

# AUBURN

A R M Y R O T C



## 30 Day Physical Fitness Train-up Program

This program is designed to assist and prepare new Cadets for the physical demands of Auburn Army ROTC. This is a body-weight program that will help potential Cadets shed excess body fat while strengthening their core and other areas to prepare them for Army ROTC. Being physically fit is more than having a neat appearance and physique – it is a way of life and a mind state. At Auburn Army ROTC we embody this lifestyle and want to help others embrace their inner warrior and be successful leaders of character and grit. This program requires very little equipment, but you will need an area that has a pull-up bar and has access to a 30-40lb kettlebell, 10lb medicine ball, a rucksack or backpack, and a jump rope. This program can be repeated as many times as needed. Good luck and WAR EAGLE!

## WEEK 1, DAY 1 – Intro to air squats

Watch the video to ensure you know how to do a proper air squat.

([http://media.crossfit.com/cf-video/CrossFit\\_AirSquats.wmv](http://media.crossfit.com/cf-video/CrossFit_AirSquats.wmv))

Workout – 20 x air squats followed by a 200-meter run, five times. Be sure to stretch out once complete to prevent soreness. Feel free to time yourself for a measurement of performance throughout the train up period.

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## WEEK 1, DAY 2 – Intro to burpees

Watch the video to ensure you know how to do a proper burpee.

(<https://www.youtube.com/watch?v=auBLPXO8Fww>)

Workout – 21, 15, 9 reps of burpees followed by a 200-meter run after each set. Ensure you log your time and stretch afterwards.

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## WEEK 1, DAY 3 – Running

Warm up with a slow 400-meter run and light stretching.

Workout – Run 1-mile for time. Don't walk, run. Log your time and stretch afterwards.

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## WEEK 1, DAY 4 – Rest Day

Walk 1-mile and do some long stretching to reduce soreness.

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## WEEK 1, DAY 5 – Intro to butterfly sit-ups

Watch the video to ensure you know how to do a proper butterfly sit-up.

<https://www.youtube.com/watch?v=ZLyOWSPnVrM>

Workout – 21, 15, 9 reps of butterfly sit-ups, kettle bell swings, and squats followed by a 400-meter run after each set. Ensure you log your time and stretch afterwards.

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## WEEK 1, DAY 6 – Intro to hand release push-ups

Watch the video to ensure you know how to do a proper hand released push-up.

<https://www.youtube.com/watch?v=9mO6ygDS7y4>

Workout – 21, 15, 9 reps of hand released push-ups followed by a 400-meter run after each set. Ensure you log your time and stretch afterwards.

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## WEEK 1, DAY 7 – Running

Warm up with a slow 400-meter run and light stretching.

Workout – Run 2-miles for time. Don't walk, run. Log your time and stretch afterwards.

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## WEEK 2, DAY 8 – Rest Day

Walk 1-mile and do some long stretching to reduce soreness.

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## WEEK 2, DAY 9 – Intro to pull-ups

Watch the video to ensure you know how to do a proper pull up.

([https://www.youtube.com/watch?v=ScAYp-Gik\\_E](https://www.youtube.com/watch?v=ScAYp-Gik_E))

If you do not have a pull up bar watch this video and do this.

(<https://www.youtube.com/shorts/Q4k1SPtG8mA>)

Workout – 15 minutes as many rounds as possible. 1 round equals - 5 pull-ups, 10 push-ups, and 15 air squats. Ensure you log the number of rounds completed and stretch afterwards.

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## WEEK 2, DAY 10 – Intro to plank crawl and walking lunges

Watch the videos to ensure you know how to do a proper plank crawl and lunge.

(<https://www.youtube.com/watch?v=ma4WXpPDVEU>)

(<https://www.youtube.com/watch?v=L8fvypPrzss>)

Workout – 4 sets of 10 plank crawls, 20 walking lunges (10 on each leg), 10 hand released push-ups followed by a 400-meter run. Ensure you log your time and stretch afterwards.

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## WEEK 2, DAY 11 – Intro to bodybuilders

Watch the videos to ensure you know how to do a proper bodybuilder.

(<https://www.youtube.com/watch?v=TxQT-wZdP28>)

Workout – For time, 50 bodybuilders. Ensure you log your time and stretch afterwards.

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## WEEK 2, DAY 12 – Rest Day

Do one of the following - Walk 2-miles, go for a light swim, or take a light bike ride and do some long stretching to reduce soreness.

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#### WEEK 2, DAY 13 – Running

Warm up with light stretching.

Workout – Run 3-miles for time. Don't walk, run. Log your time and stretch afterwards.

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#### WEEK 2, DAY 14 – Rucking

Warm up with light stretching.

Workout – Find a backpack and throw some weight in it (20-40lbs) and go for a walk. Target is 3-miles. Keep a pace of 15-18 minutes per mile. Log your time and stretch afterwards.

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#### WEEK 3, DAY 15 – Baby Murph

Warm up with light stretching.

Workout – 400-meter run, 50 air squats, 50 push-ups, 50 sit-ups, 50 pull-ups, 400-meter run. You can break up the reps i.e. 5 sets of 10 or 10 sets of 5. It's whatever works for you, but the run must be at the beginning and end of the workout. Log your time and stretch afterwards.

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#### WEEK 3, DAY 16 – Rest Day

Do one of the following - Walk 2-miles, go for a light swim, or take a light bike ride and do some long stretching to reduce soreness.

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### WEEK 3, DAY 17 – Sprints

Work – 20 x 40-meter sprints. Your rest time should be double the time it took you to complete the sprint, i.e. if you can do the sprint in 15 seconds, then your rest time before the next sprint is 30 seconds. Try to increase your speed as you go. Finish with 3 sets of 1 minute plank holds.

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### WEEK 3, DAY 18 – Running

Warm up with light stretching.

Workout – Run 3-miles for time. Don't walk, run. Log your time and stretch afterwards.

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### WEEK 3, DAY 19 – Running

Warm up with light stretching.

Workout – 5 rounds for time, 20 air squats, 20 push-ups, 20 sit-ups, 20 pull-ups. Log your time and stretch afterwards with a 1-mile cool down run.

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### WEEK 3, DAY 20 – Rest Day

Do one of the following - Walk 2-miles, go for a light swim, or take a light bike ride and do some long stretching to reduce soreness.

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### WEEK 3, DAY 21 – Rucking

Warm up with light stretching.

Workout – Grab your backpack and throw some weight in it (20-40lbs) and go for a walk. Target is 4-miles. Keep a pace of 15-18 minutes per mile. Log your time and stretch afterwards.

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### WEEK 4, DAY 22 – Cardio blast

Warm up – 4 x 100-meter sprints. Start at 50% speed and build up after each sprint.

Workout – 21, 15, 9 burpees followed by a 200-meter run. Log your time.

Cool down – 1-mile run followed by some good long stretching.

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### WEEK 4, DAY 23 – Active Rest Day

Do one of the following – 1-mile swim, 3K on a rower, or 10-mile bike ride and do some long stretching to reduce soreness.

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#### WEEK 4, DAY 24 – At it again

Warm up – 400-meter jog.

Workout – 5 rounds for time of 5 pull-ups, 10 push-ups, 20 sit-ups, and 30 air squats.  
Log your time.

Cool down – 1-mile run followed by stretching.

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#### WEEK 4, DAY 25 – Jumping into fitness

Warm up – 400-meter jog followed by 25 air squats.

Workout – 50-40-30-20-10 of sit-ups after each set 150-140-130-120-110 of jump ropes.

Cool down – 1-mile run followed by stretching.

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#### WEEK 4, DAY 26 – Sprints

Warm up – 40 lunges (20 each leg)

Workout – 1 x 800-meter sprint, 2 x 400-meter sprints, 4 x 200-meter sprints, 8 x 100-meter sprints.

Cool down – 400-meter walk and stretch.

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#### WEEK 4, DAY 27 – Active Rest Day

Do one of the following – 1-mile swim, 3K on a rower, or 10-mile bike ride and do some long stretching to reduce soreness.



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#### WEEK 4, DAY 28 – Benchmark Workout “GI Jane”

Warm up – 50 jumping jacks.

Workout – 100 burpees for time.

Cool down – 400-meter walk and stretching.

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#### WEEK 5, DAY 29 – Active Rest Day

Do some long stretching today and go for a walk. Your final test is tomorrow.

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#### WEEK 5, DAY 30 – Bodyweight 300

Warm up – 2 sets of 5 push-up, 5 air squats, 5 sit-ups, and 5 pull ups.

Workout – 25 push-ups, 25 air squats, 50 step ups (25 each leg), 25 pull-ups, 50 forward lunges (25 each leg), 25 hand released push-ups, 25 burpees, 25 chin-ups, 50 jump ropes.

Cool down – 400-meter walk and stretching.

Attack this workout. This is what you have been working for. Time yourself and try to stay under 20 minutes. Log your time for progress.

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