

MARINE CORPS 'FIT @ HOME'

12-WEEK AT HOME FITNESS PLAN



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Welcome to the Marine Corps Fit @ Home Challenge!

Over the next 12 weeks, you will be challenged to maintain a fitness routine with a workout plan and exercises provided to you by the U.S. Marine Corps. This plan is divided into 3 phases, with phase 1 taking place during weeks 1-4 of the program, phase 2 during weeks 5-8 of the program, and phase 3 during weeks 9-12. It is encouraged that before each workout, you complete one of the three provided dynamic warm ups, and after your workout you complete the provided cool down exercises.

The Marine Corps @ Home Challenge is designed for all fitness levels. If you have little to no workout experience or have not worked out recently, our beginner plan is probably best for you. If you exercise somewhat often but don't make it a daily commitment, the intermediate plan is designed for you. If you exercise most days, whether it be a strong commitment to the gym or competing as an athlete, then our advanced plan is a great place to start. If you find yourself struggling with a certain plan or find one too easy, feel free to switch to whatever plan will provide you with the most confidence that you are improving your fitness. After all, that's the main goal of the Marine Corps Fit @ Home Challenge!

If you have questions about the program or any specific exercise, feel free to reach out to your local Marine, they would be glad to assist you!

RISK AND PARTICIPATION CONFIRMATION

There is an inherent risk in any exercise that, while providing some health benefits, it can also cause unknown health issues. Application or reliance on the techniques, advice, ideas, and suggestions of any person associated with Marine Corps Fit @ Home or this Site or in the 12-Week At Home Fitness Plan (the "Plan") are at your sole discretion and risk. Participant (or his/her parent or guardian) hereby acknowledges that he/she has no medical and/or health conditions that would pose a risk to participant while conducting any and all activities offered in this Plan. Never disregard professional medical advice or delay in seeking it because of something you have read on the Site or in the Plan. If you think you may have a medical emergency, call your doctor or 911 immediately. You should not use the information provided in this Plan for diagnosing a health problem or disease. Prior to participating in any program, workout, training, or other activity discussed on this Site or in the Plan, we urge you to get a physical and seek the advice of your physician or other qualified health-care professional. By downloading the 12-Week Fit @ Home Fitness Plan, the Participant acknowledges the inherent risks posed by the physical activities involved in this Plan and hereby waives any and all claims against Marine Corps Fit @ Home, the United States Marines, BRAINBOX Intelligent Marketing, or any facility that the program is being conducted at related to any injuries incurred including from known or unknown preexisting health and/or medical conditions. COVID-19 WARNING: Participant (or his/her parent or guardian) agrees to follow local, state, and national guidelines regarding COVID-19 specifically social distancing and face coverings and refrain from having in-person gatherings which do not adhere to local, state, and national guidelines while participating in the Marine Corps Fit @ Home Challenge. Participant (or his/her parent or guardian) voluntarily assumes all risks related to exposure to COVID-19 and hereby waive any and all claims against Marine Corps Fit @ Home, the United States Marines, BRAINBOX Intelligent Marketing, or any facility that the program is being conducted at.

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WARM UP: (Choose One Warm Up for Each Day's Work Out)

DYNAMIC WARM UP #1

- Arm Circles: 50 Forward, 50 Backward
- Frankenstein: 10 Each Leg
- Walking Lunge With Twist: 8 Each Leg
- Mountain Climbers: 20 Each Leg
- Sumo Stretch: Two 10 Second Holds
- Glute Stretch: Two 10 Second Holds Each Leg
- Cross Body Stretch: Two 10 Second Holds Each Side
- Hip Circles: 15 Each Leg

DYNAMIC WARM UP #2

- Arm Circles: 50 Forward, 50 Backward
- Butt Kicks: 12 Each Leg
- Shoulder Stretch: Two 10 Second Holds on Each Arm
- Fire Hydrants: 8 Each Leg
- Bear Crawl: 15 Yards
- Chest Stretch: Two 15 Second Holds
- Upper Back Stretch: Two 15 Second Holds
- Scorpions: 8 Each Leg

DYNAMIC WARM UP #3

- Arm Circles: 50 Forward, 50 Backward
- Inchworm: 3 Reps
- Walking Quad Stretch: 8 Each Leg
- Carioca: 15 Yards Down and Back
- Crab Walk : 15 Yards
- Shoulder Stretch: Two 10 Second Holds on Each Arm
- Upper Back Stretch: Two 15 Second Holds
- Lateral Lunge: 8 Each Leg

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WEEKS 1-4

Workout on Monday, Wednesday, & Friday. Tuesday and Thursday are designed as rest days for the workout plan, but you are encouraged to do something that you enjoy that involves [flexibility and mobility](#). On either Saturday or Sunday, do something that you enjoy that involves exercise (shoot some hoops, ride a bike, enjoy a hike with your pet)! If you are feeling motivated, try some of these [speed and agility exercises](#) the Marine Corps uses. On the other weekend day, relax – you've earned it!

Beginner: 1-2 rounds per exercise, followed by a 15 – 20 minute walk with a goal of at least 1 mile

Intermediate: 2-3 rounds per exercise, followed by a 10 – 13 minute run/walk with a goal of at least 1 mile

Advanced: 3-4 rounds per exercise, followed by a 13 – 15 minute run with the goal of at least 1.5 miles

The fitness level guidelines for these plans are suggestions. As you progress, if one level is too difficult for you, move to an easier level. Conversely, if one level is or becomes too easy for you, move to a more difficult level. If a lower or higher level isn't available, decrease or increase the repetitions for each exercise as an alternative until you are able to perform the recommended repetitions.

Let's get started! Remember, before beginning your exercises below, to choose one of the Dynamic Warm Ups from the previous page.

- [Push-Ups](#): 10 - 20 Reps Per Round
- [Side Straddle Hops](#): 10 - 20 Per Round
- [Leg Lifts](#): 10 - 20 Reps Per Round
- [Walking Lunges](#): 20 Per Round
- [Reverse Lunges](#): 10 - 20 Reps Per Round
- [Traveling Push-ups](#): 10 - 20 Reps Per Round
- [Med Ball Crunches](#): 10 - 20 Reps Per Round (Regular crunches can be substituted for the med ball crunches.)
- [Planks](#): 30 Seconds Per Round

COOL DOWN

- [Hip Abduction](#): 10 Each Leg
- [Sagittal Leg Swing](#): 15 Each Leg
- [Single Leg Balance](#): 10 Each Leg
- [Walking Knee Hug](#): 15 Each Leg
- [Sumo Stretch](#): Two 10 Second Holds
- [Tricep Stretch](#): Two 15 Second Holds Each Arm
- [Quad Stretch](#): Two 10 Second Holds Each Leg
- [Side Bend Stretch](#): 15 Second Holds Each Side

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WEEKS 5-8

Congratulations on making it to the second phase! We will continue to workout on Monday, Wednesday, & Friday. Tuesday and Thursday will continue to be rest days for the workout plan, but you are still encouraged to do something that you enjoy that involves [flexibility and mobility](#). Once again, on either Saturday or Sunday, do something that you enjoy that involves exercise (throw a frisbee, jump some rope, do some yard work for your family or a neighbor)! If you are feeling motivated, try some of these [speed and agility exercises](#) the Marine Corps uses. On the other weekend day, relax – you've earned it!

Beginner: 2-3 rounds per exercise, followed by a 10 – 13 minute run/walk with a goal of at least 1 mile

Intermediate: 3-4 rounds per exercise, followed by a 15 – 18 minute run/walk with a goal of at least 1.5 miles

Advanced: 4-5 rounds per exercise, followed by a 15 – 18 minute run with the goal of at least 2 miles

Once again, the fitness level guidelines for these plans are suggestions. Remember, as you progress, if one level is too difficult for you, move to an easier level. Conversely, if one level is or becomes too easy for you, move to a more difficult level. If a lower or higher level isn't available, decrease or increase the repetitions for each exercise as an alternative until you are able to perform the recommended repetitions.

Let's keep it going! Remember, before beginning your exercises below, to choose one of the Dynamic Warm Ups from page 3.

- [Feet-Elevated Push-Ups](#): 10 - 20 Reps Per Round (We suggest a using a stair or any other slightly elevated surface.)
- [Side Straddle Hops](#): 20 Per Round
- [Dumbbell Bent Over Row](#): 10 - 20 Reps Per Round (School backpack, or another household item can be substituted for dumbbells.)
- [Leg Lifts](#): 10 - 20 Reps Per Round
- [Prisoner Squats](#): 10 - 20 Reps Per Round
- [Explosive Calf Raises](#): 10 - 20 Reps Per Round (We suggest using stairs, or a stable platform.)
- [Push-Ups](#): 10 - 20 Reps Per Round
- [Med Ball Crunches](#): 10 - 20 Reps Per Round (Regular crunches can be substituted for the med ball crunches.)
- [Planks](#): 30 seconds Per round

COOL DOWN

- [Hip Abduction](#): 10 Each Leg
- [Sagittal Leg Swing](#): 15 Each Leg
- [Single Leg Balance](#): 10 Each Leg
- [Walking Knee Hug](#): 15 Each Leg
- [Sumo Stretch](#): Two 10 Second Holds
- [Tricep Stretch](#): Two 15 Second Holds Each Arm
- [Quad Stretch](#): Two 10 Second Holds Each Leg
- [Side Bend Stretch](#): 15 Second Holds Each Side

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WEEKS 9-12

You're in the home stretch and third phase! By now you should be seeing some real results so let's keep our workouts on Monday, Wednesday, & Friday. Tuesday and Thursday will continue to be rest days for the workout plan, but make sure you get in some [flexibility and mobility](#). If you are feeling up to it, pick either Tuesday or Thursday to get an extra run day in! And on the weekends, you know what to do! On either Saturday or Sunday, do something that you enjoy that involves exercise (kick a soccer ball around, have a virtual dance off with your friends, knock out as many push-ups as you can do)! If you are feeling motivated, try some of these [speed and agility exercises](#) the Marine Corps uses. On the other weekend day, relax – you've earned it!

Beginner: 2-3 rounds per exercise, followed by a 10 – 13 minute run/walk with a goal of at least 1.5 miles

Intermediate: 3-4 rounds per exercise, followed by a 15 – 18 minute run with a goal of at least 2 miles

Advanced: 4-5 rounds per exercise, followed by a 28 – 31 minute run with the goal of at least 3 miles

Once again, the fitness level guidelines for these plans are suggestions. Stick to the rule that, if one level is too difficult for you, move to an e available, decrease or increase the repetitions for each exercise as an alternative until you are able to perform the recommended repetitions.

Let's finish strong! Remember, before beginning your exercises below, to choose one of the Dynamic Warm Ups from page 3.

- [Push-Ups](#): 20 - 40 Reps Per Round
- [Dumbbell Bicep Curls](#): 10 - 20 Reps Per Round (School backpack, or another household item can be substituted for dumbbells.)
- [Side Straddle Hops](#): 20 Per Round
- [Dumbbell Bent Over Row](#): 10 - 20 Reps Per Round (School backpack, or another household item can be substituted for dumbbells.)
- [Med Ball Crunches](#): 10 - 20 Reps Per Round (Regular crunches can be substituted for the med ball crunches.)
- [Walking Lunges](#): 20 - 30 Reps Per Round
- [Squat Jumps](#): 20 - 30 Reps Per Round
- [Planks](#): 30 Seconds Per Round
- [Flutter Kicks](#): 10 - 20 Reps Per Round

COOL DOWN

- [Hip Abduction](#): 10 Each Leg
- [Sagittal Leg Swing](#): 15 Each Leg
- [Single Leg Balance](#): 10 Each Leg
- [Walking Knee Hug](#): 15 Each Leg
- [Sumo Stretch](#): Two 10 Second Holds
- [Tricep Stretch](#): Two 15 Second Holds Each Arm
- [Quad Stretch](#): Two 10 Second Holds Each Leg
- [Side Bend Stretch](#): 15 Second Holds Each Side

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USE THIS FITNESS LOG TO
MONITOR YOUR PROGRESS.
PRINT ONE FOR EACH WEEK!

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NAME: _____

WEEK #: _____

DATES: _____

	WARM UP	WORKOUT LEVEL <small>[BEGINNER, INTERMEDIATE, ADVANCED]</small>	EXERCISES COMPLETED	RUN/WALK TIME & DISTANCE	NOTES
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

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CROSS OFF DAYS TO MARK YOUR
PROGRESS AS YOU COMPLETE THE
12-WEEK WORKOUT PLAN.

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	S	M	T	W	T	F	S
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							
WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							

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