

MILITARY

FF

PLUS

FUNCTIONAL FITNESS FOR PERFORMANCE

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Day 1 | Recruit

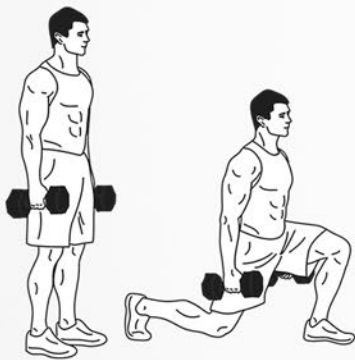
Level I 3 sets

Level II 5 sets

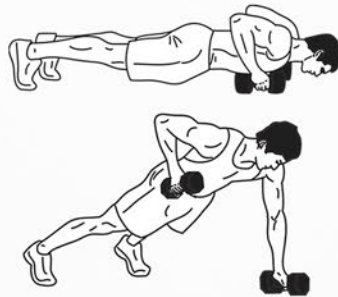
Level III 7 sets

up to 2 minutes rest between sets

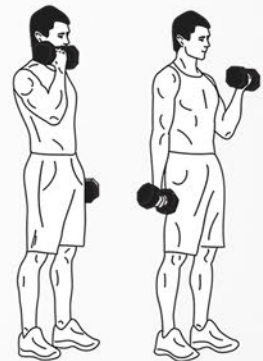
1 min high knees - or one lap around a field
in the beginning of every set



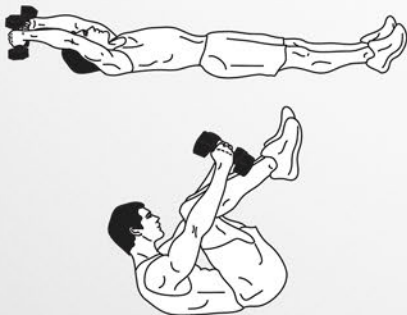
20 lunges



20 push-up + renegade rows



20 alt bicep curls



20 knee to elbows



20 raised leg hold



20 sitting twists

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Day 2 | Endurance

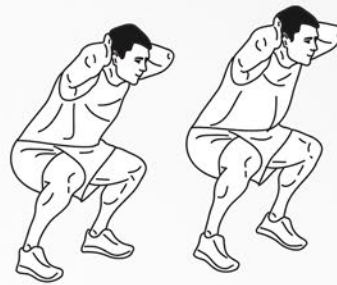
Level I 3 sets | 30 seconds each

Level II 4 sets | 40 seconds each

Level III 5 sets | 60 seconds each

up to 2 minutes rest between sets

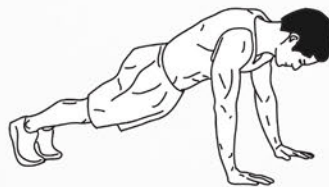
30 seconds squat hops on the spot
before every exercise



A ————— **B**
open area friendly - hop from point A to point B



squat hold



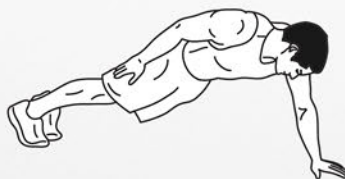
plank hold



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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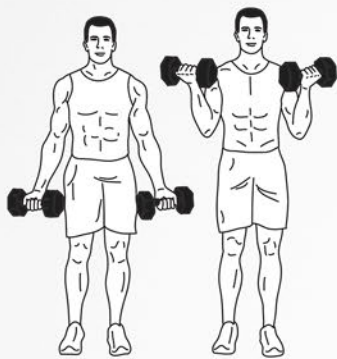
Day 3 | Equalizer

Level I 3 sets

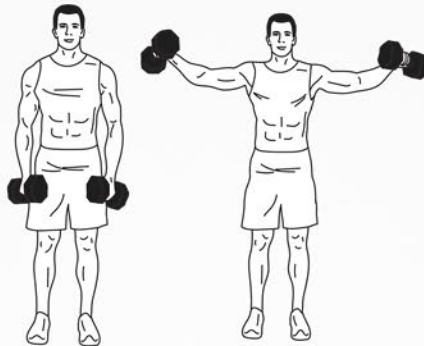
Level II 4 sets

Level III 5 sets

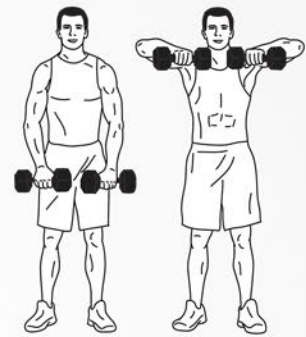
2 minutes rest between sets



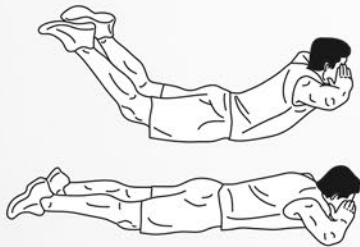
10 bicep curls



10 side arm raises



10 upright rows



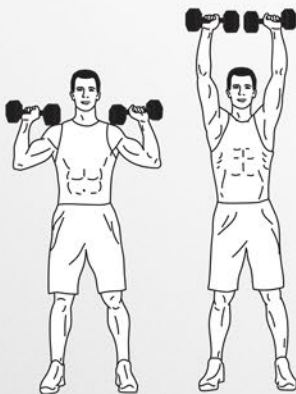
20 back extensions



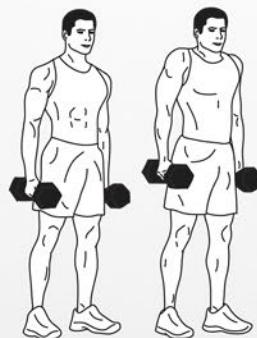
20-count hold



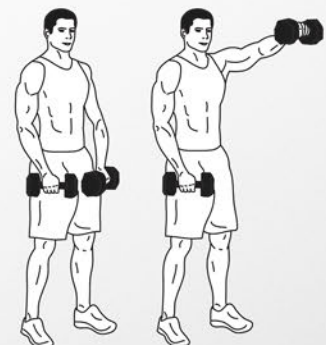
20 upward dog stretches



10 shoulder press



10 shrugs



10 front arm raises

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Day 4 | Full Circuit

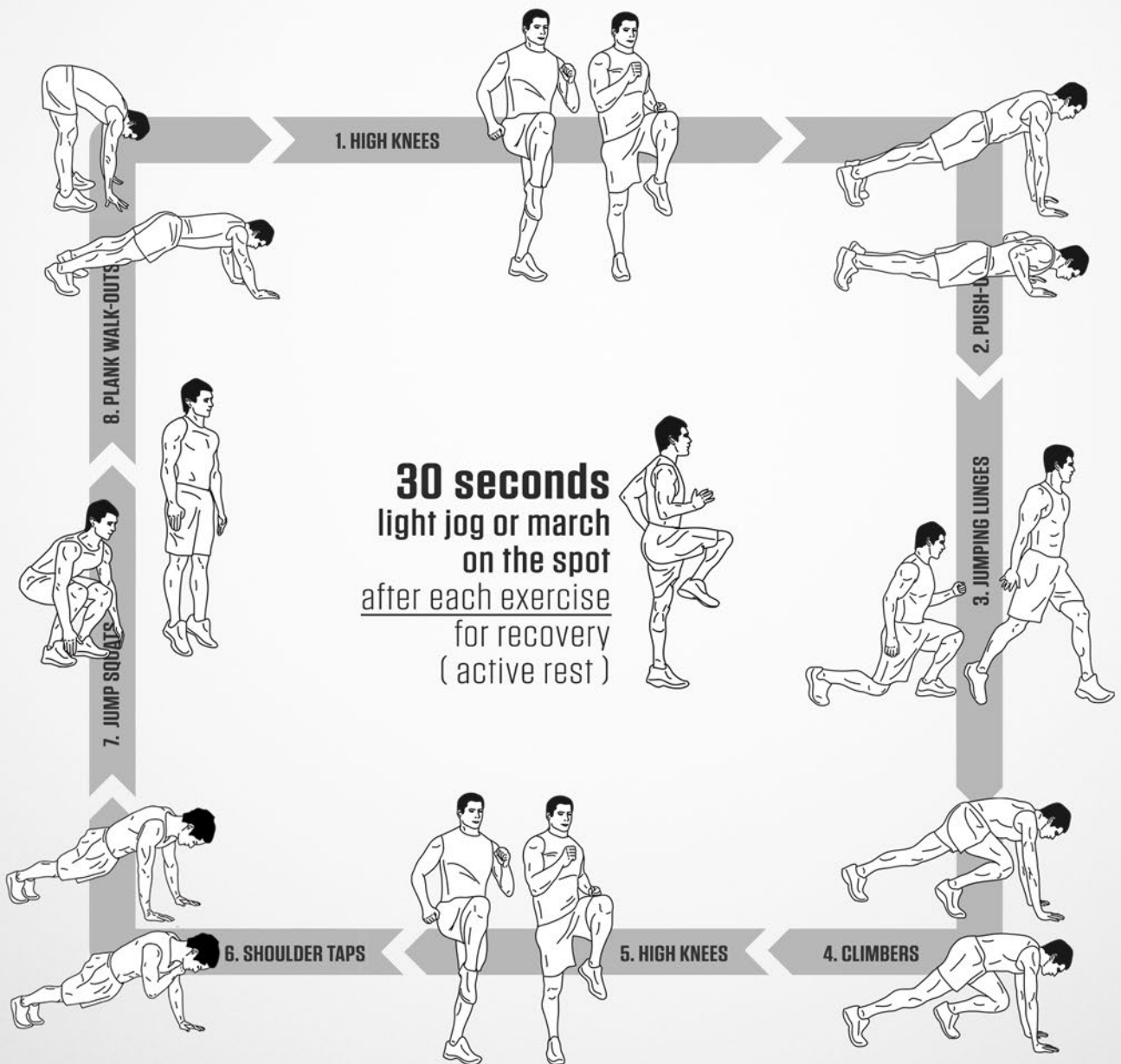
20 seconds each - warmup

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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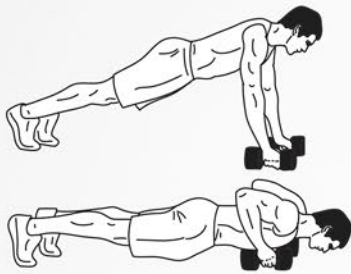
Day 5 | Power Circuit

Level I 3 sets

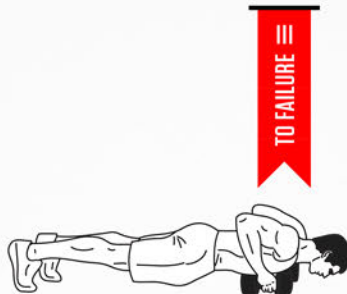
Level II 5 sets

Level III 7 sets

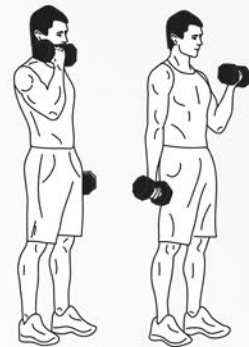
2 minutes rest between sets



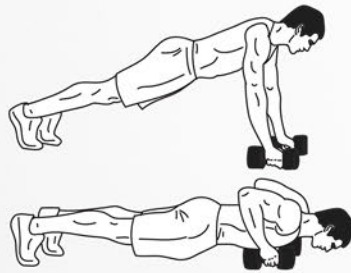
5 push-ups



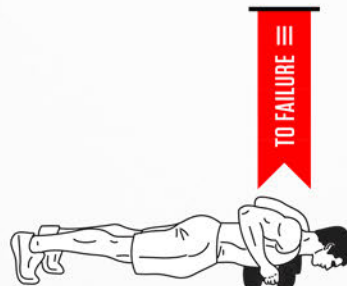
10-count push-up hold



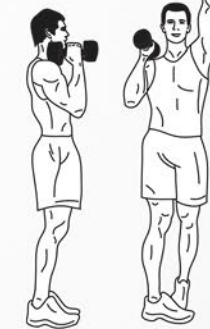
20 alt bicep curls



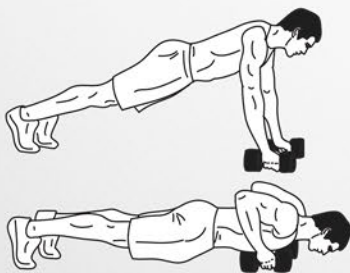
5 push-ups



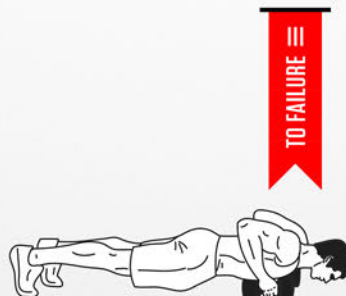
10-count push-up hold



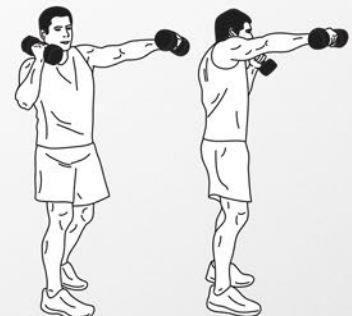
20 overhead punches



5 push-ups



10-count push-up hold



20 punches

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Day 6 | Cardio & Core

Level I 3 sets

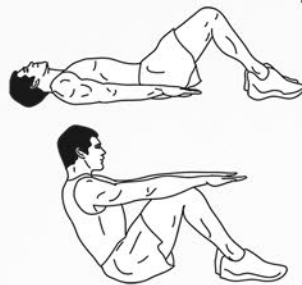
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



1min high knees



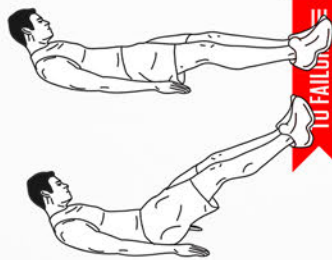
20 sit-ups



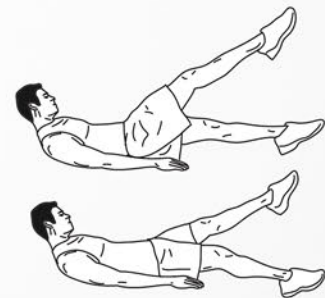
20 sitting twists



1min high knees



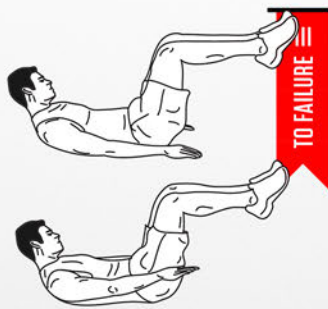
20 leg raises



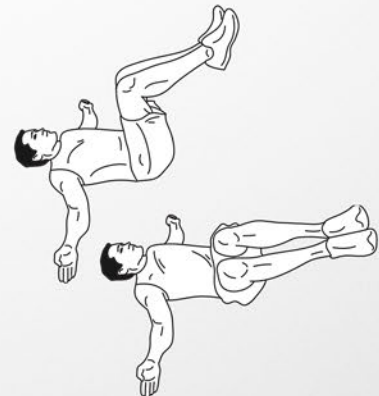
20 flutter kicks



1min high knees



20 hundreds



20 hip rolls

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Day 7 | Power Circuit

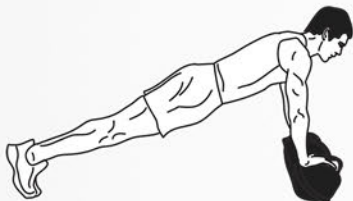
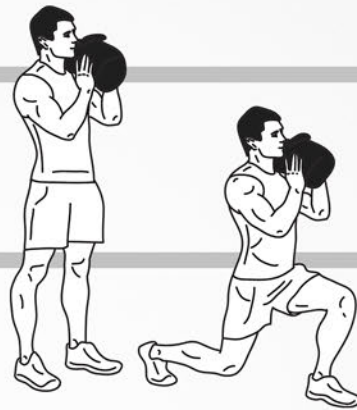
Level I 3 sets

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



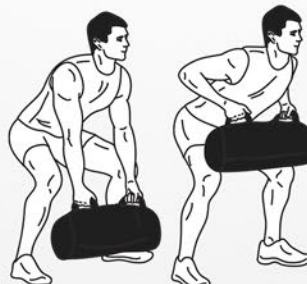
20-count plank



20-count push-up plank



20 squats



20 snatch



20-count squat hold

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Day 8 | Cardio HIIT

Level I 3 sets

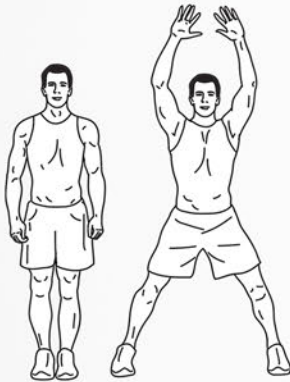
Level II 5 sets

Level III 7 sets

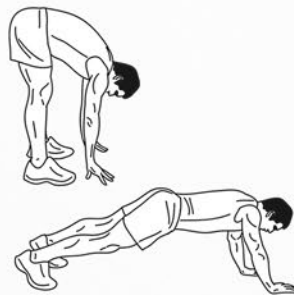
2 minutes rest between sets



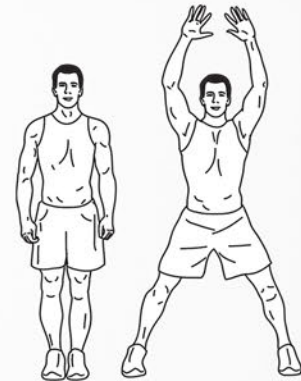
1 clapping push-up every 10 seconds



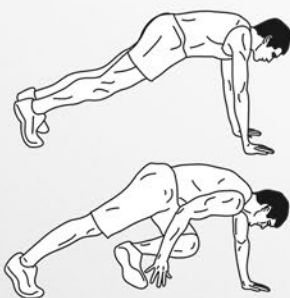
30sec jumping jacks



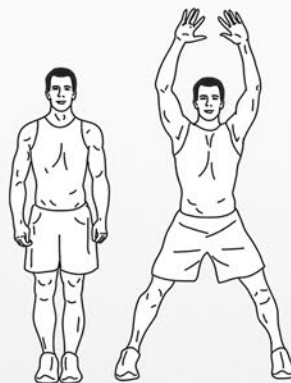
30sec plank walk-outs



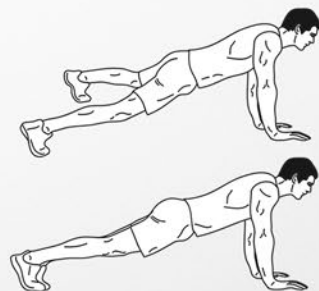
30sec jumping jacks



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

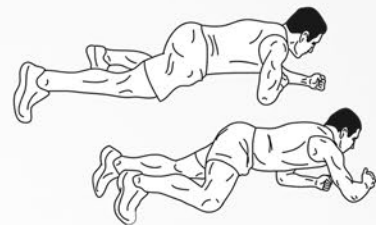
2 minutes rest between sets



10 army crawl



10 jump knee tucks



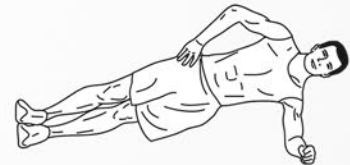
10 army crawl



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

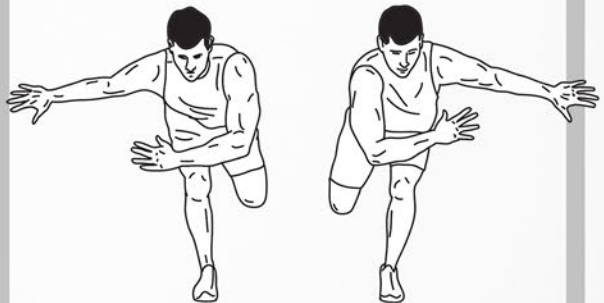
2 minutes rest between sets

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.

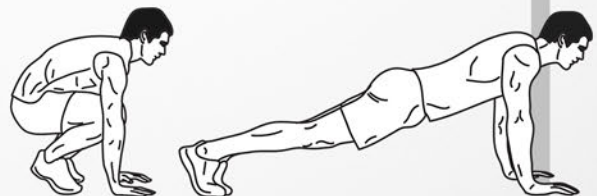


non-stop high knees

every 10 seconds



dodge (any direction)



one basic burpee

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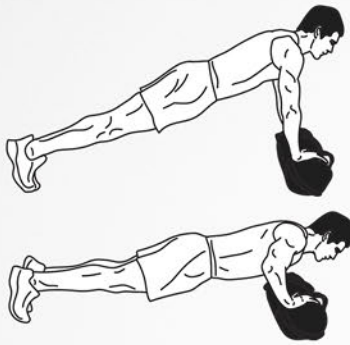
Day 11 | Power Circuit

Level I 3 sets

Level II 5 sets

Level III 7 sets

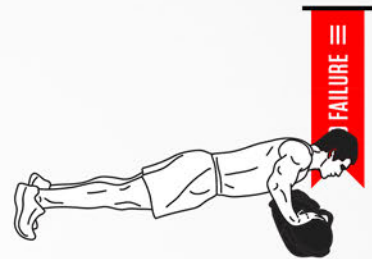
2 minutes rest between sets



20 incline push-ups



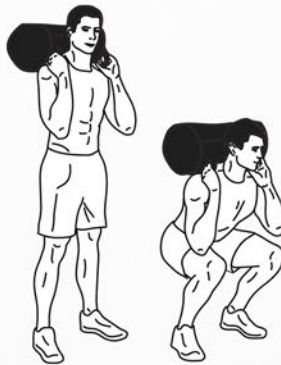
20-count plank hold



20-count push-up plank



20 lunge & swing



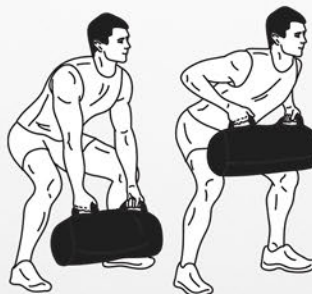
20 squats



20-count squat hold



20 deadlifts



20 rows



20-count row hold

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Day 12 | Conditioning

Level I 3 sets

Level II 5 sets

Level III 7 sets

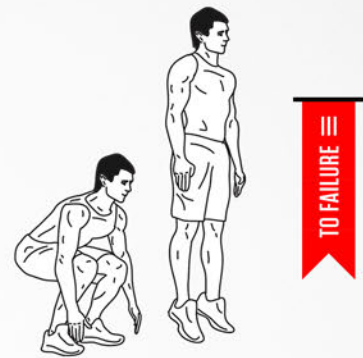
2 minutes rest between sets



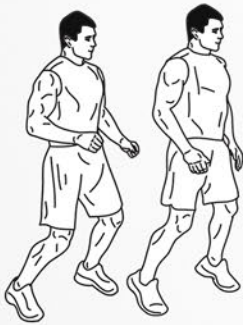
1min hop on the spot



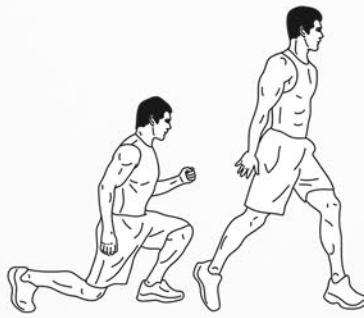
20 squat hops



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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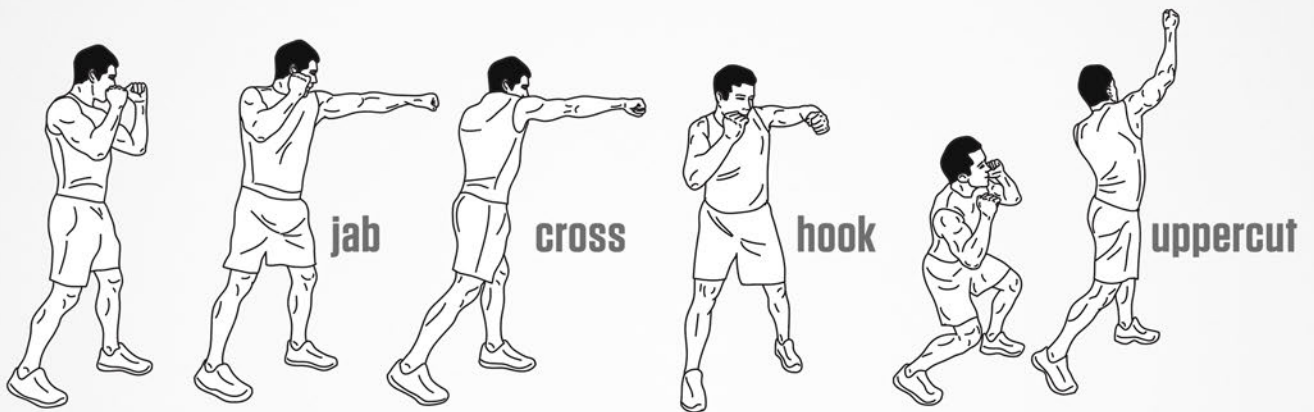
© darebee.com

Day 14 | Combat

Level I 5 sets

Level II 7 sets

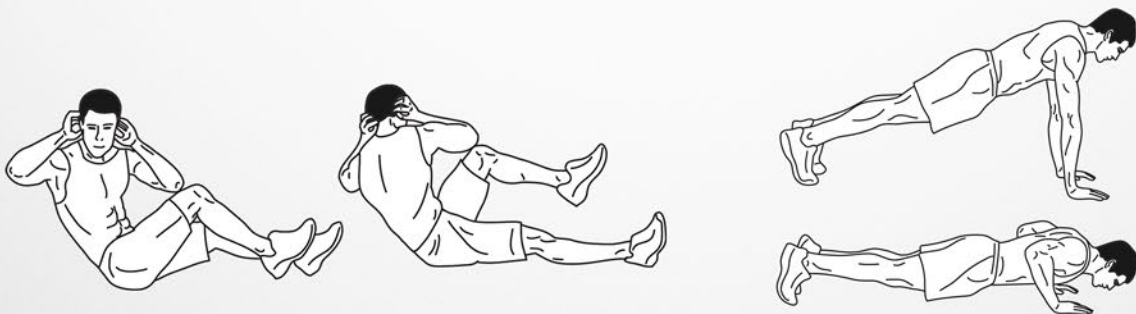
Level III 10 sets



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)



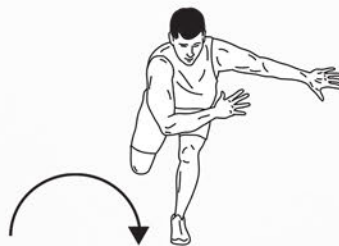
+ jump to the left



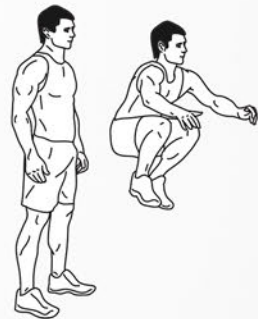
+ jump knee tuck



1min high knees (or run)



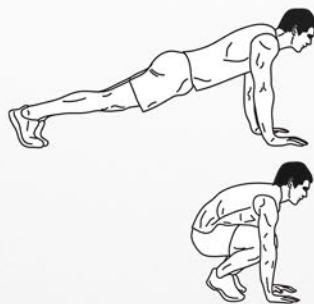
+ jump to the right



+ 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 | Power Circuit

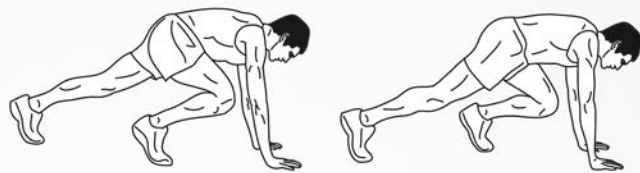
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

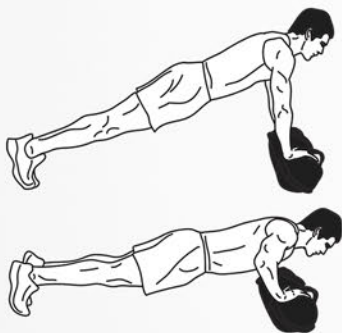
30 seconds climbers



A

B

open area friendly - hop from point A to point B



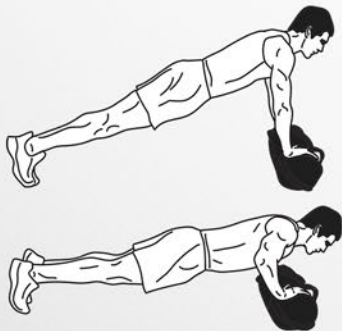
20 incline push-ups



20 snatches



20 rows



20 incline push-ups



20 lunges



20 deadlifts

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Day 17 | Full Circuit

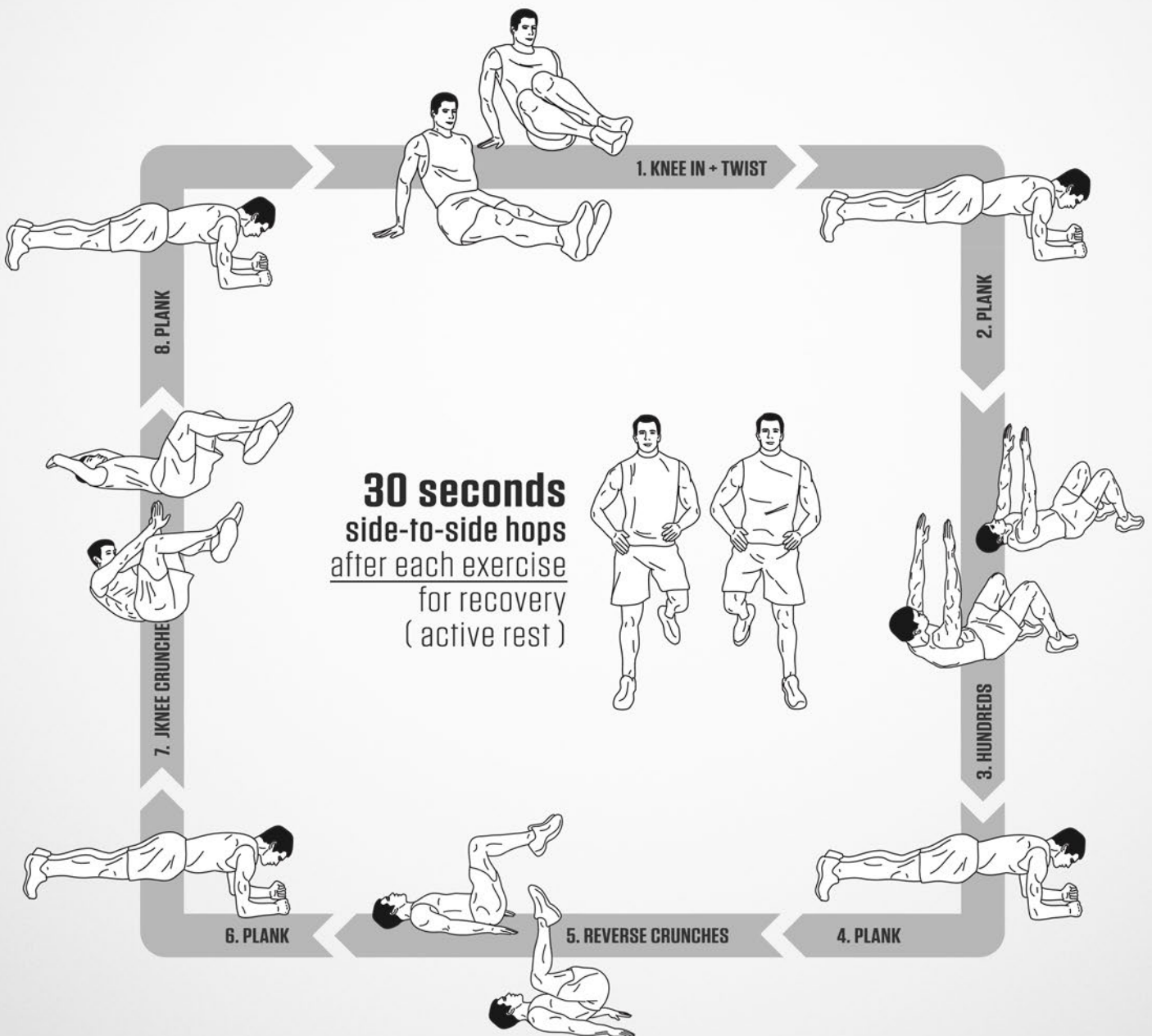
20 seconds each - warmup

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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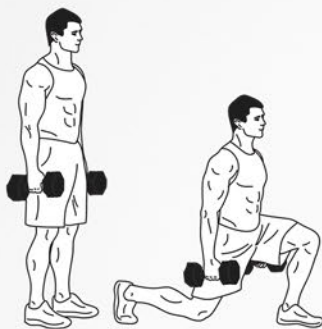
Day 18 | Power Circuit

Level I 3 sets

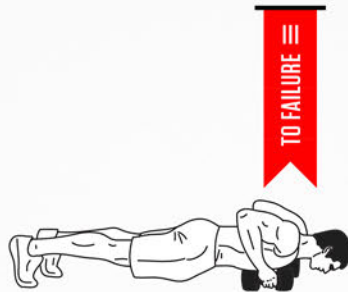
Level II 5 sets

Level III 7 sets

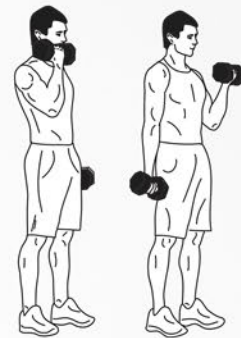
2 minutes rest between sets



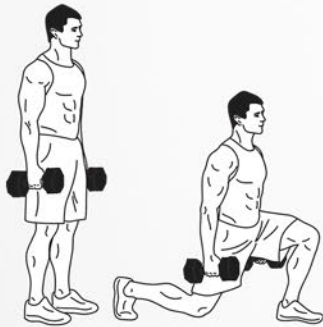
20 lunges



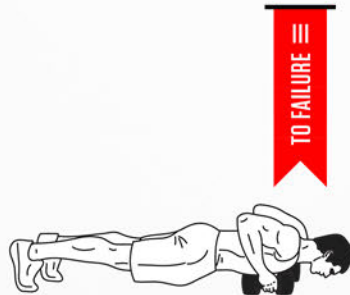
20-count push-up hold



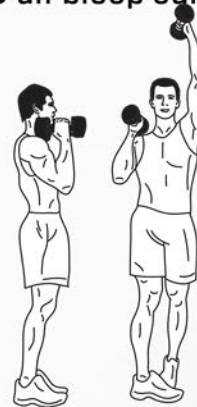
40 alt bicep curls



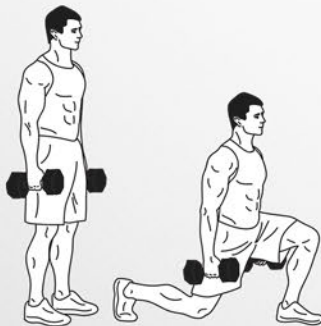
20 lunges



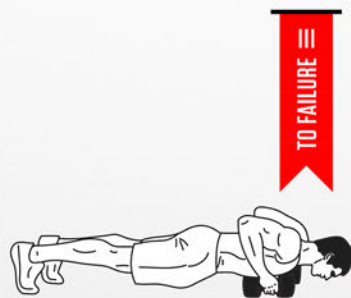
20-count push-up hold



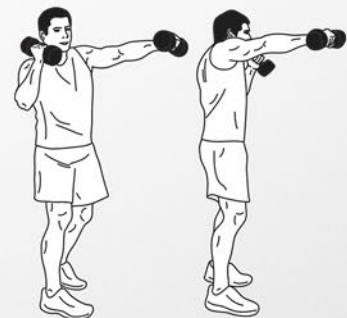
40 overhead punches



20 lunges



20-count push-up hold



40 punches

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Day 19 | Power Circuit

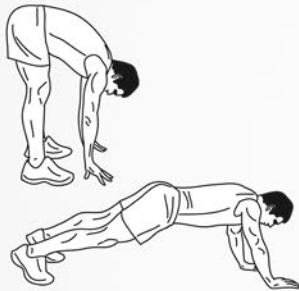
Level I 3 sets

Level II 5 sets

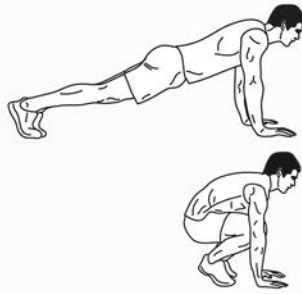
Level III 7 sets

up to 2 minutes rest between sets

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



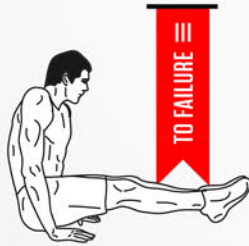
20 plank walk-outs



20 plank jump-ins



20-count plank hold



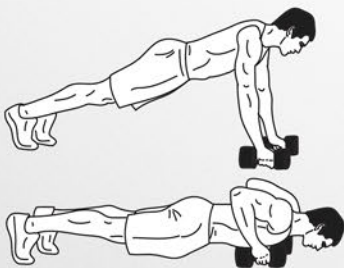
20-count L-sit



20 squats



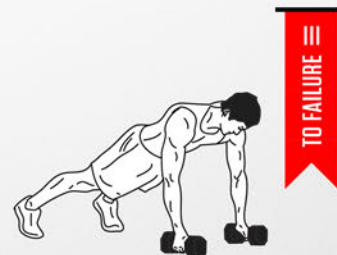
20 jump squats



20 push-ups



20 renegade rows



20-count plank hold

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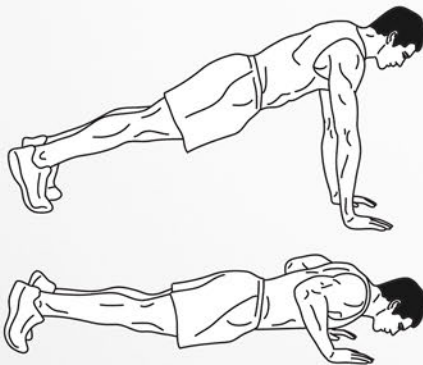
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Day 20 | Trials

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

10 minutes high knees

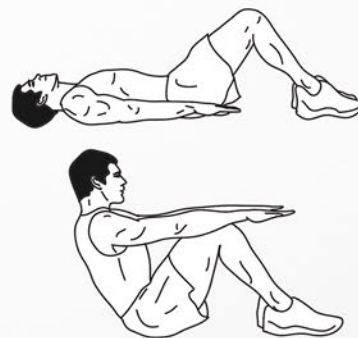
target  non-stop



2 minutes push-ups

minimum 50

target  80-100



2 minutes sit-ups

minimum 50

target  80-100

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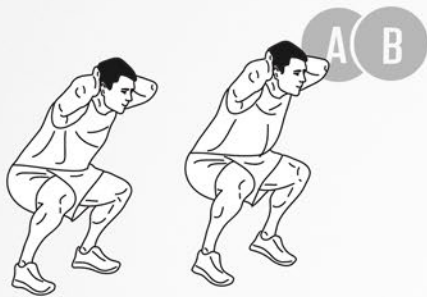
Day 21 | Power Circuit

Level I 3 sets

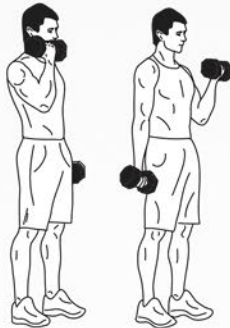
Level II 5 sets

Level III 7 sets

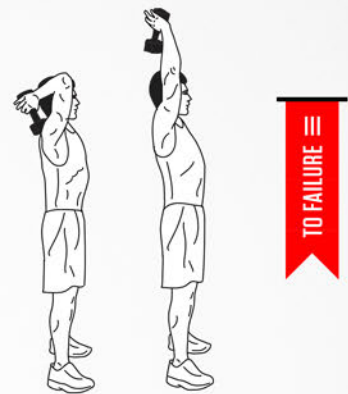
2 minutes rest between sets



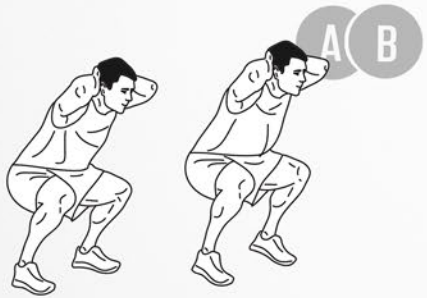
20 squat hops



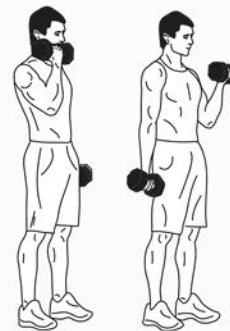
10 bicep curls



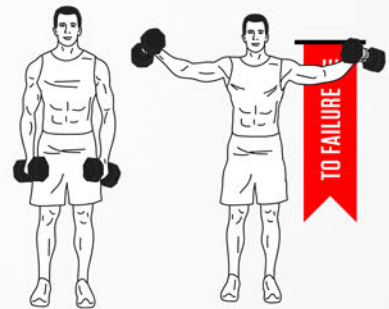
5 tricep extensions



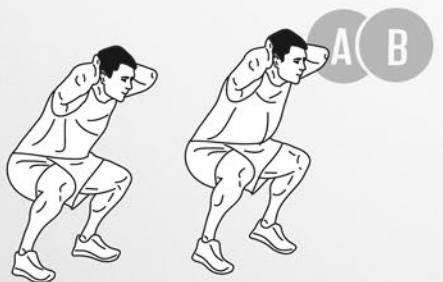
20 squat hops



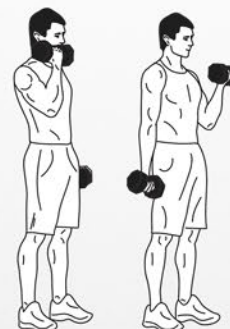
10 bicep curls



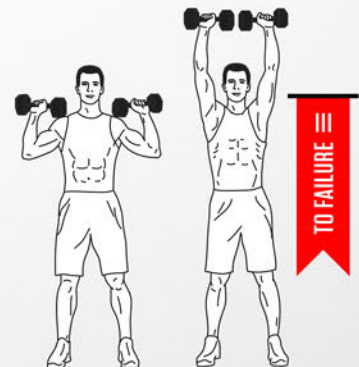
5 side arm raises



20 squat hops



10 bicep curls



5 shoulder press

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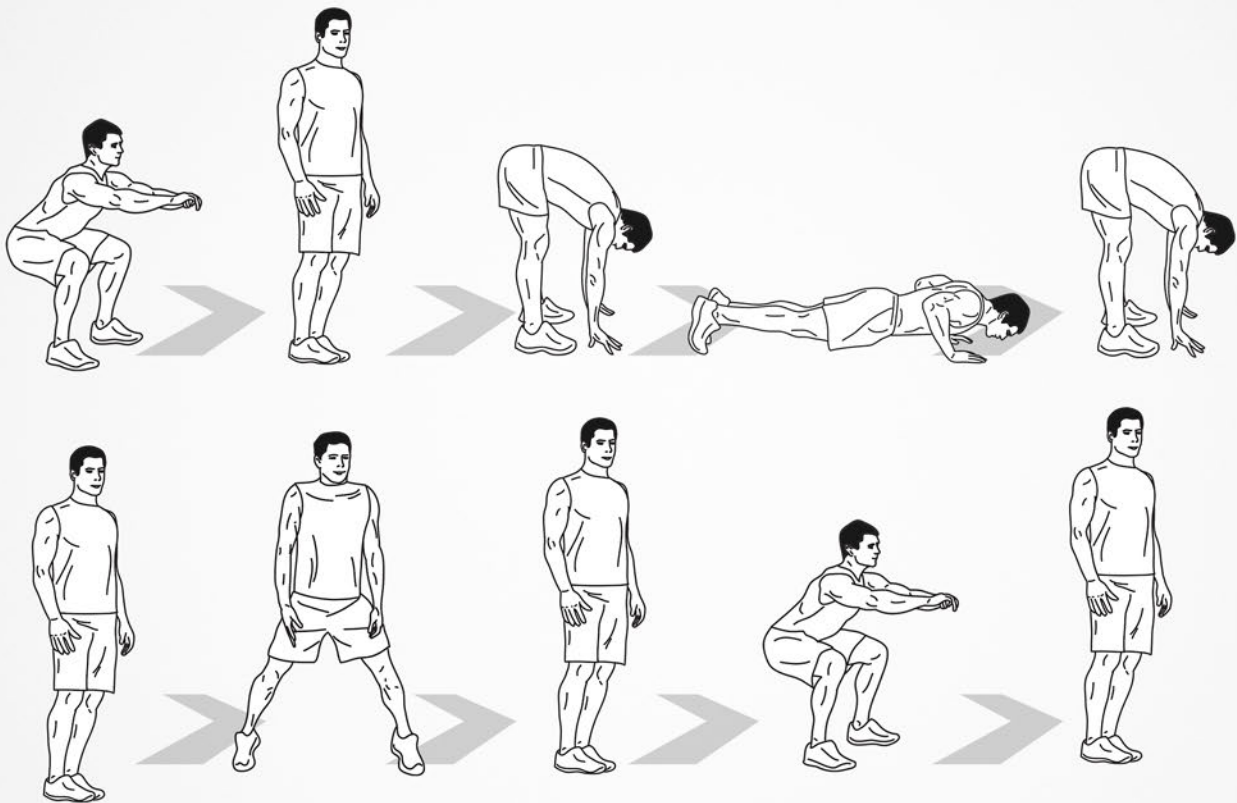
Day 22 | 8-Count

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



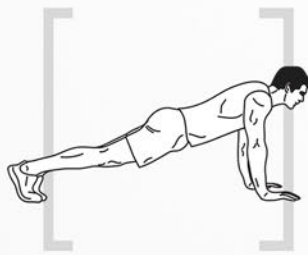
40 high knees



20-count single leg stand



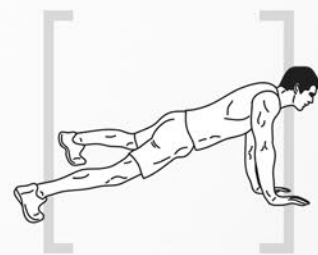
40 high knees



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

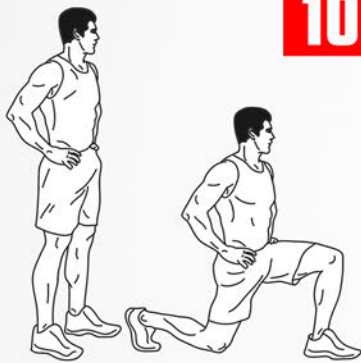
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Day 24 | Century Round

all levels;
take as much time
as you need



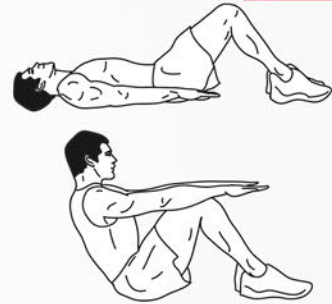
100

lunges



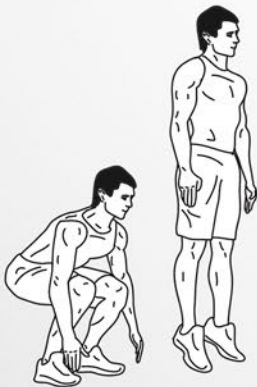
100

squats



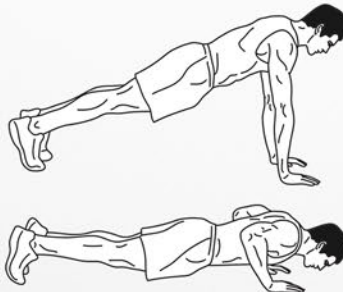
100

sit-ups



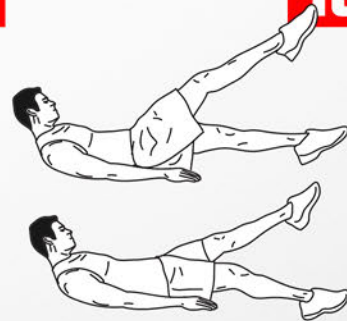
100

jump squats



100

push-ups



100

flutter kicks

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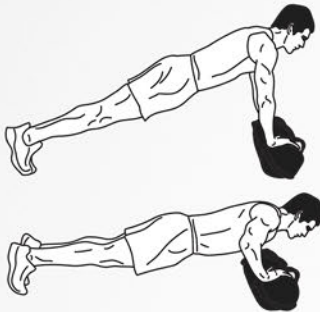
Day 25 | A Cup of Tea

Level I 5 sets

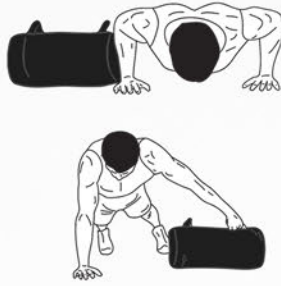
Level II 7 sets

Level III 10 sets

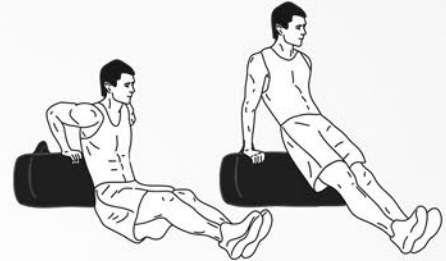
active rest;
60 seconds jog on the spot



1 rep push-up



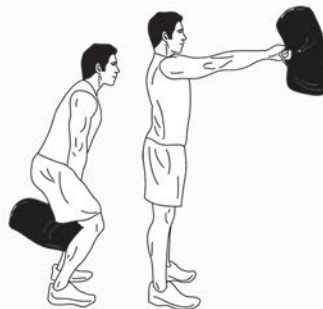
2 reps push & drag



3 reps tricep dips



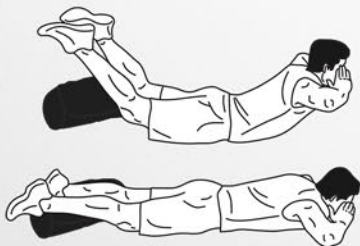
4 reps lunge & swing



5-reps throws



6-reps lunges



7-reps back extensions



8-reps squats



9-reps rows

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Day 26 | Endurance

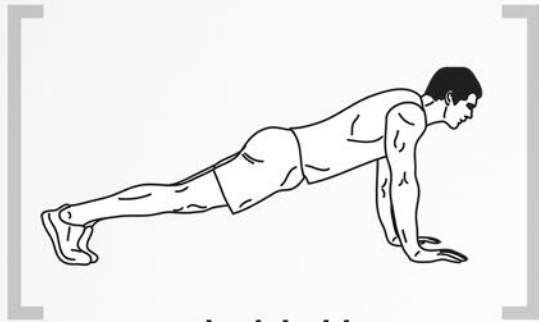
Level I 30 seconds each

Level II 40 seconds each

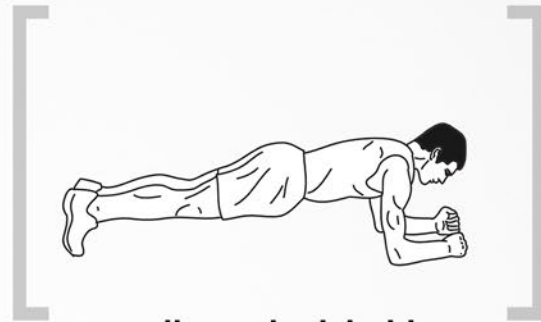
Level III 60 seconds each



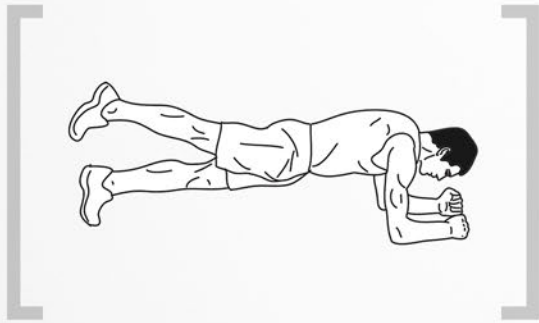
once - all levels;



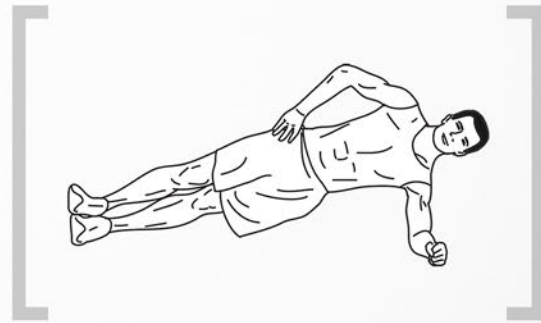
plank hold



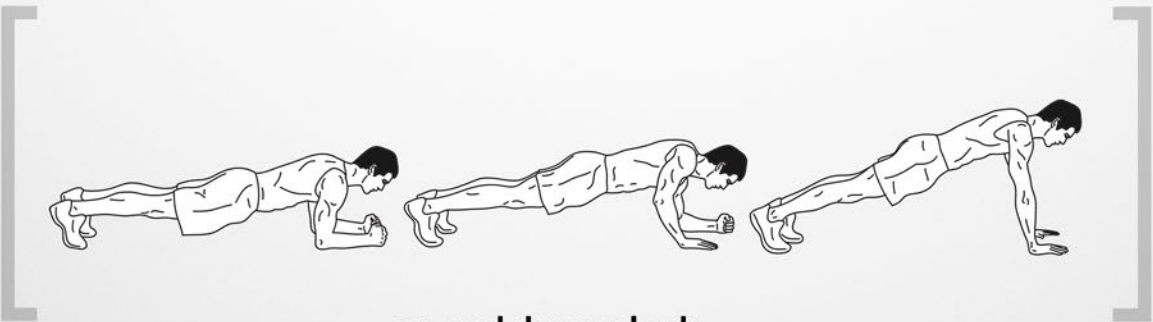
elbow plank hold



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

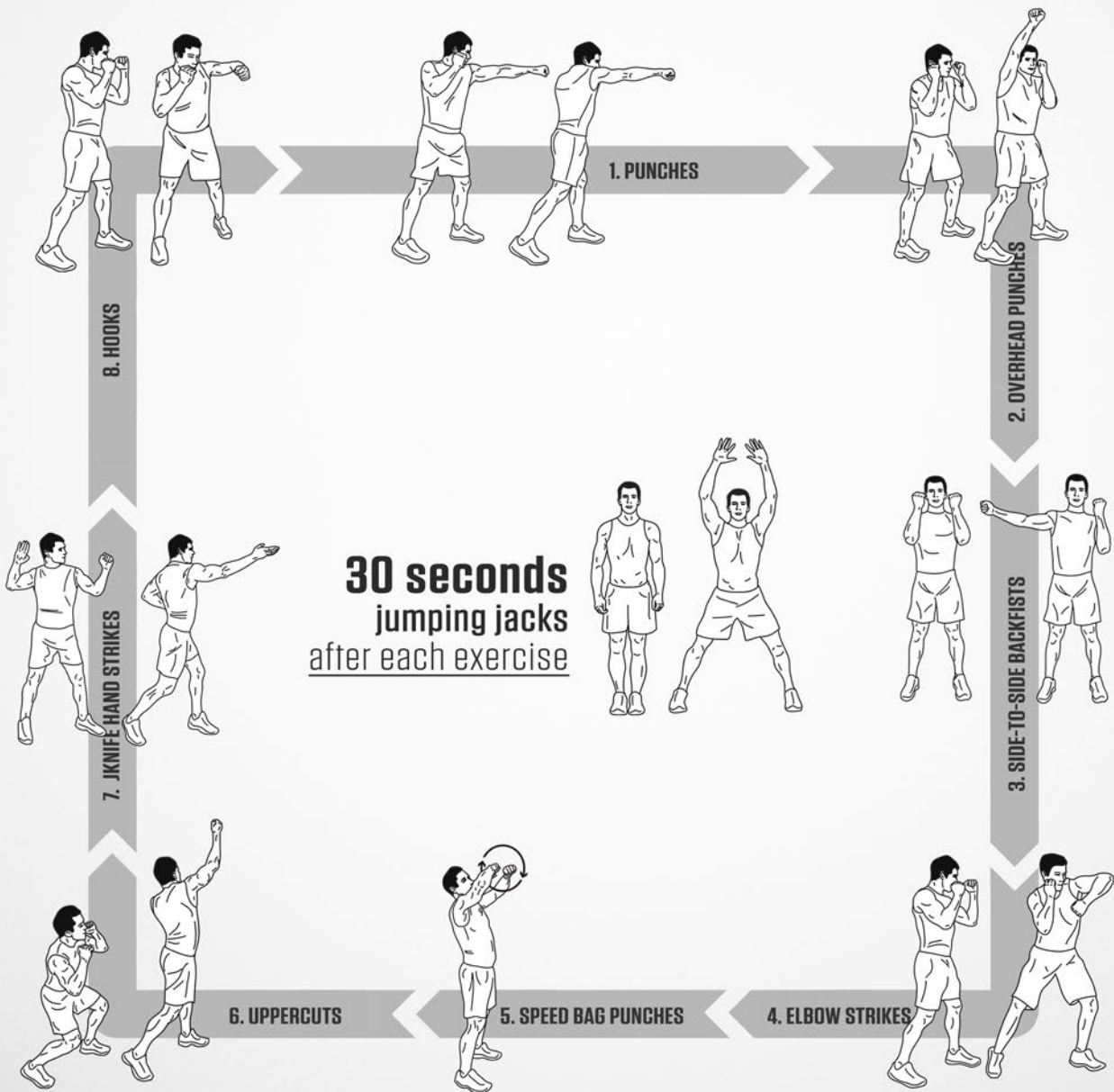
20 seconds each - warmup

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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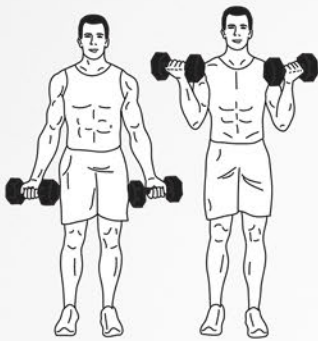
Day 28 | Gravity

Level I 3 sets

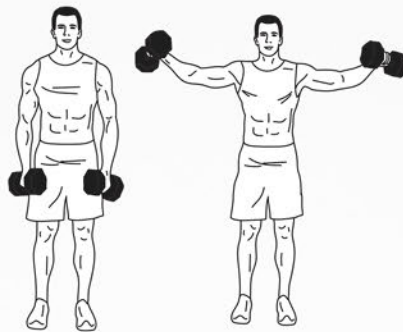
Level II 4 sets

Level III 5 sets

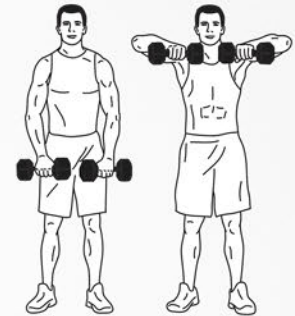
2 minutes rest between sets



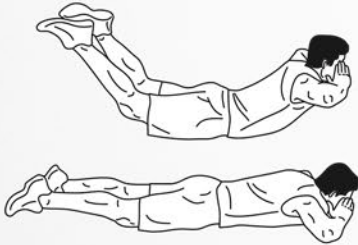
20 bicep curls



20 side arm raises



20 upright rows



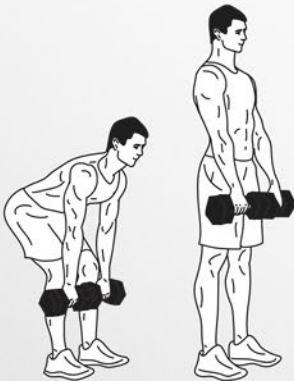
40 back extensions



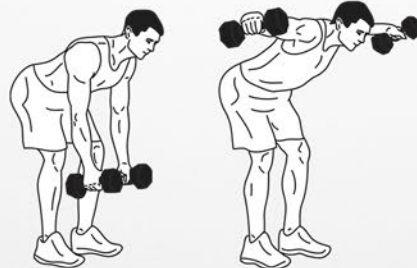
40-count hold



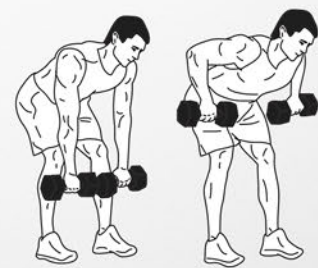
40 upward dog stretches



20 deadlifts



20 bent over side arm raises



20 bent over rows

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Day 29 | Cardio & Core

Level I 3 sets

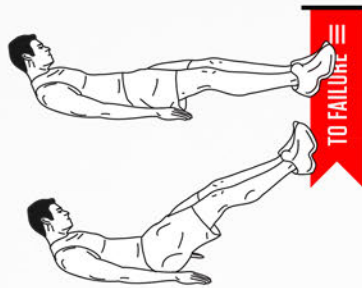
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



1min high knees



20 leg raises



20 knee-ins + twist



1min high knees



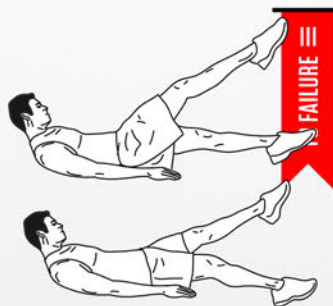
20 knee crunches



20 knee-to-elbows



1min high knees



20 flutter kicks



20 butt-ups

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Day 30 | Power Circuit

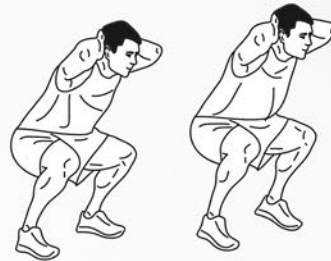
Level I 3 sets

Level II 5 sets

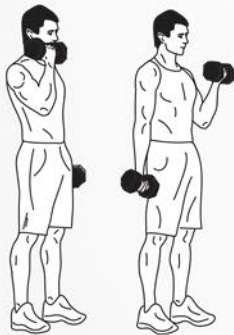
Level III 7 sets

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

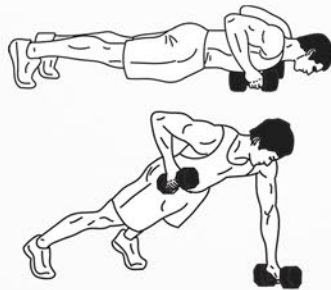
30 seconds squat hops on the spot
before every set



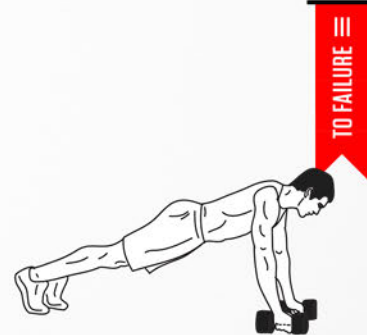
A ————— **B**
open area friendly - hop from point A to point B



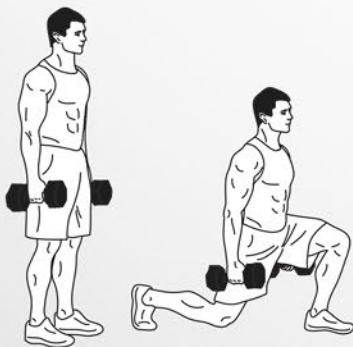
30* alt bicep curls



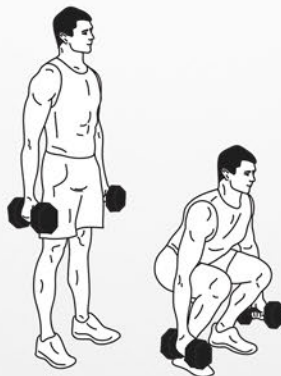
30* renegade row push-ups



30-count plank hold



30 lunges



30 squats



30-count squat hold

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