

Military Workout

This workout's effectiveness is based on its intensity. So rest when it says rest and don't stop unless you have to. The rest periods are bolded.

Pull ups

All four types of pull ups should be done in a row. So you do 12, 12, 12, 12 of each exercise. You can rest 10 sec in between each set of 12 (do 12, rest 10 sec. next exercise of 12 rest 10 etc.). You then move to 10, 10, 10, 10. In between 12 reps and 10 reps you can rest 30 sec. You then move down the line digressively all the way to two.

Wide Palms In- 12, 10, 9, 8, 7, 6, 5, 4, 3, 2

Wide Palms Out- 12, 10, 9, 8, 7, 6, 5, 4, 3, 2

Close Palms In- 12, 10, 9, 8, 7, 6, 5, 4, 3, 2

Close Palms out- 12, 10, 9, 8, 7, 6, 5, 4, 3, 2

Next you need a bar about 2 feet high and a chair. You will do what looks like reverse bench press. Feet on the chair hands on the bar, then you pull yourself up to the bar and back down.

Reverse Bench- 18, 16, 14, 12

REST 30 sec to a 1 Minute

Push ups

You know push ups so it's self explanatory. Only rest 10 to 15 sec in between each set. 20 rest 10, 30 rest 10...

Push ups- 20, 30, 40, 50

Rest 30 sec

Push ups- 50, 40, 30, 20

REST 30 sec to a 1 Minute

Now move on to Arm Haulers, stomach on the floor, knees bent toes pointed. Arms should be in front of you now move your arms like a jumping jack while trying to lift your legs off the ground. You will alternate the tilt of your hand each up and down motion.

You now move immediately to the plank. Do a 45 sec plank

You now move to the side bridge. Lie on your side and support your body between your forearm and knee to your feet. Hold your opposite arm straight up in the air. Now bring your hip from the floor into the air and back down. Do 30 reps.

These three exercises are done non stop and you do it three times with only 30 sec rest between each superset. So it look like this.

30 arm haulers
45 sec plank
30 side bridges (Both sides)
Do all of that three separate times

REST 30 sec to a 1 Minute

I forgot what the next exercise is called but the Navy seals do it Ill call it the “Hump”. Start on all fours with your but in the air. Then bring your hips to the ground in a forward movement as if you were humping the ground.

Then immediately do dips.

This is the same as the last set. Do the “Humps” then do dips. Stop rest 30 sec and do it again. A total of three sets are done.

“Humps”-30
Dips- 30

ABS

Now move to hanging leg raises. Hold yourself in the pull up position with arms at 90 degrees then bring your legs to your chest. For full effect try to bring your hips to your rib cage. Then after doing 15 reps hold your legs straight out for 15 sec.

REST 10 SEC

Do thirty slow crunches

Repeat this 3 times.

Burn Out

Inverted push up- Legs against the wall. Down and up. 10 reps 3 times.
Then do burn out with a 500m freestyle swim