



BASIC TRAINING

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

THE K+ - 1000 REPS OF FUN, AND THEN SOME

Warm up for 6 minutes

Do this cycle 20 times:

Tricep pushups	7
Hip lift	10
Pushups	7
Reverse crunches	10
Wide pushups	7
1/2 situps	10

Complete each cycle in 2 minutes or less: total time=40 minutes

Finish with:

Neck rotations: 40 reps
Pullups: 2 x max
20 8-count bodybuilders