

“Just Enough”

Navy SEAL Calisthenics & Stretches

Quality and not quantity of exercises is important!

<u>Exercise</u>	<u>Reps</u>	<u>Count</u>	<u>Muscles/Body Parts Worked</u>
1. Jumping Jacks	10	four	Aerobic (heart and lungs)
2. <i>Up-Back and Over</i>	10	four	Shoulder, chest, and back
3. <i>Triceps Stretch</i>	10	echo	grasp elbow with opposite hand
4. Pushups (wide, standard & narrow)	10	four	Chest, anterior shoulder, triceps and abdominals
5. <i>Standing Calf Stretch</i>	10	single	Gastrocnemius and anterior tibialis muscle.
6. Hip Rollers	10	four	Abdominals
7. Planks	20	echo	Abdominals, triceps, chest, and anterior shoulder
8. <i>Standing Hamstring Stretch</i>	10	echo	pull heel to buttocks
9. Mountain Climbers	10	four	Abdominals, legs, triceps, chest, and anterior shoulder
10. <i>Shin/Quad Stretch</i>	10	echo	Shins, ankles, and quadriceps
11. Vee-Ups	10	four	Abdominals
12. Dive Bomber Pushups	10	single	chest, forearms, triceps, and deltoids
13. Knee Bender	10	single	Abdominals and hip flexors
14. Donkey Kicks	10	four	Hips extensors
15. Hand to Knee Squats	10	four	hip, and leg thigh muscles
16. Pushups	10	single	Chest, anterior shoulder, triceps and abdominals
17. <i>Groin Stretch</i>	10	echo	Hip/leg adductors
18. Playboys (BUDs Knee Stretch)	10	echo	Trunk and iliotibial band
19. <i>3-Way Hurdler's Stretch</i>	10	echo	Leg flexors, leg adductors, and side of body
20. <i>Bend Fore and Aft</i>	10	four	hip flexors
21. <i>Posterior Shoulder Stretch</i>	10	echo	grasp shoulder with opposite hand
22. Running	lap	none	aerobic (heart and lungs)
23. Chin-ups	10	none	back and bicep muscles
24. Running	lap	none	aerobic (heart and lungs)
25. Incline Pull-ups	10	none	posterior shoulder and triceps
26. Running	lap	none	aerobic (heart and lungs)
27. Dips	10	none	back, triceps, and shoulder muscles
28. Running	lap	none	aerobic (heart and lungs)
29. Push-ups (feet elevated on bar)	10	none	chest, triceps, and anterior shoulder
30. Running	lap	none	aerobic (heart and lungs)

“Old School”

Navy SEAL Calisthenics & Stretches

Quality and not quantity of exercises is important!

<u>Exercise</u>	<u>Reps</u>	<u>Count</u>	<u>Muscles/Body Parts Worked</u>
1. Jumping Jacks	10	four	aerobic (heart and lungs)
2. <i>Hi Jack Hi Jill</i>	10	four	chest and anterior shoulder
3. Eight-Count Body Builder	10	eight	chest and leg muscles
4. Hello Dollies	10	four	hip flexor
5. Superman	10	single	hip extensor (raise up upper torso)
6. <i>Press-Press-Fling</i>	10	four	chest and anterior shoulder
7. <i>Triceps Stretch</i>	10	echo	grasp elbow with opposite hand
8. Pushups Wide, Standard, and Narrow	10	four	chest, shoulder, triceps, and abs
9. Flutter Kicks	10	four	hip flexor (one foot on the ground)
10. Superman	10	single	hip extensor (opposite arm and leg)
11. Hand to Knee Squats	10	four	hip, and leg thigh muscles
12. Elbow to Knee/Crossovers	10	four	abs (keep one foot on the ground)
13. Dive Bomber Pushups	10	single	chest, forearms, triceps, and deltoids
14. <i>Trunk Rotations</i>	10	four	abs, including obliques and hip flexors
15. Sit-ups	10	single	abdominal (both feet on the ground)
16. <i>Bend Fore and Aft</i>	10	four	hip flexors
17. <i>Posterior Shoulder Stretch</i>	10	echo	grasp shoulder with opposite hand
18. <i>Standing Quad & Hamstring Stretch</i>	10	echo	pull knee to chest, and heel to buttocks
19. <i>Standing Calf Stretch</i>	10	echo	heel in front of body, head to knee
20. <i>Sitting Hurdles Stretch</i>	10	echo	point foot towards opposite knee
21. <i>Sitting Butterfly Stretch</i>	10	echo	head down, and pull feet to body
22. Running	lap	none	aerobic (heart and lungs)
23. Chin-ups	10	none	back and bicep muscles
24. Running	lap	none	aerobic (heart and lungs)
25. Incline Pull-ups	10	none	posterior shoulder and triceps
26. Running	lap	none	aerobic (heart and lungs)
27. Dips	10	none	back, triceps, and shoulder muscles
28. Running	lap	none	aerobic (heart and lungs)
29. Push-ups (feet elevated on bar)	10	none	chest, triceps, and anterior shoulder
30. Running	lap	none	aerobic (heart and lungs)

20-MINUTE PILATES WORKOUT

1. From a standing position, slightly cross feet and bend knees, and slowly sit down on the mat.
2. The Hundred: While lying on back with chin on chest, and legs at a 45-degree position, move arms up-and-down at your side.
3. The Roll-up: While lying on back with arms straight-up, slowly bring your torso up so that you can touch toes (to get a nice stretch), and then lower your back down slowly to the mat, one vertebra at a time.
4. Leg Circles: While lying on back with one leg flat on the mat, bring other leg up (stretch it), and then make leg circles (down, around, and up; three in each direction), before switching legs.
5. Rolling like a Ball: While sitting on the mat, position bottom to feet, head between knees, wrap arms around legs and grasp both ankles with hands. Roll like a ball forward, up to a sitting position, and then backward, balancing on buttocks and shoulders as you roll in each direction.
6. Single Leg Stretch: While lying on your back with chin to chest, place right hand on right ankle and draw up leg, then switch drawing up left leg with left hand.
7. Double Leg Stretch: While lying on back with head up, draw up both legs (keeping knees together) and pull them to chest with both hands, before extending legs as you place both arms above head and then circle them back along your sides, grasp both legs once again and draw them to your chest. Do not let head or feet touch the ground.
8. Spine Stretch Forward: While sitting up on mat with legs outstretched in a V, stretch as far forward as possible, curling into yourself.
9. Open Leg Rocker: While sitting straight-up on the mat with legs straight outstretched in a V, grasp ankles with hands. Roll like a ball forward and then backward, balancing on buttocks and shoulders as you roll in each direction.
10. The Corkscrew: While lying on mat with legs together and at a 90-degree angle, draw circles in the air with your body, as you go up into a shoulder stand, and then back down to a flat-back position.
11. The Saw: While sitting up with legs outstretched in a V, and both arms outstretched, stretch opposite hand to opposite foot, as you bend down and reach forward to your pinky toe.
12. Neck Roll and Swan Dive: While lying on stomach, holding torso up with arms, rotate head slowly to the left and then to the right. Then, with arms straight ahead and back arched, rock as far forwards and backwards as possible, like a diving swan.
13. Single- and Double-leg kicks: While lying on stomach with torso supported by forearms, kick one-two to buttocks with left leg and then alternate with right leg. With arms behind back, with hands clasped at lower back and palms upward, do double-leg kicks to buttocks, one-two-three, following by arching back with clasped hands above body. At completion, sit back on heels briefly.
14. Neck Pull: While sitting up on the mat with hands clasped behind your head, and legs outstretched and together, roll-up and bend forward to do a sit up, and then roll back down slowly to the mat.

15. The Jackknife: While lying on mat with arms to your side and legs straight-up, rise into a shoulder-stand position, and then roll slowly back down to the flat-back and legs straight-up position.
16. Side Kicks: With one hand supporting your head, and the other on the mat, as you lay on your side, swing one leg at a time forward and backwards from the hip. Do alternate sideways leg-raisers, bringing your foot down slowly; forward-bicycle by swinging leg forward, bending knee, and swinging leg backwards; and back-bicycle by swinging leg back, bending knee, and swinging leg forwards.
17. Teasers: (1) While lying on mat with arms stretched out behind you and legs at a 45-degree angle, sit up and try to touch fingers to toes. (2) Come up and try to touch toes, and then lower and raise legs as body remains balanced upright on buttocks. (3) Move everything down and everything up.
18. Hip Circles: While sitting on mat with arms behind you to support your body, make circles with legs, alternating first to the left and then to the right.
19. Swimming: While lying on your stomach on the mat, move arms and legs rapidly up and down to simulate a swimming motion. At completion, sit back on your heels briefly.
20. Leg Pulls (body facing down): While in a push-up position, alternately lift legs while supporting the grounded leg on the toes of the foot while flexing ankle.
21. Leg Pulls (body facing up): With body off the mat, supported by your arms and heels of your feet, alternately raise and lower your legs.
22. Kneeling Side Kicks: Do same exercises as #16, except kneel, and not lay sideways, on the mat.
23. Mermaid: While kneeling with bent knees and both feet to one side, bend sideways, first to one side and then to the other, with the arm away from the direction of the bend over your head, while supporting your body on forearm. Position your feet to the other side, and do same thing.
24. The Seal: Roll like a ball, like exercise #5, but hold ankles and clap feet together three times while balancing on buttocks and then on shoulders as you roll forward and backwards.
25. Second Position Ending: While standing on mat with feet apart, bend forward and down to your right foot, sweep fingertips across the mat to your left foot and then up; and down to the left, sweeping fingertips across the mat to the right, before rising up.
26. Stand up: While standing with your arms crossed, alternately rise up on the toes of your feet while jogging-in-place.

The following series of postures can provide a dynamic start to the day – try to set aside some time in your morning routine to practise. If you can, face the sun as you practise – think of the sequence as a revitalizing way to greet the day. We all naturally feel stiffer in the morning than the evening, so don't be surprised if the first few postures in your morning sequence feel a little tight. Breathe into each pose and visualize your body loosening up as you move into it. Take your time and allow yourself a relaxing



1: STANDING FORWARD BEND
(page 55)



2: TRIANGLE
(page 56)



3: WARRIOR POSE
(page 60)



4: EXTENDED-ANGLE POSE
(page 59)



5: DOWN-FACING DOG
(page 62)



6: PIGEON POSE
(page 80)



7: CAMEL POSE
(page 69)



8: SITTING FORWARD BEND
(page 72)

posture at intervals if you need it. Build up to the full sequence over time. Remember to practise any asymmetrical postures on both sides of your body. You could extend the practice by beginning with a few rounds of full- or half-sun salutation (see pages 100–102). Make sure that you leave plenty of time for the final relaxation posture – it is crucial for clearing the mind, as well as letting the changes that have taken place during the sequence filter through the body.



9: SITTING LEG STRETCH
(page 71)



10: COW-FACE POSE
(page 70)



11: TWIST B
(page 78)



12: BRIDGE POSE
(page 77)



13: SHOULDERSTAND
(pages 86–7)



14: KNEES-TO-CHEST POSE
(page 76)



15: CORPSE POSE
(page 89)