

# MILITARY FIT

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## Day 1 | Recruit

Level I 3 sets

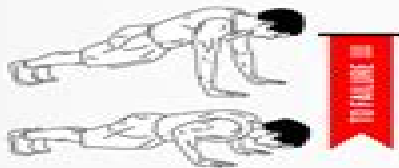
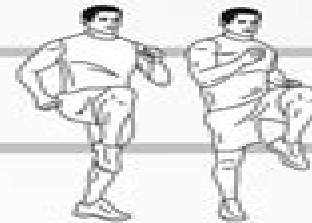
Level II 5 sets

Level III 7 sets

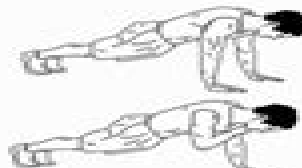


up to 2 minutes rest between sets

**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

# **Military Bodyweight Exercises**

**G Orfield**



## **Military Bodyweight Exercises:**

## Reviewing **Military Bodyweight Exercises**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Military Bodyweight Exercises**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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