



# 2024 SHAPE AMERICA

THE UNITED STATES MARINE CORPS WORKOUT #2





## 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.

Through the Marine Corps' partnership with SHAPE America, we're inviting you and all Society of Health and Physical Educators members to participate in several Marine workouts.

You recognize the importance of physical and health education, and now you can learn some of the fitness strategies and techniques Marines have adopted, and potentially even implement them into your own PE and Health classes.

# 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 on how to perform three sets of warm-ups, exercises and cool-downs, as well as a video demonstration of the activities 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

## THREE WARM-UPS

- V Ups
- 4-Way Bear Crawl
- Passive Wrist Stretch

## THREE EXERCISES

- Walking Plank
- Split Squat Jump Combo
- Straight Leg Shuffle to Sprint

## THREE COOL DOWNS

- T-Spine Heel Sit with Reach
- Supine Leg Over
- Cat Camel

[LAUNCH FULL VIDEO >>](#)



# 2024 SHAPE AMERICA

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02



# WARM-UPS

MARINE FITNESS

- 08 V UPS
- 09 4-WAY BEAR CRAWL
- 10 PASSIVE WRIST STRETCH

## V UPS

### WARM-UP ONE OF THREE:

Lie flat on your back with your legs straight and arms fully extended behind your head.

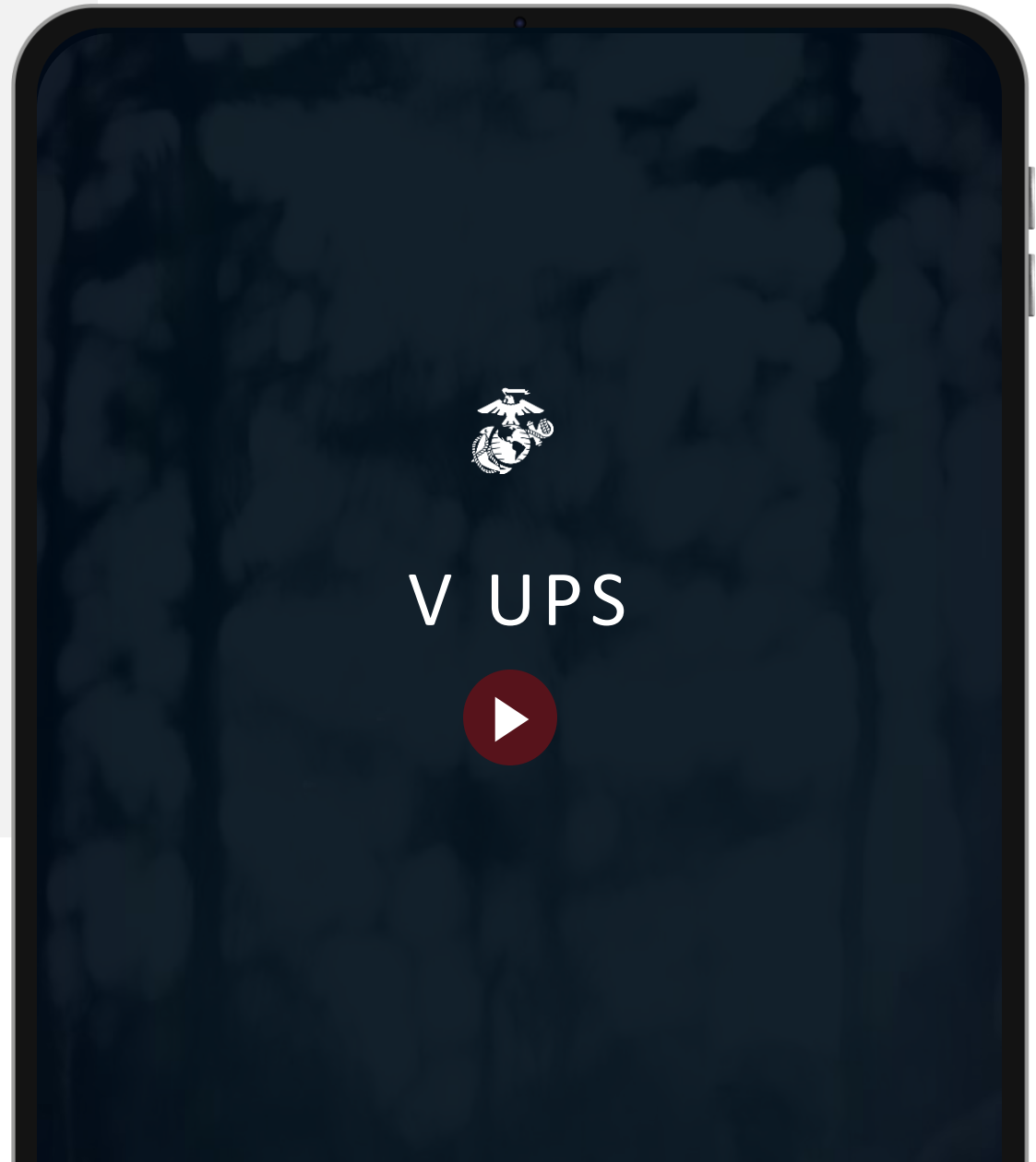
#### Execution:

Without bending your knees, bring your legs towards you and reach for your toes with your hands.

Then return to starting position, except with your legs still elevated a few inches above the ground.

Repeat the maneuver several times, without ever letting your feet touch the floor.

[WATCH DEMO >>](#)





## 4-WAY BEAR CRAWL

### WARM-UP TWO OF THREE:

Get down on your hands and knees, with your back flat, hands positioned straight down under your shoulders and knees straight down under your hips.

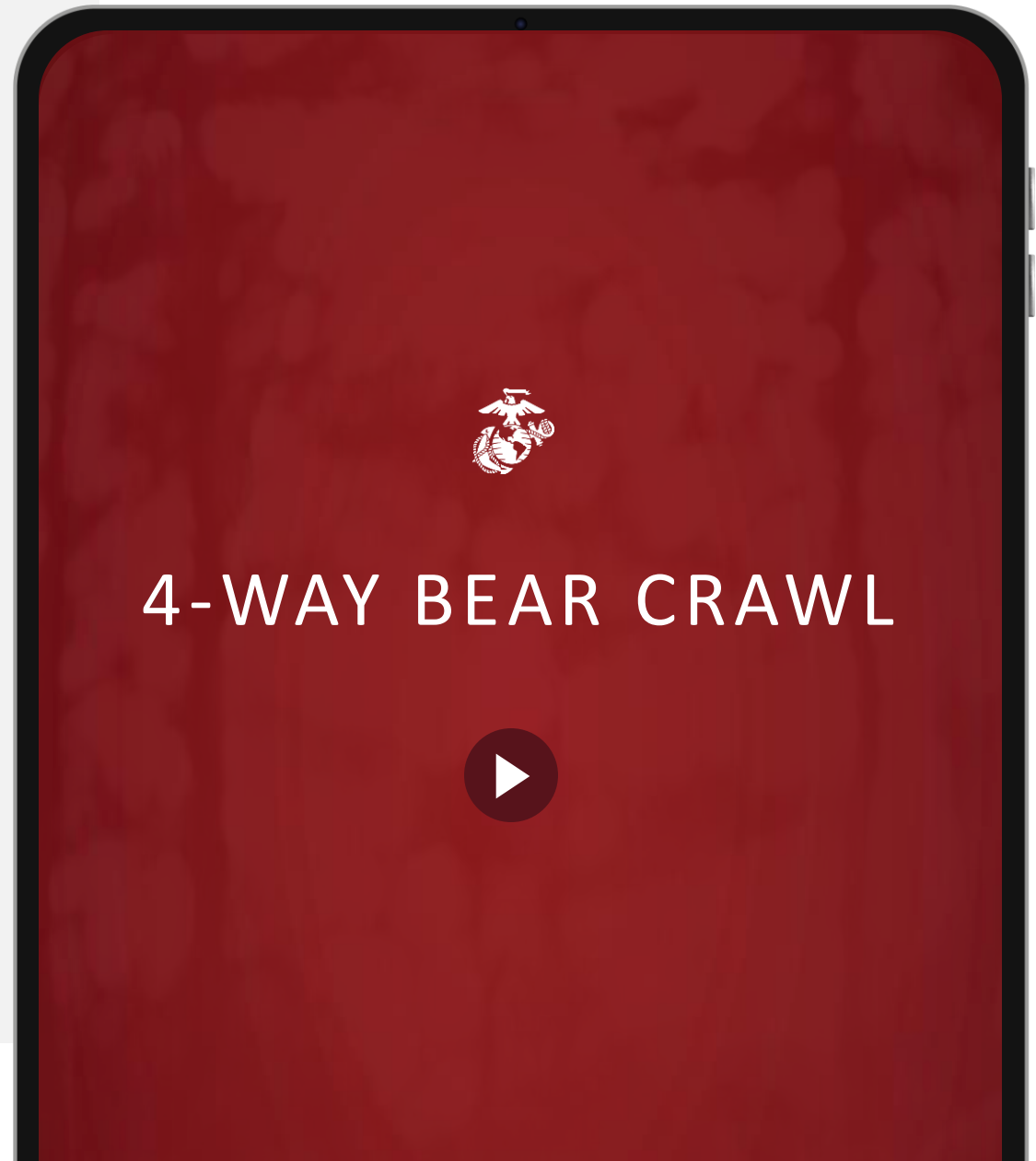
### Execution:

With back straight, lift your knees so that all of your weight is on your palms and toes. While maintaining this posture, crawl forward on your hands and toes, keeping your knees as close as possible to the ground without touching it.

After crawling laterally forward two complete steps, crawl to your right in the same manner two more steps.

Next crawl laterally backwards two complete steps and then finally left two steps so that you're now in the same starting position.

[WATCH DEMO >>](#)



## PASSIVE WRIST STRETCH

### WARM-UP THREE OF THREE:

Stand straight with your feet shoulder width apart.

#### Execution:

Extend your right arm straight out in front of you and with your left hand bend your right wrist upward and hold for five seconds. Then down for five seconds. Repeat the stretch using your other wrist.

Next get on your hands and knees with a straight back and your hands pointed straight out in front of you below your shoulders. With your hands stationary, tilt your whole body forward. Next, turn your wrists so that the back of your hands are facing the floor. Tilt your whole body forward again, placing your weight on the back of your wrists.

[WATCH DEMO >>](#)



## PASSIVE WRIST STRETCH



03



# EXERCISES

## MARINE FITNESS

- 12 WALKING PLANK
- 13 SPLIT SQUAT JUMP COMBO
- 14 STRAIGHT LEG SHUFFLE TO SPRINT

## WALKING PLANK

### EXERCISE ONE OF THREE:

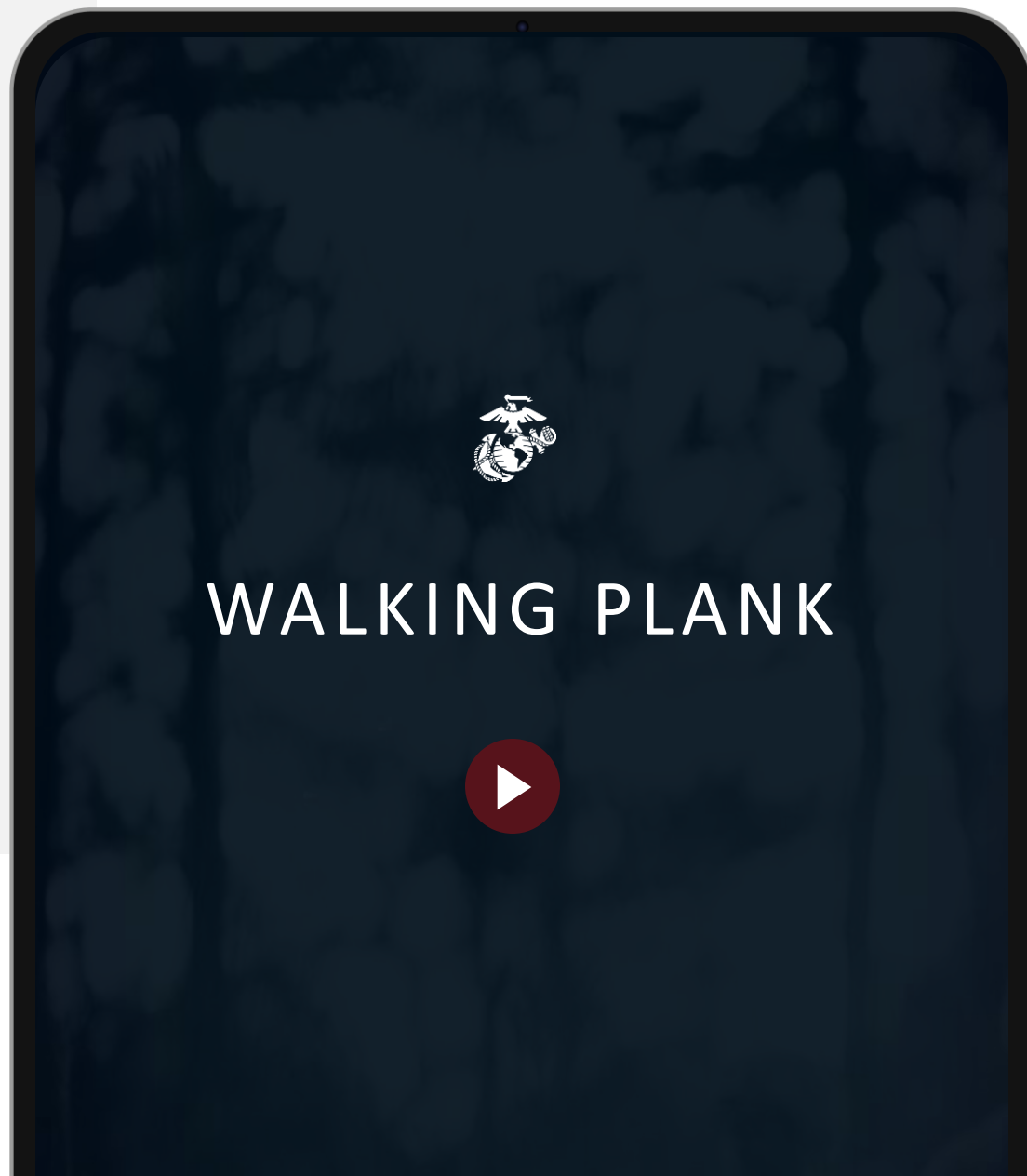
Start in the “Up” push-up position.

#### Execution:

While maintaining the elevated push-up position, walk left with your arms and legs. Move slowly so that when your hands are together, your feet are apart, and when your hands are apart, your feet are together.

After a few steps, repeat the maneuver but this time moving left to right.

[WATCH DEMO >>](#)



# SPLIT SQUAT JUMP COMBO

## EXERCISE TWO OF THREE:

### Execution:

Jump as high as you can and land in a split-squat position, dropping your hips towards the ground while keeping your chest up. From the bottom position, jump up while alternating the forward foot. When landing, lower your hips towards the floor while keeping your chest up.

From the bottom position, jump and land in a squat position with your feet hip-width apart, dropping your hips toward the floor while keeping your chest up.

### Common Mistakes:

- Landing on a locked-out knee
- Not absorbing the force of the landing
- Staying on your toes
- Dropping your chest

[WATCH DEMO >>](#)



# SPLIT SQUAT JUMP COMBO





## STRAIGHT LEG SHUFFLE TO SPRINT

### EXERCISE THREE OF THREE:

Start in the standing position.

#### Execution:

With legs locked at the knee begin running with stiff legs, minimizing any knee involvement.

As you shuffle in this position, feel your straight legs whipping from your hips.

After several yards of this straight leg shuffle, unlock your knees so that you're now sprinting normally.

[WATCH DEMO >>](#)



## STRAIGHT LEG SHUFFLE TO SPRINT



04



# COOL DOWNS

MARINE FITNESS

- 16 T-SPINE HEEL SIT WITH REACH
- 17 SUPINE LEG OVER
- 18 CAT CAMEL

## T-SPINE HEEL SIT WITH REACH

### COOL DOWN ONE OF THREE:

Sit with your knees on the ground, head looking down and your arms extended straight below your shoulders.

### Execution:

Stretch your right arm under your left arm and as far left as you can. Return to the original position. Now stretch your left arm under your right arm and as far right as you can.

[WATCH DEMO >>](#)



## SUPINE LEG OVER

### COOL DOWN TWO OF THREE:

Lie on your back with your feet together and your arms extended out to the sides, palms down.

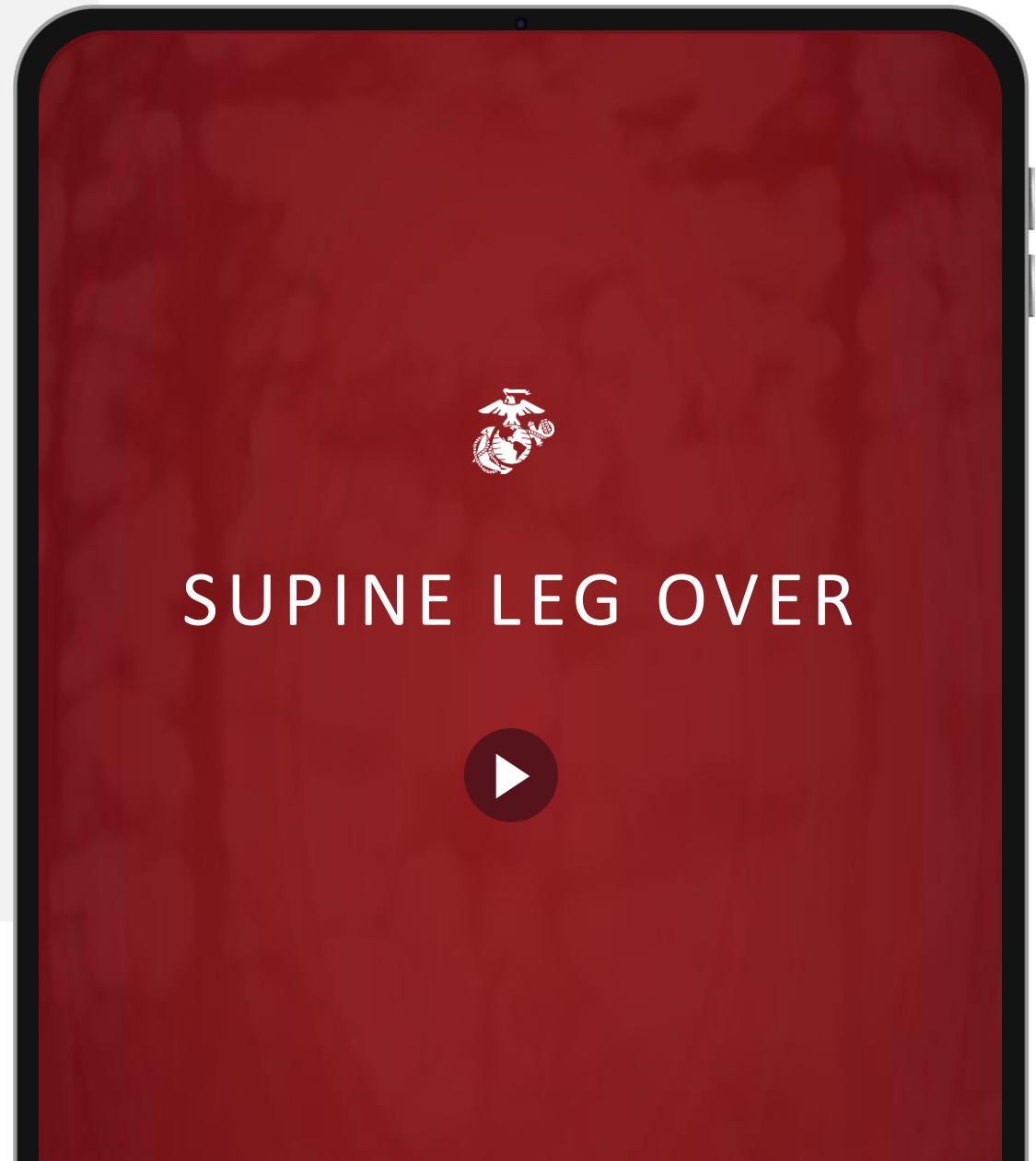
### Execution:

Begin by touching your right foot to your left hand while keeping your shoulders flat on the ground. Then return to the original position. Next touch your left foot to your right hand, still while keeping your shoulders flat on the ground.

### Common Mistakes:

- Letting your shoulders come off the deck
- Bending your knee

[WATCH DEMO >>](#)



## CAT CAMEL

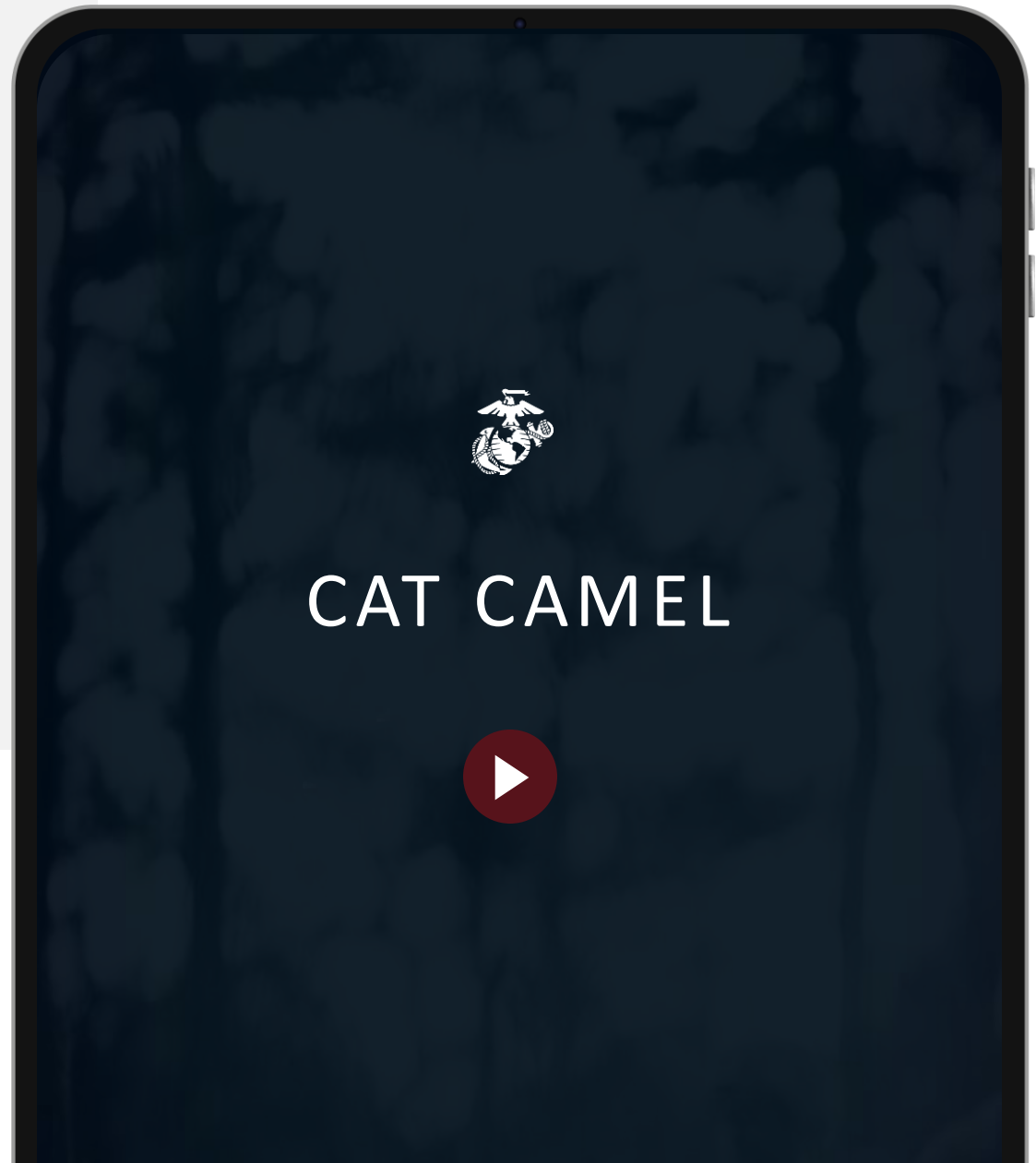
### COOL DOWN THREE OF THREE:

Get down on your hands and knees, with your hands positioned straight down under your shoulders.

#### Execution:

Round your back from an arched position as you pull in your stomach, returning to the original position. Then do the opposite, forming an arch with your lower back. Return to the original position and repeat the exercise.

[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.

To that end, 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 >>](#)

