

TRAINING OFFICERS MANUAL

CHAPTER 4

SECTION I: YOUNG MARINE PHYSICAL FITNESS PROGRAM (PFP)

1. General. Every Young Marine must work to become physically fit, regardless of age and rank. Furthermore, physical fitness is an indispensable aspect of Young Marine leadership. The habits of self-discipline required to gain and maintain a high level of physical fitness are inherent to Young Marines and must be a part of the character of every Young Marine. Young Marines who are not physically fit must be encouraged in every way to improve their physical fitness. Every improvement over the current PFT score, however slight, should be praised and acknowledged as success.
2. Responsibility. In order to maintain continuity of Young Marine physical fitness standards, the procedures in this chapter will be used for developing and administering physical fitness training and test. It is the responsibility of Unit Commanders to conduct a minimum of two physical fitness tests per year conducted in the manner outlined by this chapter.
3. Objectives. The Unit's PFP should focus on health, fitness, and unit cohesion rather than preparation exclusively for the PFT. The Program should reflect the following objectives to:
 - a. Improve current physical fitness level.
 - b. Raise your awareness of importance of physical fitness.
 - c. Motivate participation in physical fitness activities.
 - d. Create an interest in physical fitness as a life-long activity.
4. Physical Condition. The Young Marines Program considers physical fitness to be the ability of Young Marines to meet the physical demands of ordinary and extraordinary situation without undue fatigue. To achieve this state of physical fitness, physical conditioning should incorporate the components and principles listed below.
 - a. Components of Physical Conditioning. To capitalize on those components that can benefit conditioning efforts, the following categories of exercises should be included in both individual and unit PFPs:
 - 1) Strength. Muscular strength refers to the ability of the muscular system to move the body through resistance. Many associate strength training with progressive resistive exercises using weights and machines. However, the ability of a Marine to effectively handle their own body weight should be a prerequisite before integrating strength training with machines into their program. This can be accomplished through the Daily 7 Program described in paragraph 4.c.1), and applying the principles listed in paragraph 4.b. Strength training can be separated into two categories, general and specific.
 - a) General Strength Training. This type of training strengthens the muscular system by focusing on a full body workout for strength and size. In this type of training, the major muscle groups are exercised without a specific task or functional goal in mind. This type of strength training contributes to overall health.
 - b) Specific Strength Training. This type of strength training is task specific. Youth as young as eight can use specific strength training to improve their health and fitness and ward off unwanted weight gain. Unfortunately however, coaches, teachers and fitness instructors often try to accommodate kids' needs by simply watering down adult programs--which can lead to injury. For these reasons the Young Marines utilize the Presidential Youth Fitness Program (The Presidents Challenge).

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- 2) Endurance. Two types of endurance conditioning are needed for a Young Marine to meet the physical demands for both, aerobic and anaerobic.
 - a) Aerobic Endurance. Aerobic activity, meaning “in the presence of oxygen,” is categorized by physical demands that are sub-maximal (not an “all out” effort) and involve activity that is continuous in nature (lasting more than 3-5 minutes). Two examples are sprinting and long distance running.
 - b) Anaerobic Endurance. Anaerobic activity, meaning “without oxygen,” is categorized by physical demands that are high intensity and of shorter (less than 2-3 minutes) duration. Examples are pull ups, most forms of weight lifting, and running short, quick distances.
- 3) Mobility. Mobility conditioning is geared towards improving quality of movement. Quality of movement depends on the following:
 - a) Posture
 - b) Balance and stability
 - c) Agility
 - d) Coordination
 - e) Power
 - f) Speed
 - g) Flexibility
- b. Principles of Physical Conditioning Program. There are several different principles to consider when developing an effective PCP:
 - 1) Progression. Conditioning programs must incorporate a systematic means to increase training load.
 - 2) Regularity. To realize a conditioning effect, training programs must conduct physical conditioning sessions at least 3-5 times per week.
 - 3) Overload. Only when the various systems of the body are overloaded will they become able to handle greater load.
 - 4) Variety. Varying a program from time to time maintains interest and prevents staleness.
 - 5) Recovery. Essential for allowing the systems overloaded during conditioning to adapt and become stronger.
 - 6) Balance. Balanced conditioning programs ensure all the components of physical fitness conditioning (strength, endurance, and mobility) are properly addressed.
 - 7) Specificity. Conditioning that is specific in nature yields specific gains. For example, stationary bike riding is of little value in improving running.

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- c. Specific PFPs. Units that strive to augment their PFP should use innovative combinations of the types of exercise defined below:
- 1) Daily 7 Program. The Daily 7 Program is a comprehensive series of warm-up, conditioning, and cool-down exercises replacing the former Daily 7 Program. This all-encompassing program can be incorporated into any unit aerobic or anaerobic conditioning session, or can be used as a conditioning session in of itself. Paragraph 5 contains the Daily 7 Program in detail.
 - a) Warm-up Exercises. The Daily 7 warm-up exercises facilitate gradual distribution of blood flow to the muscles, preparing both the cardiovascular and muscular skeletal systems for the exercise session, by effectively targeting both the upper and lower body. The increased blood flow to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissue, which is believed to reduce injury.
 - b) Conditioning Exercises. The Daily 7 conditioning exercises provide a total body workout through the proper execution of traditional calisthenics. Conditioning exercises can be used as a workout session in and of itself, or to augment the main fitness event (e.g., squad ability run or obstacle course).
 - c) Cool-down Exercises. The Daily 7 cool-down exercises (which are basically the same as the warm-up exercises at slower pace) allow the body to gradually return to the pre-exercise state.
 - 2) Physical Conditioning. Physical conditioning is comprised of general physical conditioning exercises that will develop and maintain strength, endurance, and the physical skills necessary to sustain a Young Marine each day and for a lifetime. Good examples of physical conditioning that prepares Young Marines to successfully handle all demands of their daily activities that may include load-bearing marches, water survival training, obstacle course, and confidence course.

5. Daily 7 Program.

- a. Purpose. The Daily 7 Program is a comprehensive series of warm-up, conditioning, and cool-down exercises; it replaces the former Daily 7. The Daily 7 warm-up exercises facilitate gradual distribution of blood flow to the muscles, preparing both the cardiovascular and muscular skeletal systems for the exercise session, by effectively targeting both the upper and lower body. The increased blood flow to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissues, which is believed to reduce injury risks. The Daily 7 conditioning exercises include traditional calisthenics that are safe in providing a total body workout, which can vary in duration, degree of difficulty, and level of intensity. The Daily 7 cool-down exercises (the same exercises used in the warm-up at a slower pace) allow the body to gradually return to the pre-exercise state.
- b. Scope. There are three different ways the Daily 7 Program can be used during physical training:
 - 1) Daily 7 Warm-up (D7WU). A series of warm-up and dynamic stretching exercises that should be conducted prior to the main activity (e.g., formation run, obstacle course, circuit course, etc.), of every physical training session.
 - 2) Daily 7 Workout (D7WO). A series of conditioning exercises that can be used as augmentation to another conditioning activity (circuit course, Physical Fitness Test (PFT),

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etc.), or can be used as a conditioning activity in of itself by simply increasing the number of repetitions or by increasing or slowing down the execution of the repetition.

- 3) Daily 7 Cool-Down (D7CD). A series of cool-down exercises that should be used as the final activity of a physical training session.

6. Daily 7 Warm-up and Dynamic Stretching Descriptions.

a. Warm-up Exercises.

- 1) Heel to Toe Rocking. Starting position is standing with feet together and hands on hips. Rock back onto the heels, pause, then rock forward onto the toes and pause. Repeat 10 to 15 repetitions.

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- 2) Partial Squats. Starting position is standing with feet shoulder width apart, arms at sides. (1) Keeping the heels on the deck, partially squat until the hands are near mid-calf. The knees should only bend to about 60 degrees, just short of a sitting position (2). Return to the starting position (3). Repeat 10 to 15 repetitions.

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- 3) Thigh Stretch. Starting position is standing with feet shoulder width apart, hands on hips. Shift weight onto the right foot and quickly bend the left knee five times, bringing the left heel towards the buttocks. Switch legs and repeat. Repeat the whole cycle two or three times, until a total of 15 to 20 repetitions are done on each leg.

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- 5) Neck Flexion. Starting position is standing with feet shoulder width apart, hands on hips. (1) Tilt the head to the left side, bringing the left ear toward the left shoulder, pause. Switch sides and repeat. (2) Flex the neck forward bringing the chin toward the chest, pause. Extend the head back and pause Repeat for 5 to 10 repetitions.

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- 6) Trunk Lateral Flexion. Starting position is standing with feet shoulder width apart, hands on hips. Bend the trunk to the left side (1), pause, then switch to the right side (2) and pause. Repeat for 5 to 10 repetitions. Proceed to the Stretching Exercises.

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b. Dynamic Stretching Exercises.

- 1) Upper Back Stretch. Starting position is standing with feet shoulder width apart. Extend the arms and clasp the hands in front of the chest. Push the arms forward rounding the shoulders and upper back. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the upper back.



- 2) Chest Stretch. Starting position is standing with feet shoulder width apart. Clasp hands together behind the lower back, palms up. Pull the arms up toward the head. Hold the position for 10 seconds and breath naturally. The stretch should be felt in the front of the chest and shoulders.



- 3) Groin Stretch. Starting position is in the sitting position with both knees bent and the bottoms of the feet together. Grasp the feet and gently push the knees with the elbows toward the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the inside of both thighs.



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- 4) Calf Stretch. Starting position is standing with arms at the sides. Place the left foot approximately 2 feet forward and slightly bend the right knee. Lean forward toward the left foot pointing the left toes up to the sky. Hold the position for 10 seconds and breath naturally. Grabbing the left foot and gently pulling it towards you can increase the level of intensity. The stretch should be felt over the left calf. Switch sides and repeat.



- 5) Hamstring Stretch. Starting position is lying down with the back flat against the deck. Bring the left knee toward the chest grasping the left leg just below the knee. Gently straighten the left knee and hold for the count. The right leg should remain on the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt on the back of the left thigh. Switch sides and repeat.



- 6) Triceps Stretch. Starting position is standing, arms at the sides. Bend the left elbow and bring the left arm up and back placing the left hand between the shoulder blades. Gently pull the left elbow with the right hand behind the head. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the back of the upper arm. Switch sides and repeat.



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- 7) Quadriceps Stretch. Starting position is lying down on the left side. Bend the left hip and knee to 90 degrees. Grasp the right ankle with the right hand and pull the right knee straight back. Do not hyperextend the lower back. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the front of the right thigh. Switch sides and repeat.



- 8) Lying Down ITB Stretch. Starting position is lying down on the deck. Bring the left leg with the knee straight across the body (1). Hold the position for 10 seconds and breath naturally. The stretch should be felt over the left hip. Switch sides and repeat (2).



- 9) Posterior Shoulder Stretch. Starting position is standing with feet shoulder width apart, arms at the sides. Bend the left elbow and bring the left arm across the chest. Give a gentle pull with the right hand. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the posterior left shoulder. Switch sides and repeat.



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- 10) Hip Flexor Stretch. Starting position is standing, hands on hips. Step the left foot forward 3 to 4 feet. Place the right knee on the deck. Gently move the left knee forward. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the front of the right thigh and hip. Switch sides and repeat.



- 11) Single-Leg Lower Back Stretch. Starting position is lying with the back flat against the deck. Bring the right knee toward the chest grasping the right knee. Gently pull the knee tight into the chest. The left leg should remain on the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt along the lower back to the right buttock. Switch sides and repeat.



- 12) Prone Abdominal Stretch. Starting position is lying on the stomach with the hands placed near the shoulders as if in the down position of a pushup. Slowly raise the upper body, keeping the waist on the deck. Hold the position for 10 seconds and breath naturally. The stretch should be felt over the abdomen.



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c. Daily 7 Conditioning Exercise Descriptions.

- 1) Push-ups. Starting position is lying on your stomach with hands shoulder width apart, toes on the deck, and elbows, back, and knees straight. On the first and third count, lower the chest to the deck; bend the elbows to at least 90 degrees (1/3). On the second and fourth count, extend the arms back to the starting position (2/4). This exercise conditions the chest, primarily in the anterior shoulder region, and secondarily, the triceps.

1/3



2/4



- 2) Crunches. Starting position is lying on the back with the hips bent to 90 degrees and the knees bent, feet off the deck. Bend the elbows to 90 degrees and fold across the chest or rib cage. On the first and third count raise the upper torso off the deck touching the thighs with the forearms (1/3). On the second and fourth count, return to the starting position (2/4). The arms must remain in constant contact with the chest/rib cage when executing the crunch. This should be done in a slow and controlled manner. This exercise conditions the abdominal muscles.

1/3



2/4



- 3) Dirty Dogs. Starting position is on the hands and knees. On the first and third count raise the left leg to the side, while keeping the knee bent (1/3). On the second and fourth count return the leg to the starting position (2/4). Switch sides and repeat. This exercise conditions the hip abductors.

1/3



2/4



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- 4) Wide Pushups. Starting position is lying on the stomach with hands beyond shoulder width apart, toes on the ground, and elbows, back, and knees straight. On the first and third count, lower the chest to the deck, bending the elbows to at least 90 degrees (1/3). On the second and fourth count, extend the arms back to the starting position (2/4). This exercise conditions the chest, primarily in the anterior shoulder region, and secondarily, the triceps. With the wider hand position, the chest muscles increase their workload.

1/3



2/4



- 5) Dive Bomber Pushups. Starting position is lying on the stomach with hands and toes on the deck, and elbows and knees straight. The hands will be slightly beyond shoulder width apart. The hips will be raised up and the shoulders will be behind the hands. On the first count, lower the chest down and forward to the deck, the shoulders will be even with the hands (1). On the second count, continue forward extending the elbows where now the shoulders are in front of the hands (2). On the third count, reverse the direction lowering the chest down and back to the deck, the shoulders will be even with hands (3). On the fourth count, continue back and up to the starting position (4). This exercise is done in a smooth, continuous motion. This exercise conditions the chest and anterior shoulder primarily, and secondarily, the triceps through a greater range of motion.

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- 6) Elbow to Knee Crunches. Starting position is lying on the back with the right foot flat on the deck and, the left foot crossed over the right knee, and the arms crossed over the chest. On the first and third count, raise the upper torso off the deck rotating to the left touching the right elbow to the left thigh (1/3). On the second and fourth count, return to the starting position (2/4). This exercise should be done in a slow and controlled manner. Switch sides and repeat. This exercise conditions the abdominal muscles with more emphasis on the oblique.

1/3



2/4



- 7) Side Crunches. Starting position is lying on the left side with the left arm across the chest and right arm along the side of the body. On the first and third count, raise the upper torso and feet off the deck sliding the right hand down the thigh (1/3). On the second and fourth count, return to the starting position (2/4). Switch sides and repeat. This exercise conditions the abdominal muscles with emphasis on the internal oblique and external oblique.

1/3



2/4



- 8) Prone Flutter Kicks. Starting position is lying on the stomach. On the first count raise the left leg off the deck while the right leg remains on the deck (1). On the second count, lower the left leg to the starting position (2). On the third count, raise the right leg off the deck while the left leg remains on the deck (3). On the fourth count, lower the right leg to the starting position (4). This exercise conditions the muscles that extend the hip and back.

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- 9) Back Extension. Starting position is lying on the stomach with hands behind the head. On the first and third count, raise the upper torso and legs off the deck (1/3). On the second and fourth count, lower the upper torso and legs to the starting position (2/4). This exercise conditions the muscles that extend the back.

1/3



2/4



- 10) Donkey Kicks. Starting position is on the hands and knees. On the first and third count, kick the left leg back and up straightening the knee (1/3). On the second and fourth count, bend the knee and hip bringing the left knee into the chest (2/4). The back should not hyperextend during this exercise. Switch sides and repeat. This exercise conditions the muscles that extend the hip.

1/3



2/4



- 11) Hip Adduction. Starting position is lying on the left side with the right leg bent setting the right foot in front of the left knee. On the first and third count, raise the straight left leg off the deck squeezing the thighs together (1/3). On the second and fourth count, lower the left leg to the starting position (2/4). The left toes should be pointing straightforward not to the sky. Switch side and repeat. This exercise conditions the muscles on the inner thigh.

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- 12) Side Leg Raises. Starting position is lying on the left side with the left knee bent, the hip vertical and the toes on the right foot pointing forward not to the sky. On the first and third count, raise the right leg approximately 18 inches leading with the heel (1/3). The toes will still point forward, not to the sky. On the second and fourth count, lower the right leg to the starting position (2/4). Switch sides and repeat. This exercise conditions the muscles on the side of the hip and thigh.

1/3



2/4



- 13) Steam Engines. Starting position is standing with the feet shoulder width apart and hands behind the head. On the first count, touch the right elbow to the left knee by bending and raising the left knee and twisting and bending the upper torso to the left (1). On the second count, return to the starting position (2). On the third count, touch the left elbow to the right knee by bending and raising the right knee and twisting and bending the upper torso to the right (3), and on the fourth count, return to the starting position (4). This exercise should be done in a slow and controlled cadence. This exercise conditions the abdominal muscles, primarily the oblique, and secondarily, the hip and thigh.

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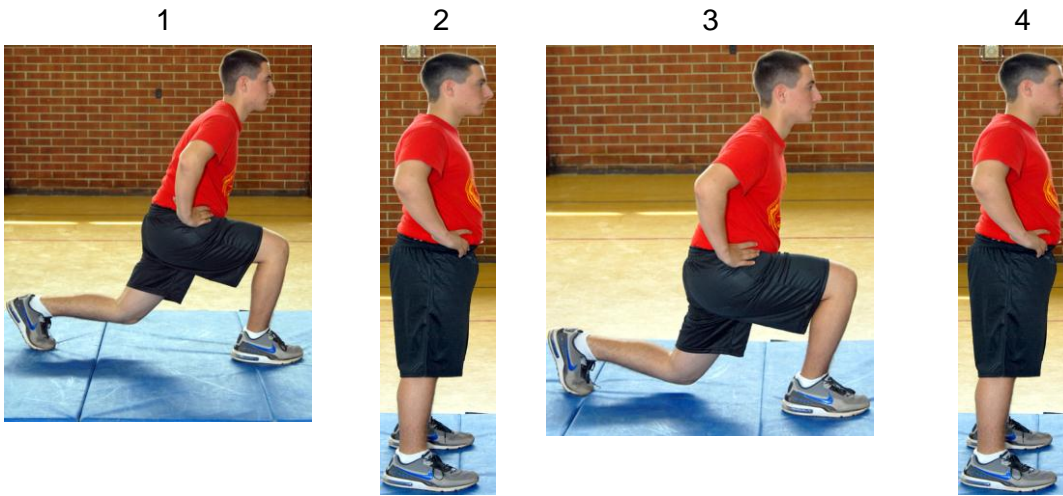


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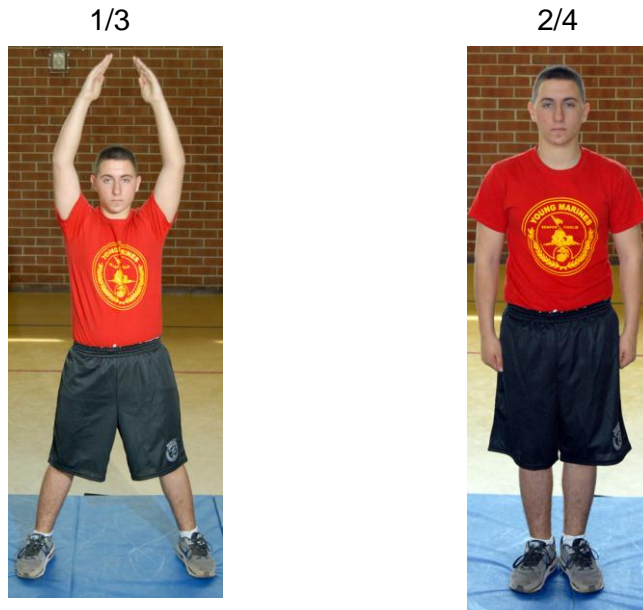


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- 14) Lunges. Starting position is standing with the feet shoulder width apart and hands on the hips. On the first count, touch the right knee to the deck by stepping forward with the left foot and bending both knees (1). On the second count, return to the starting position (2). On the third count, touch the left knee to the deck by stepping forward with the right foot and bending both knees (3). On the fourth count, return to the starting position (4). Do not bend the forward knee more than 90 degrees. This exercise should be done in a slow and controlled cadence. This exercise conditions the muscles that extend the hip and knee of the forward leg.



- 15) Side Straddle Hops. Starting position is standing with the feet together and arms at the sides. On the first and third count, jump and land with both feet just beyond shoulder width apart while bringing the hands together overhead (1/3). On the second and fourth count, jump back to the starting position (2/4). This exercise is done in a smooth, continuous motion. This exercise conditions the upper arm, hip, and thigh.



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7. Daily 7 Warm-up/Cool-Down, Stretching and Exercise Cards.

STRETCHING CARD A

1. Chest Stretch
2. Triceps Stretch
3. Posterior Shoulder Stretch
4. Iliotibial Band (ITB) Stretch
5. Modified Hurdler Stretch
6. Hip and Back Stretch
7. Quadriceps Stretch
8. Lower Back Stretch
9. Abdominal Stretch

EXERCISE CARD 1

1. Wide Pushups
2. Donkey Kicks
3. Crunches
4. Dive Bomber Pushups
5. Dirty Dogs
6. Side Crunches
7. Back Extensions
8. Lunges
9. Side Straddle Hops

STRETCHING CARD B

1. Upper Back Stretch
2. Chest Stretch
3. Shoulder and Neck Stretch
4. Triceps Stretch
5. Posterior Shoulder Stretch
6. Lying Down (ITB) Stretch
7. Modified Hurdler Stretch
8. Groin Stretch
9. Calf Stretch

EXERCISE CARD 2

1. Pushups
2. Crunches
3. Side Leg Raises
4. Diamond Pushups
5. Elbow-to-Knee Crunches
6. Prone Flutter Kicks
7. Hip Abduction
8. Lunges
9. Steam Engines

STRETCHING CARD C

1. Active Hamstring Stretch
2. Groin Stretch
3. Hip Flexor Stretch
4. Lower Back Stretch
5. ITB Stretch
6. Calf Stretch
7. Neck Stretch
8. Upper Back Stretch
9. Chest Stretch

WARM-UP/COOL-DOWN CARD

1. Toe-Heel Rocking
2. Partial Squats
3. Butt Kicks
4. Trunk Bends
5. Neck Bends
6. Arm Circles
7. Triceps Stretch
8. *Stretch Card (10 seconds)
9. *Exercise Cards

8. Circuit Training and Exercise Drills. Circuit training is described as a specific training routine in which a variety of fitness exercises are performed. It can accommodate a large number of Young Marines with little supervision, provide variety and challenge with its progressive programming, and allow participants to progress at their own rate.

- a. The goal of circuit training is to develop strength and endurance through a systematic and progressive conditioning program that involves stations where specific exercises are performed. These exercises are performed vigorously for a short period of time before moving to a follow-on station. The vigorous activity in short periods of time provide a near maximal quality training session, assuring progressive overload in an organized manner. The exercise

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selected for each station and the arrangement of the stations is determined by the objective of the circuit.

- 1) **Free Circuit.** Free (portable) circuits use equipment that can be readily transported or set up for use regardless of the training area and environment. A simplified course can be executed on a basketball court, a field, or on the deck of a ship. In a free circuit, there is no set time for staying at each station and no signal to move from one station to the next. Young Marines work at their own pace, doing a fixed number of repetitions (rep) at each station. Progress is measured by the time needed to complete a circuit. However, in remedial training, the quality and number of repetitions should be monitored.

- 2) **Fixed Circuit.** Fixed circuits require equipment that is normally in place and can be used on a regular basis. In a fixed circuit, a specific length of time is set for each station. The time is monitored with a stopwatch, with Young Marines rotating through the stations on command. To increase the intensity or difficulty of a fixed circuit:
 - a) Maintain the time for completion, but increase the number of reps;
 - b) Increase the time per station along with the number of reps; and,
 - c) Increase the number of times a circuit is negotiated.

- b. **Number of Stations/Circuit Training Reps.** The goal of the circuit, as well as the time and equipment available will determine the number of stations. A circuit geared for the objective of developing upper or lower body strength may need as little as six to eight stations, while a cardiovascular strength and endurance circuit may have as many as 10 stations. The total number of participants, the number of stations, and the level of supervision available determine the number of Young Marines assigned to negotiate a single circuit station.

- c. To achieve the desired training effect, the circuit may have to be repeated several times. For example, a 10-station circuit requiring Young Marines to exercise for 30 seconds at each station and 15 seconds to move between stations may result in Young Marines completing the entire evolution three times. The entire training session, designed to take between 45-60 minutes, includes a warm-up and cool-down period (e.g., Daily 7).

- d. As the conditioning level increases, consideration can be given to either increase exercise periods from 30 to 45 and 60 second intervals, or the addition of a fourth rotation through the circuit. Stations should be arranged in a sequence that allows for adequate recovery time between high/low intensity exercises or by alternating different muscles groups.
 - 1) **Cardiovascular Endurance Circuit #1.** This circuit is designed to improve the cardio-respiratory system by exercising hard at each of the eight exercise stations, with a steady recovery time (slow jog) between stations. Recommended course length is approximately 1/4 to 1/2 mile in length.

Cardiovascular Endurance Circuit #1	
Station #1	Ab Crunch 20 reps
Station #2	Bend and Thrust 20 reps
Station #3	Sprint 1 rep
Station #4	Inclined Pushups 20 reps
Station #5	Star Jumps 20 reps
Station #6	Dorsal Raise 20 reps
Station #7	Knee Lifts 20 reps
Station #8	Dips 20 reps

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- 2) Cardiovascular Endurance Circuit #2. Recommended course length is ½ to 1.0-mile, with 14 events/stations:

Station #1	Stationary Run	30 seconds
Station #2	Pushup	30 seconds
Station #3	Side Straddle Hop	30 seconds
Station #4	Crunches	30 seconds
Station #5	Ski Jumps	30 seconds
Station #6	Flutter Kicks	30 seconds
Station #7	Bend and Reach (slow reps)	30 seconds
Station #8	Wide Pushup	30 seconds
Station #9	Bicycle	30 seconds
Station #10	Knee Bender	30 seconds
Station #11	Steam Engines (Daily 7)	30 seconds
Station #12	Twisting Situp	30 seconds
Station #13	Lunges (Daily 7)	30 seconds
Station #14	All-Fours Run	30 seconds

- 3) Upper Body Strength Circuit #2. This circuit is designed to improve upper body strength and endurance, and is normally conducted following a cardiovascular training session. Proper form and full range of motion are important. Eight stations are set up over a course length of approximately 500 yards.

Station #1	Crunches	20 reps
Station #2	Pull-ups	3 sets @ max effort
Station #3	Dorsal Raises	20 reps
Station #4	Triceps Dips	40 reps
Station #5	Sit-ups	2 sets of 5 reps
Station #6	Rope Heaves	20 reps
Station #7	Pushups	20 reps
Station #8	Sprint	1 rep

- 4) Upper Body/Abdominal Strength Circuit #3. This circuit is designed to encompass a cardiovascular/anaerobic (sprint) portion that incorporates eight exercise stations with no set course length required. This circuit is conducted without a set time signal, e.g., Young Marines move immediately to a station after each exercise is completed. Recommended one to two complete course rotations, with a possible time decrease to 20 seconds (vice 30) on the second running.

Upper Body/Abdominal Strength Circuit #3		
Station #1	Elevated Pushup	30 seconds
Station #2	Twisting Sit-up	30 seconds
Station #3	Parallel Dips	30 seconds
Station #4	Abs Crunch (feet unsecured)	30 seconds
Station #5	Wide Pushup	30 seconds
Station #6	Flutter Kicks	30 seconds
Station #7	Diamond Pushup	30 seconds
Station #8	Bicycle	30 seconds

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- 5) Lower Body/Upper Body Strength (Weight Room) Circuit #4. This circuit is designed to follow a cardiovascular session. There are 13 exercise stations and the circuit should be conducted in one to two complete rotations. Each exercise should encompass slow and controlled movements, striving for muscle failure within 8-12 repetitions. A preliminary session, for Young Marines to become familiar with weight room layout and starting weight limits and execution is recommended.

Lower Body/Upper Body Strength (Weight Room) Circuit #4		
Station #1	Leg Press	8-12 reps
Station #2	Leg raise	8-12 reps
Station #3	Leg Extension	8-12 reps
Station #4	Leg Curl	8-12 reps
Station #5	Heel Raise	8-12 reps
Station #6	Bench Press	8-12 reps
Station #7	Seated Row	8-12 reps
Station #8	Military Press	8-12 reps
Station #9	Lat Pull Down	8-12 reps
Station #10	Shrugs	8-12 reps
Station #11	Triceps Extension	8-12 reps
Station #12	Biceps Curl	8-12 reps
Station #13	Incline Sit-ups	8-12 reps

- b. Cardiovascular/Muscular Endurance Circuit Course: Recommended course length is ½ - 1.0 miles. Location and spacing of exercise stations is normally based on terrain. After a unit orientation run, the endurance circuit course should be run as an individual effort.

Station #1	Mountain Climbers	20 reps
Station #2	Bends and Thrusts	20 reps
Station #3	Abs Crunches (feet unsecured)	20 reps
Station #4	Sprint	50-100 meters
Station #5	Sit-up and Twist	20 reps
Station #6	Pull-ups or Pushups	10-20 reps
Station #7	Dorsal Raises	20 reps
Station #8	Star Jumps	20 reps
Station #9	Squat Thrusts	20 reps

9. Young Marines Personal Workout Plans.

- a. Upper Body Strength (Weekly) Circuit. A 3 day per week routine is recommended to improve overall upper body strength deficiencies. Conduct tests every 2 weeks and increase weights and reps as necessary.

Monday	Pull-ups Lat Pull-down* Seated Row* Biceps Curl (EZ-Curl Bar)* Alternating Bicep Curls (Dumbbell)	2 sets to fatigue 2 sets of 15 reps 2 sets of 15 reps 2 sets of 15 reps 2 sets of 15 reps
* Strive for momentary muscular fatigue at the end of each set. Allow 45-60 seconds rest between sets and 2-3 minutes rest between exercises		

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Tuesday <i>Cross Training</i>		Cardiovascular/Abdominal Training
Wednesday Pull-up/Pushup/Crunch Pyramid **	Set #1: 1 Pull-up/2 Pushups Set #2: 2 Pull-ups/4 Pushups Set #3: 3 Pull-ups/6 Pushups/25 Crunches Set #4: 4 Pull-ups/8 Pushups Set #5: 5 Pull-ups/10 Pushups/25 Crunches Set #6: 4 Pull-ups/8 Pushups Set #7: 3 Pull-ups/6 Pushups/25 Crunches Set #8: 2 Pull-ups/4 Pushups Set #9: 1 Pull-up/2 Pushups ** Decrease/Increase reps in pyramid based on the Marine's ability and progression of strength, the minimal rest between sets, and spotter assistance necessary to complete required reps.	
Thursday Rest	No training	
Friday Weight Training	Repeat Monday training session	

- b. Strength and Endurance Training Schedule (20 weeks). This training schedule's primary fitness element is running, but also strives to combine aspects of strength, endurance, and flexibility. The running portion of the program provides the base of cardiovascular endurance necessary to augment all other physical skills. In addition to the progressive overload running program, strength training and flexibility exercises (e.g., Daily 7), addressing lower and upper body resistance training must be incorporated. Weight training can augment or be substituted for the Daily 7 exercises. Each training period will include a warm-up prior to exercise and a cool-down session to follow.

WEEK 1,2	Endurance	Strength
Monday	Run 40 min @ 10 min/mile pace	Lower Body Resistance Daily 7 or Weight Training (1 set)
Tuesday	None	Upper Body Resistance - Daily 7 or Weight Training (1 set)
Wednesday	Run 30 min @ 10 min/mile pace	Lower Body- (1 set)
Thursday	None	Upper Body - (1 set)
Friday	Run 30 min @ 10 min/mile pace	Lower Body - (1 set)

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WEEK 3,4	<i>Endurance</i>	Strength
Monday	Run 44 min @ 10 min/mile pace	Lower Body Resistance Daily 7 or Weight Training (1 set)
Tuesday	None	Upper Body Resistance - Daily 7 or Weight Training (1 set)
Wednesday	Run 33 min @ 10 min/mile pace	Lower Body - (1 set)
Thursday	None	Upper Body - (1 set)
Friday	Run 33 min @ 10 min/mile pace	Lower Body - (1 set)
WEEK 5,6	Endurance	Strength
Monday	Run 48 min @ 10 min/mile pace	Lower Body Resistance Daily 7 or Weight Training (2 set)
Tuesday	None	Upper Body Resistance - Daily 7 or Weight Training (2 set)
Wednesday	Run 36 min @ 10 min/mile pace	Lower Body - (2 set)
Thursday	None	Upper Body - (2 set)
Friday	Run 36 min @ 10 min/mile pace	Lower Body - (2 set)
WEEK 7,8	Endurance	Strength
Monday	Run 53 min @ 10 min/mile pace	Lower Body Resistance Daily 7 or Weight Training (2 set)
Tuesday	None	Upper Body Resistance - Daily 7 or Weight Training (2 set)
Wednesday	Run 40 min @ 10 min/mile pace	Lower Body - (2 set)
Thursday	None	Upper Body - (2 set)
Friday	Run 40 min @ 10 min/mile pace	Lower Body - (2 set)

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WEEK 9	Endurance	Strength
Monday	Run 53 min @ 10 min/mile pace	Upper Body Resistance Daily 7 or Weight Training (3 set)
Tuesday	None	Lower Body Resistance - Daily 7 or Weight Training (3 set)
Wednesday	Run 40 min @ 10 min/mile pace	Upper Body - (2 set)
Thursday	None	Lower Body - (3 set)
Friday	Run 40 min @ 10 min/mile pace	Lower Body - (2 set) Power— 2 reps
WEEK 10	<i>Endurance</i>	Strength
Monday	Run 53 min @ 8.5 min/mile pace	Upper Body Resistance Daily 7 or Weight Training (2 set)
Tuesday	Intervals: 4X400m sprints in 2 min	Lower Body Resistance - Daily 7 or Weight Training (3 set)
Wednesday	Run 40 min @ 8.5 min/mile pace	Upper Body - (2 set)
Thursday	None	Lower Body - (3 set) Power— 3 reps
Friday	Run 40 min @ 8.5 min/mile pace	Lower Body - (2 set)
WEEK 11	Endurance	Strength
Monday	Run 53 min @ 8.5 min/mile pace	Upper Body Resistance Daily 7 or Weight Training (3 set)
Tuesday	Intervals: 4X400m sprints in 2 min	Lower Body Resistance Daily 7 or Weight Training (2 set)
Wednesday	Run 40 min @ 8.5 min/mile pace	Upper Body - (3 set)
Thursday	None	Lower Body - (2 set) Power— 4 reps
Friday	Run 40 min @ 8.5 min/mile pace	Upper Body - (3 set)

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WEEK 12	Endurance	Strength
Monday	Run 58 min @ 8.5 min/mile pace	None
Tuesday	Intervals: 5X400m sprints in 2 min	Upper/Lower Body Resistance Daily 7 or Weight Training (2 set)
Wednesday	Run 40 min @ 8.5 min/mile pace	None
Thursday	None	Upper/Lower Body - (3 set) Power—4 reps
Friday	Run 30 min @ 7.5 min/mile pace	None.
WEEK 13	Endurance	Strength
Monday	Run 58 min @ 8.5 min/mile pace	None
Tuesday	Intervals: 6X400m sprints in 2 min (4 min rest)	Upper/Lower Body Resistance Daily 7 or Weight Training (2 set)
Wednesday	Run 40 min @ 8.0 min/mile pace	None
Thursday	None	Upper/Lower Body - (3 set) Power—4 reps
Friday	Run 30 min @ 7.0 min/mile pace	None.
WEEK 14	Endurance	Strength
Monday	Run 58 min @ 8.5 min/mile pace	None
Tuesday	Intervals: 6X400m sprints in 2 min (3:30 min)	Upper/Lower Body Resistance Daily 7 or Weight Training (3 set)
Wednesday	Run 40 min @ 8.0 min/mile pace	None
Thursday	None	Upper/Lower Body - (3 set) Power—4 reps
Friday	Run 30 min @ 7.0 min/mile pace	None.
WEEK 15	Endurance	Strength
Monday	Run 30 min (easy pace)	Upper/Lower—(1set)
Tuesday	None	None
Wednesday	Run 20 min (easy pace)	None
Thursday	None	None
Friday	Run 20 min (easy pace)	Upper/Lower—(1 set)

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WEEK 16	Endurance	Strength
Monday	Run 30 min (easy pace)	Upper/Lower—(1set)
Tuesday	None	None
Wednesday	Run 20 min (easy pace)	None
Thursday	None	None
Friday	Run 20 min (easy pace)	Upper/Lower—(1 set)
WEEK 17	Endurance	Strength
Monday	Run 30 min (easy pace)	None
Tuesday	None	Lower Body—(2 sets) Power—2 sets
Wednesday	Run 20 min (easy pace)	None
Thursday	None	Lower Body—(2 sets) Power—2 sets or Obstacle Course
Friday	Run 20 min (easy pace)	None
WEEK 18	Endurance	Strength
Monday	Team Sport	None
Tuesday	None	Lower Body—(1 sets) Power—1 sets
Wednesday	Team Sports	None
Thursday	None	Lower Body—(2 sets) Power—2 sets or Obstacle Course
Friday	Team Sports	None
WEEK 19	Endurance	Strength
Monday	Team Sport	None
Tuesday	None	None
Wednesday	Team Sports	None
Thursday	None	None
Friday	Team Sports	Obstacle Course
WEEK 20	Endurance	Strength
Monday	None	Upper/Lower Body—(2 sets)
Tuesday	Team Sport	None
Wednesday	None	Upper/Lower Body—(1 sets) Power—1 sets
Thursday	Team Sports	Obstacle Course
Friday	None	Upper/Lower Body—(2 sets) Power—2 sets

11. On week 21, begin the training cycle again, starting at week 1.