



MILITARY FIT

OPERATION: LEAN & MEAN

RULES***

- FOLLOW YOUR NUTRITION PROGRAM AND HOLD YOURSELF ACCOUNTABLE.
- CHECK-IN WHEN YOU DO YOUR WORK OUT AND TAG US ON FACEBOOK OR INSTAGRAM(@MILITARYFIT). THIS HOLDS YOU ACCOUNTABLE AND SETS AN EXAMPLE AND ACCOUNTABILITY.
- ENGAGE WITH THE GROUP AS MUCH AS POSSIBLE. WE ARE HERE TO SUPPORT, ENCOURAGE AND MOTIVATE YOU TO GET THE BEST RESULTS WITH THIS PROGRAM. WE DID ALL THE HARD STUFF FOR YOU. ALL YOU HAVE TO DO IS FOLLOW THE WORKOUT PROGRAM AND NUTRITION PROGRAM. IT'S THAT EASY, SO LET'S GET IT!
- DON'T MISS A TRAINING DAY.
- DRINK A GALLON OF WATER A DAY.
- EVERY SATURDAY OR SUNDAY COMPLETE YOUR WEEKLY CHALLENGE. (8 CHALLENGES)



EQUIPMENT (OPTIONAL)

- ACCESS TO A BAR FOR PULL UPS
- PUSH-UPS BARS
- AB-ROLLER
- WEIGHTED VEST
- JUMP ROPE
- KICK-ASS ATTITUDE



MONTH 1 AND MONTH 2 ARE GOING TO CONSIST OF THE SAME EXERCISES. IN MONTH 2 YOU WILL DOUBLE YOUR SETS. I WILL BE SHOWING YOU SOME DIFFERENT EXERCISES EACH WEEK TO THROW IN THE ROUTINE TO CHALLENGE YOU. ALONG WITH THE WEEKLY CHALLENGE THAT SHOULD GET DONE OVER THE WEEKEND.

WE WILL HAVE SOME DAILY CHALLENGES AS WELL TO SPICE SHIT UP IN THE FACEBOOK GROUP AS WELL.



MONDAY/WEDNESDAY/FRIDAY

(HIIT, LOWER BODY, CORE, HIIT)



RUN, WALK, RUCK, OR BIKE MINIMUM 1 MILE

MOBILITY/STRETCH

- STANDING LEG ABDUCTION AND ADDUCTION.....30 SECONDS EACH LEG
- HIP FLEXION WITH ROTATION.....30 SECONDS EACH LEG
- PLANTARFLEXION & DORSIFLEXION(ANKLE ROCKERS).....30 SECONDS
- KNEELING HIP FLEXOR STRETCH.....(10 REPS EACH)
- UPPER TRAPEZIUS/SCALENE STRETCH
- PRISONER SQUAT.....5 SQUATS
- ARM CIRCLES
- BUTTERFLY STRETCH

HIIT

- | | | |
|-------------------------------|---|-----------------|
| • 1 MIN JUMP ROPE | / | REST 30 SECONDS |
| • 1 MIN JUMPING JACKS | / | REST 30 SECONDS |
| • 1 MIN RUN IN PLACE | / | REST 30 SECONDS |
| • 1 MIN SHADOW BOXING BURPEES | / | REST 30 SECONDS |
| • 1 MIN RUN IN PLACE | / | REST 30 SECONDS |

LOWER BODY

- CLOCK LUNGES -LUNGE AROUND THE CLOCK.....1 SET
 - (COMPLETE 3 SETS)
- STEP-UPS TO KNEE RAISE (PARK BENCH ETC).....1 MINUTE
 - REST 30 SECONDS (COMPLETE 2 SETS)
- CALF RAISES- 25 REPS..... SET (4 SETS)
 - (REST 15 SECONDS BETWEEN SETS)
- BULGARIAN SPLIT SQUAT.....2 REPS (4 SETS)
 - 2 SETS EACH LEG (REST 15 SECONDS AFTER 2 SETS)
- CRANE SPLIT SQUATS.....10 REPS (4 SETS)
 - SETS EACH LEG (REST 15 SECONDS AFTER 2 SETS)
- SQUAT JUMPS IN PLACE.....10 REPS (2 SETS)

CORE

- PLANK FOREARM PUSHUPS.....10 REPS 3 SETS
 - (15-SECOND REST BETWEEN SETS IF NEEDED)
- SEATED LEG CIRCLES WITH KNEE CRUNCH.....1 MIN
- PLANK.....1 MIN
- FLUTTER KICKS.....1 MIN
- BICYCLES.....1 MIN
- AROUND THE WORLD PLANK.....1 MIN
- LEG KICK- ONE ARM HOLD.....1 MIN
- FOREARM PLANK- ARM RAISES.....1 MIN
- AB ROLLER.....1SET=GO UNTIL EXHAUSTION (3 SETS)
 - (REST 30 SECONDS BETWEEN SETS)

HIIT

- | | | |
|--|---|-----------------|
| • 1 MIN JUMP ROPE | / | REST 30 SECONDS |
| • 1 MIN JUMPING JACKS | / | REST 30 SECONDS |
| • 1 MIN RUN IN PLACE | / | REST 30 SECONDS |
| • 1 MIN SHADOW BOXING BURPEES | / | REST 30 SECONDS |
| • 5-30 YARD SPRINTS (IF SPACE PERMITS) | | |

COOLDOWN: LIGHT STRETCH

TIME ON TARGET: 40-45 MINUTES

TUESDAY/THURSDAY/SATURDAY

STRENGTH+CARDIO



RUN, WALK, RUCK, OR BIKE MINIMUM 1 MILE

MOBILITY/STRETCH

- STANDING LEG ABDUCTION AND ADDUCTION.....30 SECONDS EACH LEG
- HIP FLEXION WITH ROTATION.....30 SECONDS EACH LEG
- PLANTARFLEXION & DORSIFLEXION(ANKLE ROCKERS).....30 SECONDS
- KNEELING HIP FLEXOR STRETCH.....(10 REPS EACH)
- UPPER TRAPEZIUS/SCALENE STRETCH
- PRISONER SQUAT.....5 SQUATS
- ARM CIRCLES
- BUTTERFLY STRETCH

CARDIO/STRENGTH

- SUPERSET (NO REST):
- JUMPING JACKS.....1 MINUTE
 - RUN IN PLACE.....1 MINUTE
- SUPERSET:
- KICK THROUGH BURPEES.....1 MINUTE
 - QUICK FEET BURPEES - NO JUMPS.....1 MINUTE

BEAST CRAWLS

- CLOCK CRAWL.....30 SECONDS 2 SETS
- LATERAL BEAR CRAWL.....30 SECONDS 2 SETS
- BEAR CRAWL.....30 SECONDS 2 SETS
- PLANK WALK TO PUSHUP.....5 REPS 2 SETS
- CRAB WALK.....30 SECONDS

UPPER BODY/FULL BODY

(REST UP TO 30 SECONDS)

- DRAGON WALKS.....30 SECONDS
- FROZEN V SIT-UPS.....HOLD AS LONG AS POSSIBLE
- PLANK ON FOREARM- EXPLODE TO PUSH UP PLANK.....10 REPS- 2 SETS
- HINDU PUSH-UPS.....10 REPS 3 SETS
- DIAMOND PUSH-UPS.....10 REPS 3 SETS
- DIVE BOMBER PUSH-UPS.....10 REPS 3 SETS
- TURTLE PUSH-UPS (SLOW AS POSSIBLE).....10 REPS
- PUSH-UPS BARS.....PUSH UP TO EXTERNAL ROTATION
- MULE KICKS.....10 REPS 3 SETS

PULL-UPS: OPTIONAL

(IF YOU HAVE ACCESS)

- CHIN UP TO KNEE RAISE.....3 SETS
 - 1 SET = AS MANY AS YOU CAN
- PULL-UPS(NORMAL GRIP).....3 SETS
 - 1 SET = AS MANY AS YOU CAN
- SIDE TO SIDE SHUFFLE THEN 20-YARD SPRINT
 - 4 SETS 10 REPS 2 SETS

HIIT

- 1 MIN JUMP ROPE / REST 30 SECONDS
- 1 MIN JUMPING JACKS / REST 30 SECONDS
- 1 MIN RUN IN PLACE / REST 30 SECONDS
- 1 MIN SHADOW BOXING BURPEES / REST 30 SECONDS

COOLDOWN: LIGHT STRETCH

TIME ON TARGET: 40-45 MINUTES