

H.R.F.C. U13s

COMMANDO 7 FITNESS

Instructions

- These exercises were devised by a Physical Training Instructor from The Royal Marines. At the end of the 10 week programme, you will have above average levels of fitness.
- The 7 exercises will take a maximum of 12 minutes per day to complete.
- Allow 30 seconds rest / recovery between each exercise.
- There are 3 levels of intensity, A, B & C – which are age related and refer to the number of repetitions allocated to each exercise. You will all fall into the A category. Maybe encourage your Parents to complete these exercises with you!
- You may find that in the early weeks you find the routine relatively easy. However, do not jump ahead; even if you find the early weeks easy, this will not be the case for later weeks. Still complete the exercises in a thorough and non-rushed manner.
- Do not rush the exercises; a slowly worked programme is infinitely better than one that is rushed through. Look at quality over speed of completion.
- Do the exercises correctly; e.g.: a press up is performed with your hands situated underneath your shoulders. In addition, your chest should touch the ground slightly. DO NOT place hands out wide and DO NOT rush the exercise.
- The routine will be incorporated into Training on a Tuesday and a Sunday – where practical. The coaches will assess your progress at these sessions; these assessments will contribute to selection for games.
- If you miss a day, make up the next day. Do not get out of sync with your team mates in the squad.
- Tick off the relevant days routine in the progress chart, once you have completed each session; maybe place on bedroom / kitchen wall.
- Enjoy the routine; these are meant to be fun and you will be surprised at the improvement in your fitness which will be achieved very quickly.

COMMANDO 7

NAME:

Week 1



Monday	18-Feb	<input type="checkbox"/>
Tuesday	19-Feb	<input type="checkbox"/>
Wednesday	20-Feb	<input type="checkbox"/>
Thursday	21-Feb	<input type="checkbox"/>
Friday	22-Feb	<input type="checkbox"/>
Saturday	23-Feb	<input type="checkbox"/>
Sunday	24-Feb	<input type="checkbox"/>

Week 6



Monday	24-Mar	<input type="checkbox"/>
Tuesday	25-Mar	<input type="checkbox"/>
Wednesday	26-Mar	<input type="checkbox"/>
Thursday	27-Mar	<input type="checkbox"/>
Friday	28-Mar	<input type="checkbox"/>
Saturday	29-Mar	<input type="checkbox"/>
Sunday	30-Mar	<input type="checkbox"/>

Week 2

Monday	25-Feb	<input type="checkbox"/>
Tuesday	26-Feb	<input type="checkbox"/>
Wednesday	27-Feb	<input type="checkbox"/>
Thursday	28-Feb	<input type="checkbox"/>
Friday	29-Feb	<input type="checkbox"/>
Saturday	01-Mar	<input type="checkbox"/>
Sunday	02-Mar	<input type="checkbox"/>

Week 7

Monday	31-Mar	<input type="checkbox"/>
Tuesday	01-Apr	<input type="checkbox"/>
Wednesday	02-Apr	<input type="checkbox"/>
Thursday	03-Apr	<input type="checkbox"/>
Friday	04-Apr	<input type="checkbox"/>
Saturday	05-Apr	<input type="checkbox"/>
Sunday	06-Apr	<input type="checkbox"/>

Week 3

Monday	03-Mar	<input type="checkbox"/>
Tuesday	04-Mar	<input type="checkbox"/>
Wednesday	05-Mar	<input type="checkbox"/>
Thursday	06-Mar	<input type="checkbox"/>
Friday	07-Mar	<input type="checkbox"/>
Saturday	08-Mar	<input type="checkbox"/>
Sunday	09-Mar	<input type="checkbox"/>

Week 8

Monday	07-Apr	<input type="checkbox"/>
Tuesday	08-Apr	<input type="checkbox"/>
Wednesday	09-Apr	<input type="checkbox"/>
Thursday	10-Apr	<input type="checkbox"/>
Friday	11-Apr	<input type="checkbox"/>
Saturday	12-Apr	<input type="checkbox"/>
Sunday	13-Apr	<input type="checkbox"/>

Week 4

Monday	10-Mar	<input type="checkbox"/>
Tuesday	11-Mar	<input type="checkbox"/>
Wednesday	12-Mar	<input type="checkbox"/>
Thursday	13-Mar	<input type="checkbox"/>
Friday	14-Mar	<input type="checkbox"/>
Saturday	15-Mar	<input type="checkbox"/>
Sunday	16-Mar	<input type="checkbox"/>

Week 9

Monday	14-Apr	<input type="checkbox"/>
Tuesday	15-Apr	<input type="checkbox"/>
Wednesday	16-Apr	<input type="checkbox"/>
Thursday	17-Apr	<input type="checkbox"/>
Friday	18-Apr	<input type="checkbox"/>
Saturday	19-Apr	<input type="checkbox"/>
Sunday	20-Apr	<input type="checkbox"/>

Week 5

Monday	17-Mar	<input type="checkbox"/>
Tuesday	18-Mar	<input type="checkbox"/>
Wednesday	19-Mar	<input type="checkbox"/>
Thursday	20-Mar	<input type="checkbox"/>
Friday	21-Mar	<input type="checkbox"/>
Saturday	22-Mar	<input type="checkbox"/>
Sunday	23-Mar	<input type="checkbox"/>

Week 10

Monday	21-Apr	<input type="checkbox"/>
Tuesday	22-Apr	<input type="checkbox"/>
Wednesday	23-Apr	<input type="checkbox"/>
Thursday	24-Apr	<input type="checkbox"/>
Friday	25-Apr	<input type="checkbox"/>
Saturday	26-Apr	<input type="checkbox"/>
Sunday	27-Apr	<input type="checkbox"/>

Week Commencing: Monday 18th February

Week 1

1. Half press ups

From a standing position kneel down. Lean your body forward placing your hands in front of your shoulders and on the ground so that the hands can support your upper body. Now bend and stretch your arms, keeping the knees on the ground. **A15 B10 C6**

2. Side bending

From a standing position with hands at the sides bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area. **A15 B10 C6**

3. $\frac{1}{2}$ Squats

From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. **A15 B10 C6**

4. Dorsal exercise

Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. **A12 B8 C4**

5. Burpees exercise

From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. This is a "burpee". **A10 B5 C2**

6. Sit ups

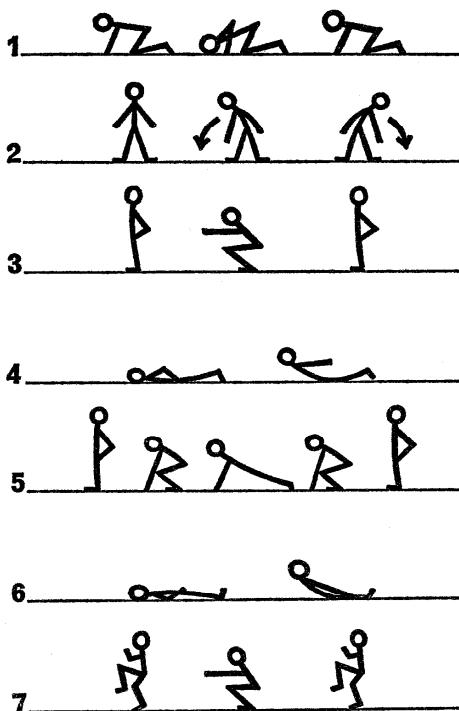
Lie on your back, then rise without use of your arms, almost to a sitting position. The hands must be able to touch the knee caps. Return to lying on the back. **A15 B10 C5**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces, then do one $\frac{1}{2}$ squat. **A4 B3 C1**

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WEEK 1



Week Commencing: Monday 25th February

Week 2

1. Press ups

Lie on the ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. **A10 B5 C3**

2. Side bending

From a standing position with hands at the sides bend the body from the waist, left then right, with the feet slightly apart. Reach down as far as you can, down the outside of your legs—you should be able to touch below the knee area. **A20 B16 C8**

3. $\frac{1}{2}$ Squats

From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. **A20 B12 C8**

4. Dorsal exercise

Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. **A16 B10 C6**

5. Burpees

From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. This is a "burpee". **A14 B8 C5**

6. Sit ups

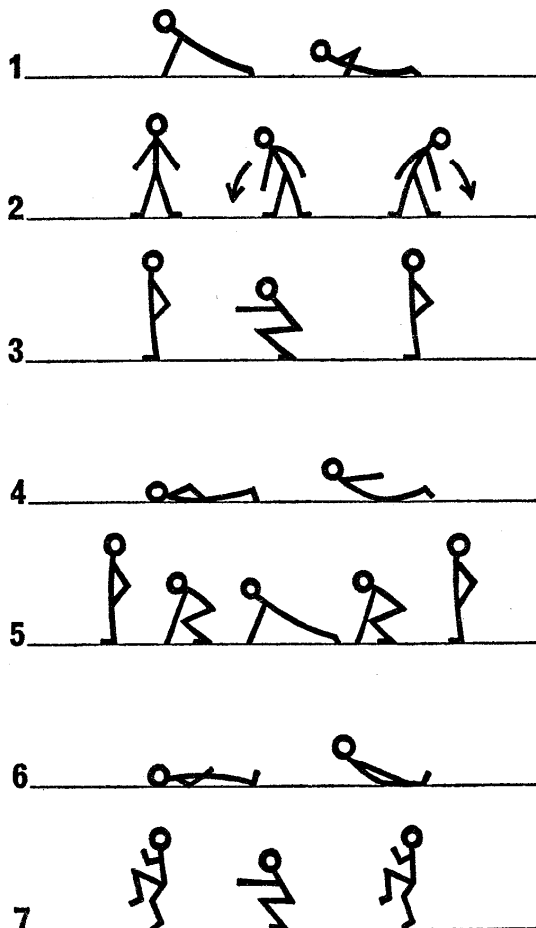
Lie on your back, then rise without use of your arms, almost to a sitting position. The hands must be able to touch the knee caps. Return to lying on the back. **A20 B15 C8**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces, then do one $\frac{1}{2}$ squat. **A5 B4 C2**

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WEEK 2



Week Commencing: Monday 3rd March

Week 3

1. Press ups

Lie on the ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. **A15 B10 C5**

2. Side bending

From a standing position, this time with opposite arm curling underneath armpit. Left then right. **A25 B20 C10**

3. $\frac{1}{2}$ Squats

From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. **A25 B16 C10**

4. Dorsal exercise

Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. **A20 B12 C8**

5. Burpees

From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. **A18 B12 C6**

6. Sit ups

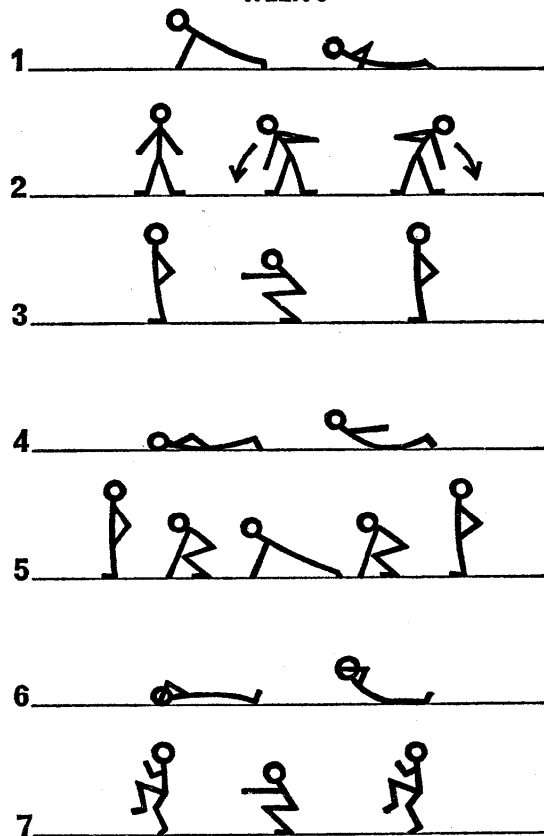
Lie on your back, this time with hands clasped behind the neck. A full sit up to the vertical position. You may need to bend your knees. **A20 B10 C5**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces, then do one $\frac{1}{2}$ squat. **A6 B5 C3**

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WEEK 3



Week Commencing: Monday 10th March

Week 4

1. Press ups

Lie on the ground, face downwards. Place the palms of the hands underneath the shoulders. Now force the body off the ground until you are supporting the body weight with the arms and toes. This is the press up position. The arms are now bent and stretched allowing the chest to touch the ground lightly. This is one movement and is a press up. **A20 B15 C8**

2. Side bends

From standing position with feet astride. The opposite arm is now stretched over the head as you bend sideways, left then right. **A20 B14 C12**

3. $\frac{1}{2}$ Squats

From the standing position bend the knees to a semi-sitting position, raising the arms horizontally at the same time. Now return to the standing position, by straightening the knees and lowering the arms. **A30 B16 C12**

4. Dorsal exercise

Lie face down with hands clasped behind the back. Raise the trunk and legs off the ground, simultaneously. **A25 B14 C10**

5. Burpees

From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. **A20 B14 C8**

6. Sit ups

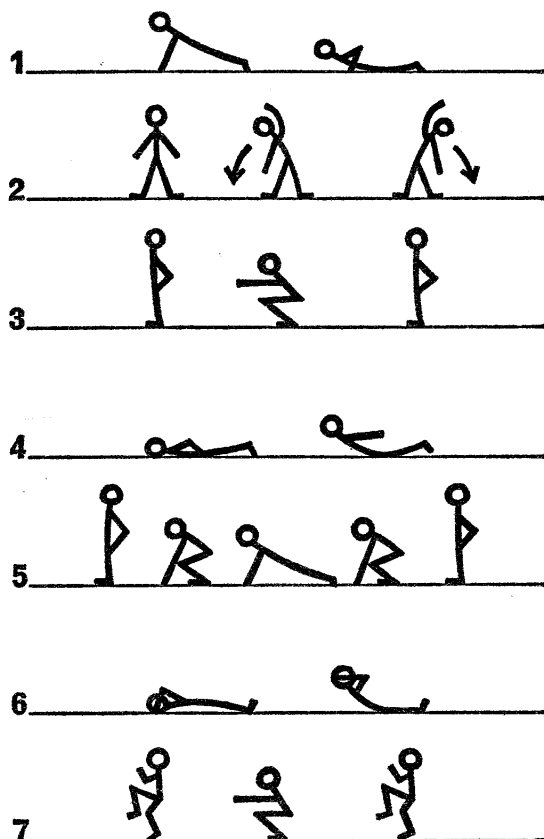
From lying on back position, hands clasped behind the neck. Sit up to a vertical position. You may need to bend your knees. **A25 B15 C8**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces, then do one $\frac{1}{2}$ squat. **A8 B6 C4**

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WEEK 4



Week Commencing: Monday 17th March

Week 5

1. Press ups

Perform 16 press ups from front support position as before. Then perform 4 inverted press ups. The same position but now with the hands turned inwards, so fingers are touching. **A30 B20 C10**

2. Side bends

From standing position with feet astride. The opposite arm is now stretched over the head as you bend sideways, left then right. **A24 B18 C14**

3. Squat jumps

From a standing position, drop to a $\frac{1}{2}$ squat position and then jump upwards, a foot or more off the floor. **A15 B8 C4**

4. Dorsal exercise

Lie on the front as before but this time with hands touching the shoulders. Lift the trunk and legs off the ground and return to lying down. **A20 B16 C8**

5. Burpees

From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. **A24 B16 C10**

6. Sit ups

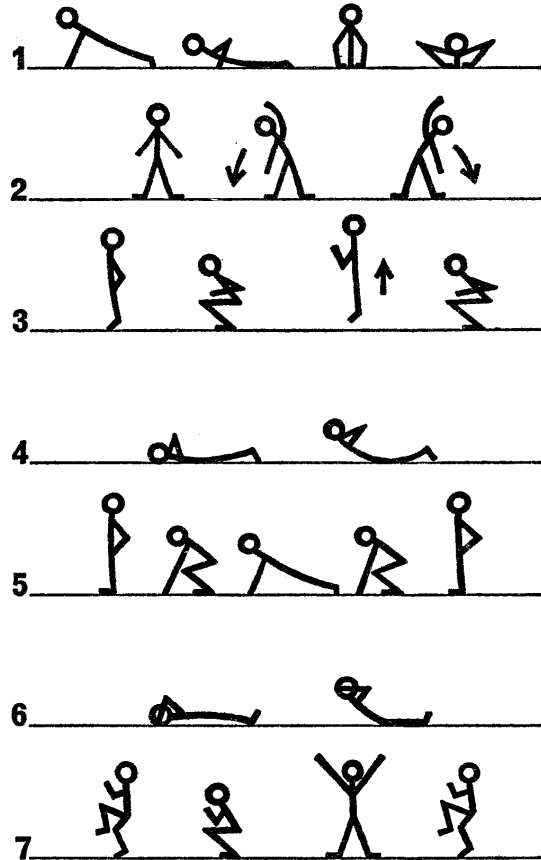
From lying on back position, hands clasped behind the neck. Sit up to a vertical position and return to lying down. **A30 B20 C10**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces do a star stand from the crouch position. The star stand position is achieved with a slight jump from the crouch position. Your arms go upwards and apart, your legs go wide astride. The sequence is ten paces and one star jump. **A6 B4 C4**

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WEEK 5



Week Commencing: Monday 24th March

Week 6

1. Press ups

Perform 18 press ups from front support position as before. Then perform 6 inverted press ups. The same position but now with the hands turned inwards, so fingers are touching. **A36 B24 C15**

2. Side bends

From standing position with feet astride. The opposite arm is now stretched over the head as you bend sideways, left then right. **A30 B22 C16**

3. Squat jumps

From a standing position, drop to a $\frac{1}{2}$ squat position and then jump upwards, a foot or more off the floor. **A20 B10 C5**

4. Dorsal exercise

Lie on the front as before with hands touching the shoulders. Lift the chest and legs off the ground and return to lying down. **A22 B18 C10**

5. Burpees

From standing, stoop to the crouch position with hands on the floor. Then shoot the legs backwards to the front support position. Return to the crouch position and then stand up. **A26 B18 C12**

6. Sit ups

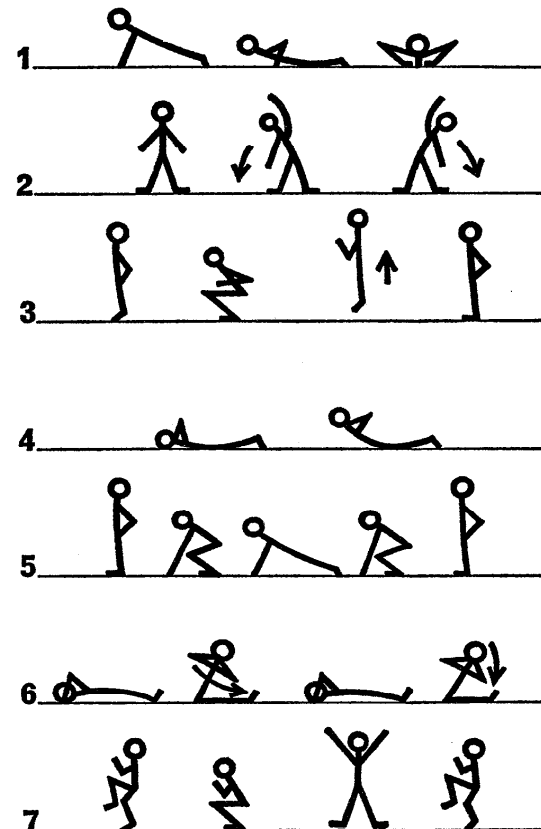
From lying on back position, hands clasped behind the neck. Sit up to touch alternate knee with elbow (left elbow to right knee). **A36 B26 C16**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. On completion of ten paces do a star stand from the crouch position. The star stand position is achieved with a slight jump from the crouch position. Your arms go upwards and apart, your legs go wide astride. The sequence is ten paces and one star jump. **A7 B5 C5**

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WEEK 6



Week Commencing: Monday 31st March

Week 7

1. Press ups

Do 20 press ups from front support position. Then perform 5 hand clap press ups. For these, push upwards from front support position, clap hands and drop back to front support position. **A30 B25 C15**

2. Side bends

From standing position with feet astride. The opposite arm is now stretched over the head as you bend sideways, left then right. **A34 B30 C20**

3. Squat jumps

From a standing position, drop to a $\frac{1}{2}$ squat position and then jump upwards, a foot or more off the floor. **A20 B16 C8**

4. Dorsal exercise

Lie on the front as before with hands touching the shoulders. Lift the trunk and legs off the ground and return to lying down. **A25 B20 C14**

5. Double jump burpees

From standing position, take up a crouch position as for the ordinary burpee. Jump the legs backwards to front support position. Now jump both legs forward and backwards twice, before returning to the crouch position and standing up. This is a double jump burpee. **A20 B14 C8**

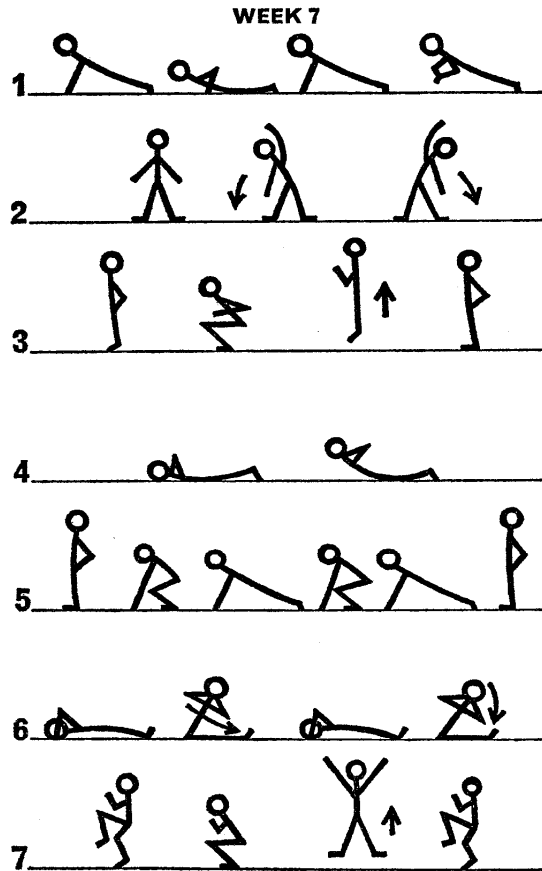
6. Sit ups

From lying on back position, hands clasped behind the neck. Sit up to touch alternate knee with elbow (left elbow to right knee). **A45 B30 C18**

7. Spot running

Run on the spot for ten paces, counting as the left foot touches the ground. Then do one star jump. The star jump is a leap from the crouch position with the hands in front to make a star in the air, with arms and legs wide apart and off the ground for a moment. The sequence is ten paces and one star jump. **A8 B6 C6**

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Week Commencing: Monday 7th April

Week 8 TEST

Your Test Week

To check on your progress, the following tests should be followed each day:

1. Press ups

Press ups to personal maximum.

2. Knee jumps

To personal maximum in 30 seconds. A knee jump is a jump from a standing position. The knees jumped up together as high as possible.

3. Sit ups

Sit ups with hands clasped behind neck to personal maximum.

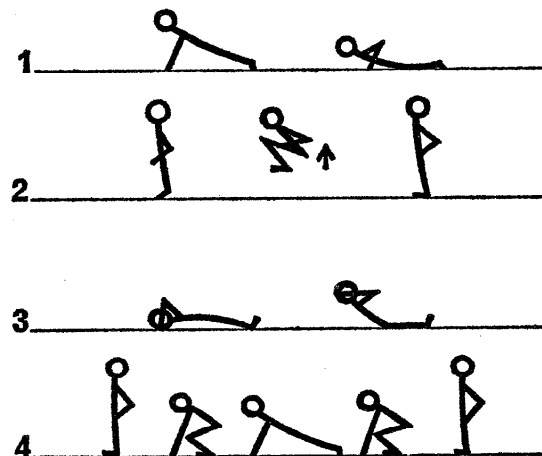
4. Burpees

Burpees to maximum, within 1 minute. Allow two minutes rest after each exercise.

Performance chart	A Above average	B Average	C Below average
1. Press ups	20 or above	10-15	Under 9
2. Knee jumps	20 or above	10-15 in 30 seconds	Under 10
3. Sit ups	30 or above	10-25	Under 15
4. Burpees	30 or above	15-25 in 1 minute	Under 15

The points system has been devised as a performance guide for someone who was inactive before starting the Commando 7 course.

WEEK 8 TEST



Week Commencing: Monday 14th April

Week 9

1. Press ups

Do 22 press ups from front support position, plus 8 inverted press ups as described. **A40 B30 C20**

2. Side bending

From standing with feet apart about 18 inches. Reach the arms above the head as far as possible. Bend from side to side, keeping the arms straight and moving the body in rhythm with the arms. Do the exercise both left and right. **A35 B26 C20**

3. Squat jumps

From a standing position, drop to a $\frac{3}{4}$ squat position and then jump upwards, a foot or more off the floor. **A25 B20 C16**

4. Dorsal exercise

Lie on the front with hands touching the shoulders. Lift the trunk and legs off the ground and return to lying down. **A28 B16 C12**

5. Double jump burpees

From standing position, take up a crouch position as for the ordinary burpee. Jump the legs backwards to front support position. Now jump both legs forward and backwards twice, before returning to the crouch position and standing up. This is a double jump burpee. **A24 B16 C12**

6. Sit ups and leg raising

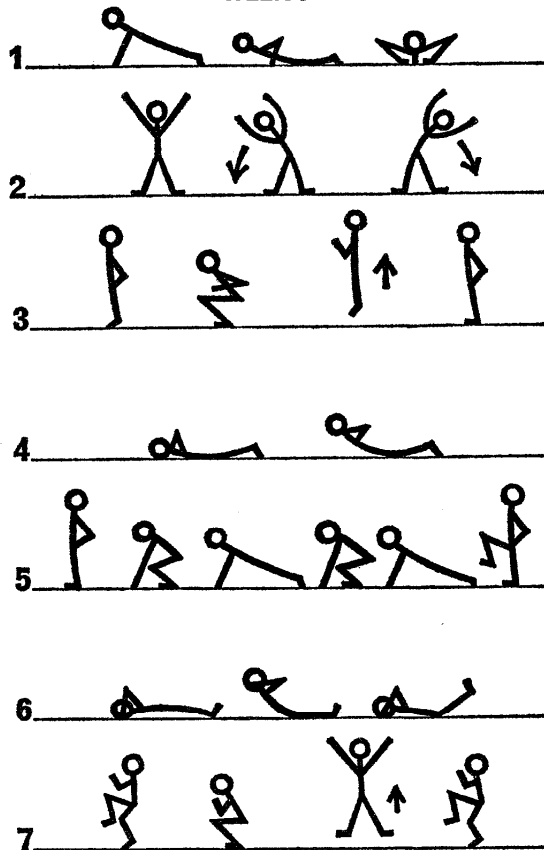
30 sit ups from lying on the back, hands clasped behind the neck. Sit up to touch alternate knee with elbow (left elbow to right knee). Now add five leg raises. For the leg raises you keep the body on the ground and raise both legs about six inches off the floor. Hold this position for a count of five and then lower. The exercise is sit ups followed by five leg raises. **A45 B35 C25**

7. Spot running

Spot running with 1 star jump at end of each sequence of ten paces. **A10 B8 C7**

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WEEK 9



Week Commencing: Monday 21st April

Week 10

1. Press ups

25 press ups from front support position. Also perform 5 chest-slap press ups in the manner of the hand clap press up. Instead of clapping, touch chest and return to floor with hands. **A40 B30 C24**

2. Side bending

From standing with feet apart about 18 inches. Reach the arms above the head as far as possible. Bend from side to side, keeping the arms straight and moving the body in rhythm with the arms. Do the exercise both left and right. **A50 B40 C30**

3. Squat jumping

From a standing position, drop to a $\frac{3}{4}$ squat position and then jump upwards, a foot or more off the floor. **A30 B22 C20**

4. Dorsal exercise

Lying face downwards with the hands clasped behind neck. Lift the trunk and legs off the ground. **A30 B18 C14**

5. Double jump burpee

From standing position, take up a crouch position as for the ordinary burpee. Jump the legs backwards to front support position. Now jump both legs forward and backwards twice, before returning to the crouch position and standing up. **A30 B20 C14**

6. Sit ups

Sit ups, with hands clasped behind the neck. After 35 sit ups do 5 leg raises. You lie on the back and raise both legs off the ground holding the position for a count of five. **A60 B40 C30**

7. Spot running

Spot running with a star jump at the end of each sequence of ten paces. **A12 B10 C8**

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WEEK 10

