

MILITARY WORKOUT · 4-WEEK PRINTABLE

# THE 4-WEEK MILITARY WORKOUT PDF

A printable bodyweight conditioning plan modeled on U.S. Army Physical Readiness Training. Print, train, track.

DURATION

4

WEEKS

FREQUENCY

6

DAYS / WEEK

PER SESSION

35-50

MINUTES

EQUIPMENT

MIN

PULL-UP BAR

by JAMES NOLAN

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

*"A printed schedule on the wall is harder to skip than an app."*

## THE PROGRAM

# Your 4-week schedule

Train Mon–Sat, rest Sunday. Each session is 35–50 minutes. Tape this sheet where you train and check off each session as you complete it.

**Goal: push-up max +10–15 reps, 2-mile run –30–60 sec, 2–4 lb body composition change in 28 days.**

## WEEK 1 — Baseline

DAY	WORKOUT	DATE DONE	NOTES
MON	4 rounds: 15 push-ups, 8 pull-ups, 20 squats, 15 sit-ups, 60s rest	___	___
TUE	20-min run + 3 × 30s plank	___	___
WED	4 rounds: 15 push-ups, 8 pull-ups, 20 squats, 15 sit-ups, 60s rest	___	___
THU	20-min run + 3 × 30s plank	___	___
FRI	4 rounds: 15 push-ups, 8 pull-ups, 20 squats, 15 sit-ups, 60s rest	___	___
SAT	2-mile run + 5 × 10 push-ups	___	___

## WEEK 2 — Volume

DAY	WORKOUT	DATE DONE	NOTES
MON	5 rounds: 17 push-ups, 9 pull-ups, 22 squats, 17 sit-ups, 45s rest	___	___
TUE	25-min run + 3 × 40s plank	___	___
WED	5 rounds: 17 push-ups, 9 pull-ups, 22 squats, 17 sit-ups, 45s rest	___	___
THU	25-min run + 3 × 40s plank	___	___
FRI	5 rounds: 17 push-ups, 9 pull-ups, 22 squats, 17 sit-ups, 45s rest	___	___
SAT	2.5-mile run + 5 × 12 push-ups	___	___

## THE PROGRAM

# Schedule continued + Test Week

## WEEK 3 — Density

DAY	WORKOUT	DATE DONE	NOTES
MON	4 rounds: 20 push-ups, 10 pull-ups, 25 squats, 20 sit-ups, 30s rest. + 20 lunges/leg.	___	___
TUE	25-min run + 3 x 50s plank	___	___
WED	4 rounds: 20 push-ups, 10 pull-ups, 25 squats, 20 sit-ups, 30s rest. + 20 lunges/leg.	___	___
THU	25-min run + 3 x 50s plank	___	___
FRI	4 rounds: 20 push-ups, 10 pull-ups, 25 squats, 20 sit-ups, 30s rest. + 20 lunges/leg.	___	___
SAT	3-mile run + 5 x 15 push-ups	___	___

## WEEK 4 — Test Week + Deload

DAY	WORKOUT	RESULT
MON	2-min max push-ups	___ reps
MON	2-min max sit-ups	___ reps
MON	Max pull-ups (one set)	___ reps
MON	2-mile timed run	___ min
TUE	30-min walk + mobility	___ done
WED	Week 1 circuit at 3 rounds (deload)	___ done
THU	30-min walk + mobility	___ done
FRI	Week 1 circuit at 3 rounds (deload)	___ done
SAT	Rest or 30-min walk	___ done

Record your test numbers below — they are your week-5 starting point. Compare to your baseline to see exactly how much you gained.

## YOUR PROGRESS

# Personal records tracking sheet

Update this table after each test week. Comparing month-over-month is the strongest motivation tool you have. Numbers don't lie — they show exactly how far you've come.

TEST DATE	2-MIN PUSH-UPS	2-MIN SIT-UPS	MAX PULL-UPS	2-MILE RUN	BODY WEIGHT
Cycle 1 start	—	—	—	—	—
Week 4 test	—	—	—	—	—
Week 8 test	—	—	—	—	—
Week 12 test	—	—	—	—	—
Week 16 test	—	—	—	—	—

## Scaling notes

### BEGINNER

Start at 60% of prescribed reps.  
Knee push-ups + inverted rows  
instead of standard pull-ups.

### INTERMEDIATE

Follow the plan as written.  
Strict form, full ROM,  
stop sets when form breaks.

### ADVANCED

Add a 10–15 lb weighted vest  
from week 2. Increase rep counts  
by 30% across the board.

*Notifications, texts, and social media kill workout focus. A printed sheet on the wall can't ping you.*

### ★ THE FULL GUIDE

## Read the complete article

Why printable beats apps · how to convert to PDF on desktop and mobile · how to scale by experience level · what comes after week 4 · the FAQ.

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