



# 2024 SHAPE AMERICA

THE UNITED STATES MARINE CORPS WORKOUT #1





## NATIONAL PHYSICAL EDUCATION & SPORT WEEK

As United States Marines, we thrive on physical challenges. With determination and resilience, we expect the unexpected as an opportunity to test ourselves, continually improve, and remain certain that, whatever difficulties are in front of us, we possess the mental and physical fortitude to overcome them together.

This National Physical Education & Sport Week, we challenge you to join us in recognizing the importance of physical and health education by learning and engaging in a series of official warm-ups, exercises, and cool downs with the United States Marine Corps.

# THE MARINE CORPS 2024 SHAPE AMERICA

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01



# INTRODUCTION

MARINE FITNESS

05 WHAT TO EXPECT

06 THE OFFICIAL WORKOUT



## WHAT TO EXPECT

### MARINE FITNESS:

The United States Marine Corps believes health and physical education are critical components to a well-rounded education.

This National Physical Education & Sport Week, the United States Marine Corps designed a workout—including a series of official warm-ups, exercises, and cool downs—that you can incorporate into your existing programs to help students of all ages gain the confidence, competence, and motivation to be physically active in school and for the rest of their lives.

In the following video, our Marines guide you in a purposeful training session to help improve your students' mental, physical, and emotional well-being. No equipment needed.

# THE WORKOUT

CLICK TO LEARN MORE ABOUT EACH ACTIVITY

## THREE WARM-UPS

- Frankenstein
- Arm Circles
- Walking Lunge with Twist

## THREE EXERCISES

- Upper Cut
- Rear Hand Punch
- Hook

## THREE COOL DOWNS

- Walking Knee Hug
- Walking Quad Stretch
- Warrior Stretch

[LAUNCH FULL VIDEO >>](#)



# 2024 SHAPE AMERICA

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02



# WARM-UPS

MARINE FITNESS

- 08 FRANKENSTEIN
- 09 ARM CIRCLES
- 10 WALKING LUNGE WITH TWIST

# FRANKENSTEIN

## WARM-UP ONE OF THREE:

Start in the standing position.

### Execution:

Take a step forward and swing the non-stepping leg straight up as high as you can while reaching over with the opposite arm to meet the toe.

Lower your leg back to the ground then step forward with that leg and swing the opposite leg straight up, reaching over with the opposite arm to meet the toe.

### Common Mistakes:

- Coming up on the toe in the rear leg.
- Bending the knee on the kicking leg.

WATCH DEMO >>



# FRANKENSTEIN





# ARM CIRCLES

## WARM-UP TWO OF THREE:

Start by standing tall with your arms extended out to the sides and your palms facing up.

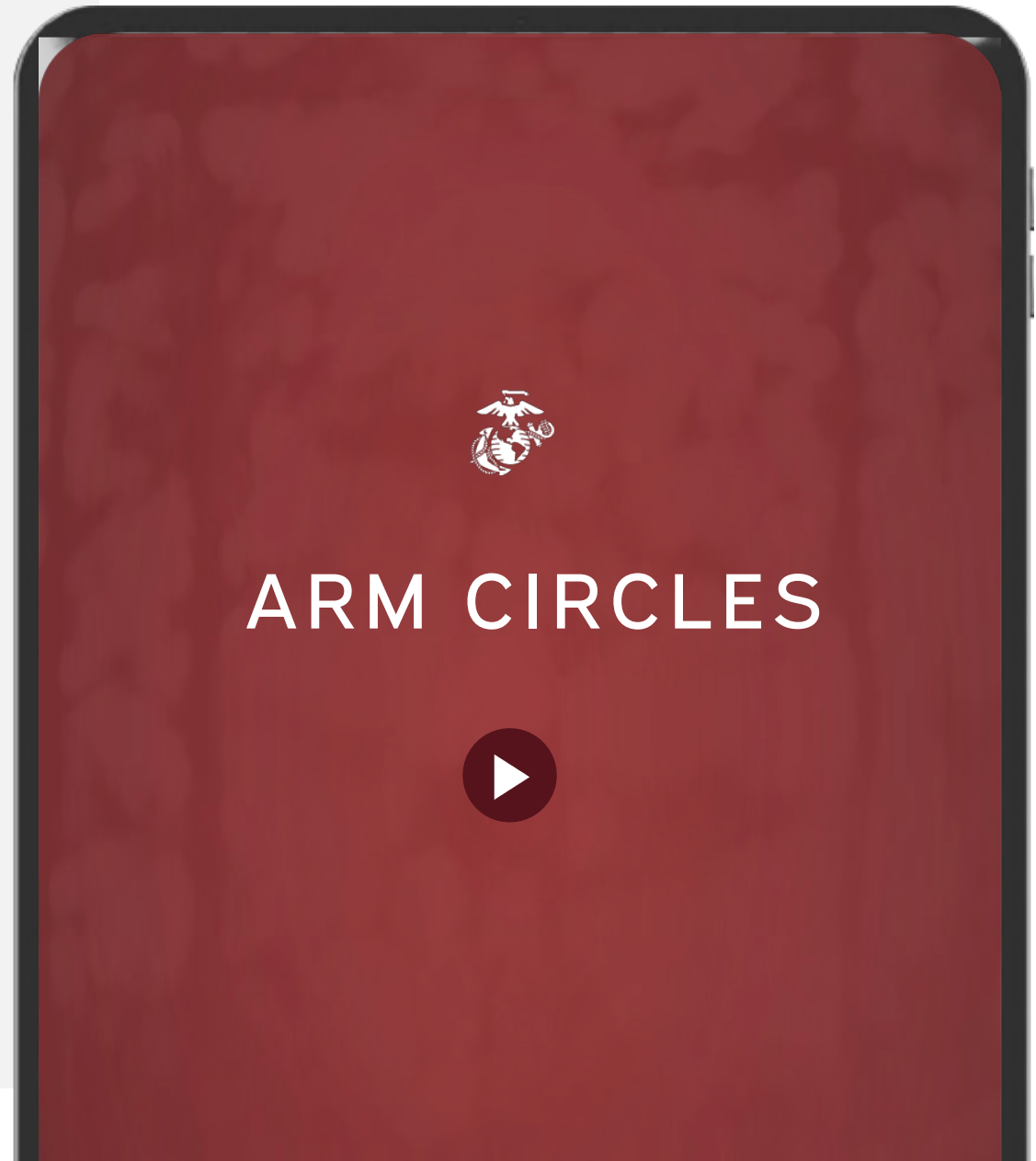
### Execution:

Rotate your arms in a clockwise direction, gradually increasing the size of the circle.

### Common Mistakes:

Not keeping palms facing up.

WATCH DEMO >>



## WALKING LUNGE WITH TWIST

### WARM-UP THREE OF THREE:

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

### Execution:

Step out with one leg and drop the hips toward the ground—keeping the rear leg straight, front knee behind the toe, front foot flat, and your chest up.

At the bottom of the lunge, twist over the leg that is in front. Twist back to the center, stand up on your forward leg, and repeat on the other side.

### Common Mistakes:

- Not keeping the foot flat.
- Turning the hips.

WATCH DEMO >>



## WALKING LUNGE WITH TWIST



03



# EXERCISES

## MARINE FITNESS

- 12 UPPERCUT
- 13 REAR HAND PUNCH
- 14 HOOK

# UPPERCUT

## EXERCISE ONE OF THREE:

Start by standing tall with your arms extended out to the sides and your palms facing up.

### Execution:

Three to Four Sets

10 Repetitions Per Set

WATCH DEMO >>



# REAR HAND PUNCH

## EXERCISE TWO OF THREE:

Start by standing tall with your arms extended out to the sides and your palms facing up.

### Execution:

Three to Four Sets

10 Repetitions Per Set

WATCH DEMO >>



# REAR HAND PUNCH



# HOOK

## EXERCISE THREE OF THREE:

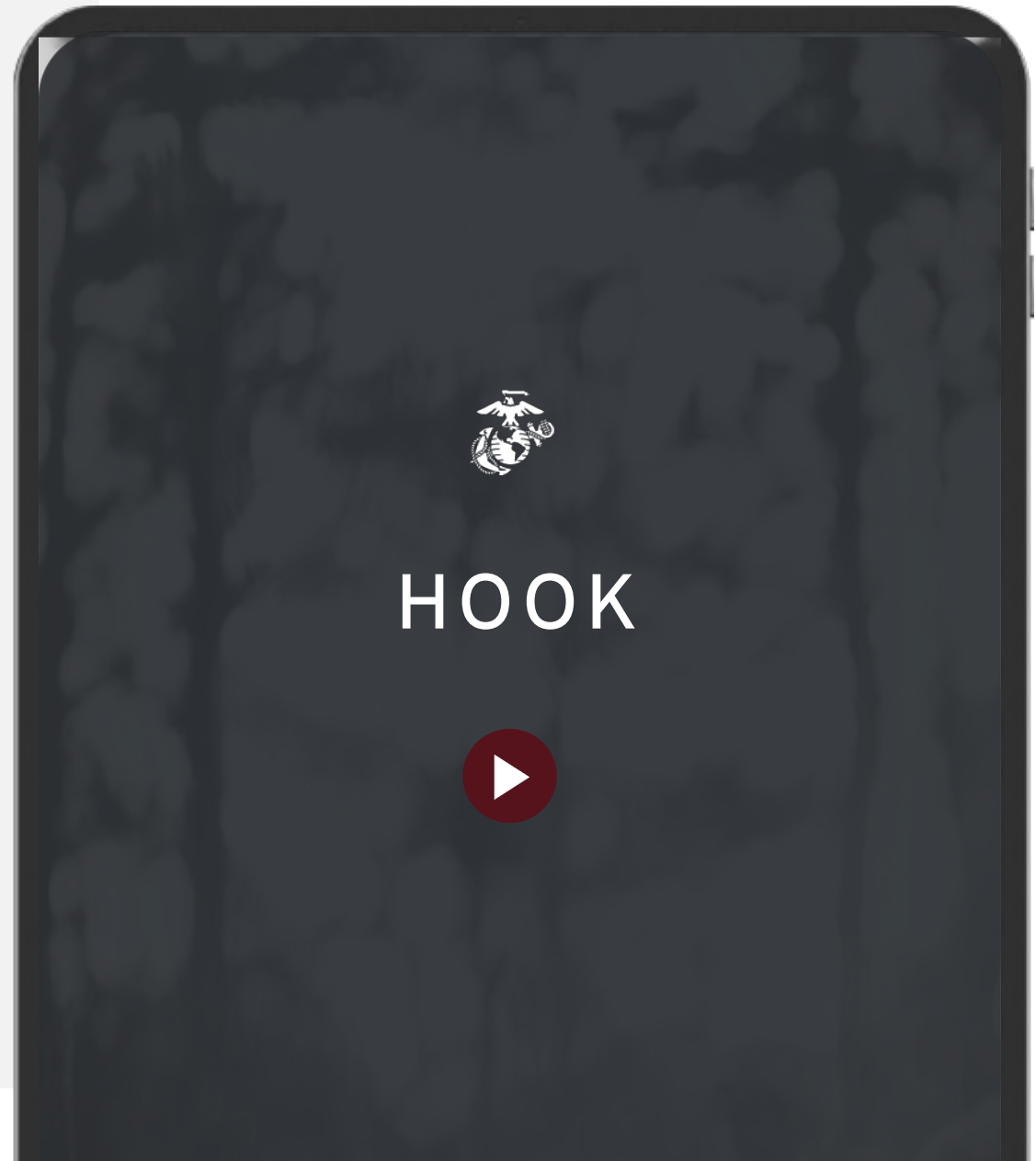
Start by standing tall with your arms extended out to the sides and your palms facing up.

### Execution:

Three to Four Sets

10 Repetitions Per Set

WATCH DEMO >>



04



# COOL DOWNS

MARINE FITNESS

- 16 WALKING KNEE HUG
- 17 WALKING QUAD STRETCH
- 18 WARRIOR STRETCH

# WALKING KNEE HUG

## COOL DOWN ONE OF THREE:

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

### Execution:

Bring one knee up and grasp it with both hands, pulling it up to the chest while keeping the foot of the standing leg flat on the ground.

Then, lower the raised leg and step onto that leg. Bring the opposite knee up to the chest.

### Common Mistakes:

- Dropping the chest.
- Not dorsiflexing the foot.
- Letting the hips roll under.

WATCH DEMO >>



# WALKING KNEE HUG





# WALKING QUAD STRETCH

## COOL DOWN TWO OF THREE:

Start in the standing position.

### Execution:

Bring one leg up in front of yourself, grasp the ankle, and pull the foot back behind yourself. Keep the chest up, the knees together, and hold for 1 count.

Then, lower the foot, step forward, and repeat on the opposite side.

### Common Mistakes:

- Winging the knee of the raised leg out to the side.
- Letting the chest drop forward.

WATCH DEMO >>



# WALKING QUAD STRETCH



# WARRIOR STRETCH

## COOL DOWN THREE OF THREE:

Start in the standing position.

### Execution:

Bend down while stepping one foot out, creating a 90-degree angle between your thigh and foot while keeping the back leg straight.

Then, bring the arm on the same side as your bent leg towards the sky, keeping the other hand firmly planted on the ground. Bring the raised arm back down and raise up once again for 1 count. Stand up and repeat on the opposite side.

### Common Mistakes:

Bending the knee on the back leg.

WATCH DEMO >>



# WARRIOR STRETCH



05



# CLOSING

MARINE FITNESS

20 CONTINUOUS IMPROVEMENT



## NATIONAL PHYSICAL EDUCATION & SPORT WEEK

This National Physical Education & Sport Week, we're proud that you accepted our challenge to join us in celebrating the importance of physical and health education by learning and engaging in a series of official warm-ups, exercises, and cool downs with the United States Marine Corps.

Health and wellness is a lifelong process of making conscious decisions and taking consistent actions to improve and maintain our physical, mental, and emotional well-being.

To connect and learn more about the United States Marine Corps, including how to apply for our educator workshops, click the link below:

[LEARN MORE >>](#)

