

SEMPER FIT PRESENTS
LIFT FOR
MEN'S HEALTH MONTH
STRENGTH TRAINING CONSISTENCY CHALLENGE



JUNE
1-30

This is a tracking and consistency challenge that is designed to help create healthy patterns around strength training to improve mission readiness and overall health. The goal is to complete at least 3 strength training sessions per week!

Those who complete the challenge in its entirety will be entered into an opportunity drawing for a prize package from Fitness Squadron!

The first (100) participants will receive a novelty shaker bottle!

For more information, call (619) 957-9113, or email: mcrdsd.humanperformance@usmc-mccs.org

SCAN HERE TO REGISTER TODAY!



MCCS
SEMPER FIT

LIFT FOR MEN'S HEALTH MONTH

STRENGTH TRAINING CONSISTENCY CHALLENGE OVERVIEW

JUNE 1-30, 2024

Why "Lift for Men's Health Month"?

This is a tracking and consistency challenge that is designed to help create healthy patterns around strength training to improve mission readiness and overall health. This challenge is for everyone but also designed to help create awareness about the importance of positive health attitudes and preventative health practices, like regular strength training. By using machines, free weights, kettlebells or any sort of external load consistently, you are helping your body and mind!

Resistant Training Benefits :

- Helps body maintain a healthy balance of muscle and fat
- Improves balance, coordination and flexibility
- Protects bone density and joint health
- Benefits other areas of fitness such as cardiovascular fitness
- Increases body confidence and improves mood
- Preserves muscle mass and improves bone health
- Reduced risk of heart disease and diabetes



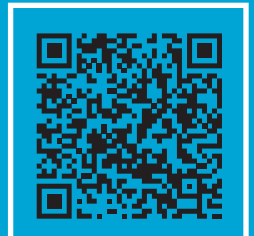
To learn more about proper [resistance training](#), scan the QR code, above.

Completing the Challenge:

Track using the calendar each day you strength train. We encourage you to split up your workouts evenly throughout each muscle group and train for functional fitness. You decide how you train but we have a well-balanced program you can follow to get you started or change up your current training. The goal is to strength train for at least three days of the week. Track and indicated days you trained utilizing the simple key on the calendar (you do not need to show all the exercises completed). You are encouraged to add in cardio on most days of the week to complement your training program, but you are only required to track days you strength train. All workouts must be completed at MCRD Fitness Center, exceptions for specific Active Duty only.

Example Workout

PUSH: Pick 5 or +		PULL: Pick 5 or +		LEGS: Pick 5 or +	
DB Overhead press	DB Front Raises	Lat Pull Down	DB Lateral Raises	KB Goblet Squat	Barbell Squats
DB Flat Bench Press	DB Push press	Pull Up	Barbell Bicep Curls	KB Swings	Barbell Deadlifts
BB Overhead press	Ammo can press	Seated Cable Row	EZ Curl Bar	Box Jumps	Skate Jumps
KB push press	Hand release push	TRX Inverted Row	BB Bench Over Row	Jump Squats	DB Overhead Lunges
TRX Atomic push up	TRX standing push	DB Bent Over Row	Chin Ups	Lying Leg Curls	KB cleans
Plank Push up	DB Incline Press	DB Bicep Curl	Close Grip Lat Pull	Seated Leg Curls	KB Lunges
Barbell Flat Bench	BB Incline Press				



To learn more about proper [strength training](#), scan the QR code, above.

Overall Goal:

After completing this challenge

- You may have a greater awareness of your own strength training patterns
- You may have a greater appreciation for all that your body can do
- You may be more familiar with exercise equipment and how to functionally strength train
- You may have kept yourself or others accountable and logged your workouts
- You may have improved physical and mental resiliency (for both life and/or mission readiness)

Participant Information:

Register for the challenge by June 1

Physically submit or email completed strength training logs to the challenge POC no later than July 2nd

Participant's First & Last Name: _____

Participant's Phone Number: _____

Participant's Email Address: _____

Challenge Prizes:

Names of those who have completed the challenge will be entered into an opportunity drawing from our sponsors Fitness Squadron and winners will be notified NLT July 8.



For more information, email: Julia.brier@usmc-mccs.org,
or phone: (619) 957-9113



LIFT FOR MEN'S HEALTH MONTH

STRENGTH TRAINING CONSISTENCY CHALLENGE

PUSH: Pick 5 or +	
DB Flat Bench Press	DB Overhead Press
BB Overhead Press	DB Push Press
KB Push Press	Ammo Can Press
TRX Atomic Push Up	Hand Release Push
Plank Push Up	TRX Standing Push
Barbell Flat Bench	DB Incline Press
	BB Incline Press

PULL: Pick 5 or +	
Lat Pull Down	DB Front Raises
Pull Up	DB Lateral Raises
Seated Cable Row	Barbell Bicep Curls
TRX Inverted Row	EZ Curl Bar
DB Bent Over Row	BB Bench Over Row
DB Bicep Curl	Chin Ups
	Close Grip Lat Pull

LEGS: Pick 5 or +	
KB Goblet Squat	Walking Lunges
KB Swings	Barbell Squats
Box Jumps	Barbell Deadlifts
Jump Squats	Skate Jumps
Lying Leg Curls	DB Overhead Lunges
Seated Leg Curls	KB Cleans
	KB Lunges



STRENGTH CALENDAR

LIFT FOR MEN'S HEALTH MONTH
STRENGTH TRAINING CONSISTENCY CHALLENGE

JUNE

Name: _____
(Last, First)

Email: _____
(Notifications for prize pick up)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EXAMPLE: "PUSH"		EXAMPLE: "PULL"		EXAMPLE: "LEGS"	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Juneteenth Federal Holiday	20	21	22
23	24	25	26	27	28	29
30						

GOAL

Strength train three times a week. Push, Pull and Leg Workout: Three to four sets with 10-15 reps. Pick at least five exercises that aren't solely limited to the exercises on the reverse side of this calendar. To start tracking just write or type in an abbreviation of what you did: push/pull/legs on the day it was completed.

