

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 as high as possible with your arms overhead.

5

10 windmills

Stand with your legs spread wide. Stretch your arms so they extend to a straight line from your shoulders. Bend down and push your right ankle 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 wide. Touch the ground between your legs, pull your arms back, keeping your hands. Bring your arms forward again and touch the ground. Repeat.

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 kettlebell swings

Lap over your back with your feet and hold about 6 inches from the ground. Spread your legs out. Bring them back to the center. Repeat.

19

10 burpees

20

20 break points

21

3 more sets of dead hang pull-ups

Use a pull-up bar or a pull-up bar that is 6 feet high.

Week 6

Tuesday: Rest, stretch, hydrate and recover.

Monday: Run 30 minutes at a pace about 1 mile per hour. Complete the short card.

Tuesday: Swim 300 meters. Total water for 10 minutes.

Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.

Thursday: Hike 10 miles in an hour and 10 minutes.

Friday: Complete the short card two times.

Saturday: Hike 10 miles, with pack, in 4 hours or less.

Week 7

Tuesday: Rest, stretch, hydrate and recover.

Monday: Run 30 minutes. Complete the short card.

Tuesday: Swim 300 meters, 10 times, at a mile pace. Complete the short card.

Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.

Thursday: Hike 10 miles in an hour and 10 minutes.

Friday: Complete the short card two times.

Saturday: Hike 10 miles, with pack, in 4 hours or less.

Week 8

Tuesday: Rest, stretch, hydrate and recover.

Monday: Run 30 minutes, 10 times, at a mile pace. Complete the short card.

Tuesday: Swim 300 meters, 10 times, at a mile pace. Complete the short card.

Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.

Thursday: Hike 10 miles in an hour and 10 minutes.

Friday: Complete the short card two times.

Saturday: Hike 10 miles, with pack, in 4 hours or less.

Week 9

Tuesday: Rest, stretch, hydrate and recover.

Monday: Run 30 minutes at a mile pace. Complete the short card.

Tuesday: Swim 300 meters. Total water for 10 minutes.

Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.

Thursday: Hike 10 miles, with pack, in 4 hours and 10 minutes.

Friday: Complete the short card two times.

Saturday: Hike 10 miles, with pack, in 4 hours and 10 minutes or less. Official record: 4 hours 10 minutes.

Week 10

Tuesday: Rest, stretch, hydrate and recover.

Monday: Run 30 minutes at a mile pace. Complete the short card.

Tuesday: Swim 300 meters. Total water for 10 minutes.

Wednesday: Run 400 meters, 10 times, at a mile pace. Complete the short card.

Thursday: Hike 10 miles, with pack, in 4 hours and 10 minutes.

Friday: Complete the short card two times.

Saturday: Hike 10 miles, with pack, in 4 hours and 10 minutes or less. Official record: 4 hours 10 minutes.

Marine Corps Daily 16 Workout

RS Peters



Marine Corps Daily 16 Workout:

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