

4

10 burpees

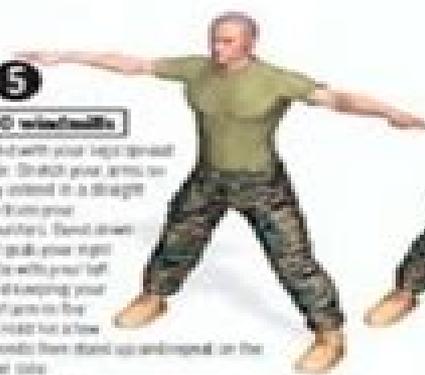
From a standing position, drop to a crouch with your hands on the floor in front of you. Kick your feet back, and in a push-up, return to the crouch position. And then jump straight up as high as you can with your arms overhead.



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

Squat 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. Land back in the starting position.



13

20 bubble drills

Lie on your back with your feet and head about 6 inches from the ground. Spread your legs apart. Bring them back to together. Repeat.



14

10 burpees



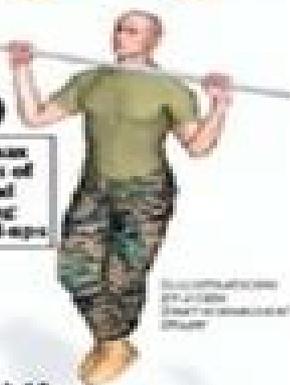
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20 break points



21

5 more sets of dead hang pull-ups



Remember, you can't use your hands to pull yourself up.

Week 6
Monday: 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 times, 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 and 10 minutes.

Week 7
Monday: Rest, stretch, hydrate and recover.
Monday: Run three miles. Complete the short card.
Tuesday: Swim "swim" for 100 meters, five times. Total water for 20 minutes.
Wednesday: Run 400 meters, 7 times, 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 five miles, with pack, in an hour and 10 minutes.

Week 8
Monday: 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, 7 times, 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 10 miles, with pack, in three hours and 30 minutes.

Week 9
Monday: Rest, stretch, hydrate and recover.
Monday: Run six miles at a slow pace.
Tuesday: Swim 500 meters. Total water for 20 minutes.
Wednesday: Run 400 meters, 10 times, 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 14 miles, with pack, in four hours and 40 minutes at a slow pace. Official record: 14.5 miles, 4:50 minutes, setting your own goal.

Week 10
Monday: Rest, stretch, hydrate and recover.
Monday: Run six miles at a slow pace. Complete the short card.
Tuesday: Swim 500 meters. Total water for 20 minutes.
Wednesday: Run 400 meters, 10 times, 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 two miles, with pack, in an hour and 10 minutes.

Source: Marine Corps Force Special Operations Command

Marine Corps Daily 16 Workout

Katrin Zwirglmaier

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle on the right side.

Marine Corps Daily 16 Workout:

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In a world used by displays and the ceaseless chatter of immediate interaction, the melodic beauty and emotional symphony created by the prepared word often fade into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. But, located within the pages of **Marine Corps Daily 16 Workout** a wonderful literary treasure brimming with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that charming masterpiece conducts viewers on a psychological journey, well unraveling the concealed songs and profound influence resonating within each carefully crafted phrase. Within the depths with this emotional assessment, we shall discover the book is main harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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