

Beginner Army Fitness Test Preparation Plan (At-Home)

Introduction

This beginner-friendly military fitness program is designed to improve strength, endurance, stamina, mobility, and discipline using simple at-home workouts.

Benefits

- Builds foundational strength and endurance
 - Improves cardiovascular fitness
 - Increases push-up and core performance
 - Enhances mobility and flexibility
 - Prepares beginners for military-style fitness tests
-

Equipment Needed

- Exercise mat
 - Pull-up bar (optional)
 - Resistance bands (optional)
 - Open running space
 - Weighted backpack (optional)
-

Weekly Training Structure

Monday – Upper Body + Core
Wednesday – Lower Body + Running
Friday – Full Body Conditioning
Optional Saturday – Endurance & Mobility

Pre-Workout Warm-Up

Jumping Jacks – 2x20 sec
Arm Circles – 15 reps
Bodyweight Squats – 15 reps
High Knees – 20 sec
Light Jog – 2 minutes

Monday – Upper Body + Core

Incline Push-Ups – 3x8–12
Knee Push-Ups – 3x6–10
Rows – 3x10–12
Chair Dips – 3x8
Plank Hold – 3x20–30 sec

Wednesday – Lower Body + Running

Bodyweight Squats – 3x15
Walking Lunges – 3x10 each leg
Glute Bridges – 3x15
Step-Ups – 3x10 each leg
Walk/Jog Intervals – 15–20 min

Friday – Full Body Conditioning

Complete 3 Rounds:
Push-Ups – 10 reps
Squats – 15 reps
Mountain Climbers – 20 sec
Plank Hold – 20 sec

Post-Workout Stretching

Chest Stretch
Shoulder Stretch
Hamstring Stretch
Quad Stretch
Child's Pose

Beginner Fitness Goals

- 20–30 Push-Ups
 - 3–5 Pull-Ups
 - 1–2 Mile Continuous Jog
 - Improved endurance and stamina
-

Final Thoughts

Stay disciplined, stay consistent, and focus on gradual progress. Build your warrior mindset one workout at a time.
