



BASIC TRAINING

A unique fitness course based on the exercises of the U.S. Navy SEAL Teams.

11-MINUTE WORKOUT

Emphasis on upper body strength and endurance

We're all busy, and sometimes it's hard to squeeze in the regular routine. Don't skip your workout. Try this 11-minute power fest -- no equipment required!

| REPS | EXERCISE |
|---------|-------------------------------|
| 10 | Pushups on the knees |
| 10 | Tricep pushups on the knees |
| 10 | Wide grip pushup on the knees |
| 20 sec | Flutter kick on the stomach |
| 20 | Pushups |
| 20 | Squats |
| 20 | Hip lifts, medium speed |
| 20 | Cross reach crunch |
| 20 | Crunch |
| 15 | Arm haulers |
| 10 | Wide grip pushups |
| 10 | Tricep pushups |
| 10 | Pushups |
| 20 | 4 count lunges |
| 15 each | 4 count neck rotation |
| 20 | Pushups |
| 50 | Double crunches |

<http://basicpt.com>

You should always consult a physician before undertaking any exercise routine.