

OS/CCs Challenge

(C/Capt Adams)

Four (4) Week daily workout schedule

Monday: UPPER BODY/ LEGS/ ABDOMINALS/ CARDIO

WARMUP AND STRETCHING:
5-7 MINUTES

START ON THE ENDBLINE OF BASKET BALL COURT AND SPRINT TO OPPOSITE SIDE. TOUCH THE LINE AND SPRINT BACK. ONCE BACK DO 25 PUSHUPS.

REPEAT SPRINT: 25 SITUPS

REPEAT SPRINT: 50 SQUATS

THE THREE SPRINTS AND THREE EXERCISES ARE ONE ROUND. CADETS WILL COMPLETE FIVE ROUNDS AS FAST AS THEY CAN.

45 MINUTES

COOL DOWN AND STRETCHING:
5-7 MINUTES

Wednesday: CARDIO

WARMUP AND STRETCHING:
5-7 MINUTES

ALL CADETS WILL GO FOR A 45 MINUTE ABILITY RUN.

COOL DOWN AND STRETCHING:
5-7 MINUTES

Friday: UPPERBODY

WARMUP AND STRETCHING:
5-7 MINUTES

PUSHUP/BURPEE (modified body builder) PYRAMID:

CADETS WILL GO FROM ONE REPITION TO FIFTEEN REPETITIONS
PERFORMING PUSHUPS. CADETS WILL THEN GO FROM 15 REPITIONS TO
ONE REPITION PERFORMING BURPEES.

IN BETWEEN EACH SET OF REPITIONS, CADETS WILL JOG IN PLACE.

45 MINUTES

COOL DOWN AND STRETCHING:
5-7 MINUTES

Monday: LEGS/ CARDIO/ ABDOMINALS

WARMUP AND STRETCHING:
5-7 MINUTES

AS FAST AS POSSIBLE:

RUN 400 METERS COMPLETE 50 SQUATS AND 50 SITUPS

RUN 400 METERS COMPLETE 50 CRUNCHES AND 50 MULE KICKS

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RUN 400 METERS COMPLETE 50 CRUNCHES AND 50 MULE KICKS

45 MINUTES

COOL DOWN AND STRETCHING:
5-7 MINUTES

Wednesday: CARDIO

WARMUP AND STRETCHING:
5-7 MINUTES

8 ROUNDS OF:

SPRINT FOR 60 SECONDS JOG FOR 120 SECONDS:

24 MINUTES

COMPANY COOLDOWN RUN: 21 MINUTES

COOL DOWN AND STRETCHING:
5-7 MINUTES

Friday: CARDIO/ UPPER BODY

WARMUP AND STRETCHING:
5-7 MINUTES

RUN: 30 MINUTES

AS MANY ROUNDS AS POSSIBLE OF 25 PUSHUPS, 25 SITUPS, 15 RIGHT SIDE PUSHUPS, 15 LEFT SIDE PUSHUPS AND 25 CRUNCHES.

UNTIL PT IS COMPLETE

COOL DOWN AND STRETCHING:
5-7 MINUTES

Monday: LEGS

WARMUP AND STRETCHING:
5-7 MINUTES

RUN TO THE BASE OF ORCHARD HILL: 5 MINUTES (any hill)

LUNGE WALK ALL THE WAY TO THE TOP. ONCE AT THE TOP THE COMPANY WILL REFORM AT THE BOTTOM: 30 MINUTES

COMPANY RUN BACK TO TOTMAN: 5 MINUTES

COOL DOWN AND STRETCHING:
5-7 MINUTES

Wednesday: CARDIO

WARMUP AND STRETCHING:
5-7 MINUTES

ALL CADETS WILL GO FOR A 45 MINUTE ABILITY GROUP RUN.

COOL DOWN AND STRETCHING:
5-7 MINUTES

Friday: ABDOMINAL PYRAMID

WARMUP AND STRETCHING:
5-7 MINUTES

50 SITUPS
50 ELEVATED SITUPS

40 SITUPS
40 ELEVATED SITUPS

30 SITUPS
30 ELEVATED SITUPS

20 SITUPS
20 ELEVATED SITUPS

10 SITUPS
10 ELEVATED SITUPS

45 MINUTES

COOL DOWN AND STRETCHING:
5-7 MINUTES

Monday: UPPER BODY/ ABDOMINALS/ LEGS

WARMUP AND STRETCHING:
5-7 MINUTES

BUDDY RESISTED EXCERSISES: 45 MINUTES

SPLIT SQUAT: 10 REPS EACH LEG
SINGLE LEG SQUAT: 10 REPS EACH LEG
LEG CURL: 10 REPS EACH LEG

PUSHUP: 10 REPS REGULAR, 10 WIDE, 10 DIAMOND
OVERHEAD PRESS: 10 REPS

ABDOMINAL CURL: 50 REPS
ABDOMINAL CRUNCH: 50 REPS

SLOW JOG: 5 MINUTES.

COOL DOWN AND STRETCHING:
5-7 MINUTES

Wednesday: CARDIO

WARMUP AND STRETCHING:
5-7 MINUTES

DISTANCE RUN: 46 MINUTES
-23 MIN OUT
-22 MIN BACK

COOL DOWN AND STRETCHING:
5-7 MINUTES

Friday: UPPER BODY/ ABDOMINALS

WARMUP AND STRETCHING:
5-7 MINUTES

DECK OF CARDS: 45 MINUTES

THE PHYSICAL TRAINING INSTRUCTOR WILL DRAW ONE CARD AND THE COMPANY WILL PERFORM A CORALATING EXCERSISE. THE EXCERSISE WILL DEPEND ON THE SUIT OF THE CARD.

SPADES: REGULAR PUSHUPS
CLUBS: WIDE ARM PUSHUPS
HEARTS: SITUPS
DIAMONDS: CRUNCHES

ACES OF ANY SUIT ARE WILD CARDS. EVERY TIME AN ACE IS DRAWN, ALL CADETS MUST PERFORM 100 REPITITIONS OF AN EXCERSISE OF THEIR CHOOSING. RECOMMENDED EXCERSISES ARE OVERHEAD CLAPS AND CHERRY PICKERS.

THE NUMBER OF REPITITIONS WILL DEPEND ON THE NUMBER VALUE OF THE CARD.

COOL DOWN AND STRETCHING:
5-7 MINUTES

PHYSICAL FITNESS CONCEPTS FOR WARMER WEATHER

- 1) POSIBILITY OF KETTLE BELL WORKOUTS
- 2) PULL UP TRAINING
- 3) BATTLE FOCUSED PHYSICAL TRAINING: Flight COMPETITATIVE
"COMBAT RUN" AROUND CAMPUS LOOP
- 4) CAT AND MOUSE RUN
- 5) SANDBAG RUN
- 6) JAMAICAN BOX RUN