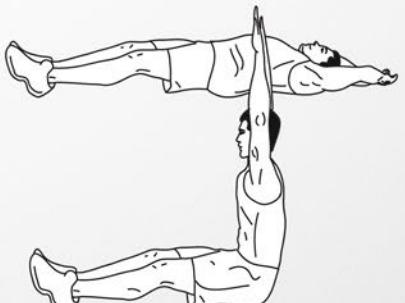
squat hops on the spot



sit-outs



dead bugs



L sit-ups



Day 17 | Full Circuit

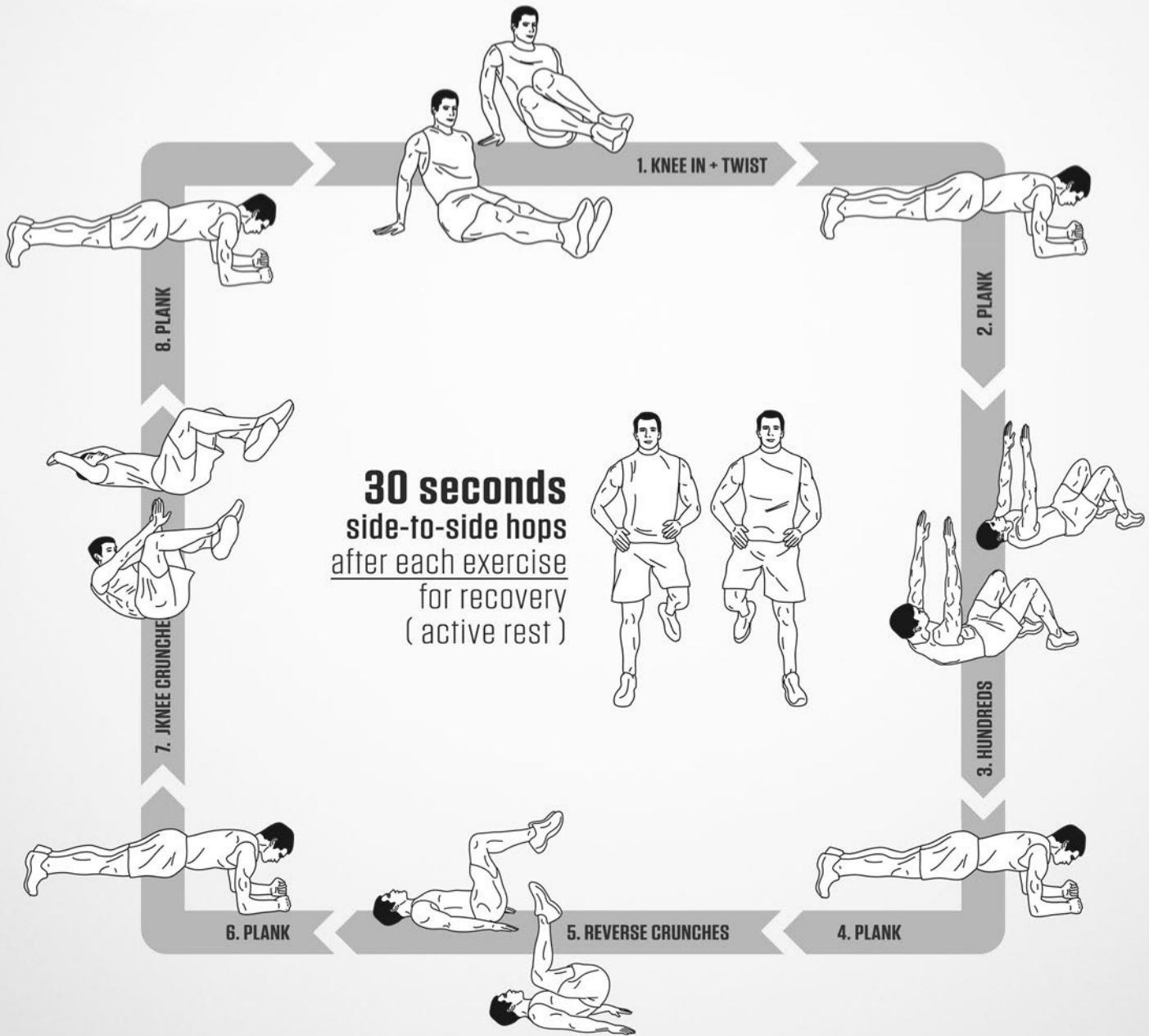
20 seconds each - warmup

set 1 20 seconds each exercise

set 2 30 seconds each exercise

set 3 40 seconds each exercise

3 sets all levels | no rest between sets





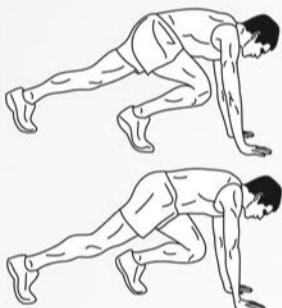
Day 18 | Power Circuit

Level I 3 sets

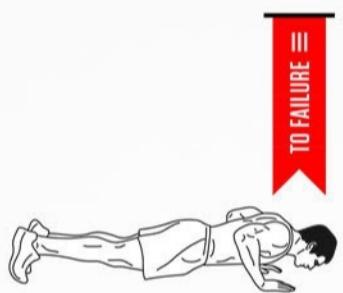
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



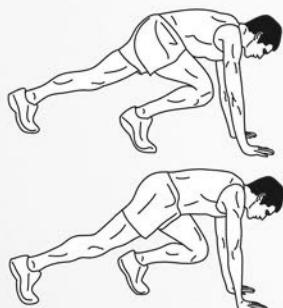
20 climbers



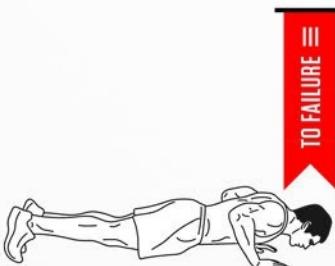
20-count push-up hold



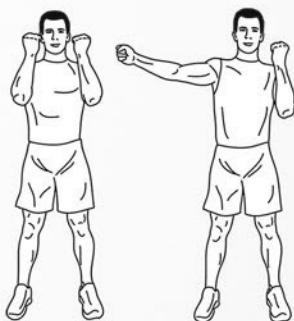
1min speed bag punches



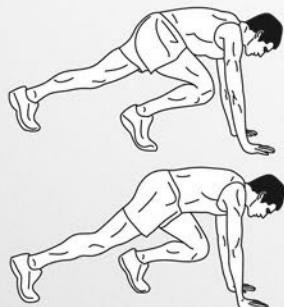
20 climbers



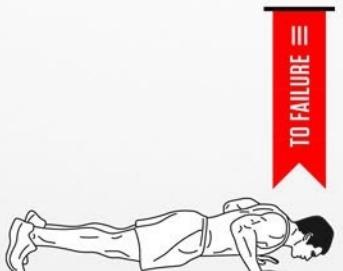
20-count push-up hold



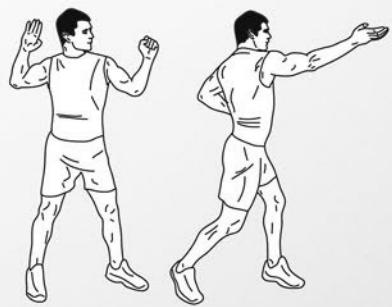
1min side-to-side backfists



20 climbers



20-count push-up hold



1min knife hand strikes

TO FAILURE

TO FAILURE

TO FAILURE



Day 19 | Power Circuit

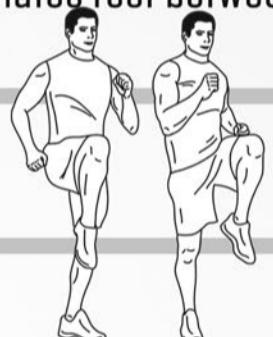
Level I 3 sets

Level II 5 sets

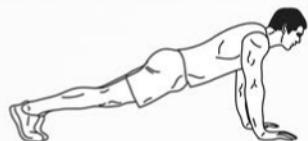
Level III 7 sets

up to 2 minutes rest between sets

1 min high knees - or one lap around the field
in the beginning of every set



20 plank walk-outs



20 plank jump-ins



20-count plank hold



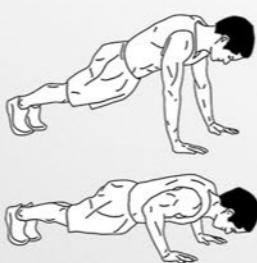
20-count L-sit



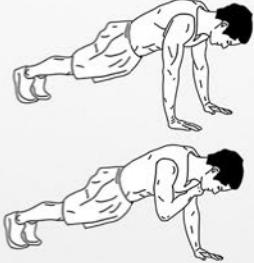
20 squats



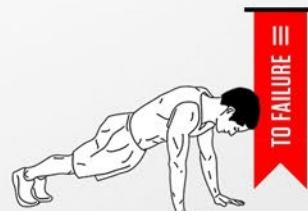
20 jump squats



20 push-ups



20 shoulder taps



20-count plank hold

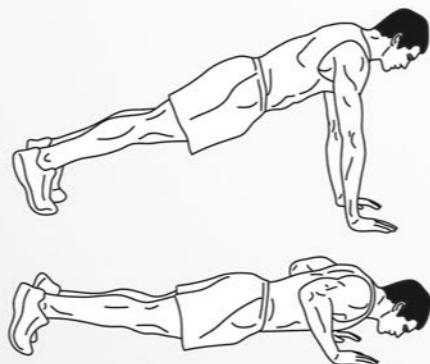


Day 20 | Trials

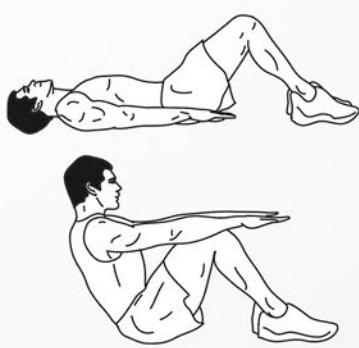


Time yourself. Complete everything
as quickly as you can.
Pass the bar for extra credit.

10 minutes high knees
target non-stop



2 minutes push-ups
minimum 50
target 80-100



2 minutes sit-ups
minimum 50
target 80-100



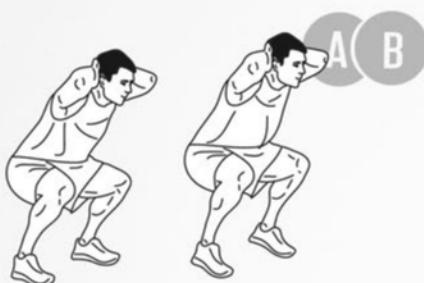
Day 21 | Power Circuit

Level I 3 sets

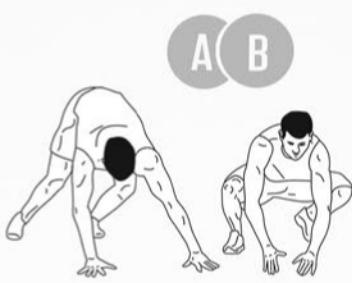
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



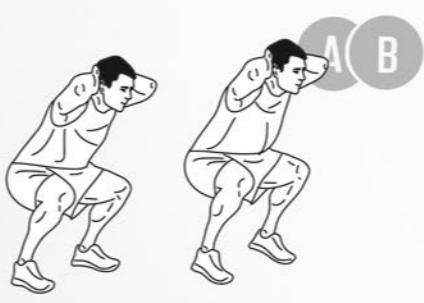
20 squat hops



20 side squat hops



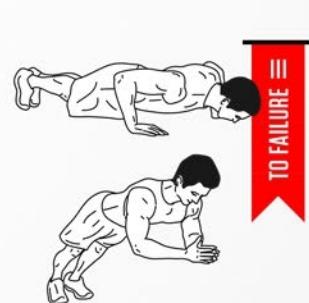
5 clapping push-ups



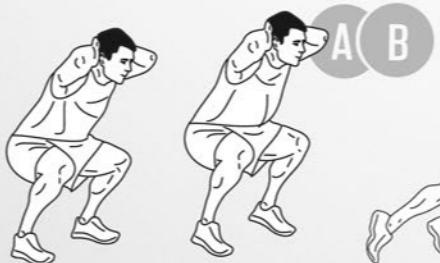
20 squat hops



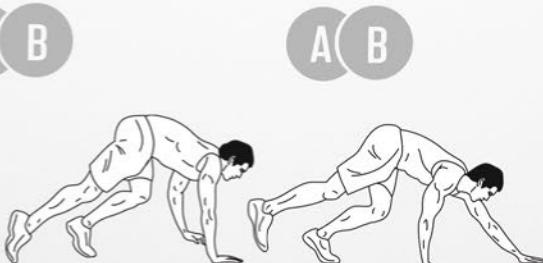
20 lunges



5 clapping push-ups



20 squat hops



20 bear crawl



5 clapping push-ups



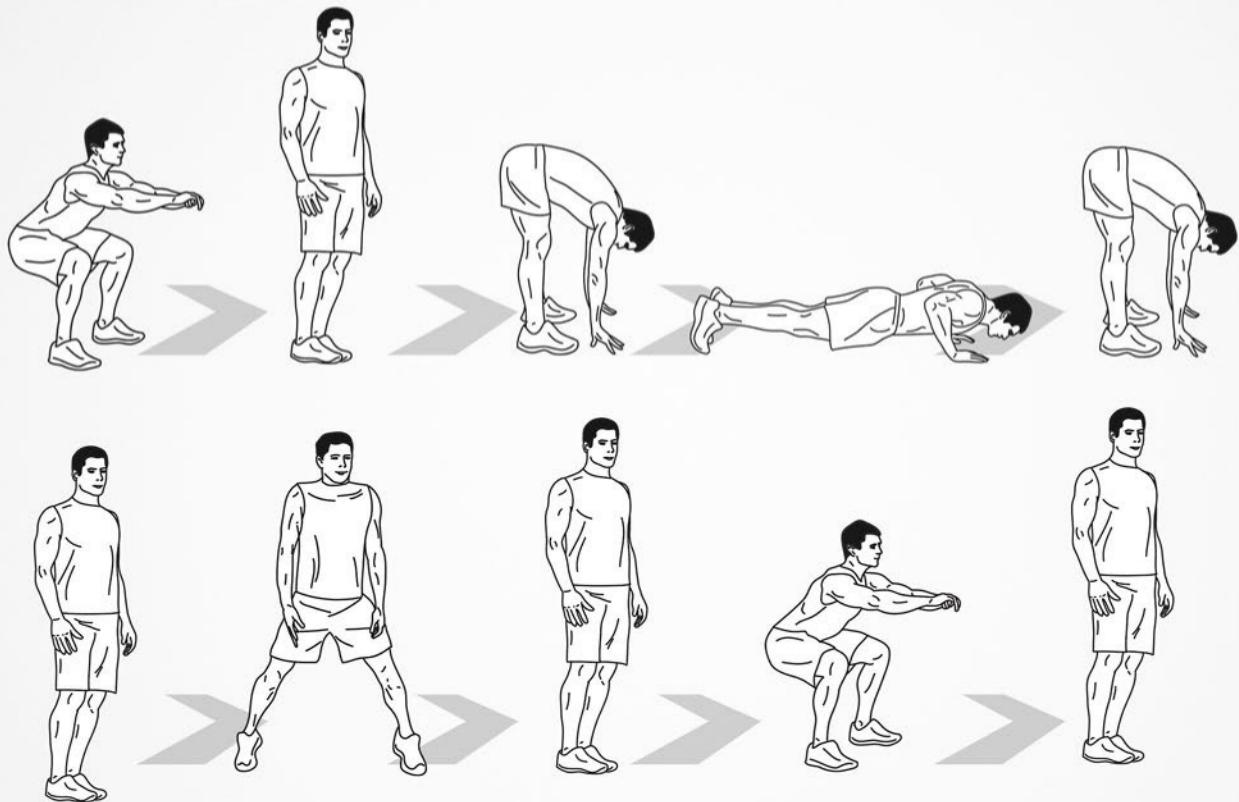
Day 22 | 8-Count

Level I repeat 30 times

Level II repeat 40 times

Level III repeat 50 times

no rest



Count 1 – move into a squat position;

Count 2 – thrust your legs straight back;

Count 3 – lower yourself into a push-up;

Count 4 – push yourself back up;

Count 5 – now kick your legs apart;

Count 6 – bring your legs back together;

Count 7 – pull yourself back into a squat position;

Count 8 – stand back up at attention;



Day 23 | Speed & Stealth

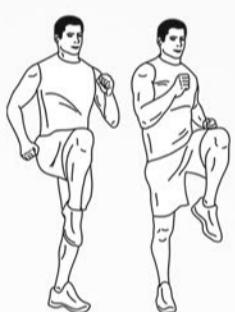
Level I 3 sets



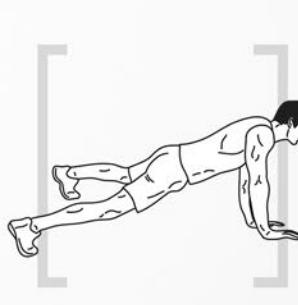
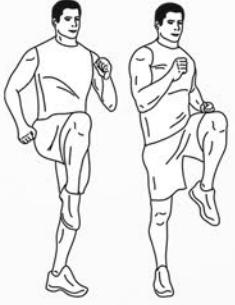
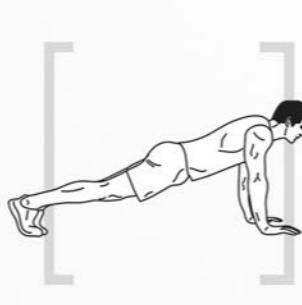
Level II 5 sets

Level III 7 sets

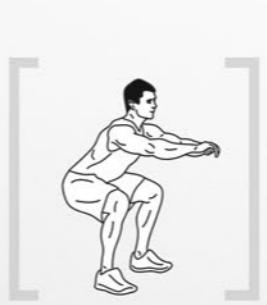
2 minutes rest between sets



40 high knees **20-count** calf raise hold **40** high knees **20-count** single leg stand



40 high knees **20-count** plank **40** high knees **20-count** wide plank



40 high knees **20-count** squat hold **40** high knees **20-count** leg raise hold



Day 24 | Century Round

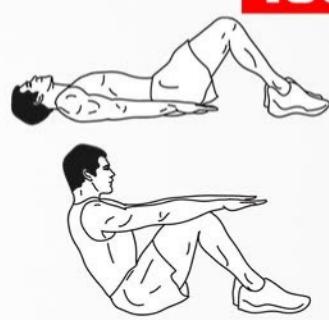
all levels;
take as much time
as you need



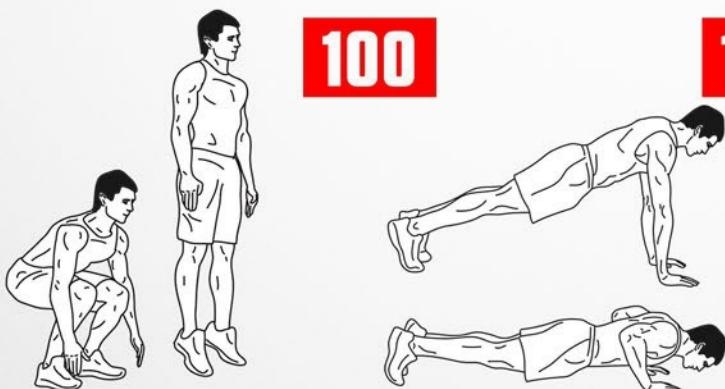
lunges



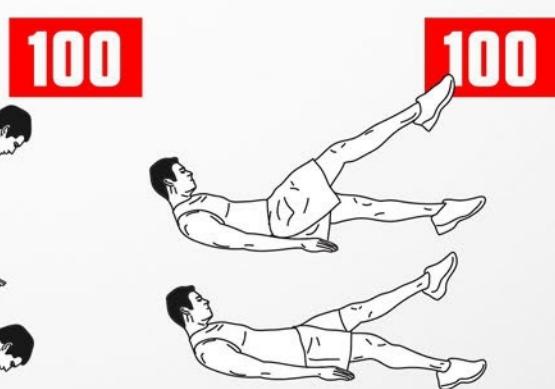
squats



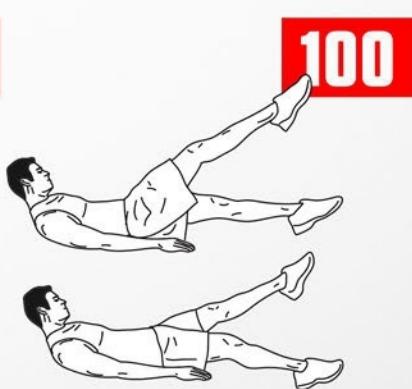
sit-ups



jump squats



push-ups



flutter kicks



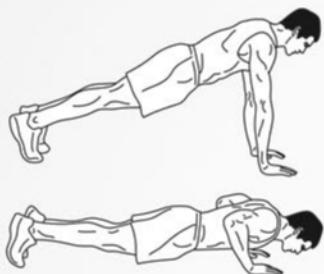
Day 25 | A Cup of Tea

Level I 5 sets

Level II 7 sets

Level III 10 sets

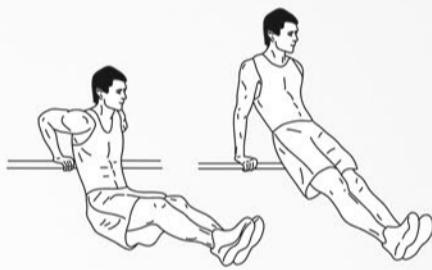
active rest;
60 seconds jog on the spot



1 rep push-up



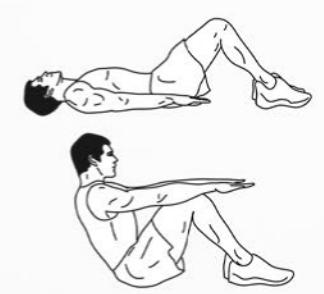
2 reps sit-up with a twist



3 reps tricep dips



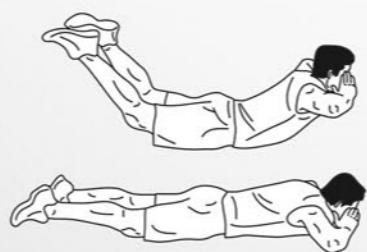
4 reps step-ups



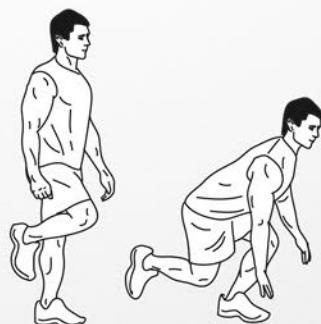
5-reps sit-ups



6-reps lunges



7-reps back extensions



8-reps one-legged squats



Day 26 | Endurance

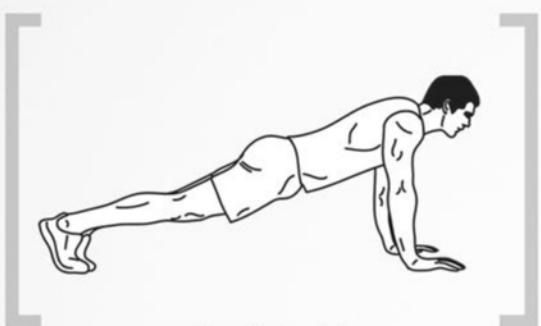
Level I 30 seconds each

Level II 40 seconds each

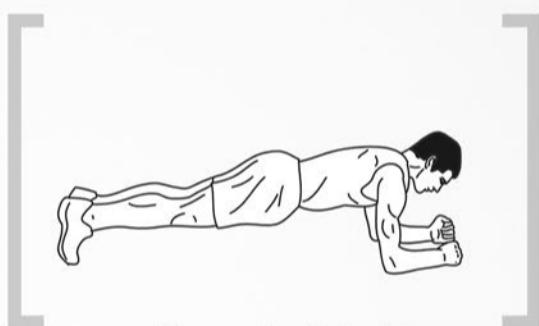
Level III 60 seconds each



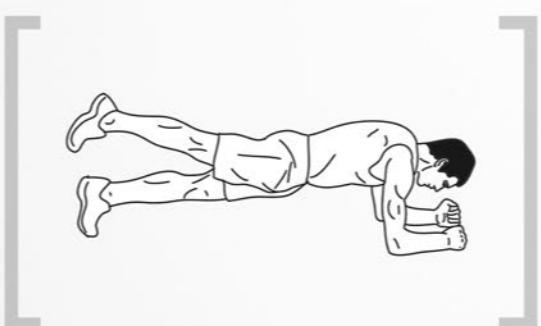
once - all levels;



plank hold

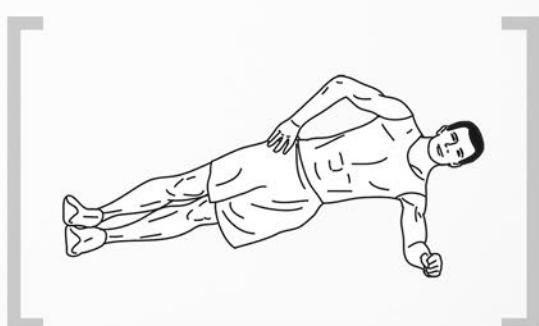


elbow plank hold



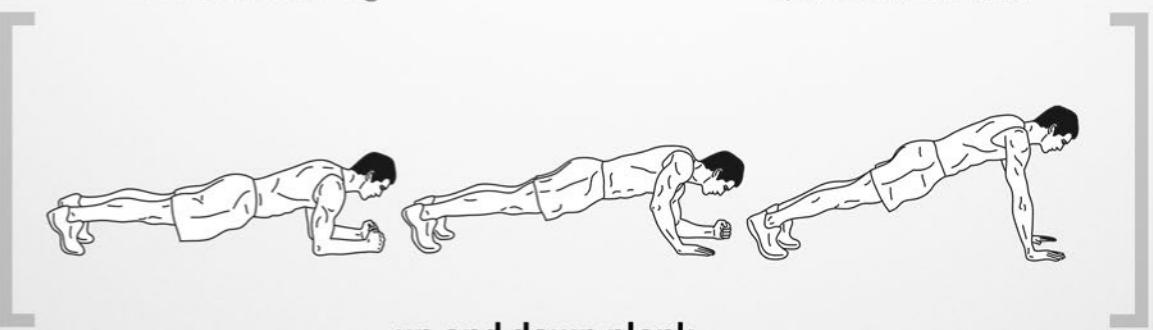
raised leg elbow plank hold

1/2 time each leg



side elbow plank hold

1/2 time each side



up and down plank



Day 27 | Full Circuit

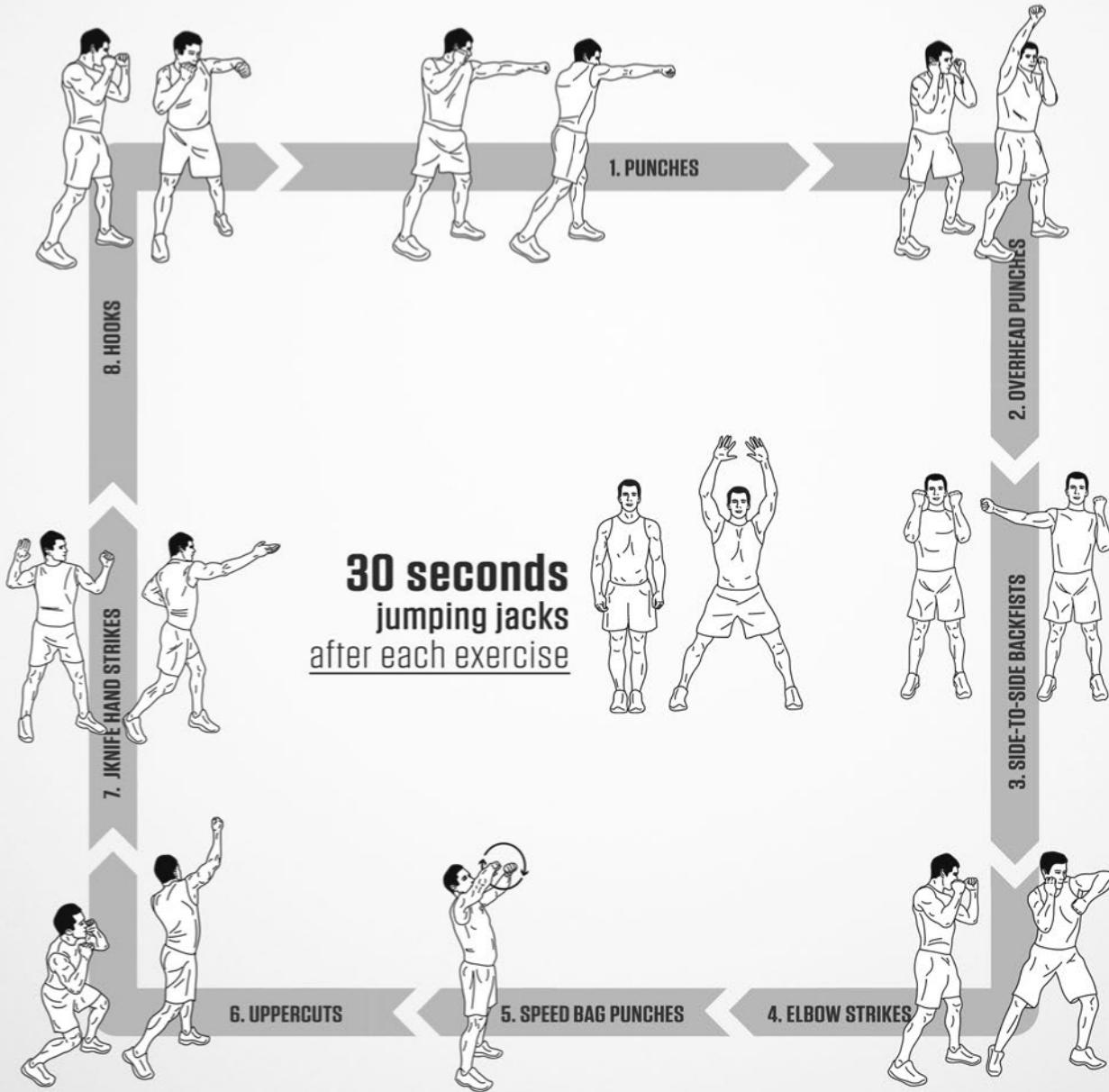
20 seconds each - warmup

set 1 30 seconds each exercise

set 2 40 seconds each exercise

set 3 60 seconds each exercise

3 sets all levels | no rest between sets





Day 30 | Power Circuit

Level I 5 sets

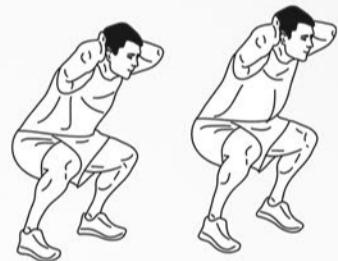


Level II 7 sets

Level III 10 sets

up to 2 minutes rest between sets

* short breaks are ok

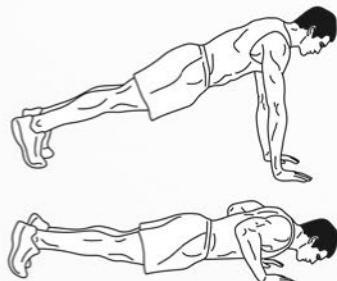
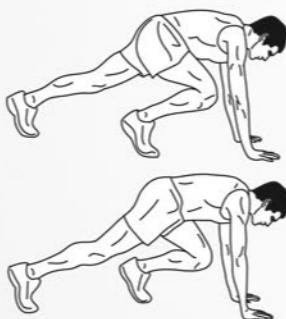


30 seconds squat hops on the spot
before every set

A

B

open area friendly - hop from point A to point B



30 climbers

30* push-ups

30-count plank hold



30 lunges

30 squats

30-count squat hold