

MARINE TRAINING (USMC)

Functional conditioning — America's toughest infantry

Mark an X on each day you complete the exercise.

DAY 1 — PUSH & PULL · THE RIFLEMAN'S FOUNDATION

Relative strength —moving your own body— is king of the PFT. This day directly attacks pull-ups and push-ups, the star events of the Marine test.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pull-ups	4 x Max							
Push-ups	4 x Max							
Parallel bar dips	3 x 10-15							
Diamond push-ups	3 x Failure							
Plank with shoulder taps	3 x 20							

DAY 2 — CORE & ENDURANCE · THE CENTRAL ENGINE

In the PFT, two minutes of max crunches or plank. In combat, the core transmits force when carrying, dragging and lifting. This day forges it to the limit.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Front plank	3 x 60s							
Hanging leg raises	3 x 12-15							
Full crunches	3 x 30							
Russian twists	3 x 20/side							
Mountain climbers	4 x 40s							
Hollow hold	3 x Failure							

DAY 3 — RUNNING & CONDITIONING · THE THREE MILES

Running is non-negotiable in the Corps. The PFT's 3-mile run demands an aerobic engine; intervals replicate the shifting effort of combat.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Continuous run	20-30 min							
100 m sprints	8 sets							
Burpees	5 x 15							
Box jumps / step-ups	4 x 20							
Mountain climbers	4 x 30s							

DAY 4 — FUNCTIONAL STRENGTH & CARRIES · COMBAT DAY

Replicates the CFT: carry, drag, lift and move under fatigue. The closest to what a Marine actually does in the field.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Farmer's walk (carry weight)	4 x 40 m							
Goblet squat with dumbbell	4 x 12							
Walking lunges with weight	3 x 20 steps							
Romanian deadlift with dumbbells	3 x 12							
Thrusters (squat + press)	4 x 12							
Load drag or push	4 x 30 m							

DAY 5 — ACTIVE RECOVERY · THE MARINE'S RECOVERY

ACTIVE RECOVERY — The Marine's recovery. A broken Marine is no use.

DAY 6 — LEGS & POWER · THE FOUNDATIONS

In the Corps, the legs carry everything: gear, weight, distances. A powerful lower body is the difference between keeping up the march or falling behind.

EXERCISE	SETS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Squats	4 x 15-20							
Bulgarian split squat with dumbbells (each leg)	3 x 12							
Jump lunges	3 x 20							
Glute bridge	3 x 15							
Squat jumps	4 x 15							
Calf raises	4 x 20							

DAY 7 — COMPLETE REST

ACTIVE RECOVERY — The Marine's recovery. A broken Marine is no use.

Tip: log your maxes (pull-ups, push-ups, run time). In the Corps, without numbers you don't know if you're improving. Don't skip the conditioning.