

**Marine Corps morning short card**

1. 30 Push-Ups
2. 30 Air Squats
3. 30 Crunches
4. 10 Burpees
5. 10 Windmills (stretch/relax)
6. 30 Push-Ups
7. 30 Mountain Climbers
8. 30 Flutter Kicks
9. 10 Burpees
10. 10 Cheery Pickers
11. 30 Push-Ups
12. 30 Star Jumpers
13. 30 Back Extension
14. 10 Burpees
15. 10 Chain Breakers (stretch/relax)
16. 30 Push-Ups
17. 30 Lunges
18. 30 Hello Dollies
19. 10 Burpees
20. 10 Trunk Twisters
21. 3 max set of pull ups or 1/4 mile run



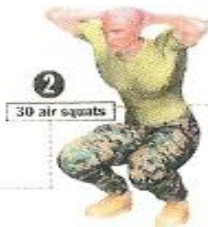
**Do it all again (3 sets is our goals!)**

**YourCorps**

1. Push-Ups: Push-Ups are a great way to build upper body strength. They work the chest, shoulders, and triceps. To do a push-up, start in a plank position with your hands shoulder-width apart. Lower your body until your elbows are at a 90-degree angle, then push back up to the starting position.



**1 30 push-ups**



**2 30 air squats**



**3 30 crunches**



**4 10 burpees**



**5 10 windmills**



**YourCorps**

**6 30 more push-ups**



**7 30 mountain climbers**



**8 30 flutter kicks**

**9 10 more burpees**

**10 10 cherry pickers**



**11 30 more push-ups**



**12 30 star jumpers**

**13 30 back extensions**



**15 10 chain breakers**



**16 30 more push-ups**



**17 30 lunges**



**18 30 hello dollies**



**19 10 burpees**



**20 10 trunk twists**



**21 3 max sets of dead hang pull-ups**

**21 3 max sets of dead hang pull-ups**