



FORCE PREP
Military Fitness

12 WEEK FITNESS PROGRAM

**TRANSFORM YOUR BODY.
TRANSFORM YOUR CAREER**



WEEK 1-4: FOUNDATION PHASE

- ✓ Build basic cardiovascular endurance
- ✓ Develop core strength and stability
- ✓ Establish a routine and improve overall fitness levels

WEEK 5-8 STRENGTH AND ENDURANCE PHASE

- ✓ Increase muscle strength and endurance
- ✓ Improve running performance
- ✓ Begin specific training for the Pre-Fitness Test

WEEK 9-12: FINAL CONDITIONING PHASE

- ✓ Maximise strength and endurance
- ✓ Simulate PFA conditions
- ✓ Fine-tune fitness levels for peak performance

ADDITIONAL TIPS

- ✓ **Nutrition** - Ensure a balanced diet rich in protein, carbohydrates, and healthy fats to fuel workouts and aid recovery.
- ✓ **Sleep** - Aim for 7-9 hours of sleep each night to support recovery and overall performance.
- ✓ **Mindset** - Mental toughness is as important as physical fitness. Incorporate stress management techniques, such as meditation or breathing exercises, to stay focused and resilient.

MORE INFO



www.forceprep.com.au/fitness-guide





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WEEK 1-4: FOUNDATION

- ✓ *Build Cardiovascular Endurance*
- ✓ *Develop Core Strength and Stability*
- ✓ *Establish a Routine*



1

MONDAY

Strength Training

Push-ups: 3 sets of 12 reps
Squats: 3 sets of 20 reps
Plank: 3 sets of 30 seconds
Deadlifts (lightweight): 3 sets of 12 reps
Pull-ups (or assisted): 3 sets of 8 reps

3

WEDNESDAY

Rest & Recovery

Hamstring Stretch: 3 sets of 30 seconds
Quad Stretch: 3 sets of 30 seconds
Chest Stretch: 3 sets of 30 seconds
Lunges: 3 sets 10 reps

5

FRIDAY

Cardiovascular Training

Run: 20-minute interval (2 mins sprint, 1 min walk)
Bicycle crunches: 3 sets of 15 reps
Leg raises: 3 sets of 15 reps
Russian twists: 3 sets of 20 reps

2

TUESDAY

Cardiovascular Training

Run: 30-minute low-moderate intensity
Bicycle crunches: 3 sets of 15 reps
Leg raises: 3 sets of 15 reps
Russian twists: 3 sets of 20 reps

4

THURSDAY

Strength Training

Bench press: 3 sets of 10-12 reps
Dumbbell rows: 3 sets of 12 reps
Military press: 3 sets of 10 reps
Push-ups: 3 sets to failure



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WEEK 5-8: ENDURANCE

- ✓ *Increase Muscle Strength & Endurance*
- ✓ *Improve Running Performance*
- ✓ *Purposeful Training for PFA*



1

MONDAY

Strength Training

Push-ups: 4 sets of 20 reps

Squats: 4 sets of 25 reps

Plank: 4 sets of 1 minute

Deadlifts (lightweight): 3 sets of 12 reps

Pull-ups (or assisted): 4 sets of 10 reps

3

WEDNESDAY

Rest & Recovery

Hamstring Stretch: 4 sets of 30 seconds

Quad Stretch: 4 sets of 30 seconds

Chest Stretch: 4 sets of 30 seconds

Lunges: 4 sets 10 reps

5

FRIDAY

Cardiovascular Training

Run: trial beep-test, aim for maximal

Sit-ups: 3 sets of 15 reps (non-held) or 3 sets of 50 reps (held).

Russian twists: 3 sets of 20 reps

TUESDAY

2

Cardiovascular Training

Run: trial beep-test, aim for sub-maximal

Sit-ups: 3 sets of 15 reps (non-held) or 3 sets of 50 reps (held).

Russian twists: 3 sets of 20 reps

THURSDAY

4

Strength Training

Push-ups: 4 sets of 20 reps

Squats: 4 sets of 25 reps

Plank: 4 sets of 1 minute

Deadlifts (lightweight): 3 sets of 12 reps

Pull-ups (or assisted): 4 sets of 10 reps



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WEEK 9-12: CONDITIONING

- ✓ *Maximise Strength and Endurance*
- ✓ *Simulate PFA Conditions*
- ✓ *Fine-tune Fitness for Peak Performance*

1

MONDAY

Strength Training

Push-ups: 5 sets of 15 reps

Squats: 5 sets of 25 reps

Plank: 5 sets of 1.5 minute

Deadlifts (lightweight): 3 sets of 12 reps

Pull-ups (or assisted): 4 sets of 10 reps

3

WEDNESDAY

Rest & Recovery

Hamstring Stretch: 4 sets of 30 seconds

Quad Stretch: 4 sets of 30 seconds

Chest Stretch: 4 sets of 30 seconds

Lunges: 4 sets 10 reps

5

FRIDAY

Cardiovascular Training

Run: Maximal beep test

Sit-ups: 3 sets of 25 reps (non-held) or
3 sets of 65 reps (held).

Russian twists: 3 sets of 20 reps

2

TUESDAY

Cardiovascular Training

Run: Maximal beep test

Sit-ups: 3 sets of 25 reps (non-held) or 3
sets of 65 reps (held).

Russian twists: 3 sets of 20 reps

4

THURSDAY

Strength Training

Push-ups: 4 sets of 20 reps

Squats: 4 sets of 25 reps

Plank: 4 sets of 1.5 minutes

Deadlifts (moderate): 3 sets of 6 reps

Pull-ups (or assisted): 4 sets of 12 reps



YOUR PREP

STARTS HERE

OUR PROGRAM

Achieve your dreams by making yourself military fitness ready.

For more information related to increasing your preparation for Defence, check at our resources below.



www.forceprep.com.au