

Navy Seals Upper Body Routine

This routine is recommended to complete at the end of practice 2-3 times per week throughout the season as an addition to a distance running routine to improve one's core/abs, upper body, and gluteal strength. All movements should be with good form and rather slow and under control.

- 30 seconds - as many good form bodyweight pushups you can do, under control
- Basic curlup, support head, lifting up shoulder blades
- Right elbow-left knee opposition curlup, to near straight leg out
- Left elbow-right knee opposition curlup, to near straight leg out
- Lower ab pulls, flat on back, pulling feet from out towards your head and return
- Heal touchers, feet up in air, inverted, legs as straight as are able
- Side Crunch L and R, on side, curl up, opposite hand on side that crunch is focusing on, one side then the other
- Push throughs, push hands between knees apart, on back
- Polevaulters, extend legs and feet upwards to the sky, back down under control
- Bicycles, on back, air peddle, extending out slowly continuously
- Concentrated curlups, hands on abs, lifting up shoulder blades
- 30 seconds - as many good form bodyweight pushups you can do, under control
- Core Strength Plank - feet together, straight back, chin up for as long as you can hold for up to 100 seconds