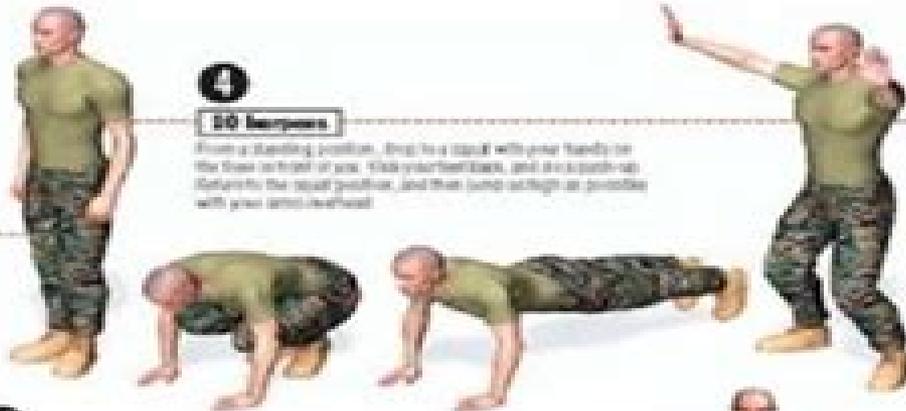


4

10 burpees

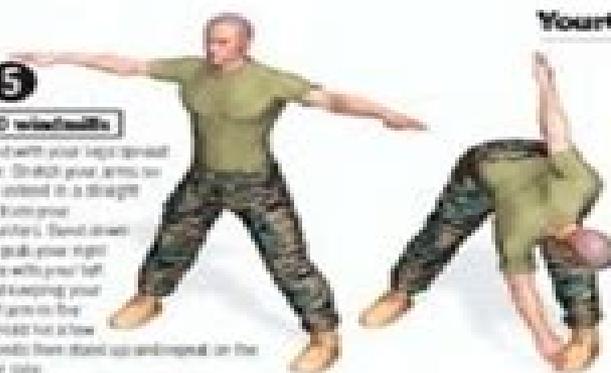
From a standing position, drop to a crouch with your hands on the floor in front of you. Kick your feet back, and in a push-up, return to the crouch position. And then jump upright as possible with your arms overhead.



5

10 windmills

Stand with your feet spread wide. Stretch your arms so they extend to a straight line from your shoulders. Bend down and push your right side with your left hand keeping your right arm in the air. Hold for three seconds then stand up and repeat on the other side.



10

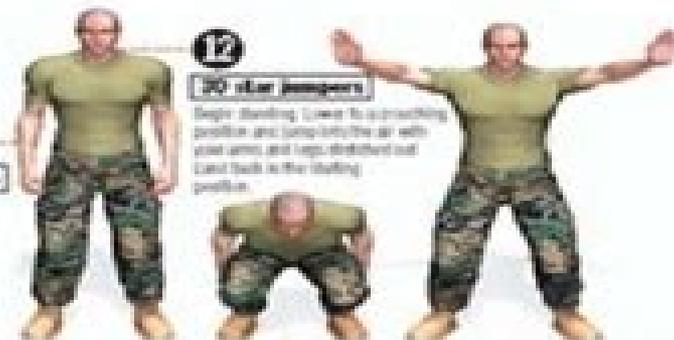
10 cherry pickers

Spread your legs with your feet on the ground between your legs. Pull your arms back behind your head. Bring your arms and legs wide apart and touch the ground. Stand up.



11

30 more push-ups



12

20 star jumpers

Begin standing. Lower to a crouching position and jump into the air with your arms and legs stretched out and back in the starting position.

13

20 bubble吹 bubbles

Lie on your back with your legs and feet about 6 inches from the ground. Spread your legs apart. Blow them back to your feet.



14

10 lunges



20

20 break braids

21

5 more sets of dead hang pull-ups

Use a pull-up bar or a tree limb that is at least 2 inches in diameter.

Week 6
Tuesday: Rest, stretch, hydrate and recover.
Monday: Run 30 minutes at a slow pace. Complete the short card.
Tuesday: Swim 300 meters. Total water for 20 minutes.
Wednesday: Run 400 meters, 30 minutes, at a slow pace. Complete the short card.
Thursday: Hike two miles in an hour and 10 minutes.
Friday: Complete the short card five times.
Saturday: Hike 12 miles, with pack, in four hours or less.

Week 7
Tuesday: Rest, stretch, hydrate and recover.
Monday: Run three miles. Complete the short card.
Tuesday: Swim "swim" for 100 meters, five times. Total water for "swim" for 10 minutes.
Wednesday: Run 400 meters, 30 minutes, at a slow pace. Complete the short card.
Thursday: Hike two miles in an hour and 10 minutes.
Friday: Complete the short card five times.
Saturday: Hike 12 miles, with pack, in an hour and 10 minutes.

Week 8
Tuesday: Rest, stretch, hydrate and recover.
Monday: Run six miles. Complete the short card.
Tuesday: Rest, stretch, hydrate and recover.
Monday: Complete the short card five times.
Wednesday: Run 400 meters, 30 minutes, at a slow pace. Complete the short card.
Thursday: Hike two miles in an hour and 10 minutes.
Friday: Complete the short card five times.
Saturday: Hike 12 miles, with pack, in three hours and 30 minutes.

Week 9
Tuesday: Rest, stretch, hydrate and recover.
Monday: Run six miles at a slow pace.
Tuesday: Swim 300 meters. Total water for 20 minutes.
Wednesday: Run 400 meters, 30 minutes, at a slow pace. Complete the short card.
Thursday: Hike two miles, with pack, in an hour and 10 minutes.
Friday: Complete the short card five times.
Saturday: Hike 12 miles, with pack, in four hours and 40 minutes or less. Official record: 10.5 hours setting your own goal.

Week 10
Tuesday: Rest, stretch, hydrate and recover.
Monday: Run six miles in 45 minutes. Complete the short card.
Tuesday: Swim 300 meters. Total water for 20 minutes.
Wednesday: Run 400 meters, 30 minutes, at a slow pace. Complete the short card.
Thursday: Hike two miles without a pack.
Friday: Complete the short card.
Saturday: Hike two miles without a pack.
 Source: Marine Corps Force Special Operations Command

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R Sandford



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