



# HOME EXERCISE PLAN

	Last PFT	100%	Goal
Curl-Ups (1 minute)			
Pull-Ups/Flexed Arm Hang			
V-Sit Reach			
Endurance Run			
Shuttle Run			

Young Marine Name \_\_\_\_\_

**1 Minute** - Perform proper Curl Ups - Record total in box

**1 Minute** - Perform proper PushUps - Record total in box

**5 Minutes** - Doorway Rows (Stand in front of your doorway and grab both sides. Place your feet a little closer to the doorway, so you're leaning back. Sit back so you put weight on your arms. Pull yourself forward and repeat.) Check the box when done.

**1 Minute** - Squats - Record total in box

**30 Minutes** - Sit on the floor, legs straight and open, and stretch to your toes. (Can be done while watching TV at night). Check box when done.

Sat	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Sun	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Mon	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Tues	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Wed	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Thu	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Fri	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Sat	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Sun	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Mon	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Tues	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Wed	<input type="text"/>	Curl Ups	<input type="text"/>	Push-Ups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Thu	<input type="text"/>	Curl Ups	<input type="text"/>	Pushups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch
Fri	<input type="text"/>	Curl Ups	<input type="text"/>	Pushups	<input type="text"/>	DW Rows	<input type="text"/>	Squats	<input type="text"/>	Leg Stretch

<b>Curl-Ups (1 minute)</b> <b>Pull-Ups/Flexed Arm Hang</b> <b>V-Sit Reach</b> <b>Endurance Run</b> <b>Shuttle Run</b>	100%	40	41	45	47	100%
		23 sec	24 sec	31 sec	31 sec	
		3"	3"	4"	4"	
		8 min 48 sec	8 min 31 sec	7 min 57 sec	7 min 32 sec	
		11.1 sec	10.9 sec	10.3 sec	10.0 sec	
		8 y/o Male	9 y/o Male	10 y/o Male	11 y/o Male	12 y/o Male

<b>Curl-Ups (1 minute)</b> <b>Pull-Ups/Flexed Arm Hang</b> <b>V-Sit Reach</b> <b>Endurance Run</b> <b>Shuttle Run</b>	100%	53	56	57	56	100%
		7 count	10 count	11 count	11 count	
		3.5"	4.5"	5"	6"	
		6 min 50 sec	6 min 26 sec	6 min 20 sec	6 min 8 sec	
		9.5 sec	9.1 sec	9.0 sec	8.7 sec	
		13 y/o Male	14 y/o Male	15 y/o Male	16 y/o Male	17+ y/o Male

<b>Curl-Ups (1 minute)</b> <b>Pull-Ups/Flexed Arm Hang</b> <b>V-Sit Reach</b> <b>Endurance Run</b> <b>Shuttle Run</b>	100%	38	39	40	42	100%
		17 sec	20 sec	22 sec	20 sec	
		4.5"	5.5"	6.0"	6.5"	
		10 min 2 sec	9 min 30 sec	9 min 19 sec	9 min 2 sec	
		11.8 sec	11.1 sec	10.8 sec	10.5 sec	
		8 y/o Female	9 y/o Female	10 y/o Female	11 y/o Female	12 y/o Female

<b>Curl-Ups (1 minute)</b> <b>Pull-Ups/Flexed Arm Hang</b> <b>V-Sit Reach</b> <b>Endurance Run</b> <b>Shuttle Run</b>	100%	46	47	48	45	100%
		21 sec	25 sec	28 sec	24 sec	
		7"	8"	8"	9"	
		8 min 13 sec	7 min 59 sec	8 min 8 sec	8 min 23 sec	
		10.2 sec	10.1 sec	10.0 sec	10.1 sec	
		13 y/o Female	14 y/o Female	15 y/o Female	16 y/o Female	17+ y/o Female