



VOLUME ONE

audio workout system



Named in honor of the year the United States Marine Corps was founded. This routine represents and excellent introduction to Loose Cannon Fitness! You're only doing 10 reps as opposed to 25, which you'll find to be typical of most LCF training routines.

Plan on repeating this sequence at least three times!

Burpees	Hardcore
	• Start standing up • Crouch down (1)
	• Kick your feet out behind you so you're now in the plank position (2)
	• Do a pushup by bending your elbows and bringing your nose to the ground (3)
	• Come up into a plank position (4)
	• Do a pushup – go down (5)
	• Come up into a plank position (6)
	• Bring your knees to your chest (7-8)
	• Jump up into the air (9)
	• Land on your feet (10). That's 1!
Modified	
Instead of crouching down and going into a full plank position, do them up against a chair, or, if you need even more of a headstart, do them up against a wall.	
Hand to Knee	Hardcore
	• Start standing up, jump up and bring your knees to your hands. Try to bring your knees up to belt level (1)
	• Land on both feet (2)
	• Jump up again and hit your knees with your hands (3)
	• Land on both feet (4) That's 1!
	Modified
Rather than jumping up and hitting your knees with your hands, just jump up and down, but stay with the pace of the exercise. If you need to break it down even further, just march in place, but bring your knees up to your waist to make it challenging.	
Marching Pushups	Hardcore
	• Start in a plank position, like you're preparing to do a pushup
	• Bring your left knee up to your chest (1)
	• as you move your left knee back to its original position, bring your right knee up to your chest.
	• Return your right knee to its starting point and bring your left knee back up to your chest (2)
	• Once again, move your left knee back and bring your right knee up to your chest
	• Return your right knee to its starting point and bring your left knee back up to your chest (3)
	• Now do a push up, go down and as you come back up you'll hear "4!" That's one repetition!
Modified	
Leave the pushup out and just do Mountain Climbers. To break it down even more, do Mountain Climbers up against a chair so you're body forms an angle with the ground.	



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Gorillas	Hardcore
	<ul style="list-style-type: none"> • Stand with your feet a little over shoulder width apart, bend at the waist and touch the floor with both hands
	<ul style="list-style-type: none"> • Jump to the left, touch the floor with both hands (1)
	<ul style="list-style-type: none"> • Jump forward, touch the floor with both hands (2)
	<ul style="list-style-type: none"> • Jump to the right, touch the floor with both hands (3)
	<ul style="list-style-type: none"> • Jump backwards and...touch the floor with both hands (4). That's 1!
	Modified
	Instead of bending at the waist and touching the floor, just hop with both feet to the left, forward, right and back.
Marine Corps Pushups	Hardcore
	<ul style="list-style-type: none"> • Start in plank position, go down by bending your elbows and bring your nose to the ground (1)
	<ul style="list-style-type: none"> • Explode up and clap your hands while in the air (2). That's 1!
	Modified
	Either incorporate the clap while doing them on all fours, or eliminate the clap and do regular pushups.
Iron Mikes	Hardcore
	<ul style="list-style-type: none"> • Start by standing upright with your hands interlocked behind your head.
	<ul style="list-style-type: none"> • Step forward with your left foot and touch your right knee to the ground (1)
	<ul style="list-style-type: none"> • Explode up and get some air (2)
	<ul style="list-style-type: none"> • When you land, you will have switched your legs so you're now stepping forward with your right leg and touching your left knee to the ground (3)
	<ul style="list-style-type: none"> • Explode up and switch your legs. That's 1!
	Modified
	You can either not go all the way to the ground when you bend down, or do squats with both legs simultaneously with your hands behind your head.
	<p>If you've ever served in the USMC, you're familiar with the name if not the base itself. Camp Lejeune is home to the 2nd Marine Division and is located in North Carolina. Its namesake is Lieutenant General John A. Lejeune, the 13th Commandant of the Marine Corps and was nicknamed the "Greatest of all Leathernecks!"</p>
Mountain Climbers	Hardcore
	<ul style="list-style-type: none"> • Start in the plank position. Bring your left knee up to your chest (1)
	<ul style="list-style-type: none"> • Return your left knee to its starting position while simultaneously bringing your right knee to your chest (2)
	<ul style="list-style-type: none"> • Repeat and that's 1!
	Modified
	Instead of doing this from a plank position on the floor, do it at an angle with your on a chair or against a wall.



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Lejeune (Page Two)

Bicycles	Hardcore
	<ul style="list-style-type: none"> • Start on your back with your hands interlocked behind your head and your feet six inches off the floor and your legs fully extended. • Bring your left knee up and touch it to your right elbow (1) • Return your left knee to its starting position while simultaneously bringing your right knee to your left elbow (2) • Repeat and that's 1!
	Modified
	Start with both knees bent and simply touch your left knee to your right elbow, then your right knee to your left elbow and repeat.
Super Skaters	Hardcore
	<ul style="list-style-type: none"> • Start by standing up straight and bending your knees slightly. • Lean forward while simultaneously extending your right arm and kicking your right leg back while bending your left knee (1) • Return to an upright position with knees slightly bent and your right foot off the floor (2) • Lean forward again while extending your right and kicking your right leg back, again bending your left knee (3) • Return to an upright position with knees slightly bent and your right foot off the floor (4). • Repeat the above process on the other side when instructed to switch.
	Modified
	The exact same exercise, just steady yourself by facing a wall or a stationary object and placing your hands on it to help you keep your balance.
	Hardcore
	<ul style="list-style-type: none"> • Start in plank position, go down by bending your elbows and bring your nose to the ground (1) • Explode up and clap your hands while in the air (2). • Return to plank position (3). • Explode up and clap your hands while in the air (4) - that's 1!
Modified	
Either incorporate the clap while doing them on all fours, or eliminate the clap and do regular pushups.	
Rocking Chairs	Hardcore
	<ul style="list-style-type: none"> • Start on your back with your hands out to your side and your knees bent. Bring your heels to your buttocks raising your chest off the floor in a rocking motion (1). • Bring your chest back to its starting position and swing your heels out away from your buttocks. • Repeat the first two motions. That's 1!
	Modified
Instead of leaving your hands out to your side, hold the back of your thighs with both hands to give you a little more support so your abs don't have to do quite as much work.	



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Lejeune (Page Three)

Burpees	Hardcore
	• Start standing up • Crouch down (1)
	• Kick your feet out behind you so you're now in the plank position (2)
	• Do a pushup by bending your elbows and bringing your nose to the ground (3)
	• Come up into a plank position (4)
	• Do a pushup – go down (5)
	• Come up into a plank position (6)
	• Bring your knees to your chest (7-8)
	• Jump up into the air (9)
	• Land on your feet (10). That's 1!
Modified	
Instead of crouching down and going into a full plank position, do them up against a chair, or, if you need even more of a headstart, do them up against a wall.	
Dips	Hardcore
	• Start in a sitting position with your arms on either side of you, then move your body forward so you're no longer sitting, but your arms are now supporting your body weight with your legs on the floor.
	• Bend your elbows so you're upper body is more level with your feet (1)
	• Bring your upper body back up to its starting position (2)
	• Repeat steps #1 and #2. That's 1!
Modified	
Bring your feet in closer to your body so you can better support your torso and not burden your arms as much.	
In's and Out's	Hardcore
	• Lie down on your back with your hands extended over your head and your legs straight out in front of you with your feet six inches off the floor.
	• Sit up and grab your ankles (1)
	• Again, sit up and grab your ankles (3)
	• Return to the prone position with your arms fully extended. Your biceps should be alongside your ears. That's 1!
Modified	
Instead of fully extending your legs, bend them at the knees.	
Flamingos	Hardcore
	• Start standing up and holding your right ankle with your right hand as through you were getting ready to stretch out your quads.
	• Bend down while holding your ankle / leg with your left leg supporting your full body weight (1)
	• Return to a standing position, still holding your right ankle / leg (2)
	• Repeat steps #1 and #2. That's 1! Do 10 repetitions then swith legs.
Modified	
Do the exercise next to a wall to steady yourself. If you need more support, do the exercise on both feet but make a point of supporting your body weight with one leg more so than the other.	



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Lejeune (Page Four)

Decline Pushups	Hardcore
	<ul style="list-style-type: none"> • Start in a plank position with your feet elevated. Bend your elbows and till your nose is a few inches off the deck (1). • Pushup up and return your starting position (2) • Repeat steps #1 and #2. That's 1!
	Modified
	Rather than elevate your feet, just do a regular pushup.
Grahams	Hardcore
	<ul style="list-style-type: none"> • Start by laying down on your back with your knees brought up to your chest • Extend your legs so they're straight with your ankles six inches off the deck (1) • while keeping your legs straight and your toes pointed, bring your legs straight up so your body forms an "L" (2) • Return your legs to that position where they're straight out in front of you with your feet six inches off the deck (3) • Bring your knees to your chest. That's 1!
	Modified
	Instead of extending your legs so that they're completely straight, keep your knees slightly bent.
Squats	Hardcore
	<ul style="list-style-type: none"> • Start standing straight up. You can be facing a wall or a chair for greater stability. • Bend at the knees and go all the way down so your buttocks is touching your heels (1) • Stand straight up (2) • Repeat steps #1 and #2. That's 1!
	Modified
	Rather than going all the way way down, go half way.