

Beginner Army Fitness Test Preparation Plan (At-Gym)

Introduction

This beginner-friendly gym-based military fitness program is designed to improve strength, endurance, stamina, and conditioning for military-style fitness tests worldwide.

Benefits

- Builds full-body strength and endurance
 - Improves cardiovascular fitness
 - Enhances stamina and conditioning
 - Improves core strength and posture
 - Helps beginners safely prepare for military fitness training
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Equipment Needed

- Dumbbells
 - Barbells
 - Cable Machines
 - Pull-Up Bar
 - Treadmill or Running Track
 - Exercise Mat
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Weekly Training Structure

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

Pre-Workout Warm-Up

Treadmill Walk – 3 minutes
Arm Circles – 20 reps
Bodyweight Squats – 15 reps
Dynamic Lunges – 10 reps each leg
High Knees – 20 seconds

Monday – Upper Body + Core

Machine Chest Press – 3x10–12
Lat Pulldown – 3x10–12
Seated Dumbbell Shoulder Press – 3x10
Cable Rows – 3x10–12
Push-Ups – 3x10
Plank Hold – 3x20–30 sec

Wednesday – Lower Body + Cardio

Goblet Squats – 3x12
Leg Press – 3x12
Walking Lunges – 3x10 each leg
Romanian Deadlifts – 3x10
Treadmill Walk/Jog Intervals – 15–20 min

Friday – Full Body Conditioning

Complete 3 Rounds:
Dumbbell Squats – 12 reps
Push-Ups – 10 reps
Cable Rows – 12 reps
Step-Ups – 10 reps each leg
Mountain Climbers – 20 sec

Optional Saturday – Endurance & Mobility

20–30 minute brisk treadmill walk, easy jog, cycling, or rowing.
Finish with hamstring, chest, shoulder, and hip stretches.

Post-Workout Stretching

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

Beginner Fitness Goals

- 20–30 Push-Ups
- 1–2 Mile Continuous Jog

- Improved Core Strength
 - Better Overall Endurance
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Final Thoughts

Stay disciplined, stay consistent, and focus on gradual progression. Build strength, endurance, and confidence one workout at a time.
