

MILITARY BODYWEIGHT · 4-DAY ROTATION

THE 28-DAY MILITARY WORKOUT

A 28-day starter cycle. Build measurable strength and conditioning in a single month.

DURATION

28

DAYS

ROTATION

4

DAY CYCLE

PER SESSION

30-45

MINUTES

EQUIPMENT

MIN

PULL-UP BAR

by JAMES NOLAN

[gymnasetips.com / 28-day-military-workout](https://gymnasetips.com/28-day-military-workout)

"Push, Pull, Legs, Cond —
repeat 7 times, get visible results."

THE STRUCTURE

4-day rotation × 7 cycles

PUSH (push-ups, lunges, plank) · **PULL** (pull-ups, sit-ups, glute bridges) · **LEGS** (squats, jumps, flutter kicks) · **COND.** (burpees, mountain climbers, run intervals). Repeat for 28 days. The staggered focus provides built-in recovery — no scheduled rest day.

DAY 1 · PUSH

push-ups, lunges, plank

DAY 2 · PULL

pull-ups, sit-ups, glute bridges

DAY 3 · LEGS

squats, jumps, flutter kicks

DAY 4 · COND.

burpees, mountain climbers, run

Goal at day 28: push-up max +10–20 reps · 2-mile run –1–2 min · 3–6 lb body composition change.

WEEK 1 — Baseline (Days 1-7)

DAY	FOCUS	WORKOUT	DONE	NOTES
1	PUSH	4 rounds: 15 push-ups, 10 lunges/leg, 30s plank · 60s rest		
2	PULL	4 rounds: 6 pull-ups (or 10 inverted rows), 20 sit-ups, 15 glute bridges · 60s rest		
3	LEGS	4 rounds: 25 air squats, 10 jump squats, 30 flutter kicks · 60s rest		
4	COND.	20-min EMOM: 8 burpees on min 1, 15 mountain climbers on min 2, repeat		
5	PUSH	Day 1 workout, +2 push-ups per round		
6	PULL	Day 2 workout, +1 pull-up per round		
7	LEGS	Day 3 workout, +5 air squats per round		

WEEKS 2 – 3

Volume build + Density

WEEK 2 — Volume Build (Days 8-14)

DAY	FOCUS	WORKOUT	DONE	NOTES
8	COND.	25-min EMOM: 10 burpees, 20 mountain climbers		
9	PUSH	5 rounds: 18 push-ups, 12 lunges/leg, 40s plank · 45s rest		
10	PULL	5 rounds: 7 pull-ups, 22 sit-ups, 18 glute bridges · 45s rest		
11	LEGS	5 rounds: 30 squats, 12 jump squats, 35 flutter kicks · 45s rest		
12	COND.	1-mile timed run + 50 push-ups for time (break as needed)		
13	PUSH	Day 9 workout, +3 push-ups per round		
14	PULL	Day 10 workout, +1 pull-up per round		

WEEK 3 — Density (Days 15-21)

DAY	FOCUS	WORKOUT	DONE	NOTES
15	LEGS	5 rounds: 35 squats, 15 jump squats, 40 flutter kicks · 30s rest		
16	COND.	30-min EMOM: 12 burpees, 25 mountain climbers		
17	PUSH	5 rounds: 22 push-ups, 14 lunges/leg, 50s plank · 30s rest		
18	PULL	5 rounds: 9 pull-ups, 25 sit-ups, 22 glute bridges · 30s rest		
19	LEGS	Day 15 workout, +5 squats per round		
20	COND.	1.5-mile timed run + 70 push-ups for time		
21	PUSH	Day 17 workout, +2 push-ups per round		

WEEK 4 · TEST WEEK

Days 22–28

DAY	FOCUS	WORKOUT	RESULT
22	PULL	Day 18 workout, +1 pull-up per round	___ done
23	LEGS	Day 19 workout, +3 jump squats per round	___ done
24	COND.	2-mile timed run — record your time	___ min
25	TEST	2-min max push-ups · 2-min max sit-ups · max pull-ups	PU:___ SU:___ PL:___
26	RECOVERY	30-min walk + 10 min mobility	___ done
27	RECOVERY	20-min light bodyweight (Day 1 at 50% volume)	___ done
28	FINAL	Repeat Day 1 workout — compare round times to Day 1	___ time

Day 1 vs Day 28 · Personal records

TEST	BASELINE (Day 1)	DAY 28 RESULT	DELTA
2-min push-ups	___	___	___
2-min sit-ups	___	___	___
Max pull-ups	___	___	___
2-mile run	___	___	___
Body weight	___	___	___

BEGINNER

Push-ups → knee or incline
 Pull-ups → inverted rows
 Burpees → step-back (no jump)
 Drop reps 30% in week 1

INTERMEDIATE

Follow plan as written
 Strict form, full ROM
 Stop sets when form breaks
 Add 5-min walk warm-up

ADVANCED

10–15 lb weighted vest from D1
 +30% reps across the board
 Archer or one-arm push-ups
 Add 3rd cond. day in W2-3

★ BEYOND DAY 28

Ready for week 5 and beyond?

Cycle 2: repeat with new starting reps based on Day 28 test · add weighted vest cycle 3 · specialize for Marine PFT, Army ACFT, or SEAL conditioning · or graduate to the 8-week periodized plan

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