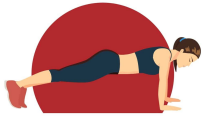




TOP 12 EXERCISES TO MASTER

Ready to get military fit? Master these basic exercises to crush any military training program. This Military.com article recommends building these simple (but tough!) exercises into your daily routine. How? Do it all in one workout, or split the upper body and lower body into separate days (split routine). Choose a number of repetitions that fit your fitness level or set a timer and do each exercise for 1-2 minutes for an extra challenging circuit.



#1: REGULAR PUSH-UPS

Mastering this exercise not only builds your chest, shoulders, and arms, but also strengthens your upper back, lower back, hip and thigh muscles.



#3: BURPEES

The burpee is a more advanced, full-body version of the push-up. It works the legs, core, upper body, and after many repetitions, it challenges the heart and lungs too.



#5: PULL-UPS

Most people cannot do pull-ups. To build up to accomplishing pull-ups, try assisted pull-ups, pull-downs, and negatives to get your muscles used to pulling your bodyweight.



#7: SIT-UPS

The Army does sit-ups with hands behind the head and all the other branches do curl-ups with hands across the chest.



#9: PLANK POSE & SIDE PLANK

The plank is one of the safest and best axial spine (core) exercises you can do. It works the abdominal muscles, back muscles, shoulder girdle, and hips.



#11: SQUATS

Whether working with weighted squats or higher repetition muscle stamina squats, this must-do exercise ranks up there with the push-up.



#2: PARALLEL BAR DIPS

The dip is considered the heavyweight exercise in pushing calisthenics. Lift all of your bodyweight up on parallel bars, keeping your legs straight and perpendicular, bring your body down.



#4: BEAR CRAWLS

Bear Crawls are another full body version of a push-up exercise. Treat it as a dynamic plank pose vs the isometric hold of the plank or up push-up position.



#6: REVERSE PUSH-UPS

The reverse push-up is a pulling exercise designed to help balance out all the pushing that a life in military training requires.



#8: SWIMMERS

The swimmer is a full backside exercise requiring you to fully flex and move slightly as if you are swimming (flutter-kick your legs).



#10: FLUTTER-KICKS

The flutter-kick exercise is another challenging favorite of the military. Adding wet pants and boots make them even more difficult.



#12: DIRTY DOGS

The Dirty Dog is a nickname for a side leg lift that works the glute muscles, specifically the glute medius, which helps balance the hip, ITB, and thigh connections.