



Marine Corps Daily 16 Workouts: Marine Fitness for the Civilian Athlete

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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.

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