

Navy Seal Style Bodyweight-Only Circuit Exercise



Jumping jack (20 Reps) Stand straight with your feet placed shoulder-width apart and your arms relaxed at your sides. Jump off the floor with both feet so that they land about two feet farther apart than when you started.



Bend your knees just a bit to absorb impact. As you leap, swing your arms out from your sides in a wide arc that ends with both arms raised toward the ceiling. Pause just long enough to plant your feet, then leap back into the starting position and repeat.



Chest dip (20 Reps) Place two sturdy chairs 24 to 30 inches apart. Balance yourself on your palms (one on each chair) so that your body is between the chairs with your legs outstretched and your heels resting on the floor.



Your arms should be straight and in line with your torso. Lower yourself toward the floor several inches by bending at the elbows, then press back upward to the starting position and repeat.



Squat and heel raise (30 Rep) Stand upright with your feet placed slightly wider than shoulder-width apart and your arms relaxed at your sides.



Squat down as if sitting in a chair, and at the same time swing your arms forward until they're parallel to the floor. "This helps you squat farther back without losing your balance," explains Smith.



Pause with your thighs parallel to the floor, then thrust upward to the starting position. When you reach the starting position, rise up onto your toes for two seconds, then return to the starting position and repeat.



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Bend your knees just a bit to absorb impact. As you leap, swing your arms out from your sides in a wide arc that ends with both arms raised toward the ceiling. Pause just long enough to plant your feet, then leap back into the starting position and repeat.



Dive-bomber (10 Rep) Assume a push-up position, keeping your hands and feet closer together than they would normally be and your body shaped like an inverted V.



Your arms and legs should be extended. Imagine that your hands are positioned beneath a low wire that you need to pass under. Swoop down and forward, nose first, until your chin passes between your hands and within an inch of the floor.



Then straighten your elbows so that your back arches and your head raises up. Return to the starting position by performing the same swooping motion in reverse and repeat.



Bend and raise (25 Rep) Stand with your feet placed slightly wider than shoulder-width apart and your arms relaxed at your sides.



Bend forward and reach toward your toes, extending as far as you can without bending at the knees. Next, moving only from the waist, lift your torso straight up until you are standing upright, but with your arms raised directly above your head.



As you come up, do not bend your knees, curl your back or allow your arms to fall out of line with your torso. Return slowly back down to the toe-touching position-that's one repetition-and repeat. If your form is correct, your hamstrings will do most of the work during this exercise.



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Bend your knees just a bit to absorb impact. As you leap, swing your arms out from your sides in a wide arc that ends with both arms raised toward the ceiling. Pause just long enough to plant your feet, then leap back into the starting position and repeat.



Triceps push-up (20 Rep) Assume the standard push-up position—chest facing the floor, feet directly behind you, one foot atop the other—but place your hands closer together, with your thumbs and index fingers forming a small triangle.



Make sure your back and legs form one long, straight line. Keep your head up. Lower your chest to within an inch of the floor and press upward fully, but don't lock your elbows. Repeat.



Half-squat (20 Rep) Stand with your feet placed slightly farther than shoulder-width apart and your arms relaxed at your sides. Squat down as if sitting in a chair, and at the same time swing your arms forward until they're parallel to the floor.



Pause with your thighs parallel to the floor, then thrust upward as if returning to the starting position, but stop halfway and repeat.



Jumping jack (20 Reps) Stand straight with your feet placed shoulder-width apart and your arms relaxed at your sides. Jump off the floor with both feet so that they land about two feet farther apart than when you started.



Bend your knees just a bit to absorb impact. As you leap, swing your arms out from your sides in a wide arc that ends with both arms raised toward the ceiling. Pause just long enough to plant your feet, then leap back into the starting position and repeat.



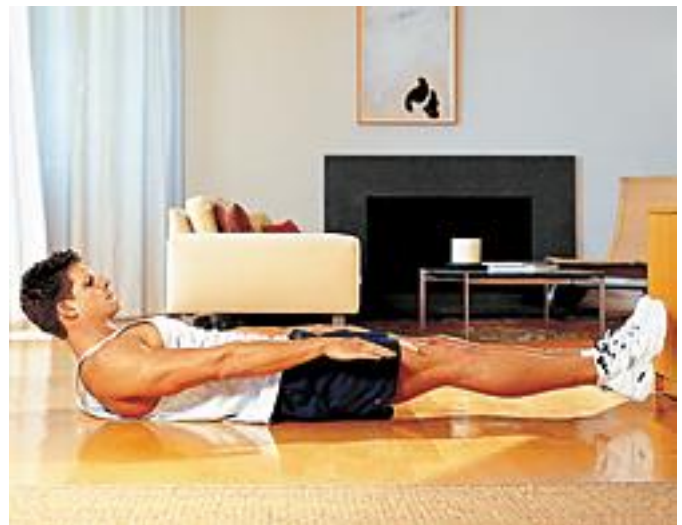
Arm hauler (30 Seconds) Lie on your stomach with your head up and your arms outstretched in front of you. Raise your palms up and hold them an inch or two above the floor.



Keeping your arms straight, rotate your shoulders so that your hands come around toward the sides of your body. Reverse direction, return to the starting position and repeat.



Atomic sit-up (20 Rep) Lie faceup on the floor. Raise your head and upper shoulders, and lift your legs a few inches up off the floor until your ankles are in line with your eyes. Your arms should be at your sides and elevated slightly off the floor.



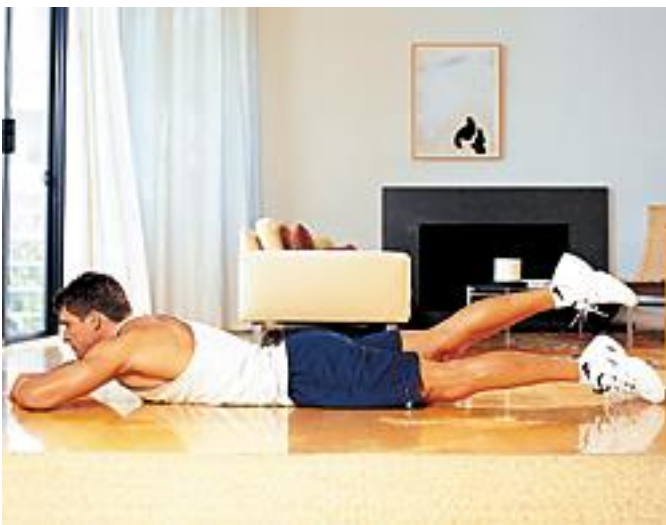
Simultaneously, bend your legs and sit up so that your knees and chest nearly meet in the middle. When you reach full contraction, pause briefly, return to the starting position without letting your muscles relax completely, and repeat.



Hip twist (10 reps each side) Lie faceup with your arms resting at your sides and your palms flat on the floor. Extend your legs directly toward the ceiling, keeping your feet together and your toes pointed. Keeping your big toes side by side, tip your legs 12 to 18 inches to the right by twisting at the hip, so that your left butt cheek comes off the floor.



Fight the pull of gravity and maintain stability with your abs and obliques. Pause for a moment, then slowly return to the starting position, again using your core muscles to control the movement. Repeat on the left side.



Flutter kick (25 Seconds) Lie on your stomach and rest your forehead on your hands. Lift your feet off the floor and perform a steady, medium-paced, up-and-down scissoring motion with your legs.

*NOTE: The workout was developed by former SEAL Stew Smith, a fitness coach and the author of *Maximum Fitness: The Complete Guide to Navy SEAL Cross Training*. "The purpose of the workout is general conditioning," says Smith.*

Make sure that you warm up with several minutes of easy aerobic activity and stretching before and after the workout.

Base on your fitness level, you may repeat the entire routine once or twice.