



MILITARY

FFIT

FUNCTIONAL FITNESS FOR PERFORMANCE

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Day 1 | Recruit

Level I 3 sets

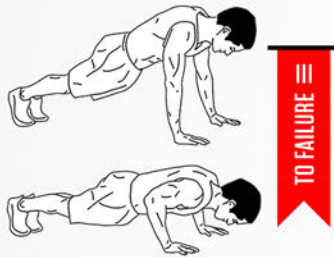
Level II 5 sets

Level III 7 sets

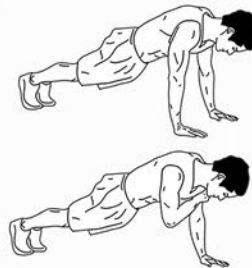


up to 2 minutes rest between sets

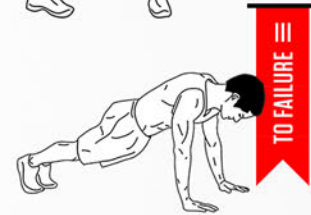
1 min high knees - or one lap around a field in the beginning of every set



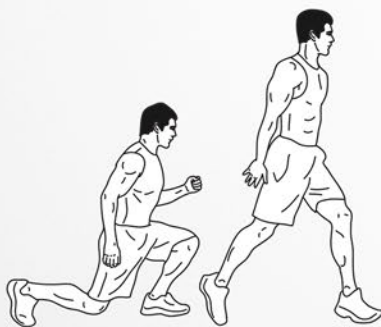
20 push-ups



20 shoulder taps



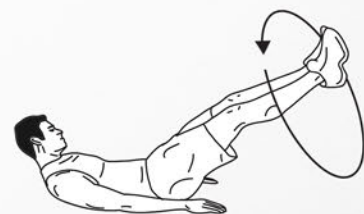
20-count plank hold



20 jumping lunges



20 knee-ins + twist



20 raised leg circles



20 up and down planks

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Day 2 | Endurance

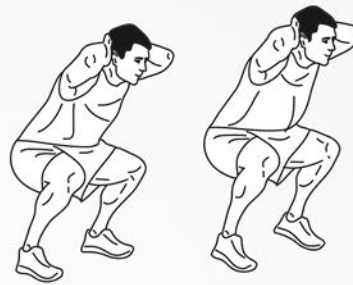
Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

30 seconds squat hops on the spot
before every exercise



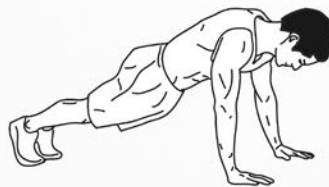
A

open area friendly - hop from point A to point B

B



squat hold



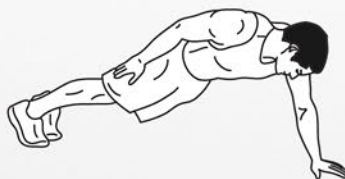
plank hold



push-up hold



single leg squat hold
1/2 time each leg



one arm plank hold
1/2 time each arm



one arm side plank hold
1/2 time each arm

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Day 3 | Equalizer

Level I 3 sets

Level II 5 sets

Level III 7 sets



2 minutes rest between sets



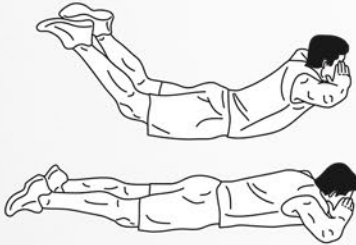
20 push-ups



5 close grip push-ups



5 wide grip push-ups



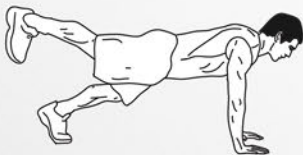
20 back extensions



20-count hold



20 upward dog stretches



20 raised leg push-ups



5 power push-ups



5 clapping push-ups

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Day 4 | Full Circuit

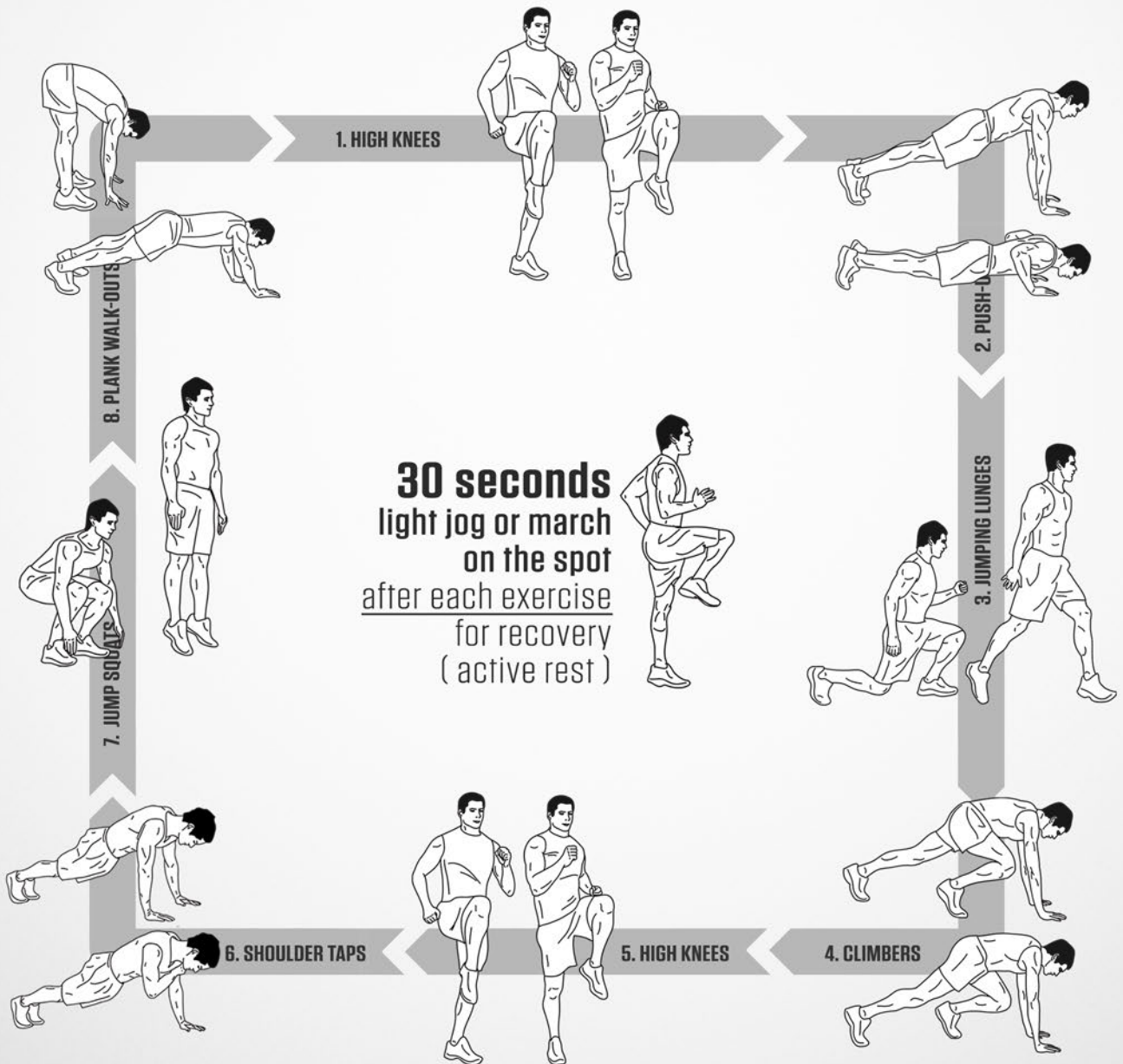
20 seconds each - warmup

set 1 30 seconds each exercise

set 2 40 seconds each exercise

set 3 60 seconds each exercise

3 sets all levels | no rest between sets



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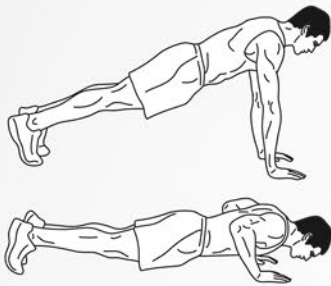
Day 5 | Power Circuit

Level I 3 sets

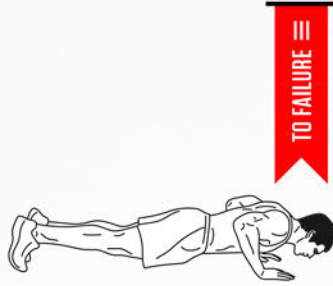
Level II 5 sets

Level III 7 sets

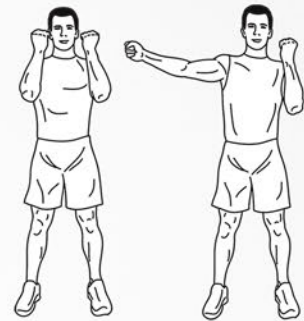
2 minutes rest between sets



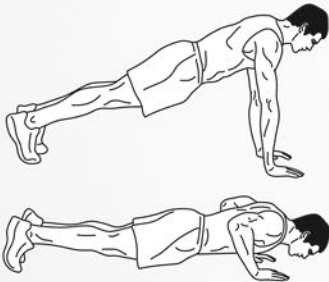
5 push-ups



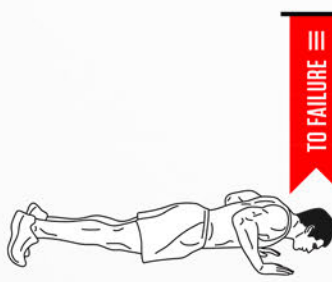
10-count push-up hold



40 side-to-side backfists



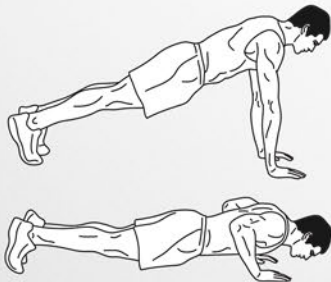
5 push-ups



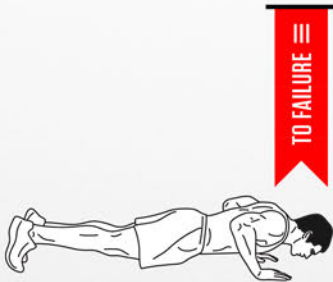
10-count push-up hold



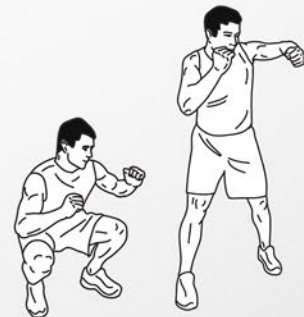
40 overhead punches



5 push-ups



10-count push-up hold



40 squat + hooks

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Day 6 | Cardio & Core

Level I 3 sets

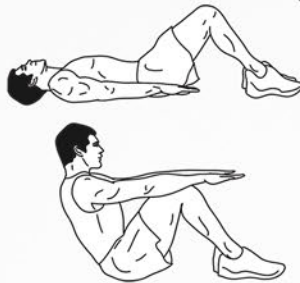
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



1min high knees



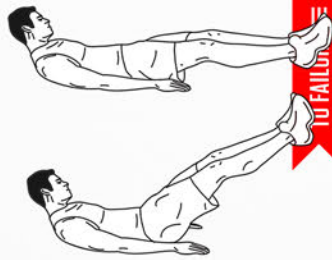
20 sit-ups



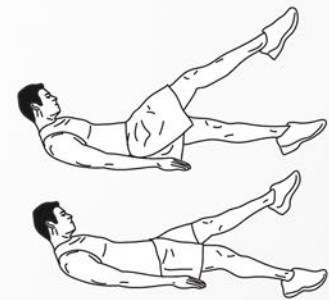
20 sitting twists



1min high knees



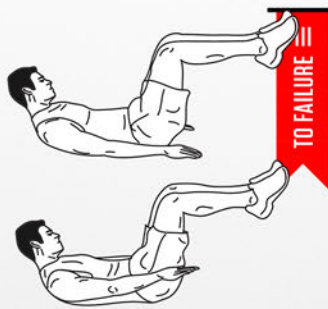
20 leg raises



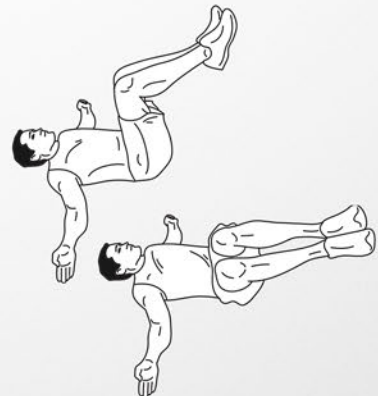
20 flutter kicks



1min high knees



20 hundreds



20 hip rolls

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Day 7 | Power Circuit

Level I 3 sets

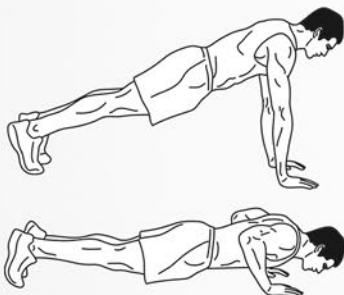
Level II 5 sets

Level III 7 sets

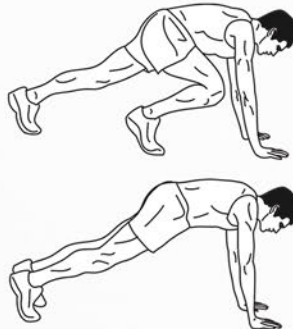


up to 2 minutes rest between sets

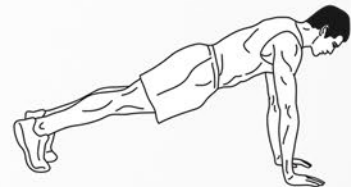
40 lunges - or walking lunges
in the beginning of every set



20 push-ups



20 slow climbers



20-count plank hold



20 squats



20 squat hops



20-count squat hold

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Day 8 | Cardio HIIT

Level I 3 sets

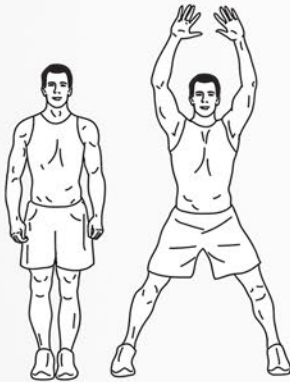
Level II 5 sets

Level III 7 sets

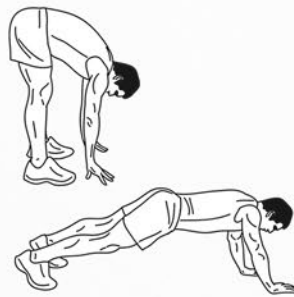
2 minutes rest between sets



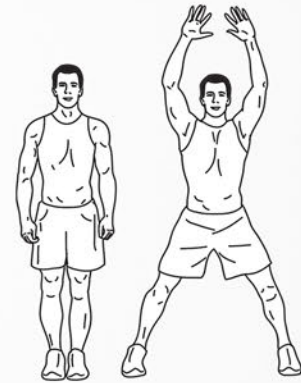
1 clapping push-up every 10 seconds



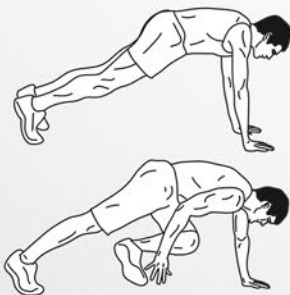
30sec jumping jacks



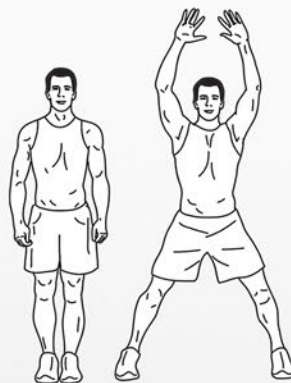
30sec plank walk-outs



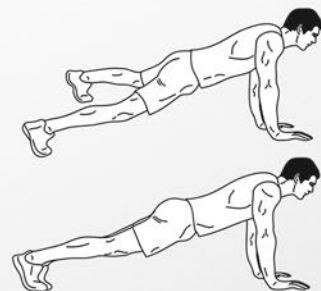
30sec jumping jacks



30sec climber taps



30sec jumping jacks



30sec plank jacks

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Day 9 | The Crawler

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



10 army crawl



10 jump knee tucks



10 army crawl



10-count plank hold



10 army crawl



10-count side plank



10 army crawl



10 jump knee tucks



10 army crawl

A

B

open area friendly - crawl from point A to point B

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Day 10 | Survivor

Level I 3 sets | 3 minutes

Level II 4 sets | 4 minutes

Level III 5 sets | 5 minutes

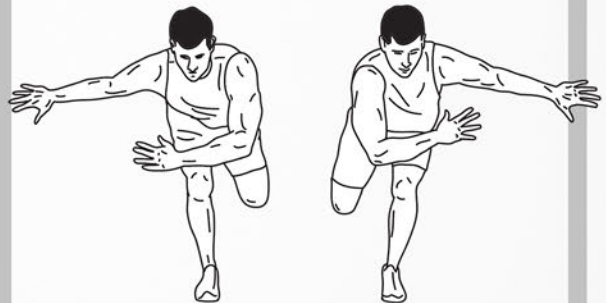
2 minutes rest between sets

Set a timer and do high knees (or run). Count to 10 or set intervals for 10 seconds. Every 10 seconds jump to the side (any direction) as fast as you can and do a basic burpee. Continue non-stop until the time for your level is up.

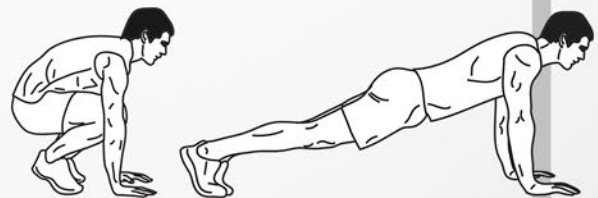


non-stop high knees

every 10 seconds



dodge (any direction)



one basic burpee

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Day 11 | Power Circuit

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



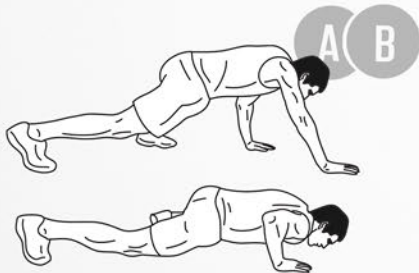
20 half squat walk



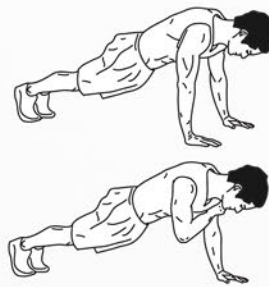
40 squats



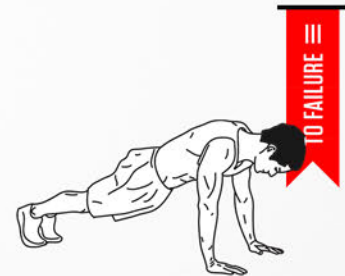
20-count squat hold



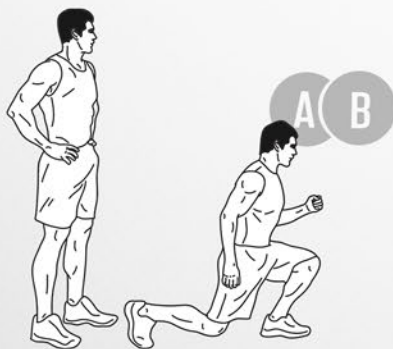
20 dragon push-ups



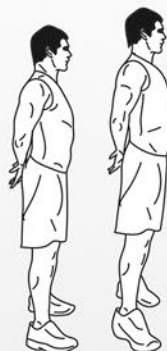
40 shoulder taps



20-count plank hold



20 walking lunges



40 calf raises



20-count calf raise hold

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Day 12 | Conditioning

Level I 3 sets

Level II 5 sets

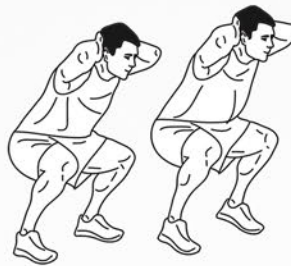
Level III 7 sets



2 minutes rest between sets



1min hop on the spot



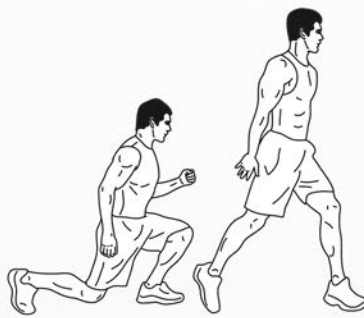
20 squat hops



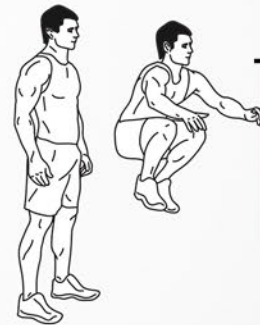
10 jump squats



1min hop on the spot



20 jumping lunges



10 jump knee-tucks



1min hop on the spot



20 hop + deep squat



10 jump knee-tucks



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Day 13 | Flexibility

Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

3 minutes march steps non-stop
warmup (repeat once)



deep lunge



deep side lunge



deep side lunge , toes up



toe reach hold



back stretch



butterfly stretch



back stretch #2



prawn extension



bow hold

press the floor
with your hands
as hard as you can

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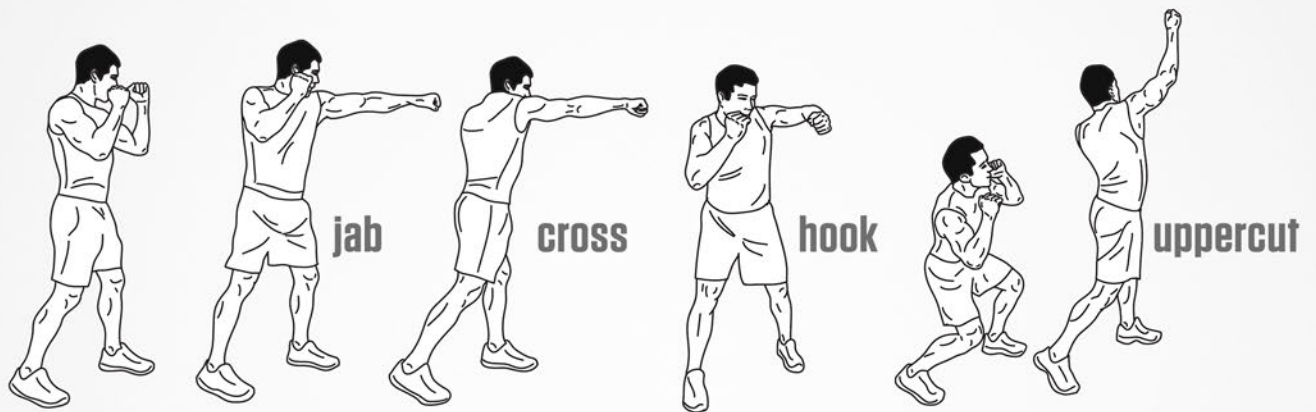
© darebee.com

Day 14 | Combat

Level I 5 sets

Level II 7 sets

Level III 10 sets



5 minutes shadow boxing

free-style; jab + cross, jab + jab + cross, jab + cross + hook, multiple hooks, jab + cross + uppercut, jab + cross + jab + cross

active rest between sets



30 knee-to-elbow crunches

30 push-ups

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Day 15 | Obstacle Run

Level I 3 sets

Level II 5 sets

Level III 7 sets

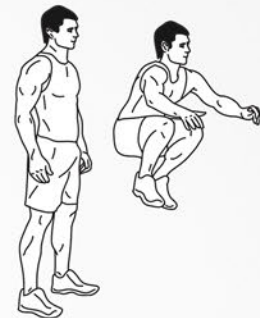
2 minutes rest between sets



1min high knees (or run)



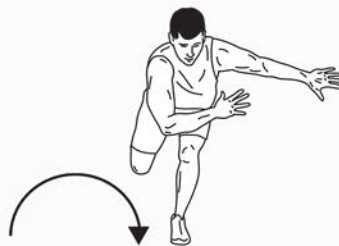
+ jump to the left



+ jump knee tuck



1min high knees (or run)



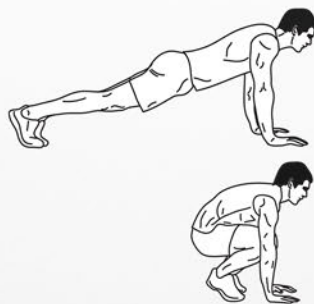
+ jump to the right



+ jump knee tuck



1min high knees (or run)



+ basic burpee



+ jump knee tuck

A

open area friendly - crawl from point A to point B

B

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Day 16 | Primal



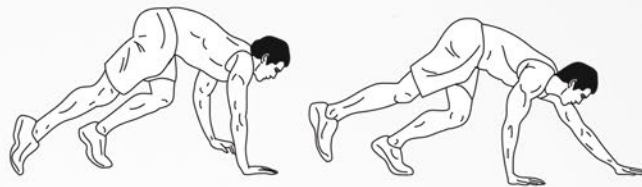
Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

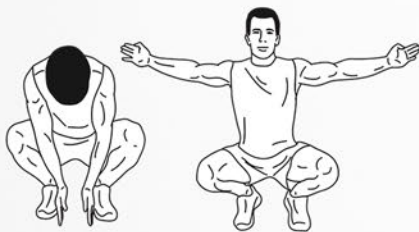
30 seconds bear crawl
before every set



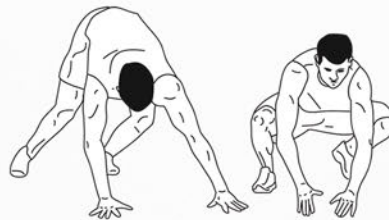
A

open area friendly - hop from point A to point B

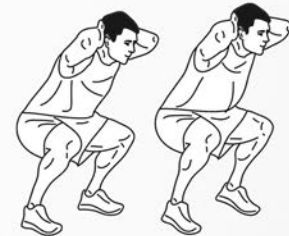
B



ape reach



side-to-side hops



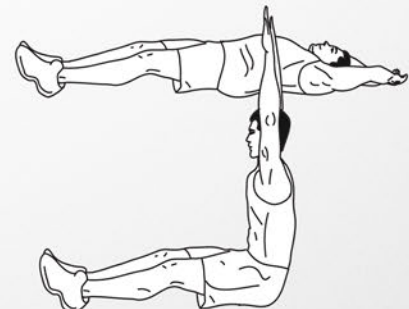
squat hops on the spot



sit-outs



dead bugs



L sit-ups

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Day 17 | Full Circuit

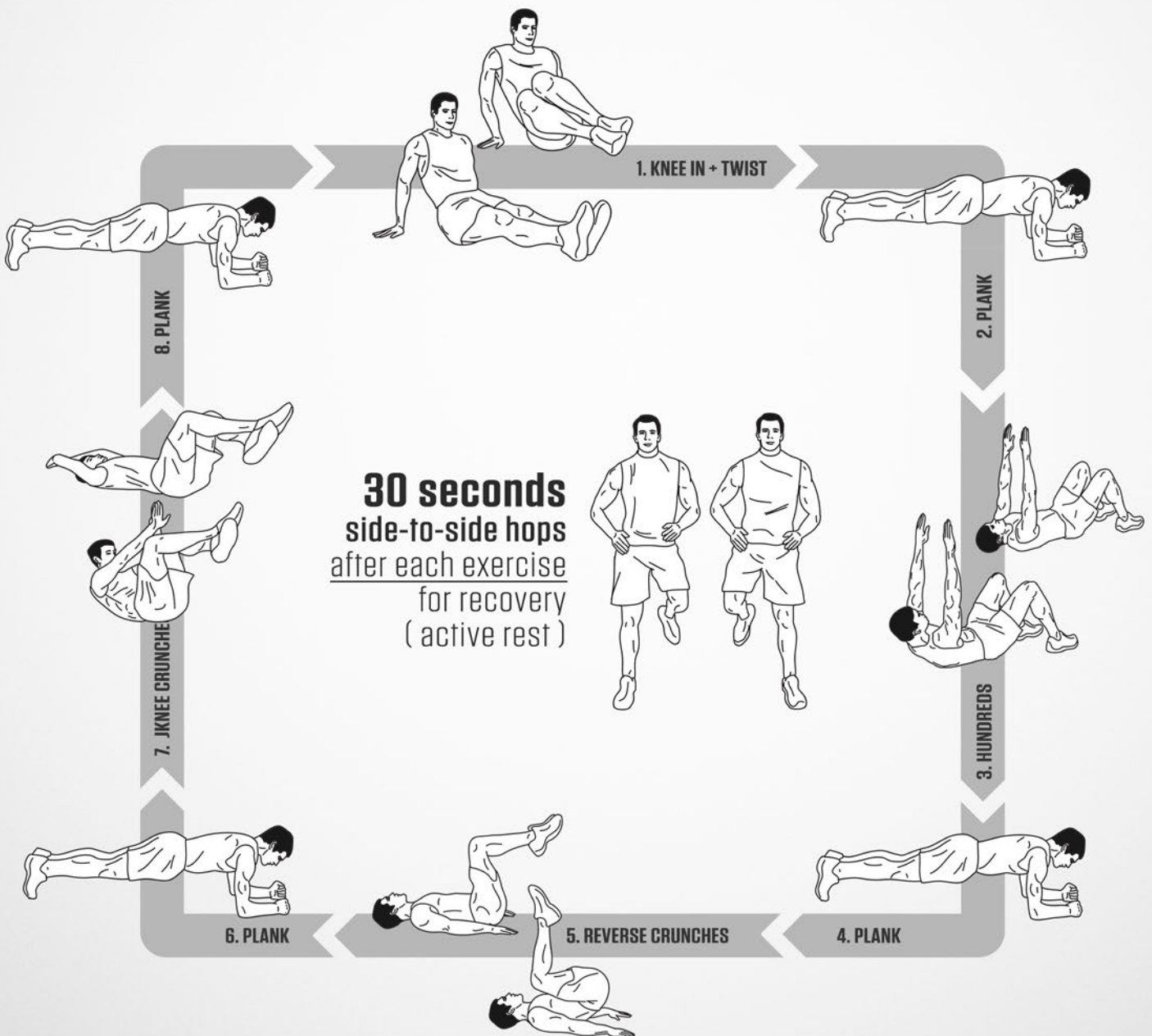
20 seconds each - warmup

set 1 20 seconds each exercise

set 2 30 seconds each exercise

set 3 40 seconds each exercise

3 sets all levels | no rest between sets



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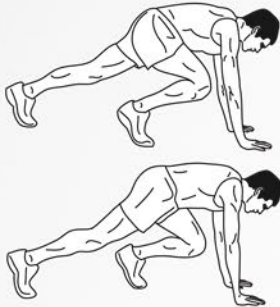
Day 18 | Power Circuit

Level I 3 sets

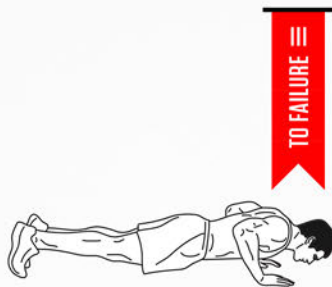
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



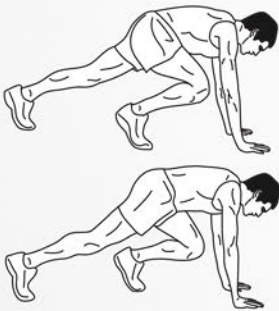
20 climbers



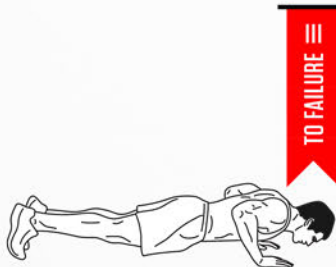
20-count push-up hold



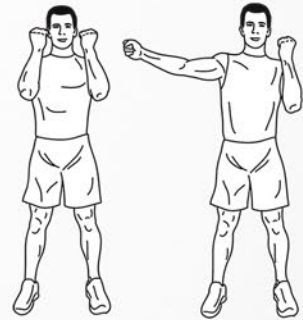
1min speed bag punches



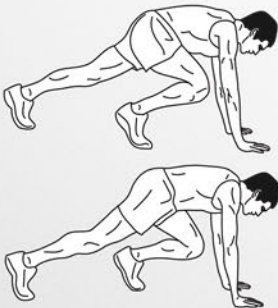
20 climbers



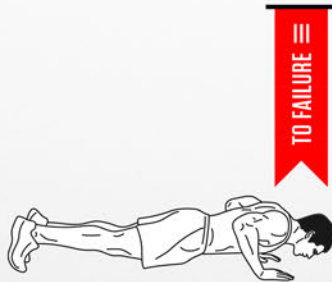
20-count push-up hold



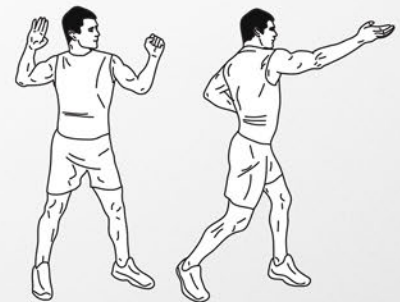
1min side-to-side backfists



20 climbers



20-count push-up hold



1min knife hand strikes

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Day 19 | Power Circuit

Level I 3 sets

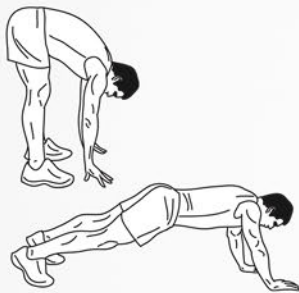
Level II 5 sets

Level III 7 sets

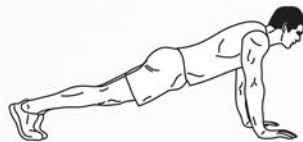
© darebee.com

up to 2 minutes rest between sets

1 min high knees - or one lap around the field
in the beginning of every set



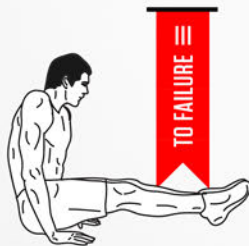
20 plank walk-outs



20 plank jump-ins



20-count plank hold



20-count L-sit



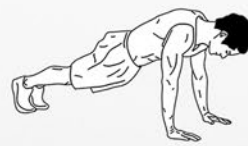
20 squats



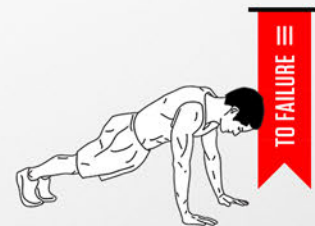
20 jump squats



20 push-ups



20 shoulder taps



20-count plank hold

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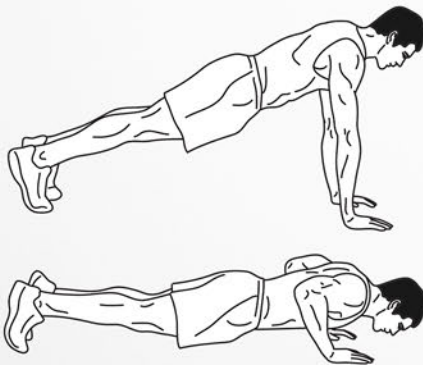
Day 20 | Trials



Time yourself. Complete everything as quickly as you can.
Pass the bar for extra credit.

10 minutes high knees

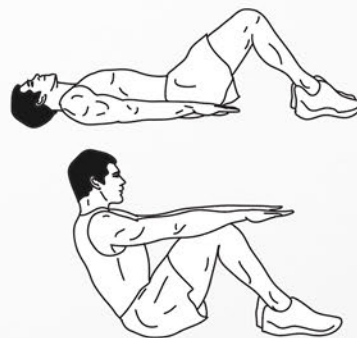
target  non-stop



2 minutes push-ups

minimum 50

target  80-100



2 minutes sit-ups

minimum 50

target  80-100

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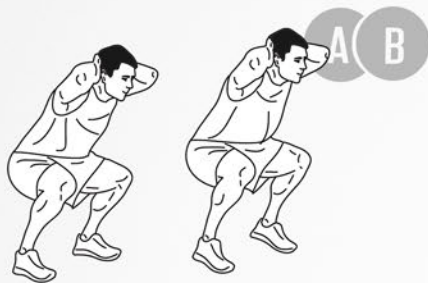
Day 21 | Power Circuit

Level I 3 sets

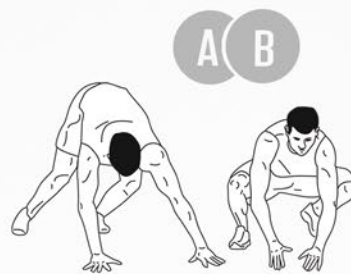
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



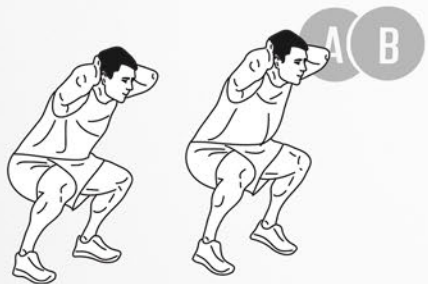
20 squat hops



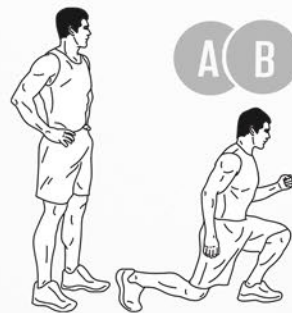
20 side squat hops



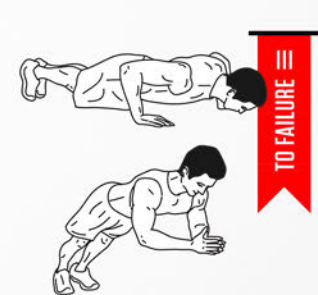
5 clapping push-ups



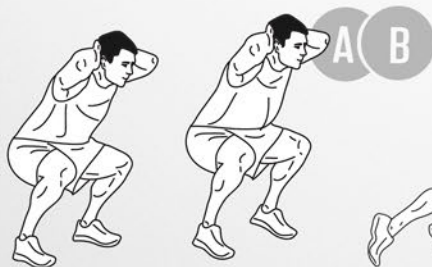
20 squat hops



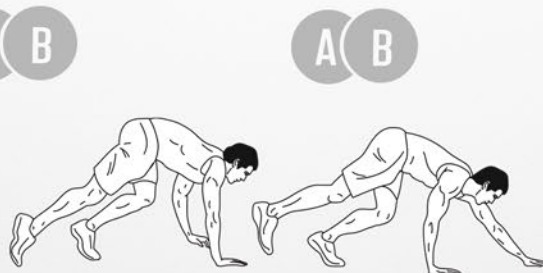
20 lunges



5 clapping push-ups



20 squat hops



20 bear crawl



5 clapping push-ups

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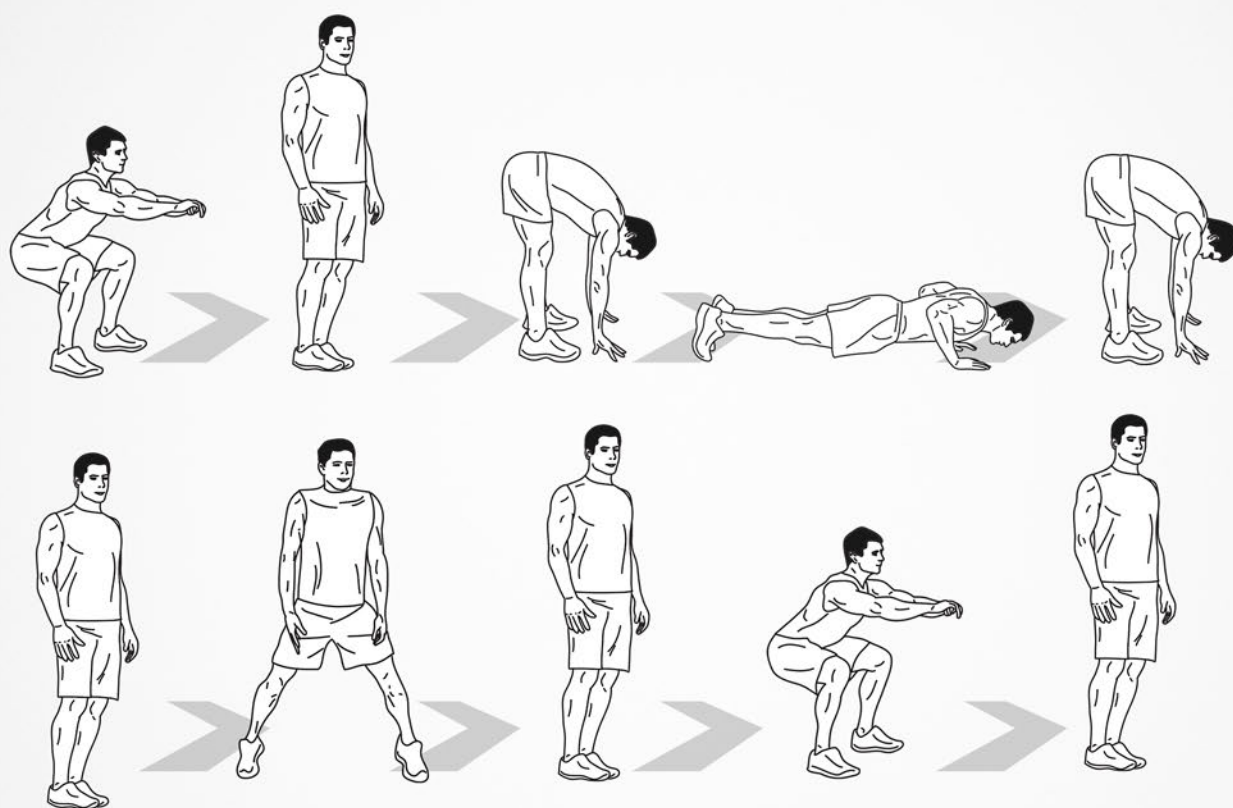
Day 22 | 8-Count

Level I repeat 30 times

Level II repeat 40 times

Level III repeat 50 times

no rest



Count 1 – move into a squat position;

Count 2 – thrust your legs straight back;

Count 3 – lower yourself into a push-up;

Count 4 – push yourself back up;

Count 5 – now kick your legs apart;

Count 6 – bring your legs back together;

Count 7 – pull yourself back into a squat position;

Count 8 – stand back up at attention;

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Day 23 | Speed & Stealth

Level I 3 sets

Level II 5 sets

Level III 7 sets



2 minutes rest between sets



40 high knees



20-count calf raise hold



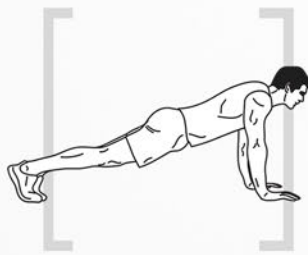
40 high knees



20-count single leg stand



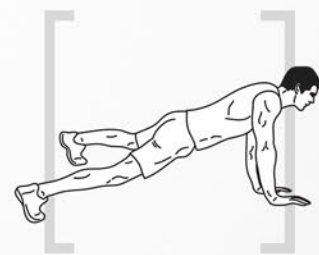
40 high knees



20-count plank



40 high knees



20-count wide plank



40 high knees



20-count squat hold



40 high knees



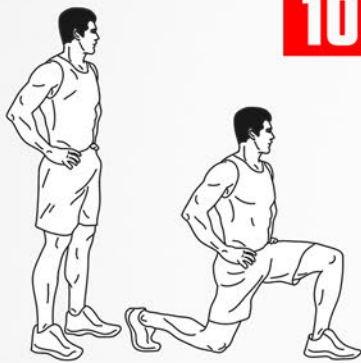
20-count leg raise hold

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Day 24 | Century Round

all levels;
take as much time
as you need



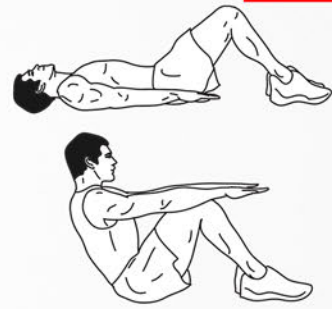
100

lunges



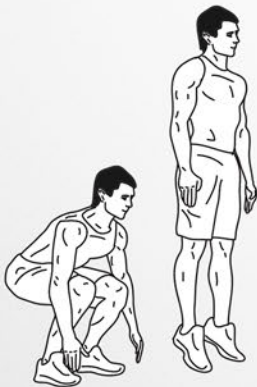
100

squats



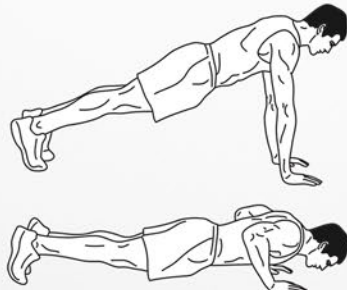
100

sit-ups



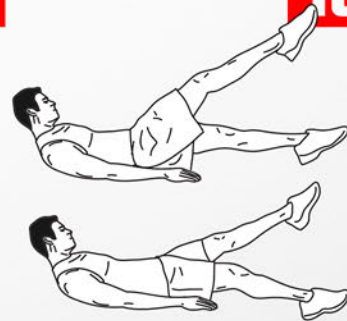
100

jump squats



100

push-ups



100

flutter kicks

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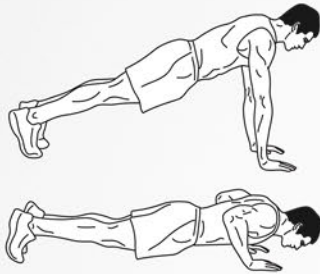
Day 25 | A Cup of Tea

Level I 5 sets

Level II 7 sets

Level III 10 sets

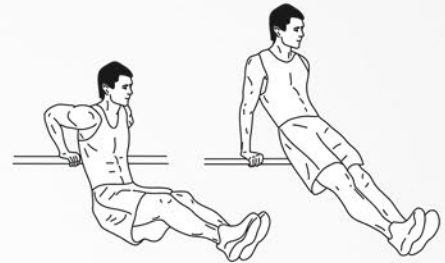
active rest;
60 seconds jog on the spot



1 rep push-up



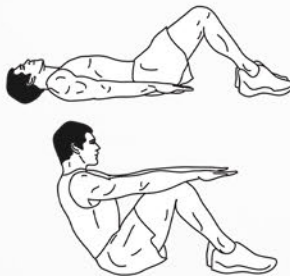
2 reps sit-up with a twist



3 reps tricep dips



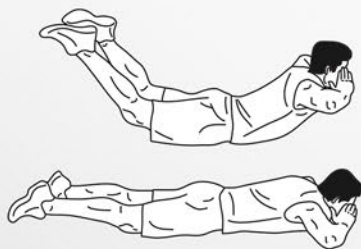
4 reps step-ups



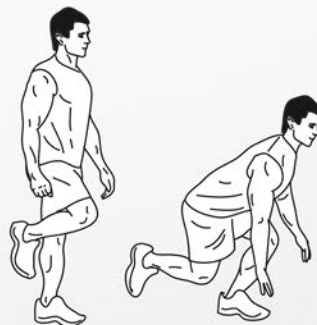
5-reps sit-ups



6-reps lunges



7-reps back extensions



8-reps one-legged squats

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Day 26 | Endurance

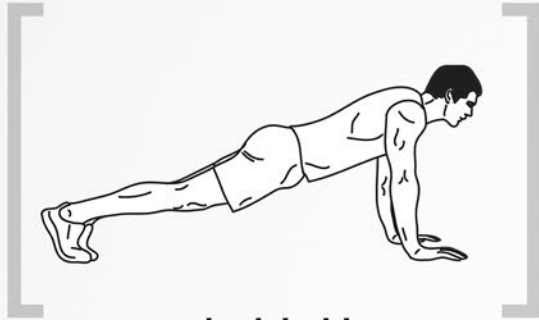
Level I 30 seconds each

Level II 40 seconds each

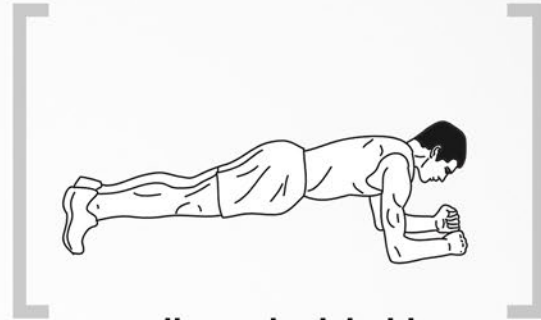
Level III 60 seconds each



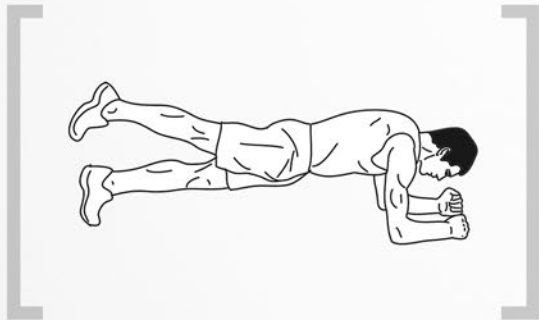
once - all levels;



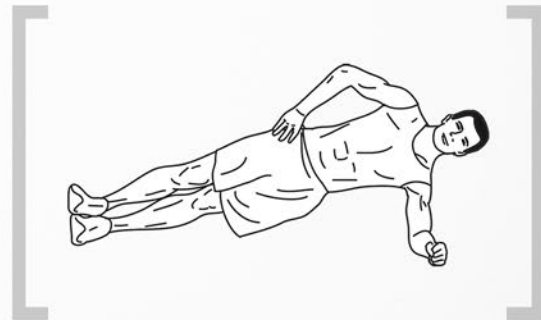
plank hold



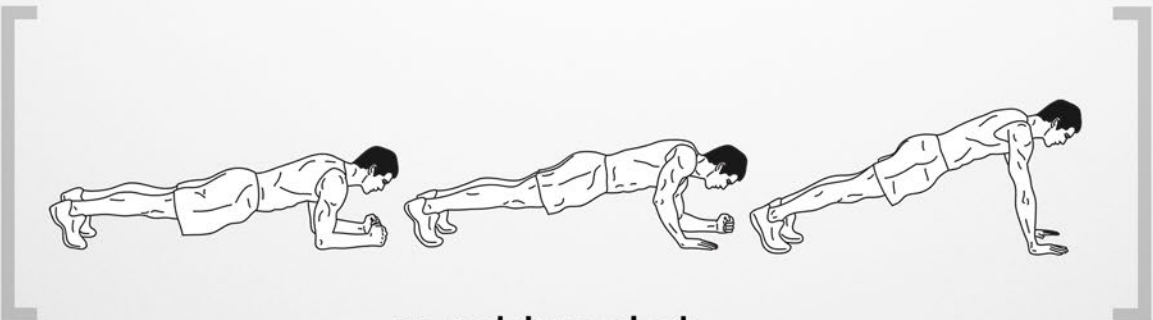
elbow plank hold



raised leg elbow plank hold
1/2 time each leg



side elbow plank hold
1/2 time each side



up and down plank

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Day 27 | Full Circuit

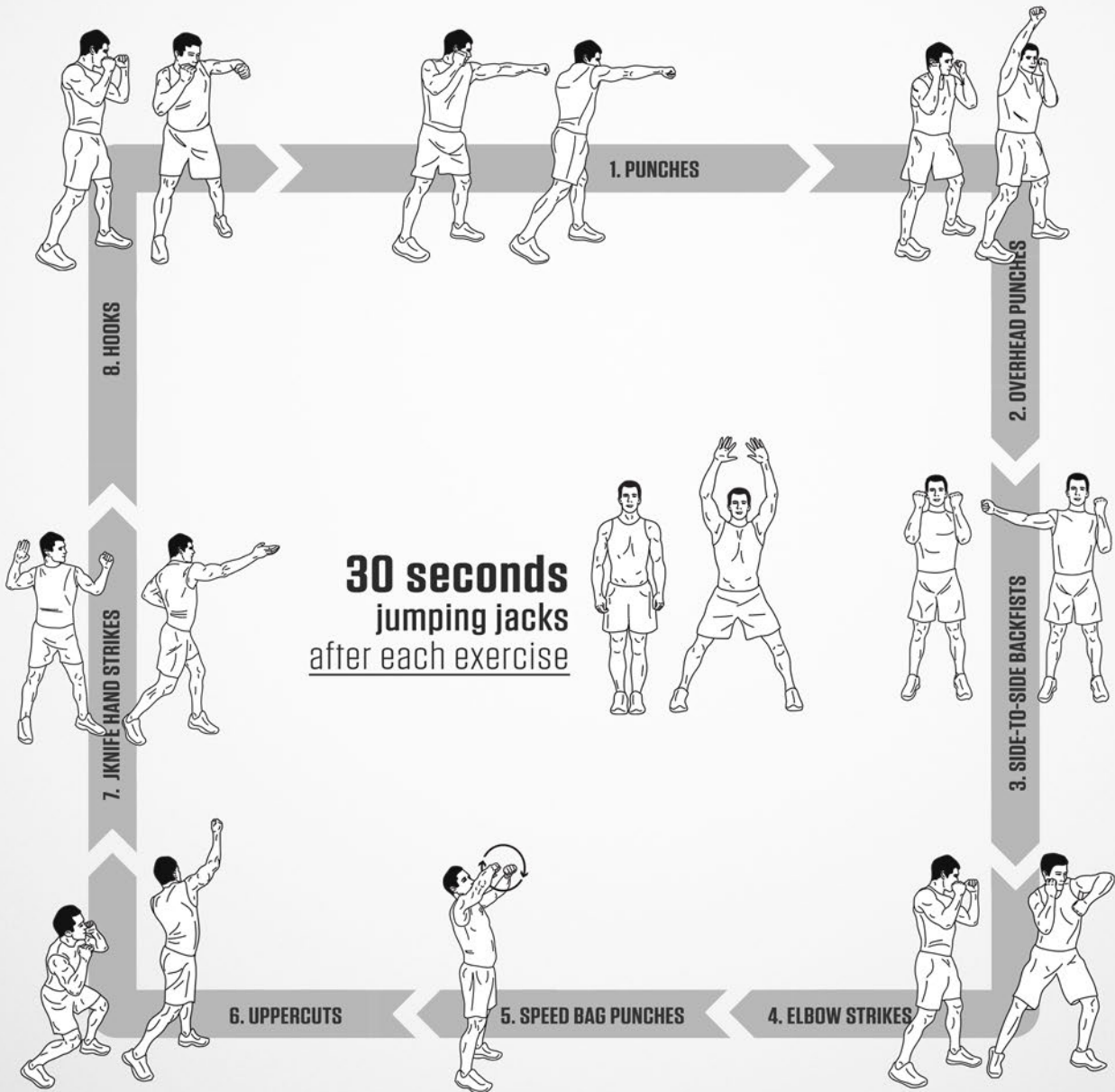
20 seconds each - warmup

set 1 30 seconds each exercise

set 2 40 seconds each exercise

set 3 60 seconds each exercise

3 sets all levels | no rest between sets



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Day 28 | Gravity

Level I 3 sets

Level II 5 sets

Level III 7 sets



2 minutes rest between sets



20 dragon push-ups



5 close grip push-ups



5 wide grip push-ups



40 back extensions



40-count hold



40 upward dog stretches



20 push-ups



20 shoulder taps



20 tricep extensions



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Day 29 | Cardio & Core

Level I 3 sets

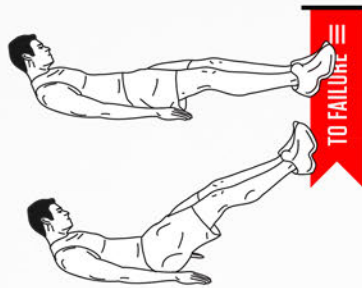
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



1min high knees



20 leg raises



20 knee-ins + twist



1min high knees



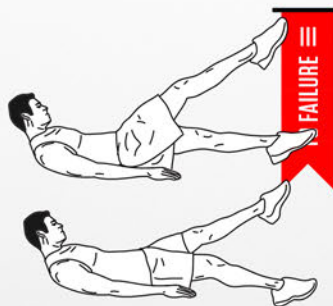
20 knee crunches



20 knee-to-elbows



1min high knees



20 flutter kicks



20 butt-ups

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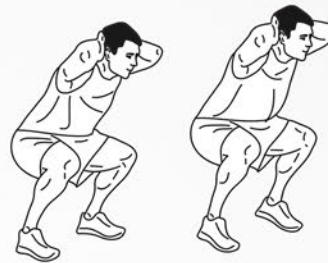
Day 30 | Power Circuit

Level I 5 sets
Level II 7 sets
Level III 10 sets



up to 2 minutes rest between sets
* short breaks are ok

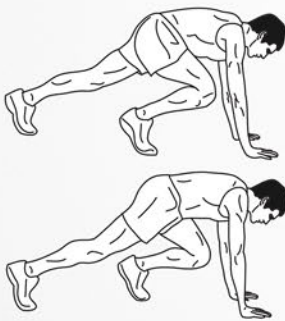
30 seconds squat hops on the spot
before every set



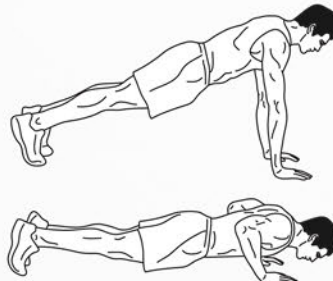
A

open area friendly - hop from point A to point B

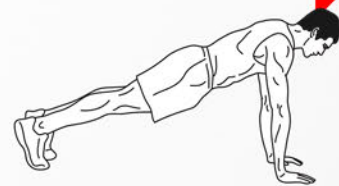
B



30 climbers



30* push-ups



30-count plank hold

TO FAILURE



30 lunges



30 squats

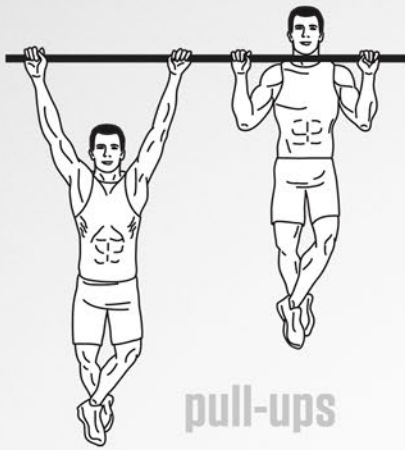


30-count squat hold

TO FAILURE

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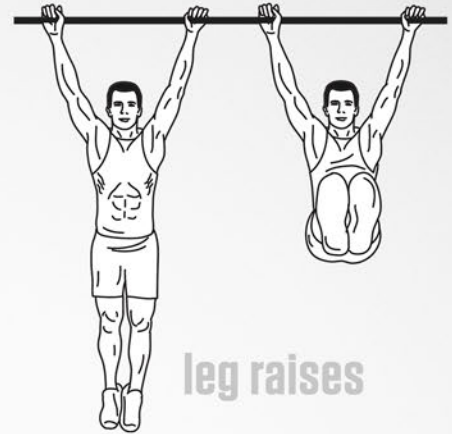
ADDON: Bars
 © darebee.com



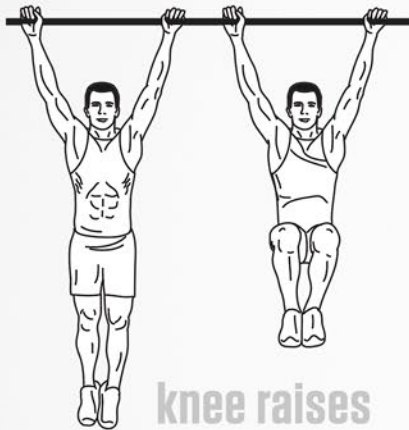
pull-ups



chin-ups



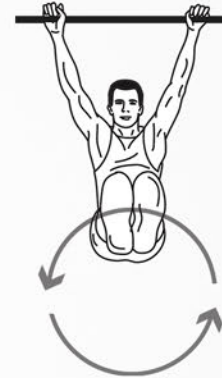
leg raises



knee raises



knee circles



leg circles

1 1 pull-up 1 chin-up 10 leg raises 10 knee raises	3 2 pull-ups 2 chin-ups 5 leg raises 5 knee raises	7 3 pull-ups 3 chin-ups 3 leg circles 3 leg raises	12 4 pull-ups 4 chin-ups 8 knee circles 8 leg raises	16 5 pull-ups 5 chin-ups 3 leg circles 3 leg raises
20 5 pull-ups 5 chin-ups 3 leg circles 3 leg raises	23 4 pull-ups 4 chin-ups 4 knee circles 4 leg raises	26 3 pull-ups 3 chin-ups 5 leg circles 5 leg raises	28 2 pull-ups 2 chin-ups 6 knee circles 6 leg raises	30 1 pull-up 1 chin-up 10 leg raises 10 raises

Level I – one set Level II – two sets Level III – three sets 2 minutes rest between sets

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