# Marine Circuit Training

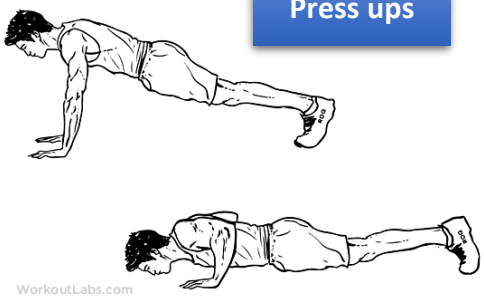
**Complete 3 sets**

Set 1: x 6 repetitions

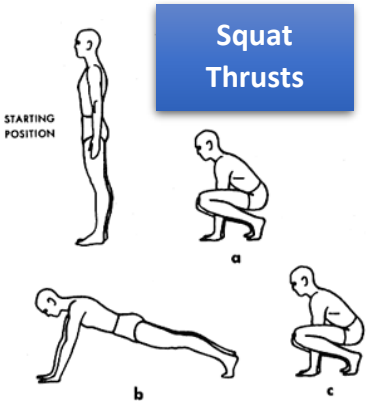
Set 2: x 9 repetitions

Set 3: x 12 repetitions

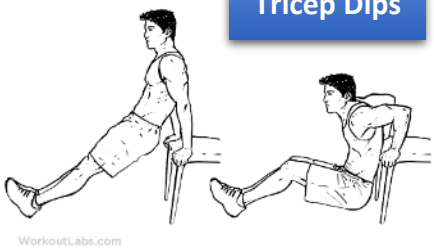
Press ups



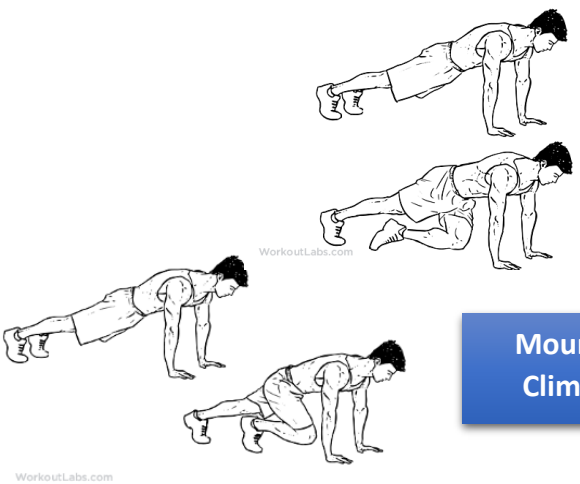

Squat Thrusts



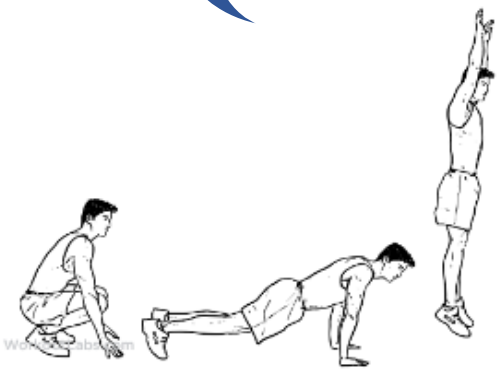

Tricep Dips



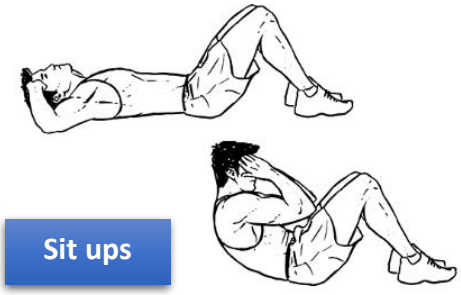

Mountain Climbers




Burpees



Sit ups



Star jumps