**The Marine Body Workout**

Marines are known for being in shape, and that comes from the training and workouts they perform. They must pass a combat fitness test to get in and constantly train once they are in. At Military.com the training is noted:

**Suggested Training**

Gunnery Sgt. Brian Woodall, chief instructor of the CCP, said it’s important to take part in combat conditioning exercises five days a week for 30 minutes. “This can include tire flips, buddy drags, fireman carry and buddy squats,” said Woodall. “Also, use body weight exercises such as pull-ups, sit-ups, push-ups, dips and lunges.

So if you want to get serious about the Marine approach, team up with a partner to get in buddy drags, the fireman carry and buddy squats.

You can do a lot on your own as well, focusing on body weight exercises and you can do the tire flip by yourself as well. Marines go for a higher rep count so aim for double digit numbers on all your body weight work, and even get into the 20 plus rep range.

**Run Fast**

Marines should be able to run 3 miles at a 6 minute per mile clip, so you can set that as a target. And the combat fitness test requires running half a mile fast in boots, as well as boosting a 30 pound ammo can overhead for multiple reps. You can replicate this with a weight plate and pump out the reps after a run.

Working out five days a week for half an hour will get you lean and mean like a Marine but make sure you allow plenty of time for rest and the nutrition needed to back up the training.

**About The Author:**

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