

# MARINE CORPS

## Daily 16 Workouts



***Marine Fitness  
for the Civilian Athlete***

*Combat Training Photos: Arnold Crane / Exercise Photos: Bruce Lawrence*

# Marine Corps Daily 16 Workout

**Wenbin Ji**



## **Marine Corps Daily 16 Workout:**

**The Marine Corps Daily 16 Workout** Freundlich Communications,1999 The daily workout that is the heart of Marine Corps physical fitness The Daily 16 is the exercise program at the heart of Marine Recruit Training a regimen of stretching warm up and calisthenics that is the fundamental building block of the Marine recruit s legendary strength endurance agility and quickness This clear accessible and profusely illustrated guide makes the Daily 16 available to men and women of all ages and at all levels of fitness The intensely focused hour long workout includes Dynamic stretches Static stretches Conditioning exercises Conditioning runs Cool down These segments of the workouts are all balanced to help you attain the superb level of fitness Marine recruits must achieve With tables to chart aerobic fitness standard requirements for Marine Recruit Training tests and an Introduction by L M Palm Major General USMC Ret and executive director of the Marine Corps Association Marine Corps Daily 16 Workouts is a no frills no nonsense whole body training program [The Marine Corps Daily 16 Workouts](#) ,1999 The Daily 16 is the exercise program at the heart of Marine Recruit Training a regimen of stretching warm up and calisthenics that is the fundamental building block of the Marine recruit s legendary strength endurance agility and quickness This clear accessible and profusely illustrated guide makes the Daily 16 available to men and women of all ages and at all levels of fitness Back cover **Gunny's Rules** R. Lee Ermey,2013-10-28 Put down your sissy drink with its umbrella get off your backside and square yourself away Get fit get a job and get yourself some self respect America s favorite most in your face sarge is going to show you how to get squared away like a Marine R Lee Gunny Ermey of The History Channel s Mail Call takes time out from telling viewers all about military technology to tell readers all about life Men today are facing a crisis of emasculation Gunny is here to tell you how to fight back and save your dignity by taking control of your own damn life First he teaches you how to get fit stay fit and defend yourself Then he teaches you how to conduct yourself the way real men do with assertiveness but also with wisdom and courtesy Finally Gunny motivates you to use your new fitness and new attitude to live life like a man of honor to work hard reach for high goals and set an example with your life Gunny s Rules is the ultimate guide for anyone who wants to live life like one of the toughest of the tough like a Marine

**USMC Physical Fitness Publications Combined: High Intensity Tactical Training (HITT) Combat Fitness Test (CFT) Prep Program And Guidance; And Water Survival School Aquatic Strength Training Program** , HITT High Intensity Tactical Training Combat Fitness Test CFT Prep Guidance PFT Prep Program Matrixes PFT Standards Push Up Pull Up Crunches Crunches 3 Mile Run Run 3 Mile Run Altitude Run Altitude Rowing CFT Standards MTC Movement to Contact Altitude MTC Altitude Ammo Can Lift ACL Maneuver Under Fire MANUF Maneuver Under Fire Altitude MANUF Altitude OCS Physical Training Preparation Pack Nutritional References Fueled for Fitness Fueled To Fight Chart Fueled To Fight Coding Criteria Athlete s Guide to Nutrient Timing Athlete Plates Moderate Day Operation Supplement Safety USMC Warfighter s Guide to Performance Nutrition Slides USMC Warfighter s Guide to Performance Nutrition Speaker Notes

USMC Warfighter s Guide to Performance Nutrition Operational Rations Water Survival Basic WSB 4 Week Program WSB 2 Week Program Water Survival Intermediate WSI 6 Week Program WSI 4 Week Program WSI 2 Week Program Water Survival Advanced WSA 6 Week Program WSA 4 Week Program     **The United States Marine Corps Workout** Andrew Flach,1998-11-16 Witness the Leathernecks in action You ll discover training techniques you ve never seen before Travel to Parris Island South Carolina where you ll see firsthand the exercises real Marines use to stay in fighting shape These are rugged workouts for the rugged soul Includes exercise photos descriptions and workout plans     *U.S. Marine Corps Marine Corps University Corporals Noncommisioned Officers Program Historic Student Handout And Presentation Course Materials* , Instruction Covered Physical Conditioning Program Drill Marine NCO Sword Manual Hip Pocket Training Military Justice Inspection Preparation History Customs and Courtesies Conduct And Proficiency and Enlisted Career Force Controls ECFC

**Continental Marine** ,1996     *United States Marine Corps F-35B West Coast Basing* ,2010     **Manuals Combined:**

**UNITED STATES MARINE CORPS WEAPONS TRAINING BATTALION DETAILED INSTRUCTOR GUIDES AND PRESENTATIONS FOR ANNUAL RIFLE TRAINING** , Over 1 400 total pages Instruction Covered INTRODUCTION TO MARINE CORPS RIFLE MARKSMANSHIP RIFLE WEAPONS HANDLING SERVICE RIFLE CARBINE PREVENTIVE MAINTENANCE EFFECTS OF WEATHER RIFLE ZEROING DATA BOOK FUNDAMENTALS OF RIFLE MARKSMANSHIP INTRODUCTION TO RIFLE SHOOTING POSITIONS AND SLINGS RIFLE PRONE POSITION RIFLE SITTING POSITION RIFLE KNEELING POSITION RIFLE STANDING POSITION FUNDAMENTAL TECHNIQUES OF FIRE RIFLE RANGE OPERATIONS RIFLE TABLE 1 COURSE OF FIRE WEAPONS HANDLING EXERCISE WEAPONS HANDLING TEST MCRP 3 01A Rifle Marksmanship ANNUAL RIFLE TRAINING DATABOOK M16A4 SERVICE RIFLE M4 CARBINE WITH RIFLE COMBAT OPTIC RCO AND BACK UP IRON SIGHT BUIS ANNUAL RIFLE TRAINING DATABOOK M16A4 SERVICE RIFLE M4 CARBINE WITH RIFLE COMBAT OPTIC RCO AND BACK UP IRON SIGHT BUIS MARINE CORPS ORDER 3574 2L MARINE CORPS COMBAT MARKSMANSHIP PROGRAMS MCCMP     **Navy Medicine** ,1999     **Catalog of audiovisual productions** United States. Assistant Secretary of Defense (Public Affairs),1984     *The Reserve Marine* ,1963     **Federal Register** ,1992-01-27     **Marine Corps Magic** Retired) Sgt. Gary Haun (USMC,Retired) Haun (Usmc,2013-03 Sgt Gary Haun USMC Retired lost his eyesight while servicing on active duty with the Marine Corps However he did not lose the values and principles that are the characteristics of a United States Marine In Marine Corps Magic Sgt Haun explains how the Corps taught him the values and principles that have helped him in his life More importantly he tells how these values can help anyone who is facing adversity or who is interested in self improvement Marine Corps Magic covers many different areas of the Corps and will leave the reader no doubts about why the Marine Corps is called The World s Finest Fighting Force     **Naval Training Bulletin** ,1944     *Code of Federal Regulations* ,1995     **Congressional Record** United States. Congress,1978 The Congressional Record is the official record of the proceedings and debates of the United States Congress

It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873      **The Code of Federal Regulations of the United States of America** ,1996 The Code of Federal Regulations is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government      Commanders Digest ,1974      **Fallon Naval Air Station, Renewal of the B-20 Land Withdrawal** ,1999

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