



CURTIS HIGH FITNESS MARINE (ARMY) WORKOUT

to get you ready to pass the required targets, a muscle endurance and strengthening programme is essential, for this i have you doing 3 x high intense workouts per day followed by cardio.

DAY 1

Early AM

SKIPPING 1 x 5mins
press-ups 2 x 10
Sit-ups 2 x 20
pullups to failure

SQUAT THRUSTS x 20
press ups x 15
situps x 20
pull-ups to failure
jumping jacks x 20
press-ups x 15

1MILE RUN
press ups 3 x 10
situps 2 x 20
pullups to failure

DAY 2

1MILE RUN
press-ups 1 x 15
situps 1 x 30
Pull-ups to failure

LUNGES x 20
press ups x 15
situps x 20
pull-ups to failure
jumping jacks x 20
press-ups x 15

SKIPPING 2 x 2mins
Press ups 4 x 8
Situps 4 x 10
pullups to failure

DAY 3

SKIPPING 2 x 3mins
pressups 2 x 12
Sit-ups 2 x 25
Pull up Holds
(3 x 10-15sec)

SQUAT THRUSTS x 20
press ups x 15
situps x 25
pull-ups to failure
jumping jacks x 20
press-ups x 15

1MILE RUN
press ups x 20
situps x 30
pullups to failure

DAY 4

1MILE RUN
press-ups 3 x 10
sit-ups 3 x 20
pullups to failure

LUNGES x 30
press ups x 15
situps x 20
pull-ups to failure
jumping jacks x 20
press-ups x 20

REST

DAY 5

SKIPPING 1 x 5min
press-ups 3 x 10
situps 3 x 20
pull-ups to failure

Jumping Jacks x 50
press ups x 15
situps x 20
pull-ups to failure
squat thrusts x 20
press-ups x 15

0.5 mile fast run
press ups to failure
situps to failure
pullups to failure

DAY 6

1MILE RUN
press ups 3 x 10
situps 3 x 20
pullups to failure

REST

SKIPPING 5 mins
pressups x 15
situps x 15
plank
situps x 20

DAY 7

REST

Press-ups 2 x 20
situps 2 x 30
pullups to failure
1 MILE RUN

press ups 2 x 20
situps x 30
pullups to failure x 2
2-3MILE RUN

REPEAT FOR 4 WEEKS! TRYING TO ADD 1 REP EACH SESSION - **BE THE BEST**

Army Workout Schedule

RJ Alexander

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Army Workout Schedule:

Army Special Ops Stew Smith, 2019-01-10 This is a long time Army Spec Ops SF Ranger workout plan that many have used with success in their Army careers as well as those who do GoRuck Challenges Updated 2019 with new fitness elements from the OPAT and ACFT 2019 as well as run rucking and Army Special Ops training preparation This book that will help you learn how to prepare for very challenging training Complete with a 10 week workout to not only ace the next fitness test you have to take to get TO the training but also to get THROUGH the training You can use the tips techniques and tools I have developed over the past 25 years of personally training for testing and coaching others for various Special ops jobs Learn how to train for your dream job In this breakthrough Army Spec Ops Ranger SF Workout Book I will teach you how to build a physically stronger fitter body that can ace not only the fitness test but the training program Avoid the training mistakes that developing your own workout program can yield In fact here s just a sample some extras you get with this EBOOK Free 30 minute video of Combat Swimmer Stroke and PFT Clinic A Ten Week Training program for Run Ruck Weights and Calisthenics Swimming too Video links in pictures descriptions of exercises Pullup Push and Pushup Push Workouts link for supplemental training Link to Core Lower Back Plan Link to Supplemental Running Plan Email the author if you have any questions and more This book is about focusing on the hardest parts of Army Special Ops training for most it is endless running and rucking So start training for the real world and get real world results with your Army preparation training Grab your copy today www.stewsmithfitness.com Copyright MMXIX *Army Physical Readiness Training Manual* Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training s fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit s training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub [The Official US Army Pocket Physical Training Guide](#) U. S. Army, 2017-11-05 MILITARY GRADE FITNESS Created by the staff of the U S Army Physical Fitness School USAPFS this Pocket Physical Training Guide is designed for individuals preparing for the physical demands of Initial Military Training IMT but is a valuable resource for anyone wishing to improve their fitness to military standards Containing a full training program including tables to record your progress as well as information on exercise safety and nutrition this unique no nonsense handbook has been proven time and again to get results turning citizens with an average fitness level into excellent Soldier material SUPERCHARGE PHYSICAL AND MENTAL HEALTH AND WELL BEING Current version complete and unabridged Pocket travel edition take it anywhere have it when you need it Life changing workout program suitable for any environment

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up of natural body weight exercises such as push ups and squats combined with running walking and jogging A resistance band is also used to add variety to the upper body work Great for individual and group training outdoors or indoors The author has 30 years of military service **The Ultimate Basic Training Guidebook** Michael C. Volkin,2007-04-10 This book will prepare a recruit mentally and physically for basic training in the U S Army It offers practical and unique solutions to challenges encountered by new recruits Inside you ll find an 8 week fitness program specifically designed to improve your fitness test scores study guides an instructional How to chapter a list of what to bring and not to bring to basic training tips for success and much more **Basic Training For Dummies** Rod Powers,2011-08-31 The easy way to prepare for basic training Each year thousands of young Americans attempt to enlist in the U S Armed Services A number of factors during a soldier s training could inhibit successful enlistment including mental toughness and physical fitness levels Basic Training For Dummies covers the ins and outs of this initial process preparing you for the challenges you ll face before you head off for basic training You ll get detailed week by week information on what to expect in basic training for each branch of service such as physical training discipline classroom instruction drill and ceremony obstacle courses simulated war games self defense marksmanship and other milestones Tips and information on getting in shape to pass the Physical Fitness Test PFT All important advice on what to pack for boot camp Other title by Powers ASVAB For Dummies Premier 3rd Edition Veterans Benefits For Dummies Whether you join the Army Air Force Navy Marine Corps or the Coast Guard Basic Training For Dummies prepares you for the challenge and will help you survive and thrive in boot camp **Tactical Fitness** Stewart Smith,2015-04-14 Achieve the same gold standard of fitness upheld by Special Ops with this unique strength and conditioning program created by a former Navy SEAL A year long day by day essential training and workout plan for the heroes of tomorrow police officers firefighters soldiers and others whose lifesaving jobs demand them to be in optimum physical condition Over the past decade Special Ops fitness has morphed into a new fitness genre along with military police and firefighter fitness called tactical fitness Developed by a former Navy SEAL and built upon Special Ops fitness techniques Tactical Fitness is designed to train you to perform to the rigorous physical training standards at the same level of excellence required of these Heroes of Tomorrow At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity including cardiovascular conditioning strength muscle coordination and stamina Tactical fitness means having the skills needed to save lives and extend the limits of your endurance whether you are in the military police firefighting professions or just an everyday hero Designed for both men and women Tactical Fitness presents a series of scaled workout plans programs based in calisthenics cardio and swimming supplemented with weights full body exercises and functional athletic movements Unique skills presented also include rope climbing grip strength carries wall climbs and much more With Tactical Fitness you will Reach your absolute physical peak with the same workout techniques used by Special Forces military firefighters and police Follow a rigorous fitness curriculum designed to help you exceed the limits of

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Adaptive Instructional Systems. Design and Evaluation Robert A. Sottolare, Jessica Schwarz, 2021-07-03 This two volume set LNCS 12792 and 12793 constitutes the refereed proceedings of the Third International Conference on Adaptive Instructional Systems AIS 2021 held as Part of the 23rd International Conference HCI International 2021 which took place in July 2021 Due to COVID 19 pandemic the conference was held virtually The total of 1276 papers and 241 posters included in the 39 HCII 2021 proceedings volumes was carefully reviewed and selected from 5222 submissions The papers of AIS 2021 Part I are organized in topical sections named Conceptual Models and Instructional Approaches for AIS Designing and Developing AIS Evaluation of AIS Adaptation Strategies and Methods in AIS Chapter Personalized Mastery Learning Ecosystems Using Bloom s Four Objects of Change to Drive Learning in Adaptive Instructional Systems is available open access under a Creative Commons Attribution 4 0 International License via link [springer.com](https://www.springer.com)

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