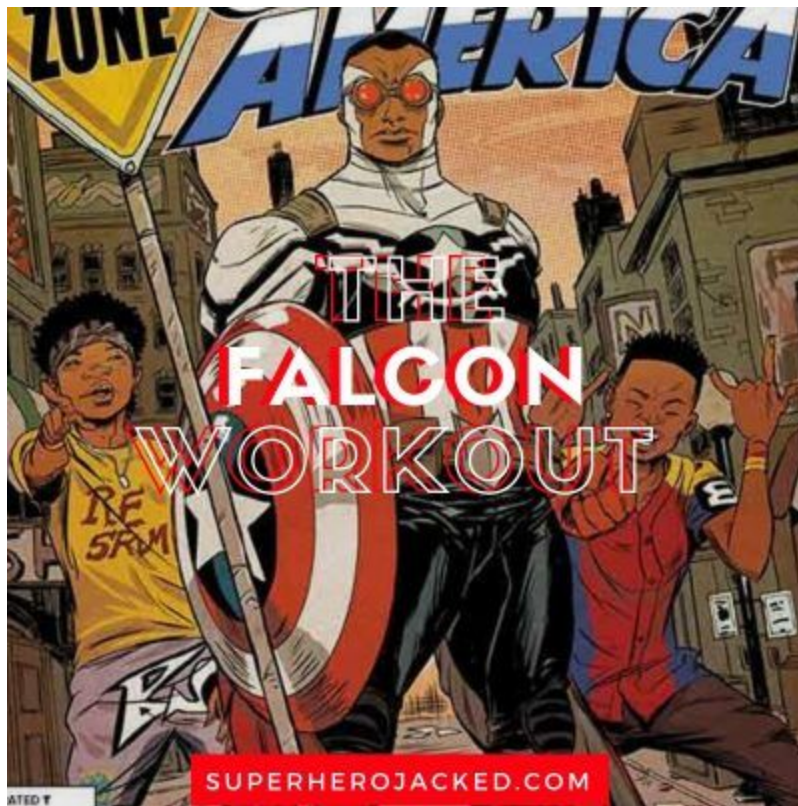


# FALCON

# WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# FALCON WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

For this one we're using the opportunity to get our first ever routine based on an Air Force Veteran on the site. For that reason we'll be taking a look at the physical requirements that the Air Force has set out for men and women looking to join and we're going to shoot for the highest caliber and build a schedule to get us there.

## Falcon Workout Routine: The Air Force Physical Requirements

Males	Run (2 miles)	Run (1.5 mile)	Push-ups	Sit-ups	Pull-ups
Liberator (minimum graduation standard)	16:45 min.	11:57 min.	45	50	0

---

---

Thunderbolt (honor graduate standard)	14:15 min.	8:55 min.	62	70	4
---------------------------------------	------------	-----------	----	----	---

---

Warhawk (extraordinary – highest standard)	13:30 min.	8:08 min.	75	80	10
--	------------	-----------	----	----	----

---

### Females

---

Liberator (minimum graduation standard)	19:45 min.	13:56 min.	27	50	0
---	------------	------------	----	----	---

---

Thunderbolt (honor graduate standard)	16:00 min.	11:33 min.	37	60	2
---------------------------------------	------------	------------	----	----	---

---

Warhawk (extraordinary –highest standard)	15:00 min.	10:55 min.	40	75	5
---	------------	------------	----	----	---

**So we're going to be shooting for Warhawk in both categories.**

*That means we want this:*

**Men:** 2 miles in 13:30 or less, 1.5 miles in 8:08 or less, 75 push ups straight, 80 sit ups straight and 10 pull ups.

**Women:** 2 miles in 15 or less, 1.5 miles in 10:55 or less, 40 push ups straight, 75 sit ups straight and 5 pull ups.

*Men and Women will both be using the same routine for this one.*

## **Falcon Workout Routine: Weekly Schedule**

**Monday:** 1 Mile Run and Calisthenics

**Tuesday:** 3 Mile Run

**Wednesday:** 1 Mile Run and Calisthenics

**Thursday:** 5 Mile Run

**Friday:** 1 Mile Run and Calisthenics

**Saturday:** Off Day

**Sunday:** Off Day or Test 1.5 or 2 Mile Run

## **Falcon Workout Routine: Calisthenics Training**

For this one we're going to want to obviously focus in on our main calisthenics (push ups, pull ups and sit ups), which means we want to strengthen up in all things bodyweight, and also our core.

*You can utilize our two articles to work on your calisthenics here:*

1. [How to get better at calisthenics](#)

## 2. Pull-up alternatives

### **Warm Up:**

Jump Rope

3×50

### **Main Calisthenics:**

Push Ups

5×25

Scale these with knee push ups, or pause push ups.

Sit Ups

5×20

Scale these with crunches or v-ups if absolutely necessary to start.

Pull-Ups

5×10

Scale these with the alternatives found in the link above.

### **Accessory Work:**

Forearm Planks

3×60 seconds

Plank to Push-Ups

3×10

Burpees

3×5

**Don't forget you're also doing a mile run on top of this.**

*This does not include warm up or cool down walk that will likely go along with it.*