

4 WEEKS TO BOOT CAMP FIT GUIDE

MILITARY GRADE FITNESS



By Phillip M. Trujilo

Pre Mission Brief

Congratulations.

You've opted into a fitness journey that may change your life, save your career, pave the way for your future, or simply keep the Drill Sergeants off of your ass at Basic Training.

Either way, you've chosen to not take the easy road. You've chosen to take the path less traveled, the path those that refuse to accept mediocrity take. This path is called - hard work, the suck, or the pain cave. Embrace it. Pain lets you know you're alive.

This 4 week program will take your basic human performance markers and drastically improve them. I am going to ask that you do things that you've probably never done before and you'll be a better human if you so choose to accept my challenges. Are you with me?

See you on the other side.

In Blood,

Phil



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Baseline

INFO NOTE: If you are unable to perform any of these tasks, please click on the links below (Facebook or Instagram) and let us know so that we can provide you with a scaling option. If you don't recognize a movement, ask.

Week 1, Day 1:

- Perform a Maximum Effort set of Pushups in 1 Minute* and record score
- Perform a Maximum Effort set of Situps in 1 Minute* and record score
- Perform a Maximum Effort set of Pullups and record score
- Perform a 1.5 Mile* Run and record score

Week 1, Day 2:

- Perform 100 Burpees as fast as possible and record time

Week 1, Day 3:

- Perform "Tabata" Pushups, Situps, Squats, and Arm Haulers
- Run 4 x 400m Sprints. Time EACH Sprint and rest 2:00 min after each

Week 1, Day 4:

- Perform a 5k Run and record score.

*USMC Personnel & Candidates Run 3 Miles, US Army Candidates and Personnel run 2 miles



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Hell Week

Week 2, Day 1:

- Perform a Maximum Effort Set of 50 Burpees. Rest 1 Min.
- Perform a Maximum Effort 1.5 Mile* Run and record score.
- Every SECOND that you are slower than your baseline run time, perform 1 Penalty Burpee and 2 penalty situps.

Week 2, Day 2:

- Every 30 Seconds for 8 minutes perform 10 situps
- Perform 10 x 100m Sprints; after each sprint immediately perform 10 Burpees. Rest 1 min between each set
- Perform 100 Air Squats for time. Record score

Week 2, Day 3:

- 4 x 800m Sprints; rest 3 minutes in between each sprint.
- Perform 100 Pullups, 200 Pushups, 300 Air Squats.

Week 2, Day 4:

- Run a 10k and record score.

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Week 3

Week 3, Day 1:

- 4 Rounds For Total Time: Run 400m, 25 Burpees
- Perform a Maximum Effort Plank Hold and record score.

Week 3, Day 2:

- For Total Time: Run 1 Mile, 100 Pushups, Run 1 Mile, 100 Situps

Week 3, Day 3:

- Run a 5k and record time.
- If you did not improve over your baseline score, immediately perform 100 Penalty Burpees.
- If you did improve, rest 3 minutes and perform a Maximum Effort Plank Hold

Week 3, Day 4:

- Perform 100 Pullups in a 10 minute time cap.
- If you do not complete the 100 pullups, run 1.5 miles immediately.
- If you complete the 100 Pullups within the time cap, perform 100 arm haulers.



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Week 4

Week 4, Day 1:

- Every 30 Seconds for 8 minutes perform 10 situps
- Perform 10 x 100m Sprints; after each sprint immediately perform 10 Burpees. Rest 1 min between each set
- Perform 100 Air Squats for time. Compare score to W1,D2.

Week 4, Day 2:

- Perform 100 Burpees as fast as possible. Compare score to W1,D2

Week 4, Day 3:

- Perform "Tabata" Pushups, Situps, Squats, and Arm Haulers
- Run 4 x 400m Sprints. Time EACH Sprint and rest 2:00 min after each

Week 4, Day 4:

- Perform a Maximum Effort set of Pushups in 1 Minute*. Compare to W1,D1
- Perform a Maximum Effort set of Situps in 1 Minute*. Compare to W1,D1
- Perform a Maximum Effort set of Pullups. Compare to W1,D1
- Perform a 1.5 Mile* Run. Compare to W1,D1

*USMC Personnel & Candidates Run 3 Miles, US Army Candidates and Personnel run 2 miles



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ABOUT

My Name is Phil.

I am a 30 Year Old Fitness Junkie and USAF Staff Sergeant.

I spent 11 years on active duty in the United States Air Force and now serve in the United States Air Force Reserves.

Upon entering the United States Air Force, I knew that fitness would be a passion of mine. I held the fastest 2 mile run time in my Basic Military Training Squadron at 11:05.

Later I found that my strength was in my strength and began powerlifting. I held an IPA Junior World Record in the Deadlift at 500lbs (Raw) at the age of 23.

At the age of 25 I found CrossFit and began a journey that would forever change my life. I now own and operate a CrossFit Affiliate in Northern California.

My goal is to provide fitness to not only Military Candidates, but to the civilian population at large using military methodology and my extensive background in strength & conditioning training.

Personal Records:

1.5 Mile Run = 8:56

2.0 Mile Run = 11:05

5k Run = 19:26

1 Min Max Pushups = 71

1 Min Max Situps = 65

Bench Press = 335 lbs

Deadlift = 560 lbs

Back Squat = 415 lbs



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