

MILITARY FIT

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Day 1 | Recruit

Level I 3 sets

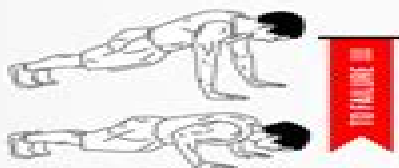
Level II 5 sets

Level III 7 sets

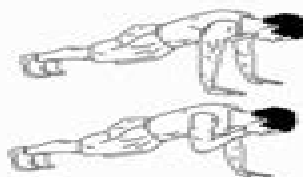


up to 2 minutes rest between sets

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

Marco Cascella



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