

MILITARY FITNESS · BODYWEIGHT TRAINING

THE 4-WEEK MILITARY FITNESS PLAN

A bodyweight-only program built around the protocols of the U.S. Military, CrossFit's hero WOD, and Navy SEAL PT.

DURATION

4

WEEKS

FREQUENCY

5

DAYS / WEEK

PER SESSION

20-60

MINUTES

GEAR NEEDED

\$50

OR LESS

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[gymnasetips.com / military-workouts-at-home](https://gymnasetips.com/military-workouts-at-home)

*"You don't rise to the level of your goals.
You fall to the level of your training." — anon.*

WEEKLY PROGRAM

How the plan is structured

Train 5 days per week. Wednesdays and Sundays are full rest days — don't skip them. Each Friday, run an APFT-style fitness test (push-ups, sit-ups, 2-mile run) and write down your numbers so you can track progression week to week. Scale every workout to your current ability — half the reps with knee push-ups and jumping pull-ups is fine for week 1.

The week 4 capstone is the full Murph — 1-mile run, 100 pull-ups, 200 push-ups, 300 squats, 1-mile run for time. Don't attempt it cold; it's earned over the previous three weeks of progressive volume.

Choose your level

BEGINNER

Halve every rep count.
Knee push-ups + jumping pull-ups.

INTERMEDIATE

Follow the plan as written.
Strict form, full ROM.

ADVANCED

Add a 20-lb weighted vest
from week 2 onward.

The 4-Week Schedule

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	5 rounds: 5 / 10 / 15	10 rounds: 5 / 10 / 15	15 rounds: 5 / 10 / 15	20 rounds: 5 / 10 / 15 (Murph partition)
TUE	3 × 10 8-Count Body Builders	4 × 12	5 × 15	6 × 15
WED	REST	REST	REST	REST
THU	SEAL pyramid: peak at 5	Peak at 7	Peak at 10	Peak at 12
FRI	APFT test (no run)	APFT + 1-mile run	APFT (full)	APFT (full) retest for PR
SAT	1-mile run + mobility	1.5-mile run + mobility	2-mile run + mobility	Half Murph attempt
SUN	REST	REST	REST	REST (full Murph Mon)

Legend: 5/10/15 = pull-ups / push-ups / squats per round. APFT = Army Physical Fitness Test (push-ups + sit-ups + 2-mile run). Murph partition = 20 rounds of 5/10/15 = 100 / 200 / 300 total reps.

THE PROTOCOLS

The 4 workouts you'll use

1 THE MURPH — Hero WOD

The week-4 capstone · For time · ~45 min



Named after Lt. Michael Murphy (USN SEAL, KIA Afghanistan 2005). **1 mile run · 100 pull-ups · 200 push-ups · 300 squats · 1 mile run.** Partition the middle 600 reps however you want — the standard is 20 rounds of 5/10/15.

2 8-COUNT BODY BUILDERS

USMC standard · 4–6 rounds × 10–20 reps · ~25 min



Each rep is 8 counts: **(1)** drop hands · **(2)** kick legs back · **(3)** push-up down · **(4)** push-up up · **(5)** spread legs · **(6)** together · **(7)** jump in · **(8)** stand & jump. Combines plyometric, push endurance, and cardio in one brutal movement.

3 NAVY SEAL PT PYRAMID

Volume + mental toughness · 20–40 min



Round N = N pull-ups + 2N push-ups + 3N squats. Climb until you can't complete a round unbroken, then descend back to round 1. Peaking at round 10 = **110 pull-ups + 220 push-ups + 330 squats** in one session.

4 ARMY APFT CIRCUIT

Friday baseline test · ~20 min



2 min max push-ups → 5 min rest → 2 min max sit-ups → 10 min rest → 2-mile run for time.

Passing standards (17–21 yr): 42 push-ups (M) / 19 (F) · 53 sit-ups · 15:54 run (M) / 18:54 (F).





*Under pressure, you don't rise to the occasion — you sink to the level of your training.
Train hard. Train consistently. The pressure becomes irrelevant.*

— adapted from Archilochus

OFF THE GYM FLOOR

Recovery - Progression - Gear

Recovery non-negotiables

-  **Sleep:** 7–9 hours per night. Growth hormone is released during deep sleep — short sleep, no recovery.
-  **Protein:** 1.6–2.2 g per kg of bodyweight, split across 3–5 meals. ~25 g per meal optimum.
-  **Hydration:** 2–3 L of water per day, more on training days. Even 2% dehydration drops strength 5–10%.
-  **Deload:** If you continue past week 4, halve volume every 4–6 weeks. Skipping deloads = injury.

Beyond Week 4 — Three directions

1 · ADD WEIGHT

Repeat the 4-week plan with a 10–20 lb weighted vest. Murph in vest is the Memorial Day standard.

2 · ADD RUCK

One day per week, walk 3–5 miles with a 30-lb backpack. Builds load-carry capacity that pure bodyweight work won't.

3 · ADD IRON

Cycle 4-week 'military' blocks with 4-week strength blocks (deadlift, bench, squat). Conditioning carries; iron adds size.

Gear list & skip-day flags

Minimum gear (~\$50 total)

Doorway pull-up bar — **\$25–40**
Interval timer (free app) — **\$0**
Decent running shoes — **\$60–120**
Optional 20-lb vest — **\$80–120**

Skip today if 2+ are true:

- Resting HR up 10+ BPM
- 2+ nights bad sleep
- Sharp joint pain
- Warm-ups feel weak
- Persistent low mood (3+ days)
- Recurring colds / illness

★ THE FULL GUIDE

Read the complete article

Murph history · scaling rules · gear deep-dives · FAQ · supplement reviews · linked guides for daily calisthenics and pre-workouts.

→ [gymnasetips.com / military-workouts-at-home](https://gymnasetips.com/military-workouts-at-home)