



2025 SHAPE AMERICA

THE UNITED STATES MARINE CORPS WORKOUT





HEALTH LITERACY MONTH

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.

During Health Literacy Month, we challenge you to join us in recognizing the importance of physical and health education by learning about and engaging in a series of official warm-ups, exercises, and cool downs with the United States Marine Corps.

THE MARINE CORPS 2025 SHAPE AMERICA

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01



INTRODUCTION

MARINE FITNESS

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WHAT TO EXPECT

MARINE FITNESS:

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

For this Health Literacy Month, the United States Marine Corps has 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

- Uppercut
- Rear Hand Punch
- Hook

THREE COOL DOWNS

- Walking Knee Hug
- Walking Quad Stretch
- Warrior Stretch

[LAUNCH FULL VIDEO >>](#)



2025 SHAPE AMERICA

THE UNITED STATES MARINE CORPS WORKOUT

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:

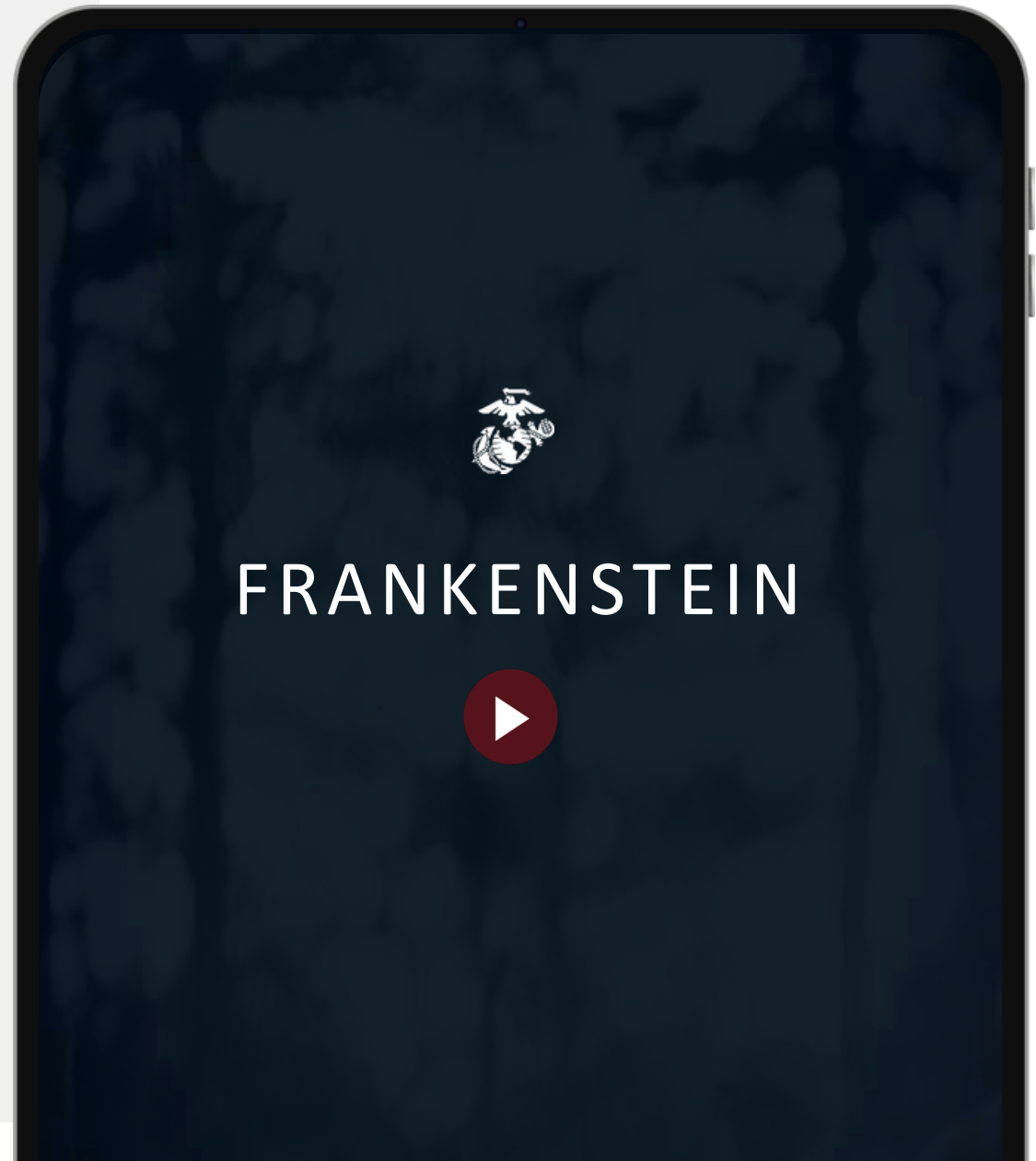
Take a step forward and swing the non-stepping leg straight up as high as you can while reaching over with the opposite arm to meet the toe.

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 >>](#)



ARM CIRCLES

WARM-UP TWO OF THREE:

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

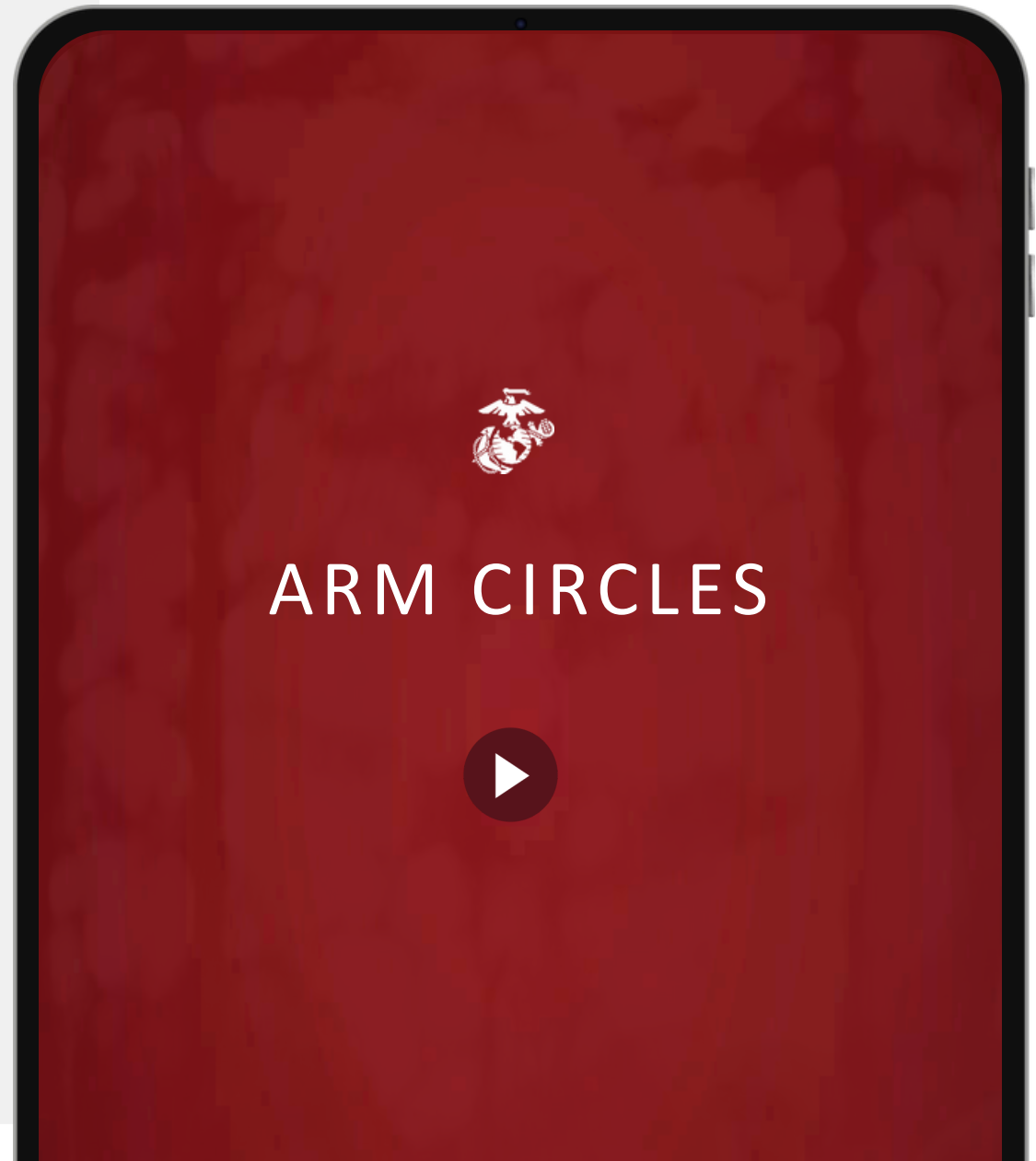
Execution:

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 THREEOF THREE:

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

Execution:

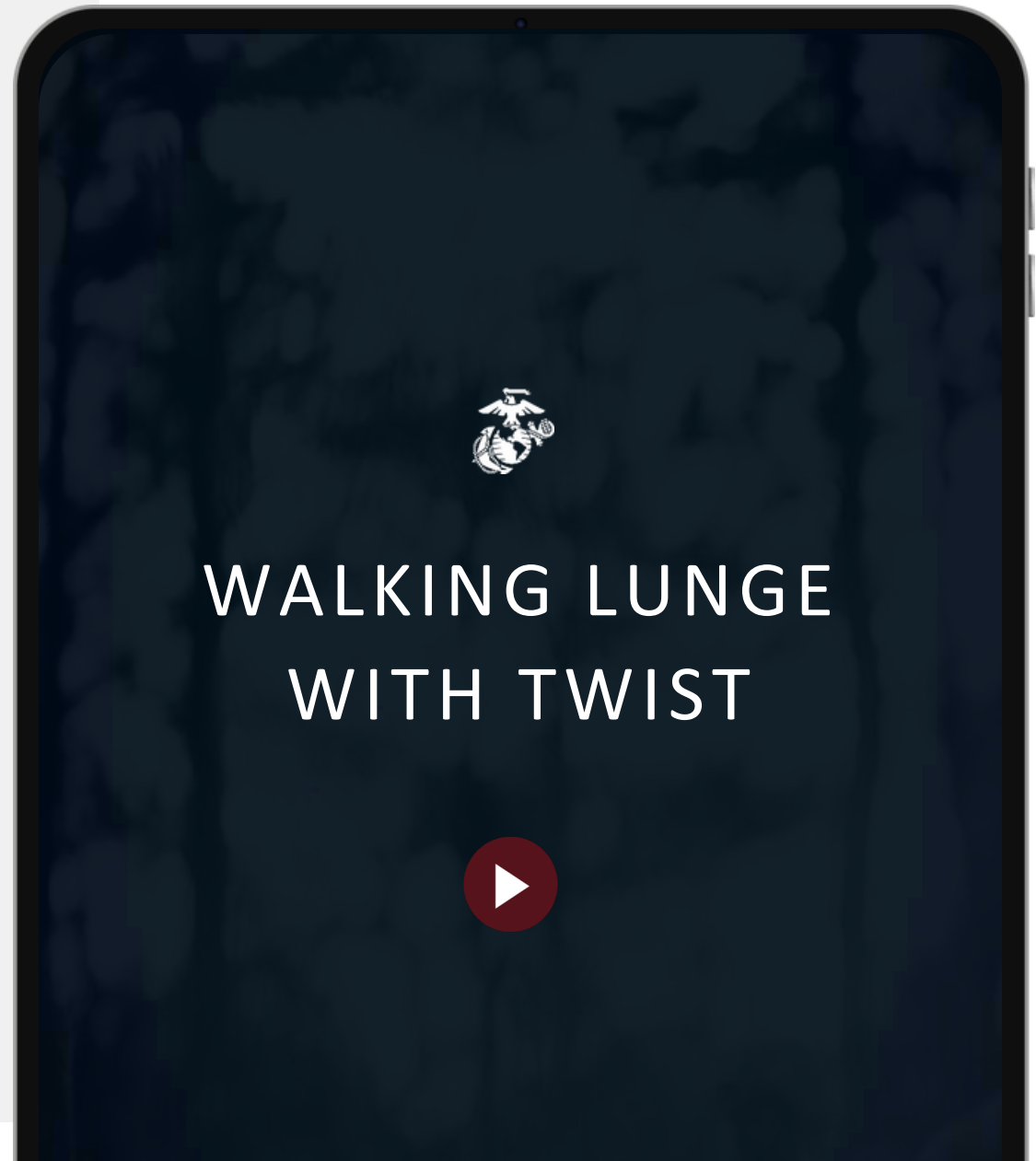
Step out with one leg and drop the hips toward the ground—keeping the rear leg straight, front knee behind the toe, front foot flat, and your chest up.

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 >>](#)



03



EXERCISES

MARINE FITNESS

- 12 UPPERCUT
- 13 REAR HAND PUNCH
- 14 HOOK

UPPERCUT

EXERCISE ONE OF THREE:

Start with a solid stance by positioning your feet shoulder-width apart. Your dominant foot should be slightly behind the other. Keep your knees slightly bent and your hands up to protect your face with elbows tucked in close to your body.

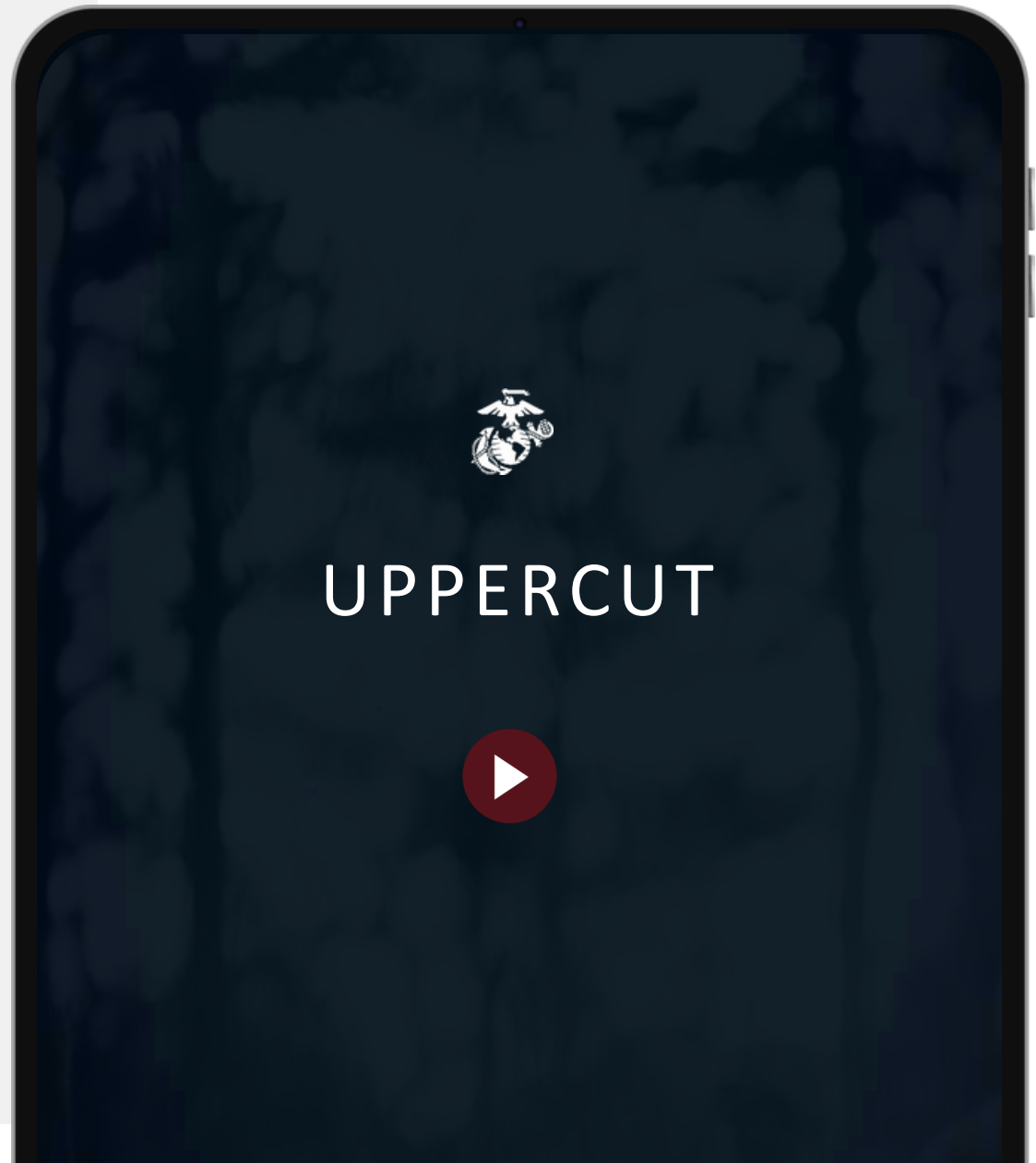
Rotate your hips in the direction of the punch, driving your fist upwards in a smooth, controlled motion.

Execution:

Three to Four Sets

10 Repetitions Per Set

[WATCH DEMO >>](#)



REAR HAND PUNCH

EXERCISE TWO OF THREE:

Start with your feet shoulder-width apart. Your dominant foot should be back. Keep your knees slightly bent and hands up, protecting your chin, elbows close to your body.

Push off the ball of your back foot, turning your back hip toward your target. As your hip turns, rotate your torso toward the target and drive your back hand straight forward. Upon impact, quickly pull your hand back to your guard.

Execution:

Three to Four Sets

10 Repetitions Per Set

[WATCH DEMO >>](#)



REAR HAND PUNCH



HOOK

EXERCISE THREE OF THREE:

Start with your feet shoulder-width apart, your dominant foot forward, knees slightly bent. Keep your hands up at chin level, elbows tucked in.

Rotate the ball of your dominant foot, turning your hip and shoulder toward the target. Keep your elbows bent at 90 degrees. Drive your lead arm in a tight arc toward your target. Your forearm should remain level with the ground. Stop your arm where it would naturally land on the target and immediately return your hand to guard your chin.

Execution:

Three to Four Sets

10 Repetitions Per Set

[WATCH DEMO >>](#)



HOOK



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:

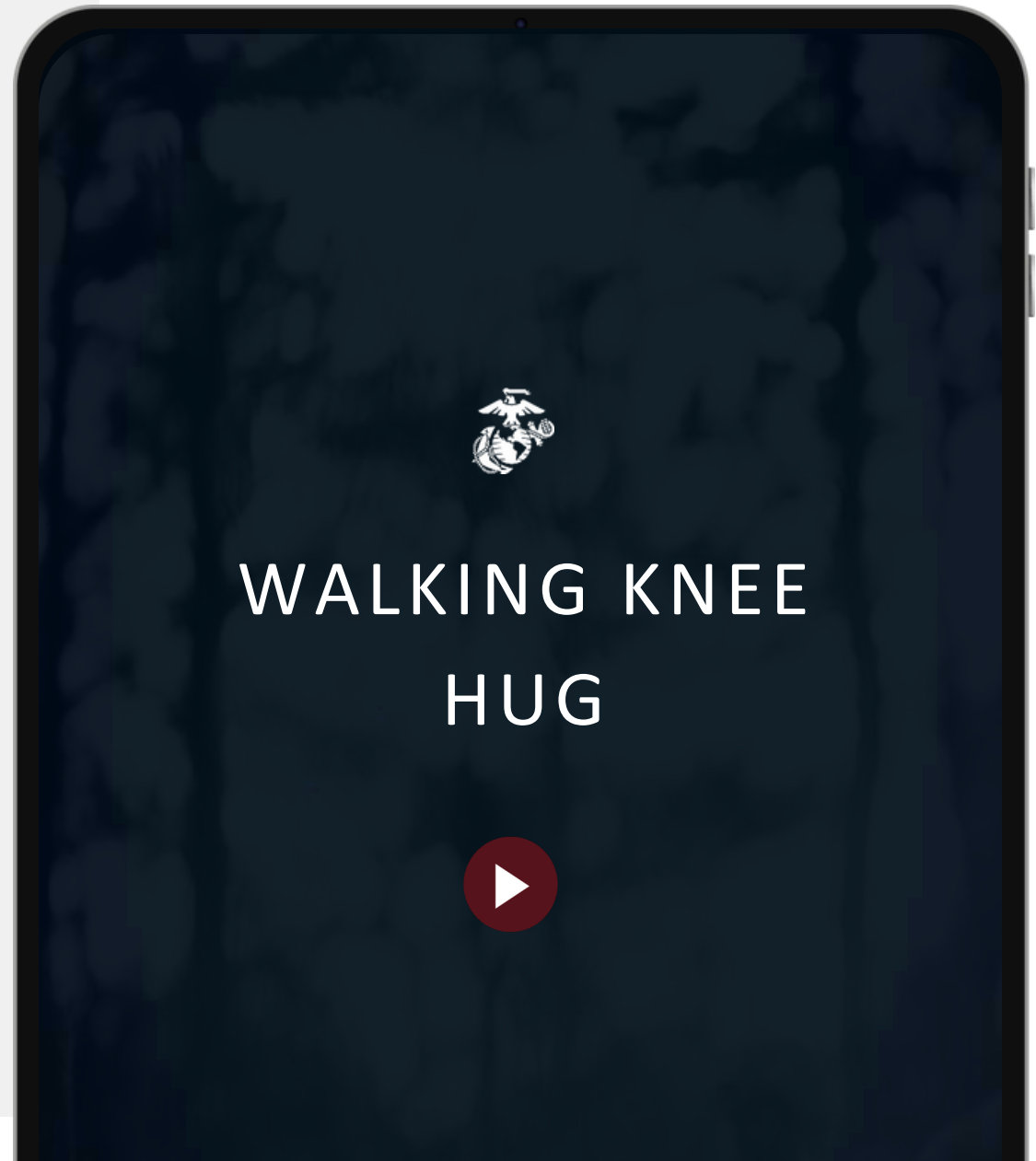
Bring one knee up and grasp it with both hands, pulling it up to the chest while keeping the foot of the standing leg flat on the ground.

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 QUAD STRETCH

COOL DOWN TWO OF THREE:

Start in the standing position.

Execution:

Bring one leg up in front of you, grasp the ankle, and pull the foot back behind yourself. Keep the chest up, keep 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 toward 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 >>](#)



05



CLOSING

MARINE FITNESS

20 CONTINUOUS IMPROVEMENT



A HEALTHIER FUTURE

This Health Literacy Month, we're proud that you accepted our challenge to join us in celebrating the importance of physical and health education by learning about and engaging in a series of official warm-ups, exercises, and cool downs with The United States Marine Corps.

Prioritizing 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 >>](#)

THANK YOU