

Stew Smith's Military Fitness Workout Series

The Twelve Week RECON Marine Prep Workout



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Stew Smith's Military Fitness Series
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About the Author



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for SEAL Training to include "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness**" and many other military special ops and law enforcement programs.

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness – an online fitness resource for people seeking military or law enforcement / Fire fighting professions. Basically - anything that requires a fitness test to enter, StewSmith.com has the answer.

He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS) These books and downloadable manuals can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete. The following list is the published books he has written and the downloadable manuals to his credit as well. All books and manuals are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

Stew Smith's Published Books /DVDs

[The Complete Guide to Navy SEAL Fitness](#)

[Maximum Fitness – The Complete Guide to Navy SEAL Cross-training](#)

[The SWAT Workout](#)

[Common Sense Self Defense](#)

[The Special Operations Workout](#)

[Prehab Fitness Video](#)

[The Combat Swimmer Stroke DVD](#)

[The PFT Fitness Clinic DVD](#)

General Fitness and Nutritional Guides for Everyone

[The Beginner / Intermediate Guide to Fitness](#)

[Reclaim Your Life - Erin O'Neill Story \(beginner / intermediate\)](#)

[Veterans Fitness - Baby Boomer and a Flat Stomach!](#)

[Kids Workout - Ace the President Fitness Test / Award](#)

[The Busy Executive Workout Routine](#)

[The Advanced Weight Training / PT Guide \(Part I / II\)](#)

[The Perfect Pushup Bible](#)

[The New Advanced Weights / PT / Cardio Plan - Winter Phase](#)

[Advanced Maintenance / Recovery Plan](#)

The Military Physical Fitness Workouts

[Combat Conditioning Workout](#)

[Navy SEAL Workout Phase 1 Beginner Weeks 1-9](#)

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[Navy SEAL Workout Phase 4 Grinder PT - 4 weeks before Hell Week](#)

[Navy SWCC Workout](#)

[The Army Special Forces / Ranger Workout](#)

[The Army Air Assault School Workout](#)

[The Army Airborne Workout](#)

[USMC IST and PFT](#)

[USMC RECON Workout](#)

[Air Force PJ / CCT Workout](#)

[The Coast Guard Rescue Swimmer Workout](#)

[Navy, Air Force, and Coast Guard OCS Workout](#)

[USMC OCS / TBS Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Air Force, Marine Corp Boot Camp Workout](#)

[The PFT Bible: Pushups, Sit-ups, 1.5 Mile Run](#)

[The Army OCS and PFT Workout](#)

The Law Enforcement Physical Fitness Workouts

[The FBI Academy Workout](#)

[The DEA Workout](#)

[The FLETC Workout - Ace the PEB](#)

[The PFT Bible: Pushups, Situps, 1.5 Mile Run](#)

[The Fire Fighter Workout](#)

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RECON and MARSOC Introduction

In the past few years as the United States has ramped up its battle against terrorists worldwide, the Special Operations community has grown and made changes to better prepare our Special Operators to do their mission. The Marine Corps has also changed the way they do business on the Special Ops side of the house. With the development of [MARSOC – Marine Special Operations Command](#), the USMC has joined forces with US SOCOM – the joint Special Operations Command and perform a variety of special operations missions around the world to include foreign internal defense, unconventional warfare, special reconnaissance, direct action and other missions.

Here is the new breakdown to clear up any confusion with the changes in USMC RECON and the new structure of MARSOC. **RECON still exists!** They have simply rearranged the Force RECON teams into MARSOC and the Battalion RECON missions have been largely unchanged. Now that MARSOC has been formed and manned, Force RECON is getting filled again with new Marines, former MARSOC / Force Marines, and Battalion RECON Marines. Your USMC Spec Ops options are now MARSOC, Force RECON, and Battalion RECON.

See the details at [Camp Pendleton's Basic RECON Course](#). But in a nutshell, all future RECON students must attend BRC – BASIC RECON COURSE. You can still do this as a new Marine but you must first qualify after Boot camp and School of Infantry (SOI). The link above will describe the standards that a RECON applicant must adhere to before joining the Marine Occupational Specialty 0321 (RECON Marine). RECON Battalions remained as part of the USMC Divisions and continue to perform missions for the deployed USMC commander. BRC is open to Marines and Navy Hospital Corpsman.

MARSOC took both Force RECON Companies, which became the MSOB (Marine Special Operations Battalions). The West Coast MSOB is located in Camp Pendleton, CA and the East Coast MSOB is in Camp Lejeune, NC. From the [MARSOC Website](#), they state:

MSOB is organized, trained and equipped to deploy for worldwide missions as directed by MARSOC. It will consist of four Marine Special Operations Companies (MSOCs) and be task-organized with personnel uniquely skilled in special equipment support, intelligence and fire-support. Each MSOC is commanded by a Marine Major and capable of deploying task-organized expeditionary Special Operations Forces to conduct special reconnaissance and direct action and missions in support of the geographic combatant commanders.

The selection process to become MARSOC has changed significantly compared to the replaced Force RECON training. Before each FORCE RECON company did their own Indoctrination. Now all O-4 and below positions at MARSOC units have to go through a 3-week central screening that is overseen by MSOS Marine Special Operations School. It is pretty standard physical and tactical testing for Special Operations Community under USSOCOM operational control.

Here is a quote from a Marine LT who is considering attending MARSOC in his future. *“MARSOC likes for you to be an NCO before you can tryout, which means that you have to do about 3 years or two deployments before you can tryout. The tryout consists of a pool portion to see if you know what you are doing in the water. Then you take a PFT and see between the two of those if you can go to the 3 week screener. They give you a packing list and do not tell you much more than that, you just go and have fun for 3 weeks. Similar to the Army’s SFAS and BUD/S Indoc, which screens you prior to entering the MARSOC Training School is the goal of the screener. I think that it is more intimidating than anything else, as I hear that it is physical but if you can run a 300 PFT you will do well physically, but you still need to be able to learn new operations and tactics.”*

MARSOC is quickly becoming more than FORCE RECON. There is a MSOAG Marine Special Operations Advisory Group that is two battalions of advisor teams like the Army Special Forces ODAs (Operational Detachment Alpha). Their main mission is FID and UW. The MARSOC component staff has a broad range of officers with Recon or SOF experience.

(from MARSOC Website) The Marine Special Operations Advisor Group provides tailored military combat-skills training and advisor support for identified foreign forces in order to enhance their tactical capabilities and to prepare the environment as directed by USSOCOM. Marines and Sailors of the MSOAG train, advise and assist friendly host-nation forces -- including naval and maritime military and paramilitary forces -- to enable them to support their governments’ internal security and stability, to counter subversion and to reduce the risk of violence from internal and external threats. MSOAG deployments are coordinated by MARSOC, through SOCOM, in accordance with engagement priorities within the Global War on Terrorism.

A forward deployed Marine Officer said it best when commenting about the MARSOC trained Marine, *“The product going in is far more advanced. It is still growing, but you cannot argue with results. They have done well while deployed to Africa doing FID, and equally well in Afghanistan doing DA/SR.”*

The Stretching Program

Increasing one's flexibility should be the first goal before starting fitness / athletic activity. Increased flexibility has been proven and debated to aid in blood circulation, prevention of injuries, increased speed, and range of motion. A 5-10 minute stretching program after your workout will help with soreness especially if you are doing a new exercise.

Follow the stretching chart before and after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Neck/Shoulder Stretch. Shoulder Shrugs Arm/Shoulder Stretch Forearm Stretch Tricep/Lat Stretch (half moon) Chest / Bicep Stretch Stomach Stretch Lowerback Stretch ITB / Hip Hip flexor stretch Hamstring Stretch Thigh Stretch - standing or laying on floor Calf Stretch
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Stretching and Warming Up and Cooling Down

Stretching is only part of cooling down. After working out, the best way to reduce muscle fatigue and soreness is to perform a light warm-up or cool-down and stretch. The warm-up and cool-down should consist of the following phases:

Brief cardiovascular activity like biking, running or swimming usually 5-10 minutes of this activity is a good warm-up or cool down.

Static stretching: Hold these stretches for 15-20 seconds. Do not bounce when performing these stretches, but inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Jumping jacks – This is a grinder PT favorite warm-up exercise. You will normally do 50-100 (4 Count) jumping jacks before anything. This sets the tone for the rest of the workout. Count loud and stay together as a class and you will enjoy your workout much more and perhaps remain dry.

Shoulder Shrugs - Rotate your shoulders slowly up and down, keeping your arms relaxed by your side. Your shoulders should rotate in small circles and move up and down in slow distinct movements.



Chest Stretch – Grab a vertical and stationary object with your hand. Pull your body away from your arm in order to feel the stretch of your chest and shoulder connection. Also stretches your bicep.



Forearm Stretch – With your opposite hand pull backwards on your hand while keeping your arm straight and palm pointing in an upward direction. You will feel this stretch in the forearm and bicep / elbow connection.



Arm / Shoulder Stretch - Drop your shoulder and pull your arm across your chest. With the opposite arm, gently pull your arm across your chest and hold for 15 seconds. Repeat with the other arm.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Hamstring Stretch #1 - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.



Hip flexor Stretch – Sit on your shins and knees. Do NOT relax and sit your butt on your heel (bad for the knees). Lean back and lift your butt up – feel the stretch in your hip flexors and upper thigh. This is an important hip stretch for swimming with fins and flutter-kicks.



Lower back Hamstring stretch #2 – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



Hurdler Stretch - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.



ITB Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



Note: Before and after running or rucking you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.

Calf Stretch / Soleus Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Descriptions of the PT exercises

Regular Push-ups - Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder width apart. Push yourself up by straightening your arms and keeping your back stiff. Look forward as you perform this exercise. This exercise will build and firm your shoulders, arms, and chest.



Wide Push-ups - From the same position as the previous push-up, place your hands about six to twelve inches away from your chest. Your hands should be greater than shoulder width apart. The slight change of the arm distance changes the focus of what muscle are exercised. Now, you are building the chest more than your arms and shoulders.



Triceps Push-ups - From the same position as the regular push-up, place your hands under your chest about 1-2 inches away from each other. Spread your legs in order to help with balance. This exercise will concentrate more on the triceps of the arm than the chest.



Dive bomber Pushups



Get into the pike pushup position as in pic#1, lower yourself to the position of pic#2 as if you were a plane dive bombing, straighten your arms in order to finish as in pic #3. Repeat in reverse order to get back to pic#1.

Note – Pushups are a great punishment exercise. Several days in a row you will be required to perform pushups. This

goes against every physiology rule of good training, but that is the nature of the beast in these types of military training environments. You will also be required to remain in the **leaning rest** for many minutes at a time. It is smart to shake out your shoulders occasionally and stretch after a long “rest”.



8 Count body builder pushups



position 0



position 1



position 2



position 3



position 4



position 5



position 6



position 7

Position 8 - standing again = 1 rep

Pull-ups (regular grip) - Grab the pull-up bar with your hands placed about shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Pull-ups (reverse grip) - Grab the pull-up bar with your hands placed about 2-3 inches apart with your palms facing you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Close grip-Grab the pull-up bar with your hands placed about an inch apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Wide grip - Grab the pull-up bar with your hands placed wider than shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Mountain climber grip- Grab the pull-up bar with your hands placed about an inch apart and one palm facing away from you and the other facing you. Pull yourself upward until your shoulder touches the bar. Repeat each side for a total of two pull-ups - one per shoulder.



Pull-ups (negatives) - If you cannot do any pull-ups, you should try "negatives". Negatives are half pull-ups. All you have to do is get your chin over the bar by standing on something or having spotter push you over the bar. Then, you slowly lower yourself all the way down - let your arms hang grasping the bar fully stretched. Keep your feet up and fight gravity for a count of 5 seconds.

Parallel Bar dips - Grab the bars with your hands and put all of your weight on your arms and shoulders. Do not do these exercises with added weight, if you are a beginner, or if you have had a previous shoulder injury. **To complete the exercise, bring yourself down so your elbows form a 90 degree angle (no less of an angle) and back to the up position.**



Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse.



Frog hops or jumping squats – Squat down and explode forward as far as you can. These are simply broad jumps repeated several times. You will see these exercise if you fail a run and are visiting the “goon squad”.



Walking Lunge - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Stand up on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.



Stationary Lunge - Take a big stride forward. Bend both knee as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

Jumping lunge – This is also another goon squad favorite if you fail a run. You start off in the lunge position with your left leg forward and do a full lunge, then jump in the air and land with your right leg forward and do a right legged lunge – repeat until the instructors get tired.



Heel Raise (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



Bent Knee Heel Raise - Lift your heel off the floor, this time bend your knees slightly. This will isolate the soleus, which is responsible for jumping higher and starting your sprints. (Calf Exercises)

Abdominals

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily.

Advanced Crunch - (Legs up) - Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. (Do not do if you have previous lower back injury – place feet on the floor)



Reverse Crunch - In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt. (Do not do if you have previous lower back injury)



Double Crunch – Add the regular and reverse crunch together in one motion...You will feel this one twice as fast...



Right Elbow to Left Knee - Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



Left Elbow to Right Knee – Same as above just switch sides. Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.

Bicycles – This is a mix between opposite elbow to knee crunches with bicycling of your legs. Alternate from side to side for prescribed reps and do not let feet touch the floor.



Lower back exercises

Lower Back Exercise - Lie on your stomach with your arms extended over your head. Lift your right arm and your left leg off the ground at the same time and repeat for specified number of repetitions. Switch arms/legs and repeat.

Lower Back Exercise - Swimmers - Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle.



Upper back exercise #1 (Arm Haulers) - Lie on your belly with your feet on the floor. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



Upper back exercise #2 - (reverse pushups) - Lie on your stomach in the down pushup position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upper back muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used



Upper back exercise #3 – (Birds) Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



Neck exercise – Lie on your back and lift your head up and down as if you were saying yes. Part two of this exercise is to bend your head left and right taking your ear toward your shoulders. Do this slowly and do not go beyond the stretch point of your neck in any direction.



Advanced Abdominal Exercises:

Do not do if you are a beginner! These exercises are not healthy for weak or injured backs. If you cannot do the swimmer exercises for 1:00 – do not attempt these exercises.

Tips to reduce strain on the lower back: 1) Lift your butt off the ground about an inch and place your hands underneath your butt bone. Lay one hand on top of the other to get a higher lift of the butt, thus taking some of the strain off the lower back. Keep your knees straight and do these exercises at a full range of motion of your hips (legs 6 inches off the floor to vertical)

Sit-ups - Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



Half Sit-ups – With your hands on your hips, lift your torso off the ground higher than a crunch but not as high as a full situp. Your middle/lower back will be on the floor still at the up position.



Cross sit-ups – (or L/R Situps) Lie on your back with your knees bent and feet flat on the floor. Raise your upper body off the floor but add a slight twist and touch your left elbow to your right knee and return your back to the floor. Alternate and touch your right elbow to your left knee and repeat the sequence.



Flutter kicks - Place your hands under your hips. Lift your legs 6 inches off the floor and begin walking, raising each leg approximately 36 inches off the ground. Keep your legs straight and moving. This is a four count exercise.



Leg levers - Lift your feet 6 inches off the floor. Raising both legs approximately 36 inches off the ground, keep your legs straight and off the floor until specified number of repetitions are complete.



Scissors – Lay on your back. Lift your feet 6 inches off the floor. Open and close both legs approximately 36 inches apart, keep your legs straight and off the floor until specified number of repetitions are complete.



Atomic sit-ups - Lift your feet 6 inches off the floor as if you were doing a leg lever. Pull your knees toward your chest while simultaneously lifting your upper body off the floor. This is a mix between the sit-up and the leg lever.



V-Ups – Lay flat on the ground with your legs up as in the leg lever position. Bring your legs and upper body up together as if you were forming a “v” with your legs and torso.



Hip Rolls – Lay flat on your back with your knees in the air as in the middle picture below. Keep your shoulders on the floor, rotate your hips and legs to the left and right as shown below.



Donkey Kicks – In the all fours position, lift right leg as high as you can and bring the knee back to the floor. Repeat as required.



(great for hip stretch and pelvic girdle development / fin swimming)

Dirty Dogs –In the all fours position again, lift your right leg from the hip as if you were a male animal relieving himself on a bush.



(great for hip development and fin swimming)

Bear Crawls – Walk like a bear on all fours. This gets tough after a hundred yards.



The Light Weight Shoulder Workout

LATERAL RAISE - Over 5 pound dumbbells is not needed for this exercise. Keep your knees slightly bent, shoulders back, and your chest high. Lift weights parallel to ground in a smooth controlled motion, keep your palms facing the ground. Follow the next 6 exercises without stopping.



THUMBS UP - After performing 10 regular lateral raises, do 10 lateral raises with your thumbs up, touching your hips with your palms facing away from you and raising your arms no higher than shoulder height.



THUMBS DOWN - Continue with side lateral raises. As you lift your arms, keep your thumbs down. Repeat for 10 times, keeping your thumbs in the down direction.



FRONT RAISE (THUMBS UP) - Now, for 10 more repetitions, time to work your front delts. Lift the dumbbells from your waist to shoulder height keeping your thumbs up.

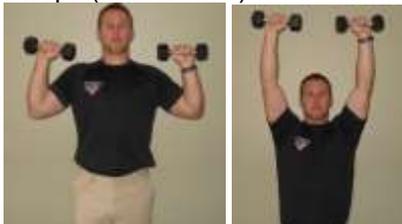


CROSS OVERS - With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if you were doing a jumping jack (without jumping). Cross your arms IN FRONT of your head and bring them back to your hips for 10 repetitions.



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Place one foot ahead of the other as shown and knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head for 10 final repetitions in the shoulder workout.. Slowly lower them to shoulder height and repeat. Muscles used are shoulders and triceps (back of arm).



PT Workouts Explained

Rest Day / Stretch

These are days to relax and stretch. Your body needs rest from rigorous exercise. In fact, it is the only way you will grow and get stronger. You should exercise 5 to 6 times per week and rest 1- 2 days per week.

The Pyramid Workouts:

If you take a look at one of the pyramids, you will notice that it is numbered on both sides. It goes from 1-5 on one side, with the number 6 on the top, and then 5-1 on the other side. Each number represents a step in the pyramid. Your goal is to climb the pyramid all the way up, and all the way back down. So you can consider each step a "set" of your workout.

At the bottom, you will find "pull-ups x 1, push-ups x 2, sit-ups x 3". What this means is that at each "set" or step of the pyramid, you perform 1 pull-up for every step you are on, 2 pushups for each step, and 3 situps for each step.

You start at the bottom of the pyramid, at number one. For each set, you times that set number by 1 and that tells you how many pullups to do. You multiply it by 2 to get your pushups, and multiply by 3 for situps. So you keep progressing until you get to the top of the pyramid, or your MAX At step ten you perform 10 pullups/ 20 pushups/30 situps. Now you start working your way back down the other side. So the next set you do will be at step 9 on the way back down. So, you'll do 9 pullups/18 pushups/27 situps. Keep going until you worked all the way back down to one. So here is a number summary of the pyramid:

Go up the pyramid: (or half pyramid workout)

Set/Step 1: 1 pullups/2 pushups/3 situps

Set/Step 2: 2 pullups/4 pushups/6 situps

Set/Step 3: 3 pullups/6 pushups/9 situps

Set/Step 4: 4 pullups/8 pushups/12 situps

Set/Step 5: 5 pullups/10 pushups/15 situps (Your first set sets are basically a warm up)

Set/Step 6: 6 pullups/12 pushups/18 situps

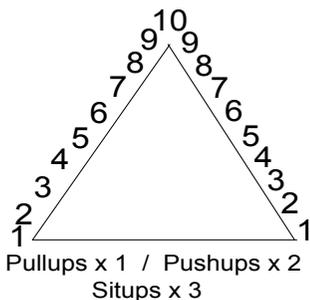
Set/Step 7: 7 pullups/14 pushups/21 situps

Set/Step 8: 8 pullups/16 pushups/24 situps

Set/Step 9: 9 pullups/18 pushups/27 situps

Set/Step 10: 10 pullups/20 pushups/30 situps (Here is where you should fail / max out)

Go down the pyramid: (or reverse order pyramid = toughest to easiest number of reps)



The Pull-up Workouts: 1 -3

1) **The Pull-up Pyramid:** You will want to rest in between pull-up sets for no longer than one minute. Continue the pull-ups until you cannot perform any more - THEN resort to negatives for the remainder of the workout. In between sets, instead of resting and doing nothing, try to do at least 25 abdominal exercises of your choice.

2) **50 Pull-up Workout** - The object of the 50 or 100 pullup workout is to do as many pullups in as few sets as possible. Make your own goals, but shoot for 2-3 sets for the 50 pullups workout and maybe 6-8 for the 100 pull-up workout. In certain weeks you may have to repeat 50 pullups again. Take a break in between these sets by doing stomach exercises or run 100yds or bike for two-three minutes.

Assisted Pullups - This is the first step to being able to perform pullups. Do pullups on a lower bar that is about 3-4 feet high off the ground or a pull up and dip machine using the dip bars as pull-up bars. Your feet remain on the floor allowing for less weight to be on your arms, so you can get the needed repetitions. These are also great to do after you can no longer perform anymore dead-hang pullups. **This is a good replacement for the Lat Pull-down machine as well.**

Negatives - Negatives should be done if you cannot do pull-ups. Many men and women cannot perform any pull-ups. So, for the majority of you who have not done pull-ups in years or have never done pull-ups, this workout will challenge you. This is step two to doing pullups. After you can easily do the required reps with the assisted pull-up routines, try a negative. A negative simply takes you through half of a pull-up. Get yourself over the bar, either by standing on something or having someone lift you. Once your chin is above the bar, slowly let yourself down counting for 5 seconds. This will get your arms used to supporting your weight.

You can build up your strength and within a few months of this workout, you will have your first pull-up in years - maybe ever!! Most people have a goal of achieving a pull-up when they start working out again with this type of program.

You will see there are several different grips to use while doing pullups. This is to equally exercise every angle of the back, arms and forearms.

Pushup/Crunch Superset:

This is a great way to achieve extraordinary repetitions of pushups and crunches! Each set of six exercises should be completed within a two minute period. For example,

Set #1: 10 regular pushups
 10 regular crunches
 10 wide pushups
 10 reverse crunches
 10 triceps pushups
 10 -1/2 sit-ups

Do the above circuit within a two minute time period. You should finish this with at least 30-45 seconds remaining. Use this time to stretch, drink some water etc... You will repeat this particular workout 5 times. Total time should only be 10 minutes, BUT you will achieve 150 pushups and 150 abdominal exercises in that time!!

Rest: There is no rest time while on the 2 minute clock. Do your set as quickly as possible, but watch your form. Do not jeopardize your form for a faster superset time. This is a great time saver workout if you are too busy to take 30-45 minutes to exercise. Take 10-20 minutes and be amazed at yourself performing 100-200 pushups and crunches in that time. Say you finish your superset in 1 minute and 30 seconds, you get 30 seconds rest before you have to begin the next set.

Circuit Workouts - You will see several different circuit routines in this workout program. Basically, a circuit workout is designed to move you as quickly through a workout as possible. There are no rest periods in a circuit until the end. Moving from one exercise to the other is the only rest you will get, but you will rarely be using the same muscle group two times in a row. So there is actually rest built into the workout

PT with the clock - This type of workout is designed to help students ace a physical fitness test of pullups, pushups, and situps. By performing as many reps as you can of each exercise in a certain time limit, you will be learning the pace required to achieve 100 pushups and 100 situps in two minutes. By using the clock as your training guide, you will become accustomed to doing maximum reps in a time period which will further increase your scores as you continue to practice this type of training.

Swimming Workouts Explained

Hypoxic pyramids (stroke per breath) This workout makes ordinary swimming seem easy and actually will help make swimming, running, and your overall endurance stronger. By not allowing yourself to breathe as often as you would like, you are training like someone in higher altitudes. Therefore, when you test yourself and breathe regularly, you will be like the high altitude athlete going to sea-level to compete.

This particular workout gets increasingly more difficult after each 100m you swim. By adding 2 strokes to your breathing pattern every 100m, you will find the need to breathe more demanding. Simply climb the pyramid making each set of 100m a step. Each step you will add two more strokes per breath. You will be breathing less per length on every step up the pyramid until you reach the maximum of 10 strokes per breath. A stroke is each arm pull, so the count would be this for a 4 strokes per breath step on the pyramid: 1,2,3,4, breathe - this translates to Left, right, left, right arm pull, breathe.

I find that if I hold my breath for at least half of the stroke count and then start exhaling slowly that I can make it through the pyramid with little difficulty. It does take time before you can do this workout with no rest at all. So, when you do this workout for the first few times, take about 20-30 seconds rest if you need to in between steps of the pyramid.

Strokes per Length hypoxic - Another hypoxic workout requires you to swim a known distance with a certain number of breaths. For instance, you will swim 50 meters only breathing 4 times, then 3 times, then 2 times, then only 1 time, for a total of 200 meters. Try this workout several more times for a total of 1000 meters.

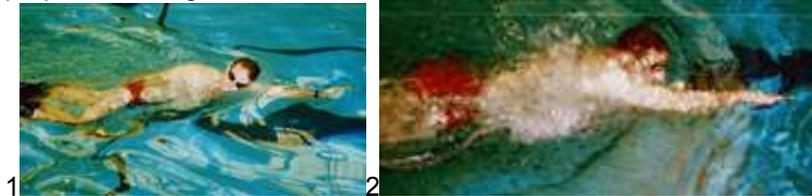
Over / Under (25 yards) - The over/under is a term used to describe the way you swim to the other side of the pool. "Over" means to swim on top of the water either using the freestyle or CSS. "Under" means swimming either underwater or freestyle but with not breathing. This is extremely challenging and potentially dangerous. **DO NOT DO THIS WORKOUT BY YOURSELF. IN FACT, NEVER SWIM UNDERWATER ALONE OR WITHOUT A LIFEGUARD.** You can blackout very easily when you do not breathe regularly while exerting yourself.

Swim PT - is a great way to squeeze in swimming and upper body PT into the same workout. Simply swim the specified distances (usually 100 yards or meters), get out of the pool and do pushups, abdominal exercises and pullouts. Repeat this sequence for at least 10 times.

Side Stroke or CSS with Fins

This is one of the best leg workouts available. Your hamstrings, hip flexors, and ankles will become strong and ripped after a few months of swimming with fins. It is similar to the side stroke without fins with only the following differences:

1) **Constant flutter kicks** - With fins on your feet, your biggest source of power will naturally be your legs, so kick constantly in order to be propelled through the water.



- 1) Constant flutter-kicks and glide position. Breathe as the bottom arm pulls toward your body.
- 2) Recover both arms over your head together with a forceful kick and hold for 2-3 seconds as you glide in the streamlined position.

2) **Open water - Swimming in straight line** - Every five or so strokes, it is important to look forward in order to check if you are swimming in a straight line or not. This does not need to be done in the swimming pool, however, it is important in the open ocean to have a visual reference when surface swimming to check accuracy.

Sample workout with fins: Swim with fins - 500 yards with fins and 500 without fins using the stroke of your choice.

A moving picture is worth 10,000 words – see www.stewsmith.com/css.htm

Combat Swimmer Stroke (CSS)

The CSS is a relaxing and super efficient swim stroke that is an updated version of the traditional sidestroke. Whether you are a beginning swimmer or an aspiring Special Operator, this stroke can really help you efficiently move through the water when wearing fins.

When you find yourself in deep water with a lot of distance to cover, the CSS will serve you well especially when you are wearing fins. You will tire less quickly if you learn to perform this stroke properly.

The object to the CSS and side stroke is efficiency - you should try to get across a 25m pool in as few strokes as possible. If you are doing more than 10 strokes per length you are working too hard. In fact, the fastest and best swimmers get across a 25m pool in 3-5 strokes.



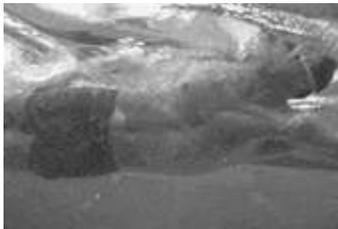
Kick off the Wall

The Start: In a big squat position against the wall - push off and stay as streamlined as possible as you glide at least 5-10 yards off the wall. Place your hands on top of each other, place your bicep on your ears, and lock out your arms - streamlined positioning like a rocket.



The Glide

The Glide: With a big double arm pull, add the other 3-5 yards to your glide by pulling with your back, biceps and pushing water with your arms using your triceps.



Arm Motion

The Arm Movement: After the arm pull, it is time to breathe - twist and breathe then start using the top arm pull as shown. Notice both arms recover together forward, but the top arm pulls from overhead all the way to your hips (similar to freestyle stroke). Then the bottom arm pulls a half stroke (similar to breast stroke) and both arms recover together. Breathe as the top arm completes its pull and the bottom arm begins its pull.



Scissor Kick

The Kick: Use the scissor kick and time your kicks so your top leg always goes forward (no matter what side you are on). You should kick just after both arms have pulled and are recovering - adding more glide to each stroke.

Swim sprints

When the workout says sprints under “swimming”, that means swim as fast as you can for the specified distance for the specified number of times. Try to limit your rest to no greater than 20-30 seconds. For instance: 200m x 3 means swim a 200m sprint, rest for 20-30 seconds and do it again two more times for a total of three times. Freestyle is the preferred stroke but you are free to choose the stroke you wish to use. Swim Sprints with leg PT and upper body PT can also be incorporated into a hardcore swim/PT workout. If you mix leg PT with swimming try doing more flutter kicks and breast stroke kick swimming just to work the legs a little more as in the workout.

Run - Swim - Run

This one is as simple as the title on paper, but you will find the second run is a little more challenging, especially if you are swimming in fins. Try to do the run –swim –run in one workout period. It is not meant to be broken into 2 or 3 workouts. If that is your only way to do this workout then it is naturally OK to break up the workout to fit it in your schedule

- 1) Run - 4 miles
- 2) Swim-3000m w/fins
- 3) Run -4 miles

Run - swim /pt – run

Here is a mix of two old favorites. Swim PT and run-swim-run. This one promises to be one of the most demanding upper body workouts and cardiovascular workouts in the Workout, especially if you choose to add a hypoxic pyramid in with each set of 100m swim. Add some hypoxic series in there for even more fun...

- 1) run 3 miles (18-24 minutes)
- 2) repeat 10 times
swim 100m
(add hypoxics here per every 100m)
20 abs of choice
20 pushups
5 pullouts
- 3) run 3 miles (20-24 minutes)

Run - Swim - Ruck

This one is a great one for preparing the legs for training:

Run 4 miles

Swim 1 mile with fins

Ruck with 40 lbs 4 miles

Frequently asked questions

Run Faster? A few requested workouts for their two or three mile PFT runs (Army / Marine Corps respectively) and several were runners who compete in 5K and 10K races on the weekends. These distances use relatively the same training philosophy - short distance, faster pace.

The Four mile track workout has worked for many military and short distance runners for years. This workout is basically interval training. Interval training means you run at a certain pace for a particular distance then increase the pace for a certain distance. The Four mile track workout is broken into 1/4 mile sprints and jogs and 1/8 mile sprints and jogs for a total of four miles. The workout goes as follows:

4 Mile Track Work

Jog - 1 mile in 7:00 - 8:00

Three sets of:

Sprint-1/4 mile in

Jog - 1/4 mile in 1:45

Six sets of:

Sprint-1/8 mile

Jog - 1/8 mile 1:00

Do this workout without walking to rest. The only rest you will receive is during your slower jogging pace. Try to catch your breath while you jog. Have fun with this one - it is tough.

Another good speed workout is called REPEATS. Simply run a certain distance as fast as you can a specified number of times. This time you get to walk to recover and catch your breath before the next sprint. You can try one of the following distances for a challenging workout:

MILE REPEATS - 1 mile x 4

1/2 MILE REPEATS - 1/2 mile x 6

1/4 MILE REPEATS - 1/4 mile repeats x 12

1/8 MILE REPEATS - 1/8 mile repeat x 16

(Walk half the distance you run as rest)

Finally, if you have not had enough, you can try mixing shorter jogs and sprints together for a longer period of time. This type of training is great for building the speed and endurance needed for any of the PFTs or 5 or 10K races. I call them SPRINT / JOGS. Simply run about 50 yards as fast as you can then jog 50 yards fairly slow in order to catch your breath. I like doing this one where telephone poles line the road so I can just sprint from one telephone pole then jog to the next.

Sprint / Jogs

50 yd sprint / 50 yd jog
for 10, 20 , 30 minutes

All of these workouts are fantastic ways to get faster but build the needed endurance which most sprinters lack.

I want to ace my next PFT - can you help me?

Every six months military personnel line up to take their physical fitness tests (PFT). Though each service differs in testing exercises and measuring criteria, most military personnel labor over this event for several weeks prior. But for those who properly prepare themselves, the PFT can be just another workout.

Here are the exercises of all the service's PFTs and helpful tips to increase your overall score on test day:

Test yourself - The anxiety felt by most service members is largely due to performing within a time limit. The more your workouts are timed the better you are at "pacing" yourself, thus eliminating most anxiety.

Pull-ups - During the pull-up and pushup test, you want to perform these as fast as possible while adhering to the proper form and technique. Also, look straight up at the sky in order to use your back muscles more for pullups.

Recommended workout - pyramid workout. Start off with just one pull-up for the first set, two pullups for the second set and continue up the pyramid by adding one pull-up for every set possible. When you can no longer continue, repeat in reverse order until you are back to just one pull-up. (ex. 1,2,3,4,5,6,5,4,3,2,1)

Pushups - Placing your hands in the wrong position can seriously effect your maximum score. A perfect location for your hands is just outside shoulder width. This position enables the chest, shoulders and triceps to be equally taxed. Keep hands at shoulder height when in the up position. Your pushups will be weakened if your hands are too low, wide, close or high.

Recommended workout - Try 5 sets of maximum pushups in five 1:00 periods.

Curl-ups (situps) - This is an exercise you need to pace. Most people burn out in the first 30 seconds with 30 curl-ups accomplished, only able to perform another 20 or so curl-ups within the next 1:30. By setting a pace at, for instance, 20 situps every 30 seconds, you can turn your score of 50-60 to 80 with very little effort.

Recommended workout - Try timing yourself with 5 sets of 30 seconds, setting your pace to your goal. A good pace is 20 situps in 30 seconds - totaling 80 in two minutes.

Timed run - PACE - The most important thing is to not start off too fast. Learn your pace and set your goal by pacing yourself to the finish. For instance, if your goal is to run the 2 mile run in 14:00, you must run a 7:00 mile or a 1:45 - 1/4 mile..

Recommended workout - You can decrease your run time by simply running 1/4 mile runs at your desired goal pace. Run 1/4 mile repeats with 30-45 seconds rest periods for the distance of your PFT.

Remember to take big deep breaths, relax your upper body and slightly bend your arms. Do not run flat footed. Run with your heel contacting the ground first then roll across your foot to your toe. (heel -toe contact)

The Twelve Week Workout Plan:

Below you will see the next twelve pages full of workouts that will challenge you for twelve weeks. If you have difficulty, do what you can and then repeat the entire program for even BETTER results.

And, if you have any questions – email me anytime at stew@stewsmith.com

If this workout is too advanced for you, try the 15 Day PFT located at www.stewsmith.com/linkpages/15dayPFT.htm

or consider the [USMC IST and PFT Workout](#)

A good daily lower back routine can be located www.stewsmithptclub.com/lowerbackplan.pdf

Check out Recovery and Injury Prevention Articles at www.stewsmith.com/sitemap.htm

W1 Monday

5:00 warmup /stretch

Pull-ups - 100 in as few sets as possible

pushups – 2:00 max rest 2:00

situps – 2:00 max rest 2:00

flutterkicks – 2:00 max

track workout#1

1 mile repeats x 4 (walk 1/4 mile in between)

sprint mile at goal pace - goal 3 mile = 18:00 - run each mile at 6:00 pace

(same rule for rest of week on track)

Tuesday

5:00 warmup stretch

track workout#2
1/2 mile repeat x 6 (walk 1/4 mile in between)

tread water – 20:00

swim - hypoxics pyramid
2,4,6,8,10,12,10,8,6,4,
2 strokes per breath x 100m - rest at each wall if needed on higher hypoxics

swim 250m with cammies on

Wednesday

5:00 warmup stretch

Running rest DAY

repeat 2 times

Swim 500 yds CSS timed

max pushups-2:00

max situps-2:00

max flutterkicks -2:00

in between each set of 500yds

Thursday

5:00 warmup stretch

3 mile march with 30 lbs (timed)

pullups
2,4,6,8,10,8,6,4,2
regular grip
reverse grip
close grip
wide grip

20 abs of choice in between each set of pullups = 180 x 4 abs of choice = 720

track workout #3
1/4 mile repeats x 12 (walk 1/8 mile in between)**Friday**

5:00 warmup stretch

track workout #4
1/8 mile repeat x 20 (walk 100 yds in between)

PT Day off

Easy swim:

1000yds for time – CSS (500yds in cammies)

20 minutes tread water

Saturday

5:00 warmup stretch

RECON PFT DAY

500 yd swim rest 10:00

max pushups

rest 2:00

max situps

rest 2:00

max pull-ups

max flutterkicks

rest 10:00

3 mile run

obstacle course if available

3 mile march with 50lbs

W2 Monday

Warmup

Repeat 10 's

10-Jumping Jacks

5-10 - Pullups

Repeat 5 times

Pullups - max

Squats - 20

(any grip)

Repeat 5 times

Pulldowns - 10,10

(reg / reverse

grip)

Leg ext - 20

Leg Curls - 20

and / or

squats - 20

lunges - 20

Abs (2x's)

reg crunches - 50

rev crunches - 50

left crunches - 50

rt crunches - 50

tread water

25:00

Tuesday

Warmup - 5:00

(swim, run, or bike)

Stretch

Swim/PT

Swim 100m

(hypoxic pyramid)

2,4,6,8,10,8,6,4,2

strokes/breath=900m

After every 100m -

- do 20 pushups

- do 20 crunches

Total - 180 pushups

/ crunches

and

Run - 21:00

(3 mile goal)

and

Bike

lifecycle pyramid

Level 1-12-1

1:00 each level

(manual mode)

total time - 23

minutes

Wednesday

Repeat 3 times

Run - swim - run

1) run ¼ mile

2) swim 100m

3) run ¼ mile

Explanation:

run down beach ¼ mile,

swim past the breakers

run down beach ¼ mile

Repeat 3 times

If you cannot swim at

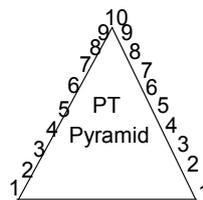
the beach -

Run 2 miles

Swim 1 mile with fins

Run 2 miles

Thursday



Pullups x 1
Pushups x 2
Abs x 3

Set #1

1 pullup

2 pushups

3 abs of choice

Set#2

2 pullups

4 pushups

6 abs of choice

and so on...

Friday

Warmup - run 5:00

Stretch

RECON triathlon

5 mile run in sand on beach (if available)

swim 1 mile with fins

5 mile Ruck march

with 25-40 lbs

Saturday

Warmup -run 5:00

Stretch

Repeat 3 times

Max pullups

Max pushups

Leg superset

repeat 2-3 times

squats - 20

1/2 squats - 20

walking squats -

10/side

lunges - 10-20/leg

walking lunges -20

steps

PT with clock

alternate each set with:

situps 50-60 in 1:00x 2

pushups-max 1:00x2

situps 25-30 in ::30x 4

pushups max in ::30x4

Max pullups - 5 times

W3 Monday
Stretch 10:00

Pyramid workout

Pullups - 1-10-1

Dips - 2-20-2

Flutterkick – 25
each set

Repeat 10 times

Pushups - 20

½ situps - 30

Run workout

8 x ¼ mile at 1:30
each

2 x ½ mile at 3:00
each

4 mile timed march
with 50lbs

Stretch - 10:00

Tuesday
Stretch 10:00
Walk/Run 15:00

Repeat 3x's

Run 1 mile

Squats - 40

Side Crunches - 50

Lunges - 20/leg

Calve raises - 25

Left crunches - 50

Right crunches - 50

RUN - 18:00

(shoot for 3 miles)

Stretch -10:00

Wednesday
Stretch 10:00
Upperbody Push

ABS

Repeat 8x's

Dips - 10

Crunches- 20

Pushups - 10

Alternating exercises

5x's

Bench Press - 15

Crunches - 20

Rev Crunches - 20

bike - 20-30:00

lifecycle pyramid 1-10-1
stay at each level for 1:00 on
manual mode from 1 - to 10
back to 1 = 19:00

Tread water 30:00 in cammies

non run day

Thursday

Pyramids

Pullups 1-max-1
pyramid to your max then
back to one

Dumbbells/abs

Repeat 3 times

Bicep curls - 20

L/R Crunches -20

Hammer curls 15

Side Crunches-20

Side bends w/dumbell-20

Weights-medium weight

Pulldowns - 3 x 10,10,10
(wide, regular, reverse)

Run

Repeat 10 times

(¼ mile run @ 1:30 x 10)

Friday

Legs Repeat 3x's

Squats - 20

Lunges - 10/leg

Calves - 30

Crunches - 50

Bike - 4:00

(lifecycle level 2,4,6,8
for 1:00 each)

tread water 30:00

2 obstacle courses if available

Optional

Saturday or Sunday

Swim

hypoxic pyramid

2,4,6,8,10,8,6,4,2 strokes per
length x 100 yds = 900 yds
total

and

run - ½ mile at 3:00 x 2

¼ mile at 1:30 x 4

1/8 mile at ::45 x 4

W4 Monday

5:00 warmup
stretch

Track workout

Repeat 10 times

¼ mile at goal pace
walk 100yds

If goal is to run 18:00
- 3 mile run your goal
pace is 90 seconds
every ¼ mile. walk
100yds to catch your
breath.

PT Pyramid

1-10-1

- 1) pullups x 1
- 2) pushups x 3
- 3) situps x 5
- 4) dips x 2

4 mile timed march
with 50#

Tuesday

5:00 warmup
stretch

Lowerbody PT

Repeat 6 times
run ½ mile in 3:00-
4:00

Squats 25
Lunges 15/ leg

Abs

Flutterkicks - 100
Leg levers - 100
Atomic situps - 25

Sprints for speed

20m - 5
40m - 5
60m - 5
100m - 4

swim 500yds in
cammies and fins

500 yds without fins

Wednesday

5:00 warmup
stretch

Pullup workout

2,4,6,8,10,8,6,4,2

- 1) regular grip
- 2) reverse grip
- 3) close grip
- 4) wide grip
- 5) mountain climber
grip

total - 250 pullups

tread water 30:00

NO RUN DAY

Thursday

5:00 warmup
stretch

Run - swim - ruck

- 1) 3 mile run
- 2) 500yd swim
- 3) 3 mile ruck 40 lbs

Option to do all the
run at once if you
wish...

Abs x 2

Leg levers - 25
Reverse crunch 50
Atomic situps 25
Regular situps 50
Oblique crunch 25
each side
Crunches 50

Friday

5:00 warmup
stretch

Run / leg PT

jog 1 mile slow
Repeat 4 times
1/2 mile sprint
lunges - 20 / leg
squats - 20

Repeat 4 times
100 yd sprint
20 lunges
squats - 20

1 mile jog slow

Saturday

5:00 warmup
stretch

****10 Supersets****

Pullups 5-10
Pushups 25
Abs of choice 50
Dips 10-
20
Repeat above 10 times

5 mile march – timed
with 50 lbs

500 yds swim- timed
any stroke

W5 Monday

5:00 warmup

Upperbody PT****10 Supersets****

Pullups 10-20

Abs of choice 50

Dips 20

ABS Superset x 2

Regular situps 50

Oblique crunch 50

Atomic situps 25

Crunches 50

Reverse crunch 50

Do situps / crunches
with 25 lb dumbbell on
your chestSwim 500m side
swim 1000m free -
hypoxic pyramids
2,4,6,8,10 x 200m

3 mile run

Tuesday

5:00 warmup

Spartan run

run 15:00

100 pushups

100 abs of choice

run 15:00

75 pushups

200 abs of choice

run 15:00

50 pushups

300 abs of choice

Mix some 8 count
body builders into the
pushup section too &
Pushups anyway you
can:

15:00 life cycle

workout level

6,7,8,9,10,11,12,11

10,9,8,7,6,5 at 1:00

each level – manual

tread water 15:00

in cammies

Wednesday

5:00 warmup

stretch

Repeat 3-4 times

Bike 5:00

Squats - 1:00

Lunges - 1:00

calves 1:00

PT pyramid

pullups 1-10-1

pushups - 2-20-2

OR

PT SUPERSETS

Repeat 10 times

5-10 pullups

20 pushups

bench dips - 20

repeat Monday Abs
workout**Thursday**

5:00 warmup

stretch

PT day off:

Run -30:00

mile repeats for 30:00

(try to get 3-4 miles)

and

tread water 30:00

swim

500yd – freestyle

1000yds in fins in

cammies

500yd CSS

Friday

5:00 warmup

stretch

Repeat 10-20 times

20 jumping jacks

20- pushups

10 pullups

ABS Superset x 2

Same as Monday

Hypoxics freestyle

2,4,6,8,10,10,8,6,4,2 x

100m = 1000m

Saturday

5:00 warmup

stretch

8 mile march with

50lbs

tread water 30:00

500m – swim

W6 Monday

5:00 warmup
Run -3 miles

pushups - 2:00 max
rest 2:00
situps 2:00 max
rest 2:00
pushups 1:30 max
situps 1:30 max
rest 2:00
pushups 1:00
situps 1:00

More RECON abs
Flutterkicks - 100
Leg levers - 100
Scissors - 100
½ situps - 100

1500m swim with fins

4 mile march with
50lbs (timed)

Tuesday

Warmup -run 5:00
stretch

Repeat 10 's
10- Jumping Jacks
20 - squats
10 pullups

Repeat 5 times
Pullups - 10,10,10
(reg/reverse/wide grip)
do the following in
between pull-ups sets
of 10:
squats – 30
or
lunges - 30
or
abs below

Abs (2x's)
atomic crunches - 50
flutterkicks - 100
scissors - 100
leg levers - 100

Wednesday

5:00 warmup run
stretch

3 mile timed run
Swim with fins -
2000m

Tread water 30:00

Repeat 10 times
pushup - 20
situps - 40
tricep pushups - 20
rev. crunches -40

Thursday

5:00 warmup
stretch

Back / legs
(repeat 3 times)
squats - 30
pullups
regular – 15-20
reverse – 15-20

Run 1 mile (6:00 pace)
squats - 40
run 1 mile 6:00 pace
lunges - 40
run 1 mile 7:00 pace
squats 40
run 1 mile 7:00 pace
lunges - 40

Do your best to keep
it at 6:00-7:00 pace

Friday

5:00 warmup
stretch

10 miles march with
50-lbs

Drink water
Stretch

Tread water 30:00

Rules:
Drink sports drink to
replenish salts and
gallon of water a day
at least must be
consumed

Saturday

7:00 warmup jog
stretch

Max out test
pushups – 2:00
situps – 2:00
pull-ups - max
flutterkicks – 2:00

Repeat 5 times
¼ mile repeats
rest 1:00
1/8 mile repeats
rest 1:00

PT pyramids 1-10-1

pullups x 1
pushups x 2
situps x 5

Repeat 10 times
jumping jacks -10
pushups - 10

Sunday - rest

W7 Monday

Warmup/Stretch

Alternating circuit

Repeat circuit 2 times

max pullups

pulldowns - 15,15,15

wide, regular , reverse -

nonstop

crunches - 100

bench press - 15,10,5

increasing weight

/decreasing reps non-stop

run or bike 4:00

military - 15

side crunches - 50 / side

run or bike- 4:00

bicep curls - 15

tricep ext - 15

bike - 4:00

swim 1000m with fins

Cool down / Stretch

Tuesday

Warmup/Stretch

Repeat ten times

Jumping Jacks - 10

Squats - 20

Repeat 4 times

Squats - 30 w/weight

Lunges - 15 / leg w/weight

Calves - 30 w/weight

Double crunches - 50 /side

Run ¼ mile 90 seconds

Repeat 3 times

Ruck Sack PT

Squats - 1:00

Lunges - 1:00

calves - 1:00

Ruck with 50 lbs 10:00

No ruck sack runs

Sprints - 40 yd - 5

100yd - 2

400yd - 2

Cool down / Stretch

Wednesday

Warmup/Stretch

Upperbody weight / PT

repeat 2 times

Pullups - max

dips - max

situps - max in 2:00

bench press - 50% max

pushups- max in 1:00

pulldowns - 50%

bodyweight (max)

abs - max in 2:00

bicep curls - max reps

tri ext - max reps

military pres - max reps

abs - max in 2:00

**lightweight-
shoulderworkout**

(5,3,0 lbs Dbs nonstop)

lateral raises - 10

lat raises (thumb up) 10

lat raise(thmb up/down) 10

front raise (thumb up) 10

cross over jacks - 10

military press - 10

Thursday

Warmup stretch

Repeat 10 times

jumping jacks - 10

squats - 20

Repeat 5 times

Run ¼ mile sprint

lunge - 20 / leg

squat - 20

Abs - repeat 2 times

crunches - 100

reverse crunches - 100

double crunches - 50

flutterkicks - 100

leg levers - 100

(non-stop)

stretch

Cool down / Stretch

Friday – Day Off

Saturday

Warmup/Stretch

Repeat 10-20 times

Jumping jacks - 10

Pushups - 10

Repeat 4 times

Bench press - 15

Pulldowns - 15

Pushups - 25

Reverse pushups - 20

Pullups - max

Dips - max

Tricep ext. - 15

Double crunches -50

Lowerback #1/2 -25

Bicep curls - 20

Hammer curls - 20

Military press - 15

Abs of choice - 50

Repeat 2 times

Lightweight Shoulder

Workout

use 5 lbs

W8 Monday

5:00 warmup
stretch

Running / Leg PT

Jog - 1 mile slow
Sprint-1/2 mile
Squats - 40
Lunges - 20 /leg
Sprint-1/2 mile
Squats - 40
Lunges - 20 /leg
Sprint - 1/4 mile
Squats - 40
Lunges - 20 /leg
Sprint - 1/4 mile
Squats - 40
Lunges - 20/leg

Repeat 5 times

max situps
max pushups

Swim – 2000m w.fins

Tuesday

5:00 warmup
stretch

pullups - 100 in as few
set as possible

Swim:
hypoxic - 200m x 10
2,4,6,8,10,10,8,6,4,2
stroke per breath

Run

6 x ½ mile repeats if
you would rather run
than swim

Wednesday

5:00 warmup
stretch

Ruck
10 miles with 50lbs

Thursday

5:00 warmup
stretch

DO PULLUPS FIRST
then swim:

pullups
- max / 50 abs
-max-2 / 50 abs
- max-4 / 50abs
-max-6 /50 abs
-max -8 / 50 abs
-max-10 / 50 abs
-max-12 / 50abs

swim :

hypoxic 300m x 5
2,4,6,8,10 = 1500m

Friday

5:00 warmup
stretch

Run - swim - ruck

run 3 miles or
bike 30:00

swim 1500m:
500m CSS
1000m hypoxic
in this fashion:
100m hypoxic pyramid
50m CSS at ::50

Ruck 6 miles with 50
lbs

Saturday

5:00 warmup
stretch

pullups - 100 in as few
sets as possible

**pushups - 40 in
between each pullup
set and
“rest” with 100 abs
of choice each set**

Sunday REST

W9 Monday

5:00 warmup
stretch

CSS/Hypoxic swim
And Swim PT

Repeat 10 times
100 yds CSS
100 yds hypoxic
2,4,6,8,10,10,8,6,4,2
strokes per breath per
100yds

20 pushups
20 situps
(on pool deck)

PT
pullups - 100
pushups - 200
situps - 300
any way you can in as
many sets as you need
to

3 mile run

Tuesday

5:00 warmup
stretch

1 mile swim (w/ fins)
500yds CSS
1000 yard hypoxic
pyramid
2,4,6,8,10,10,8,6,4,2
strokes per breath
x 100 yds

Repeat 2 times
crunches - 100
flutterkicks - 100
leg levers - 100
8 count body builders
- 20

RUN
Repeat 4 times
½ mile sprint at 3:00
¼ mile jog slow

Wednesday

5:00 warmup
stretch

Run 3 miles timed

Swim / PT
repeat 10 times
100m sprint – CSS (at
1:40 – 2:00)
20 pushups
30 crunches

pullups - 100 pullups
any way you can

Thursday

5:00 warmup
stretch

Repeat 5 times
Ruck 10:00 with 50lbs
Squats – 25
Lunges – 20/leg
(with weight on your
back)

Friday

5:00 warmup
stretch

Day off

Stretch

Saturday

5:00 warmup
stretch

RUN
3 mile test

SWIM
Repeat 20 times
100m CSS
20 pushups
20 crunches

Choice Saturday or
Sunday
RUCK
10 miles with 50 lbs

W10 Monday

5:00 warmup
stretch

Track 3 mile workout:

Repeat 12 times

¼ mile at goal pace
1/8 mile walk or slow jog

If goal is to run 18:00
- 3 mile run your goal
pace is 90 seconds
every ¼ mile. jog to
catch your breath.

PT Pyramid

1-10-1

- 1) pullups x 1
- 2) pushups x 3
- 3) situps x 5
- 4) dips x 2

set #1: 1 pullup, 3
pushups, 5 situps and
2 dips

Tuesday

5:00 warmup
stretch

Lowerbody PT

Repeat 4 times

Ruck with 50lbs 10:00

Squats 25
Lunges 15/ leg
Heel raises 20
(w/ruck on back)

Abs

Repeat 3 times

Flutterkicks - 50
Leg levers - 50
Atomic situps – 25

Swim – cooldown

1000m with fins

Wednesday

5:00 warmup
stretch

Pullup workout

2,4,6,8,10,8,6,4,2

- 1) regular grip
- 2) reverse grip
- 3) close grip
- 4) wide grip
- 5) mountain climber grip

total - 250 pullups

go until failure at
negatives -

Swim
hypoxic pyramid
1000 yds - same as
Thursday

Thursday

5:00 warmup
stretch

Run - swim - ruck

- 1) 3 mile run
- 2) 1 mile swim (w/out
fins)
500 sidestroke
1000 yard hypoxic
pyramid
2,4,6,8,10,10,8,6,4,2
strokes per breath
x 100 yds
- 3) 6 mile ruck at 50lbs

Friday

5:00 warmup
stretch

Day off

Saturday

5:00 warmup
stretch

****10 Supersets****

Pullups	5-10
Pushups	25
Abs of choice	50
Dips	10-20
Repeat above 10 times	

3 mile run - timed

SWIM
1500m w/fins

Saturday or Sunday

RUCK
10 miles at 50lbs

W11 Monday

5:00 warmup

FULLBODY**CIRCUIT**

Repeat 5 times

jumping jacks - 20

Pushups - 20

squats w/heel raise-30

repeat 5 times

jumping jacks - 20

dips - 20

lunges - 20 per leg

repeat 5 times

jumping jacks - 20

tricep pushups - 10

pullups - max

repeat 5 times

abs of choice - 50

lowerback - 20sec

wide pushups - 20

swim/jog/bike - 30:00

(choice)

Ruck march – 10 miles

at 50lbs

Tuesday**Running**

4 Mile Track Work

Jog - 1 mile in 7:00

Three sets of:

Sprint-1/4 mile

Jog - 1/4 mile

Six sets of:

Sprint-1/8 mile

Jog - 1/8 mile

Repeat 4 times

Situps - 100

L/R situps - 25 each

Flutterkicks - 100

Leg levers - 100

V-ups - 25

Atomic situps – 25

Lowerback exercises:

Swimmers – 1:00

R arm L leg lifts– 20

L arm R leg lifts - 20

Swim – 1000m with

fins

Wednesday**PT with clock**

alternate each set with:

Max pullups

max pushups in 2:00

max situps in 2:00

Rest 2:00

Max pullups

situps 50-60 in 1:00 x 2

pushups - max in 1:00 x 2

Rest 2:00

Max pullups

situps 25-30 in ::30 x 4

pushups - max in ::30 x 4

Rest 2:00

Max pullups

PFT techniques : pace the

situps not the pushups

Swim / PT

repeat 10 times

100m CSS or hypoxic

freestyle (choice)

10-20 pushups

20-30 abs of choice

Thursday

5:00 warmup

stretch

Run 3 miles timed**Stretch****Sprint / leg superset**

repeat 5 times

Run ¼ mile (90 sec)

squats - 20

1/2 squats - 20

4-count squats - 10

lunges - 20/leg

Friday

5:00 warmup

Pushup/Crunch**superset:**

10cycles of:

regular pushup 10

reg crunch 10

wide pushup 10

rev. crunch 10

tricep pushup 10

L/R crunches 10 /

10

(20:00 workout)

Running

4 Mile Track Work

Jog - 1 mile in 7:00

Three sets of:

Sprint-1/4 mile

Jog - 1/4 mile

Six sets of:

Sprint-1/8 mile

Jog - 1/8 mile

Repeat 10 times

CSS – 50m in 50 secs

Hypox pyramid 50m

4,6,8,10,12,10,8,6,4,2

Saturday

5:00 warmup jog

stretch

Option rest Saturday

or Sunday

Swim 1500m

- 500m CSS

timed

- 1000m

hypoxic

pyramid

Pullups x 3

2,4,6,8,10,8,6,4,2

Repeat cycle for wide,

regular and reverse

pull-ups

Total 150 pullups

Run 6 mile timed run

OR

Ruck March 8 miles

W12 Monday

5:00 warmup
stretch

USMC PFT

Pushups – max 2:00*
Situps – max in 2:00
Pullups - max - ____
run – 3 miles

Repeat 10 times

Jumping jacks - 20
20 – pushups
5 - pullups
20 situps / crunches

*additional exercise
since you will be tested
at RIP in pushups

Tuesday

5:00 warmup
stretch

Lowerbody Day

(bike or run)
Repeat 6 x's
Run sprint ¼ mile
Max squats in 1:00
Lunges- 15 / leg
Max crunches -1:00

Evening
Run 3 mile timed
Or
6 mile ruck with 50lbs

Stretch Head to toe

Wednesday

5:00 warmup
stretch

Pullup pyramid:
1 - 10 - 1 – rest with 25
situps /crunches in
between each pullup set.

Run or bike 20:00
crunches – 50
rev crunches -50
double crunches-25
L crunches – 25
R crunches – 25
Stomach stretch
Lower back exercises 1,2
Upper back exercises
1,2,3

Thursday

Pyramid to failure!
Pushups 3 -max -3
Abs 5- max- 5
Dips 3-max-3

Using the 1-10-1
pyramid like in the
book or
stewsmith.com - start
at bottom go to max
sets in all events and
back down to bottom.
If you fail on one
event before another
like dips just do
negative or assisted
until you max on two
of three events...

Your choice:
5 mile run
or 10 mile ruck with
50lbs

Friday

5:00 warmup
Run / legs
Repeat 4 times
1 mile runs - timed
- squats – 40
- lunges – 20/leg

Repeat 2 times
Pullups - 10
crunches – 50
pull-ups 9
rev crunches -50
pull-ups 8
double crunches-25
pull-ups 7
L crunches – 25
Pullups 6
R crunches – 25
Pull-ups 5
Stomach stretch
Lower back exercises
Upper back exercises

Evening
Run 1.5 mile timed
run

Saturday

5:00 warmup
stretch

Optional – rest or
TRI

Swim 1 mile
Run 5 miles
Bike – 10 miles
or ruck 5 miles
at 50lbs

Nutrition Section

On average, when people stop exercising and no longer care about what they eat, they can gain five to ten pounds a year. That is why in five short years, people step on a scale and cannot believe they are nearly FIFTY pounds overweight. Weight has a way of sneaking up on you over time. You do not get overweight overnight and you do not lose the weight overnight either. Both take time, but fortunately losing weight can be faster if you follow a strict nutritional and exercise plan. Both take only minutes a day.

Here are a few eating tips and some ideas on quick exercises routines to try when time is limited:

Lay off the fast food – Before you go on a trip or a long day at work, try to eat before you leave and pack a lunch. Foods high in protein mixed with a natural carbohydrate are great energy meals. Try a lean turkey or chicken sandwich with vegetables like lettuce and tomato. Watch out for the mayo – too many calories and fat grams. Try mustard instead. Fruits are great quick snacks too. Try apples, oranges, bananas for natural sources of energy. For more ideas see www.stewsmith.com/linkpages/dietplan.htm

Wake up and burn some calories – As busy days pile up with more and more obligations, the scheduled 5:00pm workout can easily get bumped! Make thirty minutes of exercise fit into your mornings and do some type of workout.

Try biking, walking, or running for 30 minutes

Go to your gym for a quick circuit routine

Try calisthenics like jumping jacks / pushups / crunch routine /
/ squats / lunges / crunches

Try using dumbbells for arms and shoulders

Another Tip – if you do not schedule a workout – it does not exist!!

Don't wait – Start NOW! – Why wait? When you can, you should try to eat at regularly scheduled times during the day. Healthy snacks and meals will carry you through your stressful days much better than skipping meals or binge eating. You will find that if you keep a good schedule, you will lose weight and inches. Add exercise to the plan and you will also get fit and feel better than you have in years. Try an eating schedule of the following recommended times:

0630 – breakfast
 0930 – morning snack
 1230 – lunch
 1530 – afternoon snack
 1830 – dinner

If your days are longer than 15-18 hours you should try another light snack at 2100 of foods like yogurt, grapes, milk. Other snacks during the day can be salads, fruits, lean meats, small sandwiches, boiled eggs and others. See chart on next page for better ideas on what to eat during the day and before and after exercise sessions.

Walk more – When safety is not an issue, try to walk farther than normal when going about your normal day. Burning a few more calories by walking is one of the easiest ways to walk off that extra weight. Just twenty minutes of brisk walking can burn over 100-150 calories.

Keep working the abdominal region – Not with food but with exercises like crunches, situps, and lower back stretches. Check out the articles on Washboard Abs and Lose those Love Handles for ideas. When you do these exercises for just 5-10 minutes daily, it is easier to remember to watch your food intake and stop yourself from gorging.

See Fundamentals of Nutrition Chart below and on the next page:

The Fundamentals of Nutrition		
Morning Meal (Serving = fist size) Eat 2-3 servings of any *minimal fat - 1 qt water	Proteins – boiled egg whites, yogurt, milk, lean meats, protein shake, vege beef stew...	Carb/Protein mix – some fruits like grapes, bananas, blueberries – cereal with milk...
Mid Morning Meal Eat 1 serving	Slimfast meal bar, boiled egg, Go-Gurt, Tuna...	Fruit salad, apple, orange, banana etc...
Lunch 1 qt water	Chicken, tuna, fish, lean meat sandwich on wheat bread, no mayo – mix meat with salad →	Mixed salads with variety of vegetables – green leafy lettuce, broccoli, carrots, tomatoes, onion
Mid Afternoon Meal 1 qt water	Optional – peanuts, almonds = high calories	Optional – juice, fruit, vegetable – small salad
Evening Meal 1 qt water	Lean chicken, fish, meat, broiled NOT FRIED	Large Salad – above eggplant

Pre – Post Workout Meals

Before Your Cardio Workout	Before Your Lifting or PT Workout
Carbohydrates – 75 – 100%	Carbohydrates 75% & Protein 25%
<p>Prior to running, swimming, biking etc...at medium to high intensity levels for 30-40 minutes, it is best to eat a small snack to boost sugar levels in your body especially if your workout is before your morning meal. After a night of sleeping and not eating for over 10-12 hours, you need a boost to help you get through the workout. Fruit or fruit juice is fine 20 minutes prior to workout and during is fine. Foods with small amounts of protein can be eaten pre-workout and will help post workout requirements of protein too. Sample Ideas for pre-workout snack are:</p>	<p>1-2 hours prior to lifting eat protein foods and carbohydrates so the protein is there for you after the workout. Lifting weights and doing high repetition calisthenics will break down your muscles and require protein immediately after your workout – within 30 minutes. Foods high in carbohydrates to replace the loss of glycogen stores are needed within this time too.</p> <p>For a great rule of thumb – after you workout eat protein, carbohydrates and minimize fatty foods. Foods that should be considered are:</p>
<p>Bananas, apples, oranges, carrots, juice, Gatorade, (any fruit of choice really).</p> <p>Before workouts longer than 30-40 minute, add some protein to stabilize absorption rates so you can last longer:</p> <p>Eat the following about 1-2 hours prior to exercise: Yogurt, protein drink*, milk, boiled egg, slice of meat or cheese, meal replacement bar. Sip water and carbohydrate drink throughout the workout</p> <p>*Protein powder is highly recommended – I like to take ½ of recommended amount.</p>	<p>Pre-workout ideas for lifters / PTers: Bananas, berries, boiled eggs, tuna fish, Protein Drink / bar.</p> <p>Protein or carb replacement drinks are great if post workout occurs mid-day or early morning. See above meal options for protein and carbohydrates sources and these below:</p> <p>Tuna, chicken, boiled eggs, and green leafy salads with tomatoes, broccoli, cucumber, carrots, onions, and light dressing or oil.</p>
Post Workout Meals	
<p>The key is to replace <u>carbohydrates and electrolytes</u> lost during the workout – drink Powerade / Gatorade immediately after workout</p> <p>Another important factor is to <u>add protein</u> to help rebuild muscles – see above meal / snack ideas within 30 minutes of workouts</p>	

Hydration Importance

Depleting your body of water will create a loss of weight, but it is ONLY water weight. This weight will come back as soon as you drink or eat again. We used to do this when I was on the wrestling team, and it worked for a few pounds to cut to competing weight, BUT I would never recommend anyone to do this type of desperate weight loss.

Here is what happens when you start sweating out all the water in your body. Dehydration in your body results in several ways – sweating profusely, excessive excretion from diuretics and laxatives are the few you named. Your body is over 75% water and needs this percentage to remain close to that amount in order to function properly.

Sweat is not only water, but salt and electrolytes. These compounds help regulate nerve and muscular function. Without them entire systems start to break down and this can be fatal. Also, once you stop sweating, there is no mechanism in your body to regulate body temperature and you could overheat and die from heat stroke.

Removing additional water from your digestive system by diuretics and laxatives causes the kidneys to overwork and eventually stop functioning. When this occurs the liver assists the body in excretion waste products (if it can) and it stops with its primary mission of metabolizing fat as an energy source. So in a nutshell, you shut down your entire metabolism and your body tries desperately to cling onto any remaining water and fat. This actually can cause the opposite desired affect – your body now is retaining water and fat just to survive.

This process is a vicious cycle. The true way to burn fat and lose weight for the long term is to actually drink water plus exercise. I usually drink over a gallon of water a day but I exercise for more than two hours a day usually. I would recommend 2-3 quarts for women and 3-4 quarts for men per day of water to see huge results in weight loss. The equation looks like this:

Fat loss = water + oxygen (from cardio vascular exercise)

Typical and safe weight loss amounts range from 2-3 pounds per week from using this formula. Any weight loss more than that and you are losing water weight – which will come back as quickly as it left.

<http://www.stewsmith.com/sitemap.htm>

Performing Pullups

The pull-up is one of the most challenging exercises. If you are 10 to 20 pounds overweight, it can seriously affect your ability to do any pull-ups. But there is good news: I have several clients of both genders and all ages who, with just a few months of training, have gone from not being able to do a single pull-up to doing 10 perfect dead hang pull-ups!

The common denominator between men and women who can do pull-ups is that they practice them regularly. The best way to train to increase the number of pull-ups you can do is simply to do pull-ups until you are

exhausted every other day. If you want to get started doing pull-ups or work your way up to doing more, here are some methods to try:



-- **Assisted pull-up.** This is a pull-up I learned at Army Airborne School, where they had a lower bar about 4 feet from the ground for soldiers who couldn't do a pull-up. Soldiers sit on the ground, extend their arms to the bar and pull their chin over the bar leaving their feet on the ground. This method reduces the weight being pulled up by 40 to 50 percent. It's tougher than it sounds, but it can be your first step to doing a real pull-up. You can also do this with a pullup / dip bar machine using the dip bars as your assisted pullup bars.



-- **Lat pull-downs.** This exercise is basically the same as a pullup except it is done with a machine that you can find in most weight rooms. Simply sit under a hanging bar attached to a stack of weights and pull the bar just below your chin. It is best to choose a weight that is roughly 40 to 50 percent of your body weight. Do as many repetitions as you can for at least three sets.

Negative pull-ups. This is the last step in accomplishing your first pull-up -- or doubling your present maximum. It is also the way to build your endurance for the FLEXED ARM HANG. Hold your self in the flexed arm hang position for 10 seconds, then you must fight gravity and slowly lower yourself down to the count of five seconds.

Biceps curl. - Get two dumbbells weighing 10 to 30 pounds. Keeping your elbows stationary and your palms facing away from you, bend your elbows so your hands move from your hips to your shoulders. Repeat for three sets of 10 to 15 repetitions.



--Bent over rows. This dumbbell routine will help develop your biceps and your upper back muscles required for performing pull-ups. Repeat for three sets of 10 to 15 repetitions.



Only do pull-ups a maximum of three times a week -- not every day. Every other day is recommended. This will help you rest your back and arm muscles properly and prevent over-training.

Supplemental Running Plan - OPTIONAL

I developed a Six Week Running Program you can download for free to help you with achieving your running goal whether it is to run a faster 5-10km run or ace a PFT run in the military or in law enforcement.

It never fails – unless you are a cross-country runner or track star in high school or college – you will probably have a problem with running a timed run at an above average pace. The reasons for this can range from being a little heavier and stronger in the upper body to never having run timed runs. And if you were a football player or basketball you may consider long distance running anything in the 1 mile range.

The truth is anyone can be a faster runner – it takes time, hard speed work, flexibility, and in some cases weight loss will help more than anything. I developed a six week running program you can download for

free at www.stewsmithptclub.com/6weekrunningplan.pdf This eBook running program supplement is designed to assist with increasing speed, endurance, and flexibility. The program is also designed to be added as a supplement to your current workout program which can either replace the running in your program all together or you add this program to your present workout regimen increasing the mileage per week to a higher level. Naturally, that choice is yours and I would recommend adding this program to your present program ONLY if you have been running at least 15-20 miles a week.

This workout is created to help people go from a 9:00 mile pace to a 6-7 minute mile pace so you can score better on the 2 mile timed run of the Army, the 3 mile timed run of the Marine Corps, or the 1.5 mile timed run of the Navy, Air Force, Coast Guard, and nearly one-half of the States Law Enforcement Academies.

When running daily or several times a week – you must follow all stretches thoroughly and do each of them for at least 15 seconds each. This should take only 5:00-10:00 but it is very important not to miss stretching before and after running workout.

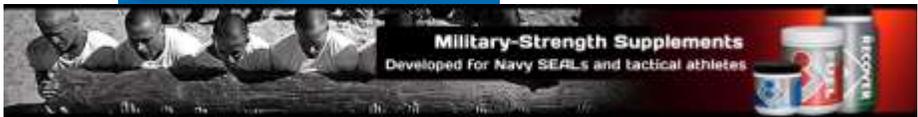
Good luck with the program and remember to consult your physician first before starting any program if you have not exercised in several months or years. Good luck with the plan and if you need help with any fitness related questions please feel free to email me at stew@stewsmith.com.

Closing Remarks

Thanks for choosing a profession of serving your country. It is an honorable profession that requires commitment to stay fit and healthy so you can best perform your duties, to stay alive, and keep others alive.

Good luck with the program and remember to consult your physician first before starting any program if you have not exercised in several months or years. Good luck with the plan and if you need help with any fitness related questions please feel free to email me at stew@stewsmith.com.

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