



MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	
METCON				
STATION 1	NOTES: S	plit unit into 5	seperate gro	ups. Half of
Ammo Can Lateral Lunge	the group will perform first exercise in the station			
TRX Chest Press	while the other half performs the second exercise in			
STATION 2	each station. After the exercise is completed for the			

STATION 2

Each station. After the exercise is completed for station alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds

STATION 3

Transition Time = 15 seconds After completion first set, Marines will sprint to next station. Time Rope Kneeling Throws

between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes

Flutter Kicks
STATION 5

STATION 4

Wall Drill Series

Cone J-Hook Reverse Sprint

Straight Leg Shuffle to Sprint

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.		
Chest Stretch	1 set each		
Cross Body Stretch			
Hip Flexor Stretch			
Hamstring Stretch			





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MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Rope Alternating Waves w/ Lunge	the group will perform first exercise in the station
Ammo Can Press	while the other half performs the second exercise
STATION 2	each station. After the exercise is completed for
Prisoner Squat Jumps	alloted amount of time, the Marines will switch
Sandbag Bent Over Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time
Med Ball Russian Twist	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Hops - Forward	stations 2-3 times Total workout time = 15 - 20
Prone Superman	minutes
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN GENERAL STRETCHES NOTES: Perform each stretch and hold for 30 seconds. Chest Stretch 1 set each Upper Back Stretch Quadricep Stretch

COMBAT FIT. COMBAT READY.

Glute Stretch





MOVEMENT PREP					
EXERCISES		SETS	TIME	DIST.	REST
Split Jack Forward		2	30SEC		
Long Strider		2	30SEC		
Lateral Side Bends		2	30SEC		
Supine Leg Overs		2	30SEC		
Walking Knee Hug				25YD	
Walking Leg Cradle				25YD	
Walking Lunge				25YD	
Inchworm				25YD	
Frankenstein				25YD	
Lunge Elbow to Instep				25YD	
Squat Drops		2	30SEC		
Burpees		2	30SEC		
METCON					
STATION 1		NOTES: S	plit unit into 5	seperate gro	ups. Half of
TRX Balance Lunge		the group v	vill perform fir	st exercise in	the station
Traveling Push-up		while the o	ther half perfo	rms the seco	nd exercise in
STATION 2		each statio	n After the ex	ercise is com	nleted for the

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STATION 1	NOTES: Split unit into 5 seperate groups. Half of
TRX Balance Lunge	the group will perform first exercise in the station
Traveling Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Front Squat	alloted amount of time, the Marines will switch
Ammo Can Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Rope Standing Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Ladder High Knees	stations 2-3 times Total workout time = 15 - 20
Med Ball V-Ups	minutes
STATION 5	
Wall Drill Series	
Butt-Kickers	
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SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN		
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.	
Cross Body Stretch	1 set each	
Triceps Stretch		
Upper Back Stretch		
Quadricep Stretch		





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Kettlebell Overhead Lunge	the group will perform first exercise in the station
Traveling Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Front Squat	alloted amount of time, the Marines will switch
Ammo Can Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Rope Standing Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Cone M-Drill	stations 2-3 times Total workout time = 15 - 20
Med Ball V-Ups	minutes
STATION 5	
Wall Drill Series	
Butt-Kickers	
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SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Cross Body Stretch	1 set each
Triceps Stretch	
Unner Back Stretch	

COMBAT FIT. COMBAT READY.

Quadricep Stretch





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	
METCON				
STATION 1	NOTES: S	plit unit into 5	seperate gro	ups. Half of
Sandbag Rotational Lunge	the group v	vill perform fir	st exercise in	the station
Clap Push-up	while the other half performs the second exercise in			
STATION 2	each station. After the exercise is completed for the			

Clap Push-up
STATION 2
Box Jump
Ammo Can Front Raise
STATION 3
Kettlebell Swing
Rope Kneeling Throws

each station. After the exercise is completed for the alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes

Toe Touches
STATION 5

Quadricep Stretch

STATION 4

Parnter Resisted Start w/ Release
Fast Claw Series

Hurdle Hops - Forward/Backward

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Cross Body Stretch	1 set each
Triceps Stretch	
Upper Back Stretch	





MOVEMENT PREP					
EXERCISES	SETS	TIME	DIST.	REST	
Mountain Climbers	1	30SEC			
Stationary Forward Lunge	1	30SEC			
Stationary Squat	1	30SEC			
Supine Straight Leg Raise	2	30SEC			
Walking Knee Hug			25YD		
Walking Leg Cradle			25YD		
Walking Lunge			25YD		
Inchworm			25YD		
Frankenstein			25YD		
Lunge Elbow to Instep			25YD		
Back Peddle Reach	2		25YD		
Butt-Kicks	2		25YD		
METCON					
STATION 1	NOTES: S	plit unit into 5	seperate gro	ups. Half of	
TRX Burpee the group will perform first exercise in the station				the station	

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
TRX Burpee	the group will perform first exercise in the station
Double Kettlebell Push Press	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Barbell Front Squat	alloted amount of time, the Marines will switch
Sandbag Single Grip Bent Over Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Dumbbell Single Leg Deadlift	first set, Marines will sprint to next station. Time to
Med Ball Side Twist Toss	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Ladder Skiers	stations 2-3 times Total workout time = 15 - 20
Rope Corkscrews	minutes
STATION 5	
Prone Starts	
Fast Claw Series	
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SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

	COOL DOWN	
ENERAL STRETCHES	NOTES: Perform each stre	

Cross Body Stretch
Triceps Stretch
Upper Back Stretch

Quadricep Stretch

NOTES: Perform each stretch and hold for 30 seconds. 1 set each





MOVEMENT PREP					
EXERCISES	SETS	TIME	DIST.	REST	
Arm Circles	2	30SEC			
Neck Clock	2	30SEC			
Fire Hydrants	2	30SEC			
Bear Crawl			25YD		
Monster Walk			25YD		
Spiderman			25YD		
Inchworm			25YD		
Single Leg Balance			25YD		
Frankenstein			25YD		
Lunge Elbow to Instep			25YD		
Lunge w/ Twist			25YD		
Crab Walk			25YD		
	METCON				
STATION 1	NOTES: \$	NOTES: Split unit into 5 seperate groups. Half of			
Ammo Can Lateral Lunge	the group	the group will perform first exercise in the station			
TRX Chest Press	while the o	while the other half performs the second exercise in			
STATION 2	each station. After the exercise is completed for the				

Kettlebell Goblet Squat
Pull-ups
STATION 3
Sandbag Deadlift
Rope Kneeling Throws
STATION 4
Cone J-Hook Reverse Sprint

alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes

STATION 5
Wall Drill Series

Hamstring Stretch

Flutter Kicks

Straight Leg Shuffle to Sprint

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN GENERAL STRETCHES NOTES: Perform each stretch and hold for 30 seconds. Chest Stretch 1 set each Cross Body Stretch Hip Flexor Stretch





groups. Half of se in the station second exercise in completed for the es will switch = 30 seconds

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MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Prone Leg Overs	2	30SEC		
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Mountain Climbers	2	30SEC		
Plank Leg Extension	2	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Rope Alternating Waves w/ Lunge	the group will perform first exercise in the station
Ammo Can Press	while the other half performs the second exercise i
STATION 2	each station. After the exercise is completed for th
Prisoner Squat Jumps	alloted amount of time, the Marines will switch
Sandbag Bent Over Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Med Ball Russian Twist	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Hops - Forward	stations 2-3 times Total workout time = 15 - 20
Prone Superman	minutes
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Chest Stretch	1 set each
Upper Back Stretch	
Quadricep Stretch	
Glute Stretch	





MOVEMENT PREP					
EXERCISES	SETS	TIME	DIST.	REST	
Split Jack Forward	2	30SEC			
Long Strider	2	30SEC			
Lateral Side Bends	2	30SEC			
Supine Leg Overs	2	30SEC			
Walking Knee Hug			25YD		
Walking Leg Cradle			25YD		
Walking Lunge			25YD		
Inchworm			25YD		
Frankenstein			25YD		
Lunge Elbow to Instep			25YD		
Squat Drops	2	30SEC			
Burpees	2	30SEC			
METCON					
STATION 1 NOTES: Split unit into 5 seperate groups. Half of				ups. Half of	
TRX Balance Lunge the group will perform first exercise in the station					
Traveling Push-up while the other half performs the second exercise in				nd exercise in	

TRX Balance Lunge
Traveling Push-up
WSTATION 2
Sandbag Front Squat
Ammo Can Row
DSTATION 3
Romanian Deadlift (Barbell)
Rope Standing Throws
STATION 4
Ladder High Knees
Med Ball V-Ups
STATION 5

Wall Drill Series Butt-Kickers

Upper Back Stretch
Quadricep Stretch

the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total

COOL DOWN

GENERAL STRETCHES NOTES: Perform each stretch and hold for 30 seconds.

Cross Body Stretch 1 set each

Triceps Stretch





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Squat Drops	2	30SEC		
Burpees	2	30SEC		
METCON				

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Kettlebell Overhead Lunge	the group will perform first exercise in the station
Traveling Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Front Squat	alloted amount of time, the Marines will switch
Ammo Can Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Rope Standing Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Cone M-Drill	stations 2-3 times Total workout time = 15 - 20
Med Ball V-Ups	minutes
STATION 5	
Wall Drill Series	
Butt-Kickers	
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SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Cross Body Stretch	1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Split Jack Forward	2	30SEC		
Long Strider	2	30SEC		
Lateral Side Bends	2	30SEC		
Supine Leg Overs	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Sandbag Rotational Lunge	the group will perform first exercise in the station
Clap Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Box Jump	alloted amount of time, the Marines will switch
Ammo Can Front Raise	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Kettlebell Swing	first set, Marines will sprint to next station. Time to
Rope Kneeling Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Hops - Forward/Backward	stations 2-3 times Total workout time = 15 - 20
Toe Touches	minutes
STATION 5	
Parnter Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN		
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.	
Cross Body Stretch	1 set each	
Triceps Stretch		
Upper Back Stretch		
Quadricep Stretch		





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Mountain Climbers	1	30SEC		
Stationary Forward Lunge	1	30SEC		
Stationary Squat	1	30SEC		
Supine Straight Leg Raise	2	30SEC		
Walking Knee Hug			25YD	
Walking Leg Cradle			25YD	
Walking Lunge			25YD	
Inchworm			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Back Peddle Reach	2		25YD	
Butt-Kicks	2		25YD	

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
TRX Burpee	the group will perform first exercise in the station
Double Kettlebell Push Press	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Barbell Front Squat	alloted amount of time, the Marines will switch
Sandbag Single Grip Bent Over Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Dumbbell Single Leg Deadlift	first set, Marines will sprint to next station. Time to
Med Ball Side Twist Toss	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Ladder Skiers	stations 2-3 times Total workout time = 15 - 20
Rope Corkscrews	minutes
STATION 5	
Prone Starts	
Fast Claw Series	
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SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN		
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.	
Cross Body Stretch	1 set each	
Triceps Stretch		
Upper Back Stretch		
Quadricep Stretch		





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Lunge w/ Side Reach			25YD	
Plank Leg Extension	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Landmine Lateral Lunge	the group will perform first exercise in the station
Barbell Military Press	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Bear Hug Squat	alloted amount of time, the Marines will switch
TRX Hamstring Curl	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Kettlebell Clean - Single Arm	first set, Marines will sprint to next station. Time to
Med Ball Wood Choppers	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Cone Box Drill #1	stations 2-3 times Total workout time = 15 - 20
Rope Uppercuts	minutes
STATION 5	
TRX Sprinter Start Series	
Ankling	

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN		
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.	
Glute Stretch	1 set each	
Hamstring Stretch		
Quadricep Stretch		
Shoulder Stretch		





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Rope Alternating Waves w/ Lunge	the group will perform first exercise in the station
TRX Spider Man Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Overhead Squat	alloted amount of time, the Marines will switch
Rope Squat Pulls	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Kettlebell Swing-Single Arm	first set, Marines will sprint to next station. Time to
Hanging Windmills	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Ladder Icky Shuffle	stations 2-3 times Total workout time = 15 - 20
Figure 8's	minutes
STATION 5	
Falling Starts	
Ankling w/ Butt Kick	
	O O DEPARTMENT OF A CHARLES OF THE PARTMENT OF

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total

COOL DOWN

GENERAL STRETCHES NOTES: Perform each stretch and hold for 30 seconds.

Glute Stretch 1 set each

Hamstring Stretch
Quadricep Stretch
Shoulder Stretch





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Groiners	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
TRX Lunge W/ Hop	the group will perform first exercise in the station
Depth Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Box Depth Jump to Sprint	alloted amount of time, the Marines will switch
Med Ball Slams	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Sandbag Goodmorning	first set, Marines will sprint to next station. Time to
Russian Twist	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Lateral Skip	stations 2-3 times Total workout time = 15 - 20
Rope Double Waves	minutes
STATION 5	
Mountain Climber Starts	
Straight Leg Shuffle to Sprint	
COLLA	IN COMPETITION / EXPLIDANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN		
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds	
Chest Stretch	1 set each	
Upper Back Stretch		
Quadricep Stretch		
Hamstring Stretch		





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Lunge w/ Side Reach			25YD	
Plank Leg Extension	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Landmine Lateral Lunge	the group will perform first exercise in the station
Barbell Military Press	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Bear Hug Squat	alloted amount of time, the Marines will switch
TRX Hamstring Curl	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Kettlebell Clean - Single Arm	first set, Marines will sprint to next station. Time to
Med Ball Wood Choppers	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Cone Box Drill #1	stations 2-3 times Total workout time = 15 - 20
Rope Uppercuts	minutes
STATION 5	
TRX Sprinter Start Series	
Ankling	

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.		
Glute Stretch	1 set each		
Hamstring Stretch			
Quadricep Stretch			
Shoulder Stretch			





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Donkey Kicks	1	30SEC		

METCON

NOTES: Split unit into 5 seperate groups. Half of
the group will perform first exercise in the station
while the other half performs the second exercise in
each station. After the exercise is completed for the
alloted amount of time, the Marines will switch
between exercises. Exercise Time = 30 seconds
Transition Time = 15 seconds After completion of
first set, Marines will sprint to next station. Time to
switch and set up = 15 seconds Repeat exercise
time and transition time as posted above. Repeat
stations 2-3 times Total workout time = 15 - 20
minutes

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN			
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.		
Glute Stretch	1 set each		
Hamstring Stretch			
Quadricep Stretch			
Shoulder Stretch			





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Hip Abduction	2	30SEC		
Hip Adduction	2	30SEC		
Arm Circles	2	30SEC		
Scorpions	2	30SEC		
Crab Walk			25YD	
Single Leg Balance			25YD	
Inchworm			25YD	
Walking Knee Hug			25YD	
Frankenstein			25YD	
Power Skip (Height)			25YD	
Supine Leg Overs	2	30SEC		
Groiners	1	30SEC		

METCON

	HILLOON
STATION 1	NOTES: Split unit into 5 seperate groups. Half of
TRX Lunge W/ Hop	the group will perform first exercise in the station
Depth Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Box Depth Jump to Sprint	alloted amount of time, the Marines will switch
Med Ball Slams	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Sandbag Goodmorning	first set, Marines will sprint to next station. Time to
Russian Twist	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Lateral Skip	stations 2-3 times Total workout time = 15 - 20
Rope Double Waves	minutes
STATION 5	
Mountain Climber Starts	
Straight Leg Shuffle to Sprint	
COLL	IN COMPRESSOR / EXPLICE

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Chest Stretch	1 set each
Upper Back Stretch	
Quadricep Stretch	

COMBAT FIT. COMBAT READY.

Hamstring Stretch





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	
	METCON			
STATION 1	NOTES: S	plit unit into 5	seperate gro	ups. Half of
Ammo Can Lateral Lunge	the group will perform first exercise in the station			
TRX Chest Press	while the other half performs the second exercise in			
STATION 2	each station. After the exercise is completed for the			
V ((1 0 1 1 0 1	all start are asset of time the Manines will assistate			

Kettlebell Goblet Squat Pull-ups

STATION 3 Sandbag Deadlift Rope Kneeling Throws STATION 4 Cone J-Hook Reverse Sprint minutes Flutter Kicks STATION 5

Wall Drill Series

Straight Leg Shuffle to Sprint

alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set. Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN		
NOTES: Perform each stretch and hold for 30 seconds.		
1 set each		





MOVEMENT PREP					
EXERCISES	SETS	TIME	DIST.	REST	
Arm Circles	2	30SEC			
Neck Clock	2	30SEC			
Fire Hydrants	2	30SEC			
Prone Leg Overs	2	30SEC			
Monster Walk			25YD		
Spiderman			25YD		
Inchworm			25YD		
Single Leg Balance			25YD		
Frankenstein			25YD		
Lunge Elbow to Instep			25YD		
Mountain Climbers	2	30SEC			
Plank Leg Extension	2	30SEC			

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Rope Alternating Waves w/ Lunge	the group will perform first exercise in the station
Ammo Can Press	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Prisoner Squat Jumps	alloted amount of time, the Marines will switch
Sandbag Bent Over Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Med Ball Russian Twist	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Hops - Forward	stations 2-3 times Total workout time = 15 - 20
Prone Superman	minutes
STATION 5	
Wall Drill Series	
Straight Leg Shuffle to Sprint	

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN GENERAL STRETCHES Chest Stretch Upper Back Stretch Quadricep Stretch Glute Stretch Clute Stretch





MOVEMENT PREP						
EXERCISES	SETS	TIME	DIST.	REST		
Split Jack Forward	2	30SEC				
Long Strider	2	30SEC				
Lateral Side Bends	2	30SEC				
Supine Leg Overs	2	30SEC				
Walking Knee Hug			25YD			
Walking Leg Cradle			25YD			
Walking Lunge			25YD			
Inchworm			25YD			
Frankenstein			25YD			
Lunge Elbow to Instep			25YD			
Squat Drops	2	30SEC				
Burpees	2	30SEC				
THE PARTY OF THE P						

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
TRX Balance Lunge	the group will perform first exercise in the station
Traveling Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Front Squat	alloted amount of time, the Marines will switch
Ammo Can Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Rope Standing Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Ladder High Knees	stations 2-3 times Total workout time = 15 - 20
Med Ball V-Ups	minutes
STATION 5	
Wall Drill Series	
Butt-Kickers	
	B. GOLDSHIP ON A PRINCIPLE AND DE LA CONTRACTOR DE LA CON

SQUAD COMPETITION / ENDURANCE

Set up cones 25 yards out. Line teams up on end line of field. Teams run down, touch cone and back twice within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Cross Body Stretch	1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	





MOVEMENT PREP					
EXERCISES	SETS	TIME	DIST.	REST	
Split Jack Forward	2	30SEC			
Long Strider	2	30SEC			
Lateral Side Bends	2	30SEC			
Supine Leg Overs	2	30SEC			
Walking Knee Hug			25YD		
Walking Leg Cradle			25YD		
Walking Lunge			25YD		
Inchworm			25YD		
Frankenstein			25YD		
Lunge Elbow to Instep			25YD		
Squat Drops	2	30SEC			
Burpees	2	30SEC			

METCON

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Kettlebell Overhead Lunge	the group will perform first exercise in the station
Traveling Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Sandbag Front Squat	alloted amount of time, the Marines will switch
Ammo Can Row	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Romanian Deadlift (Barbell)	first set, Marines will sprint to next station. Time to
Rope Standing Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Cone M-Drill	stations 2-3 times Total workout time = 15 - 20
Med Ball V-Ups	minutes
STATION 5	
Wall Drill Series	
Butt-Kickers	
0041	N. GOLDBURGER ON J. HARRIST AND D.

SQUAD COMPETITION / ENDURANCE

Set up 14 cones across end line of field and across cone lines 10 yards apart for a total of 6 cones consisting of 14 lines. Line teams up at first cone. Marines will sprint up to first cone and carioca back to start cone and then repeat for the cones down the field for a total of 6 times. Each team should complete the circuit in 30 seconds. Team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 120 sec. Total # of reps = 6 Total

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Cross Body Stretch	1 set each
Triceps Stretch	
Upper Back Stretch	

COMBAT FIT. COMBAT READY.

Quadricep Stretch





MOVEMENT PREP					
EXERCISES		SETS	TIME	DIST.	REST
Split Jack Forward		2	30SEC		
Long Strider		2	30SEC		
Lateral Side Bends		2	30SEC		
Supine Leg Overs		2	30SEC		
Walking Knee Hug				25YD	
Walking Leg Cradle				25YD	
Walking Lunge				25YD	
Inchworm				25YD	
Frankenstein				25YD	
Lunge Elbow to Instep				25YD	
Back Peddle Reach		2		25YD	
Butt-Kicks		2		25YD	
METCON					

STATION 1	NOTES: Split unit into 5 seperate groups. Half of
Sandbag Rotational Lunge	the group will perform first exercise in the station
Clap Push-up	while the other half performs the second exercise in
STATION 2	each station. After the exercise is completed for the
Box Jump	alloted amount of time, the Marines will switch
Ammo Can Front Raise	between exercises. Exercise Time = 30 seconds
STATION 3	Transition Time = 15 seconds After completion of
Kettlebell Swing	first set, Marines will sprint to next station. Time to
Rope Kneeling Throws	switch and set up = 15 seconds Repeat exercise
STATION 4	time and transition time as posted above. Repeat
Hurdle Hops - Forward/Backward	stations 2-3 times Total workout time = 15 - 20
Toe Touches	minutes
STATION 5	
Parnter Resisted Start w/ Release	
Fast Claw Series	

SQUAD COMPETITION / ENDURANCE

Team vs. Team event. One Marine is in prone position at start line while the other Marine is 15 yards away in a prone position facing the other Marine. Another cone (finish cone) is place 25 Yards behind the 15 Yard cone. On the "go" command, the Marine in prone position will try to catch the Marine backpeddling to the finish line. If a Marine backpeddling gets beat to the finish line, they must do 5 clap push-ups. Alternate the drill for the next rep. Total rest time for each team is 80 sec. Total # of reps = 8 Total workout time = 15 minutes

COOL DOWN

GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.
Cross Body Stretch	1 set each
Triceps Stretch	
Upper Back Stretch	
Quadricep Stretch	1





MOVEMENT PREP					
EXERCISES	SETS	TIME	DIST.	REST	
Mountain Climbers	1	30SEC			
Stationary Forward Lunge	1	30SEC			
Stationary Squat	1	30SEC			
Supine Straight Leg Raise	2	30SEC			
Walking Knee Hug			25YD		
Walking Leg Cradle			25YD		
Walking Lunge			25YD		
Inchworm			25YD		
Frankenstein			25YD		
Lunge Elbow to Instep			25YD		
Back Peddle Reach	2		25YD		
Butt-Kicks	2		25YD		
	METCON				
STATION 1	NOTES: Split unit into 5 seperate groups. Half of				
TRX Burpee	the group will perform first exercise in the station				
Double Kettlebell Push Press	while the other half performs the second exercise in				
CTATION 2	and station. After the exercise is completed for the				

TRX Burpee Double Kettlebell Push Press STATION 2 Barbell Front Squat Sandbag Single Grip Bent Over Row STATION 3 Dumbbell Single Leg Deadlift Med Ball Side Twist Toss STATION 4

Ladder Skiers

Rope Corkscrews
STATION 5
Prone Starts
Fast Claw Series

the group will perform first exercise in the station while the other half performs the second exercise in each station. After the exercise is completed for the alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes

SQUAD COMPETITION / ENDURANCE

Line teams up on end line of field. One team runs the 100yds down to other end of field within 15 seconds. Once they reach the finish line, team 2 will follow, then team 3, then team 4, then team 5. Once team 5 finishes, team 1 returns back to the start line back to where they started. Total rest time for each team is 60 sec. Total # of reps = 12 Total workout time = 15 minutes

OOL DOWN				
COOL DOWN				
OTES: Perform each stretch and hold for 30 seconds.				
set each				





MOVEMENT PREP				
EXERCISES	SETS	TIME	DIST.	REST
Arm Circles	2	30SEC		
Neck Clock	2	30SEC		
Fire Hydrants	2	30SEC		
Bear Crawl			25YD	
Monster Walk			25YD	
Spiderman			25YD	
Inchworm			25YD	
Single Leg Balance			25YD	
Frankenstein			25YD	
Lunge Elbow to Instep			25YD	
Lunge w/ Twist			25YD	
Crab Walk			25YD	
METCON				
STATION 1	NOTES: S	NOTES: Split unit into 5 seperate groups. Half of		
Ammo Can Lateral Lunge	the group v	the group will perform first exercise in the station		
TRX Chest Press	while the o	while the other half performs the second exercise in		
STATION 2	each statio	each station. After the exercise is completed for the		
Kettlebell Goblet Squat	alloted amo	alloted amount of time, the Marines will switch		

Kettlebell Goblet Squat Pull-ups STATION 3 Sandbag Deadlift Rope Kneeling Throws STATION 4

alloted amount of time, the Marines will switch between exercises. Exercise Time = 30 seconds Transition Time = 15 seconds After completion of first set, Marines will sprint to next station. Time to switch and set up = 15 seconds Repeat exercise time and transition time as posted above. Repeat stations 2-3 times Total workout time = 15 - 20 minutes

Flutter Kicks
STATION 5
Wall Drill Series

Straight Leg Shuffle to Sprint

Cone J-Hook Reverse Sprint

SQUAD COMPETITION / ENDURANCE

Break the Marines into 4 groups. Mark off 25 yards and load 4 sleds with 90lbs. Each Marine must push the sled down and back at least once, the Number of times the sled must travel down and back is dictated by how many Marines are in the largest group.

COOL DOWN				
GENERAL STRETCHES	NOTES: Perform each stretch and hold for 30 seconds.			
Chest Stretch	1 set each			
Cross Body Stretch				
Hip Flexor Stretch				
Hamstring Stretch				