



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## BOOT CAMP BURN: 12 WEEK MILITARY WORKOUT PROGRAM

Want to get as physically fit as the military men and women who protect our country? Give this 12 week military boot camp style workout program a try!

Link to Workout: <https://www.muscledstrength.com/workouts/12-week-military-workout-program>

**Main Goal:** Lose Fat  
**Training Level:** Beginner  
**Program Duration:** 12 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 30-45 Mins  
**Equipment:** Barbell, Bodyweight, Dumbbells, Kettle Bells  
**Author:** Brad Borland

### WEEKS 1 - 4

#### Workout A

|                                    | Warm Up                    | Working Sets/Rounds          |
|------------------------------------|----------------------------|------------------------------|
| <b>Exercise</b>                    |                            |                              |
| 1a. <a href="#">Pushups</a>        | 20 Jumping Jacks           | 3 - 4 rounds of 10 - 20 reps |
| 1b. <a href="#">Inverted Rows</a>  |                            | 3 - 4 rounds of 10 - 20 reps |
| 1c. <a href="#">Leg Lifts</a>      |                            | 3 - 4 rounds of 10 - 20 reps |
| 2a. Box Jumps                      | 20 Steps of Walking Lunges | 3 - 4 rounds of 10 - 20 reps |
| 2b. <a href="#">Reverse Lunge</a>  |                            | 3 - 4 rounds of 10 - 20 reps |
| 2c. Prisoner Squat                 |                            | 3 - 4 rounds of 10 - 20 reps |
| 3a. <a href="#">Diamond Pushup</a> |                            | 3 - 4 rounds of 10 - 20 reps |
| 3b. <a href="#">Floor Crunch</a>   |                            | 3 - 4 rounds of 10 - 20 reps |
| 3c. <a href="#">Plank</a>          |                            | 3 - 4 rounds of 30 seconds   |
| 4. 1 Mile Run                      | 3 min warm up              | Comfortable Pace             |

#### Workout B

|   | Warm Up       | Working Sets/Rounds |
|---|---------------|---------------------|
| <b>Exercise</b>                                 |               |                     |
| 1a. <a href="#">Front Squat</a>                 | 2 x 10        | 3 x 12              |
| 1b. <a href="#">Dumbbell Stiff Leg Deadlift</a> | 2 x 10        | 3 x 12              |
| 2a. <a href="#">Bench Press</a>                 | 2 x 10        | 3 x 8               |
| 2b. <a href="#">Dumbbell Row</a>                | 2 x 10        | 3 x 8               |
| 3a. Kettlebell Swing                            |               | 3 x 12              |
| 3b. <a href="#">Overhead Press</a>              |               | 3 x 12              |
| 4. 1 mile run                                   | 3 min warm up | Comfortable Pace    |

### WEEKS 5 - 8

#### Workout A

|   | Warm Up                    | Working Sets/Rounds          |
|---|----------------------------|------------------------------|
| <b>Exercise</b>                           |                            |                              |
| 1a. <a href="#">Feet-Elevated Pushups</a> | 20 Jumping Jacks           | 3 - 4 rounds of 10 - 20 reps |
| 1b. <a href="#">Chin Up</a>               |                            | 3 - 4 rounds of 10 - 20 reps |
| 1c. <a href="#">Leg Lifts</a>             |                            | 3 - 4 rounds of 10 - 20 reps |
| 2a. Box Jumps                             | 20 Steps of Walking Lunges | 3 - 4 rounds of 10 - 20 reps |
| 2b. <a href="#">Walking Lunge</a>         |                            | 3 - 4 rounds of 10 - 20 reps |
| 2c. Calf Jump                             |                            | 3 - 4 rounds of 10 - 20 reps |
| 3a. <a href="#">Diamond Pushup</a>        |                            | 3 - 4 rounds of 10 - 20 reps |
| 3b. <a href="#">Sit Up</a>                |                            | 3 - 4 rounds of 10 - 20 reps |
| 3c. <a href="#">Plank</a>                 |                            | 3 - 4 rounds of 30 seconds   |
| 4. 1.5 Mile Run                           | 3 min warm up              | Comfortable Pace             |

#### Workout B

|  | Warm Up       | Working Sets/Rounds |
|--|---------------|---------------------|
| <b>Exercise</b>                          |               |                     |
| 1a. <a href="#">Squat</a>                | 2 x 10        | 3 x 12              |
| 1b. <a href="#">Romanian Deadlift</a>    | 2 x 10        | 3 x 12              |
| 2a. <a href="#">Dumbbell Bench Press</a> | 2 x 10        | 3 x 8               |
| 2b. <a href="#">Barbell Row</a>          | 2 x 10        | 3 x 8               |
| 3a. Kettlebell Press                     |               | 3 x 12              |
| 3b. <a href="#">Dumbbell Upright Row</a> |               | 3 x 12              |
| 4. 1.5 mile run                          | 3 min warm up | Comfortable Pace    |

### WEEKS 9 - 12

#### Workout A

|   | Warm Up          | Working Sets/Rounds          |
|---|------------------|------------------------------|
| <b>Exercise</b>                           |                  |                              |
| 1a. Plyo Pushups                          | 20 Jumping Jacks | 3 - 4 rounds of 10 - 20 reps |
| 1b. <a href="#">Pull Up</a>               |                  | 3 - 4 rounds of 10 - 20 reps |
| 1c. <a href="#">Decline Sit Up</a>        |                  | 3 - 4 rounds of 10 - 20 reps |
| 2a. <a href="#">Walking Lunge</a>         |                  | 3 - 4 rounds of 10 - 20 reps |
| 2b. <a href="#">Squat Jump</a>            |                  | 3 - 4 rounds of 10 - 20 reps |
| 2c. <a href="#">Reverse Lunge</a>         |                  | 3 - 4 rounds of 10 - 20 reps |
| 3a. <a href="#">Push Up on Swiss Ball</a> |                  | 3 - 4 rounds of 10 - 20 reps |
| 3b. <a href="#">Sit Up</a>                |                  | 3 - 4 rounds of 10 - 20 reps |
| 3c. <a href="#">Plank</a>                 |                  | 3 - 4 rounds of 30 seconds   |
| 4. 2 Mile Run                             | 3 min warm up    | Comfortable Pace             |

#### Workout B

|  | Warm Up       | Working Sets/Rounds |
|--|---------------|---------------------|
| <b>Exercise</b>                                  |               |                     |
| 1a. <a href="#">Goblet Squat</a>                 | 2 x 10        | 3 x 12              |
| 1b. Kettlebell Romanian Deadlift                 | 2 x 10        | 3 x 12              |
| 2a. <a href="#">Incline Dumbbell Bench Press</a> | 2 x 10        | 3 x 8               |
| 2b. Kettlebell Row                               | 2 x 10        | 3 x 8               |
| 3a. Single Arm Kettlebell Press                  |               | 3 x 12              |
| 3b. <a href="#">Dumbbell Shrug</a>               |               | 3 x 12              |
| 4. 2 mile run                                    | 3 min warm up | Comfortable Pace    |