



# 2024 SHAPE AMERICA

THE UNITED STATES MARINE CORPS WORKOUT #3





## WORK OUT LIKE A MARINE

Marines are known for their ability to continue on when others quit, and that high level of resilience requires a great deal of physical fitness. The ability to access, understand, apply, and advocate for physical fitness and health information is integral to teaching students and Marines about its importance.

Throughout Health Literacy Month, the Marine Corps and SHAPE America hope to provide you with valuable resources and exercises that can be easily implemented in the classroom or gym and demonstrate how active lifestyles are key to student health. The fitness strategies and techniques that Marines have adopted, some of which are shown here, can be a launching point for a new love of fitness and health curriculum that encourages learning and growth.

# THE MARINE CORPS 2024 SHAPE AMERICA

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01



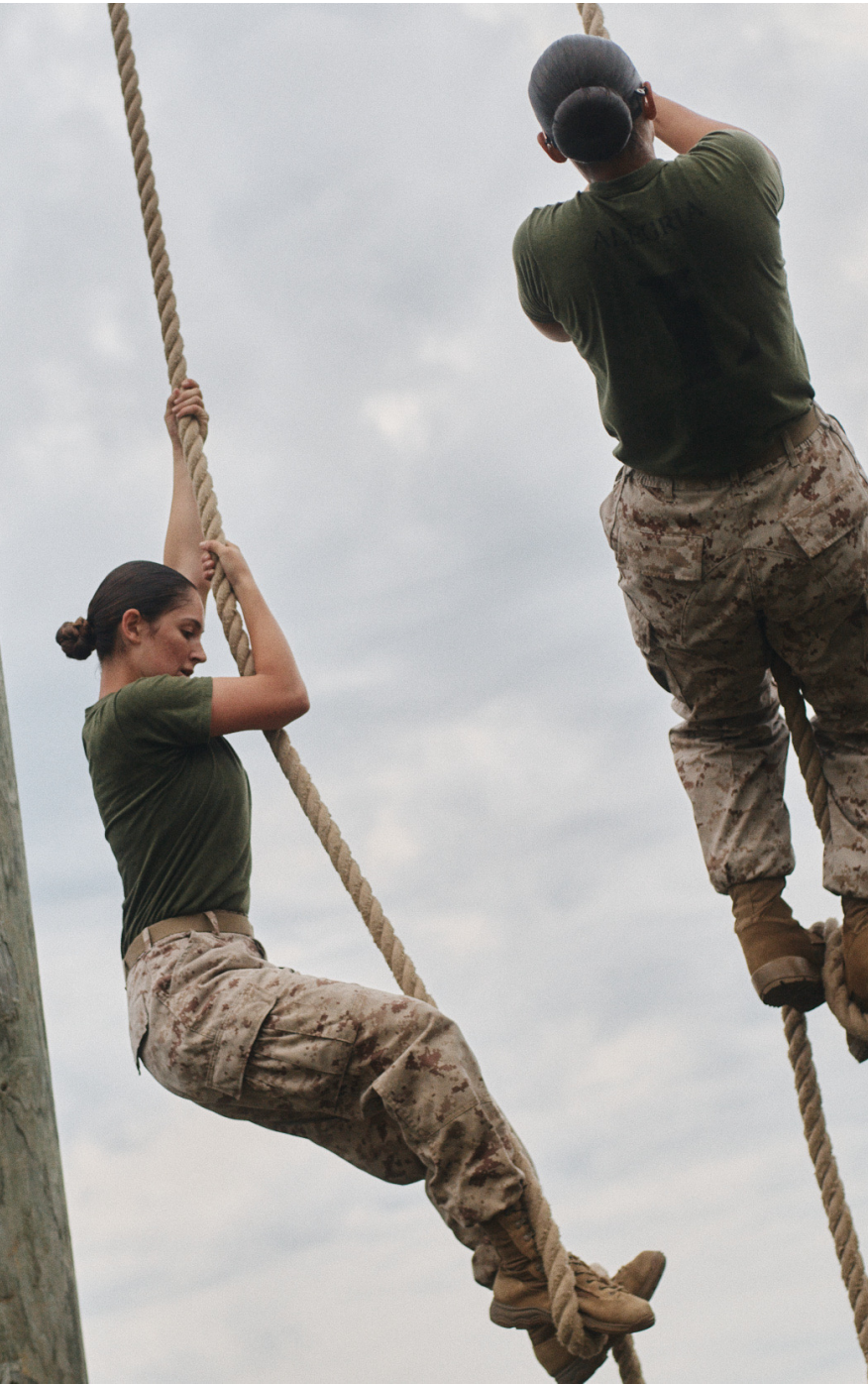
# INTRODUCTION

MARINE FITNESS

05 WHAT TO EXPECT

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## WHAT TO EXPECT

The Marine Corps fosters a culture of continual development in its Marines, instilling in them the commitment to be even more capable warriors today than they were yesterday.

A big part of that expected development is physical, to ensure our Marines can always keep up with the demands of our Nation.

In this document, you will find instructions for a complete workout including warm-ups, exercises, and cool-downs with video demonstrations performed by Marines.

We hope you find this guide useful, and reference it in the future to help you attain your own physical fitness goals.

# THE WORKOUT

CLICK TO LEARN MORE ABOUT EACH ACTIVITY

## WARM-UPS

- Warrior Stretch (1 set at 10 reps)
- Inchworm (1 set at 10 reps)
- 3 Way Knee to Wall (1 set at 10 reps)

## EXERCISES

- Knee Elbow Push-Up (3-4 sets at 10 reps)
- Diagonal Bound (3-4 sets at 10 reps)
- Frog Jump (3-4 sets at 10 reps)

## COOL DOWNS

- Sprinter Stretch (1 set at 10 reps)
- Trunk Twists (1 set at 10 reps)
- Child's Pose (1 set at 10 reps)

[LAUNCH FULL VIDEO >>](#)



# 2024 SHAPE AMERICA

THE UNITED STATES MARINE CORPS WORKOUT #2

02

# WARM-UPS

MARINE FITNESS

- 08 WARRIOR STRETCH
- 09 INCHWORM
- 10 3 WAY KNEE TO WALL



# WARRIOR STRETCH

## WARM-UP ONE OF THREE:

Start in a forward lunge position, tucking your front arm inside your bent knee while planting with your opposite hand.

### Execution:

Keeping your hand on the deck, rotate outward extending your lead arm with an open palm toward the sky until it is completely vertical. Hold this stretch for a two count before returning to the starting position. Perform this stretch a second and third time before alternating sides and repeating to complete one repetition.

[WATCH DEMO >>](#)



# WARRIOR STRETCH





# INCHWORM

## WARM-UP TWO OF THREE:

Start standing tall with your hands by your sides.

### Execution:

Bend at the hips and place your hands flat on the deck, keeping your legs as straight as possible. Walk your hands out while your hips go up. Now, walk your feet towards your hands until they reach them, or your knees start to bend while keeping your hands flat on the deck. Repeat this movement until you reach the designated distance.

[WATCH DEMO >>](#)



# INCHWORM



## 3 WAY KNEE TO WALL

### WARM-UP THREE OF THREE:

Start in a slight lunge position, keeping your front foot three inches from the wall with your hands planted against it for support.

### Execution:

Lunge forward, touching your knee to the wall and holding for a one-count stretch. Without moving your feet, adjust your lunge, aiming to touch the wall three inches to the left from your initial spot. Repeat this stretch a third time, adjusting to the right, lunging, and holding to complete one repetition.

[WATCH DEMO >>](#)



## 3 WAY KNEE TO WALL



03



# EXERCISES

## MARINE FITNESS

- 12 KNEE TO ELBOW PUSH-UP
- 13 DIAGONAL BOUND
- 14 FROG JUMP

# KNEE TO ELBOW PUSH-UP

## EXERCISE ONE OF THREE:

Start in the push-up position with your hands under your shoulders and feet hip width apart.

### Execution:

Lower your body to the deck and bring your knee up to your elbow, keeping that foot off the deck. While pushing up, extend your leg back to the starting position.

### Common Mistakes:

- Dropping the foot to the deck at top of the movement
- Not maintaining active plank

[WATCH DEMO >>](#)



# KNEE TO ELBOW PUSH-UP





# DIAGONAL BOUND

## EXERCISE TWO OF THREE:

Start in the standing position with your feet hip width apart.

### Execution:

Jump out at a 45-degree angle as far as you can on one leg, landing softly and absorbing the force with your glute and hamstring. Once you land on the deck, try to keep the ground contact time to a minimum. Now, in the opposite direction, drive off the ground at a 45-degree angle and land on your opposite leg.

### Common Mistakes:

- Landing on a locked-out knee
- Not absorbing the force of the landing

[WATCH DEMO >>](#)



# DIAGONAL BOUND



# FROG JUMP

## EXERCISE THREE OF THREE:

Start in the standing position with your feet hip width apart.

### Execution:

Jump out as far as you can, keeping your feet hip width apart. Land breaking at the hips and knees to absorb the force of the landing. Once you land, continue to jump out as far as you can, keeping your feet hip width apart and spending as little time on the ground as possible.

### Common Mistakes:

- Not absorbing the force of the landing
- Not extending the hips during the jump
- Staying on the toes

[WATCH DEMO >>](#)



04



# COOL DOWNS

MARINE FITNESS

- 16 SPRINTER STRETCH
- 17 TRUNK TWISTS
- 18 CHILD'S POSE

# SPRINTER STRETCH

## COOL DOWN ONE OF THREE:

Start in a half kneeling position on the deck with your back knee on the floor and your front foot flat on the ground. Place both hands flat on the deck to the right and left of your forward foot as if you were about to sprint.

### Execution:

Attempt to stand up with your hips traveling up and back while keeping your front foot and hands flat on the ground. The movement will be an attempt to straighten out your front leg. Push up and back as far as you can, hold for a two count, and return to the starting position.

### Common Mistakes:

- Not moving the hips straight up

[WATCH DEMO >>](#)



# SPRINTER STRETCH





# TRUNK TWISTS

## COOL DOWN TWO OF THREE:

Stand tall, with your feet hip width apart, and your arms extended out to the sides of your body.

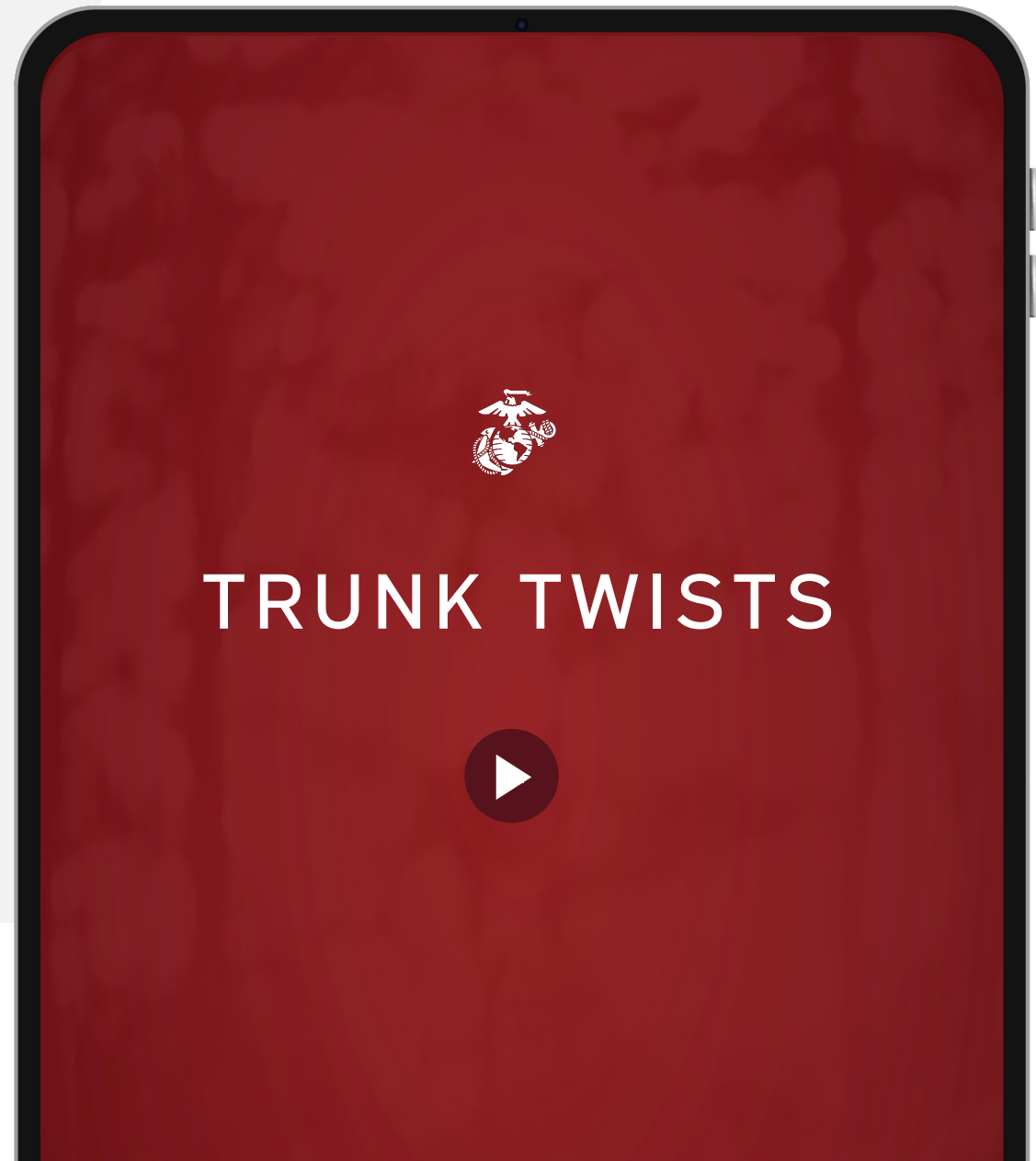
### Execution:

Keeping your shoulders over your hips, rotate your trunk, pivoting on the foot you are twisting away from. Now, rotate to the opposite direction, pivoting on the opposite foot.

### Common Mistakes:

- Not keeping the shoulders over the hips
- Not flaring the heel

[WATCH DEMO >>](#)



## CHILD'S POSE

### COOL DOWN THREE OF THREE:

Start in a kneeling position with your hands planted on the deck over your shoulders.

#### Execution:

Keeping your back flat and head down, slide your hands forward while shifting your hips back toward your knees. Continue to extend your hands forward, tucking your head and lowering your back closer to the deck. Hold this pose for a five-count stretch to complete one repetition.

[WATCH DEMO >>](#)



05



# CLOSING

MARINE FITNESS

20 CONTINUOUS IMPROVEMENT





## PHYSICAL FITNESS NEVER ENDS

As Physical Education and Health Educators, you understand that it's not enough to achieve physical fitness—it must be constantly maintained. By continuing to talk about Health Literacy after the month has concluded, you can create conversation that inspires physical and personal growth.

Sharing a workout like this PDF is one of many ways you can address skills that enhance your health and the health of others. We hope this Marine workout guide is something you choose to reference frequently.

In the meantime, we invite you to connect and learn more about the United States Marine Corps, including how to attend our Educator Workshops, by clicking the link below.

[LEARN MORE >>](#)





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