Even more important than physical fitness is proper diet. There are relatively fit people who do not work out, but simply eat healthy. As a Sea Cadet it is important for you to do both, and to stay motivated. Some easy ways to motivate yourself are to watch motivational videos, such as the one below, or to workout with a partner. There are any number of ways to find motivation, but it is not something that anyone can teach you. Staying motivated, healthy, and fit is most of what it takes to be an exemplary Sea Cadet, and the rest will fall into place with the guidance of the leadership appointed over you.

https://www.youtube.com/watch?v=eWJVvNptHZ4

Monday (Strength)	**Tuesday (Cardio)**	**Wednesday (Strength)**
*Pushups x 20	Run 1 mile	Pushups x 40
Low Plank x 2:00		Situps x 60
Squat x 40		Lunges x 20 each leg
**Sprint 100m x 2		Sprint 50m x 4

Thursday (Cardio)	**Friday (Rest)**	**Saturday (Full Body)**
Run 1.5 miles slowly	Perform the sit and reach stretch for 15 seconds 2 times	**To be performed in a circuit in the same session** Pushups x 5 Situps x 5 Squats x 10 Jumping Jacks x 20 Rest for 30 seconds. Repeat 5 times

Sunday (Rest)
Perform the sit and reach stretch for 15 seconds 4 times throughout the day. Do any other stretches that feel good.

Workouts can be completed any time with any breakup throughout the day. Except for Saturday, any combination at any time is acceptable as long as all repetitions are completed. If the cadet does not know how to properly perform an exercise, links to videos of how to complete each exercise properly can be found below

Example: Monday morning wakeup and do 10 pushups, 1:00 of plank, and 15 squats. At lunch do the same to finish your pushups and plank. Finish up your 10 squats and 2 sprints later during the day. Tuesday you can run a quarter mile in the morning, a quarter mile at lunch, and a half mile after dinner, as long as the cadet runs each portion to the best of their ability.

*The cadet should always try to do regular pushups first, that is the NSCC Standard; however, if the cadet cannot do a single regular pushup, have the cadet place their hands on a stair 3 steps from the floor, keeping the base of the neck, back, hips, and legs in a rigidly straight line, and do pushups that way until the cadet can perform 20 in a row. Once this benchmark has been achieved, move to 2 steps from the floor and use the same benchmark to evaluate when to move to 1 step. Once this benchmark has been achieved at 1 step, continue onto regular pushups.

**If the cadet doesn't have a way to measure 100 Meters, set a 20 second timer and sprint until it beeps. Add 20 seconds for every 100 Meters, or change to 10 seconds for 50 meters. Miles can be clocked by a parent using a vehicle odometer or a phone with GPS capability.

Pushups	https://www.youtube.com/watch?v=XIHO5t_VBPQ
Low Plank	https://www.youtube.com/watch?v=tgbrMdfuGJA
Situps	https://www.youtube.com/watch?v=10mp1wusuzM
Squat	https://www.youtube.com/watch?v=HlBiYwfhz0M
Lunge	https://www.youtube.com/watch?v=Z2n58m2i4jg
Sprint	https://www.youtube.com/watch?v=9riEiVRuDRs
Run	https://www.youtube.com/watch?v=fQ7ewHFw_I8
Jumping Jacks	https://www.youtube.com/watch?v=UpH7rm0cYbM
Sit and Reach	https://www.youtube.com/watch?v=Br6be7YEmKM