



BOOT CAMP BLUEPRINT

AIR FORCE

**A 10-WEEK WORKOUT
PLAN TO PREPARE YOU
FOR AIR FORCE BMT**

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THE BOOTCAMP BLUEPRINT

So you want to join the
United States Air Force?

If you are reading this, you have more than likely made up your mind.

Well, this 10-Week program is going to show you how to prepare yourself physically
for US Air Force Basic Military Training.

BUT, before you get started I need
your dedication and 100% of your effort to complete this program.

As this is only a stepping stone in your journey to becoming a US Airman.

"But what does this Sailor know about becoming a US Airman?"

That's why I have recruited Staff Sergeant Roberts to approve this plan.

The reason I have decided to create these plans is because there are many plans out
there that are confusing to new trainees.

Confusion causes you to be scatter-brained and not know exactly where to begin.

THIS plan is ALL laid out for you. You have all of the tools that you
need inside of this plan to prep yourself for the days that lie ahead.

Train how you FIGHT

10 Weeks Total!
LET'S GET STARTED!

As a recruit, you will be required to pass a "Final PFT" before graduating Basic Training. Here are the **MINIMUM** numbers you'll need to achieve

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

If you follow anything that I teach, you'll know that we don't shoot for the minimums! So we will be training for that **WARHAWK**. **DON'T WORRY**, this will result in a more than passing score for the Thunderbolt or Liberator....

Pull-Ups

If you can not perform at least 1 pull-up, you need to start with the next best thing which is a "Negative Pull-Up". This means positioning yourself below the bar and jumping to assist your chest up to the bar (please don't hit your head).

After you are above the bar, slowly lower yourself back down to a dead hang, then let go. This counts as ONE negative pullup. The lowering portion of the negative should last about 3 seconds. Here is a breakdown of your negative pull-ups for the next 4 weeks.

Negative Progression

	S	M	T	W	T	F	S
Week 1		2 sets of 3 Negatives	2 sets of 3 Negatives		2 sets of 3 Negatives	2 sets of 3 Negatives	
Week 2		3 sets of 3 Negatives		3 sets of 3 Negatives		3 sets of 3 Negatives	
Week 3		4 sets of 3 Negatives	4 sets of 3 Negatives		4 sets of 3 Negatives	4 sets of 3 Negatives	
Week 4		4 sets of 4 Negatives	4 sets of 4 Negatives			Attempt Pull-up Again	

If you can perform at least 1 pull-up already or after Week 4, you need to start Week 5. These next few weeks will be focused on increasing your pull-up game.

You may be thinking "Why am I even attempting Pull-Ups when I can pass without doing any?"

Well, if you are a minimum type person, then shoot for those minimums...but how great would it feel to be awarded the highest physical award? Think about it.

Pull-Ups (cont.)

Pull-Up Progression

	S	M	T	W	T	F	S
Week 5		3 sets of 1 Pull-Up	3 sets of 1 Pull-Up		3 sets of 1 Pull-Up	3 sets of 1 Pull-Up	
Week 6		3 sets of 3 Negatives		3 sets of 3 Negatives		3 sets of 3 Negatives	
Week 7		3 sets of 2 Pull-Ups	3 sets of 2 Pull-Ups		3 sets of 2 Pull-Ups	3 sets of 2 Pull-Ups	
Week 8		3 sets of 3 Pull-ups	3 sets of 3 Pull-Ups			Attempt Max Pull-ups Again	
Week 9		2 sets of MAX Pull-Ups		2 sets of MAX Pull-Ups		2 sets of MAX Pull-Ups	
Week 10			REST AND FOCUS				

If you find yourself failing any of these workouts, go back 1 WEEK in the template and start from the same day that you failed on. (If you fail Wednesday, go back to the previous week's Wednesday)

If you start to feel unusual pain or discomfort in your joints (rotator cuffs, wrists, elbows)

Consider taking a few days off and evaluate your form.

BEING SORE IS COMMON BUT IS NO EXCUSE TO QUIT

Pushups

I want you to start by performing an initial MAX set of pushups. This means the MOST pushups you can perform in one set. Take this number and divide it by 2. This is the number you will plug into "X". These sets can be performed **THROUGHOUT THE DAY**, or in one session.

Pushup Progression

	S	M	T	W	T	F	S	
Week 1		5 sets of X	5 sets of X	5 sets of X	5 sets of X	5 sets of X		
Week 2		5 sets of X+10	5 sets of X+10		5 sets of X+10	5 sets of X+10		
Week 3		5 sets of X+15	5 sets of X+15		5 sets of X+15	5 sets of X+15		
Week 4		5 sets of X+20	5 sets of X+20		5 sets of X+20	5 sets of X+20		
Week 5		5 sets of X+25	5 sets of X+25		5 sets of X+25	5 sets of X+25		
Week 6		5 sets of X+30	5 sets of X+30		5 sets of X+30	5 sets of X+30		
Week 7		5 sets of X+35	5 sets of X+35		5 sets of X+35	5 sets of X+35		
Week 8		5 sets of X+40	5 sets of X+40		5 sets of X+40	5 sets of X+40		
Week 9		5 sets of X+45	5 sets of X+45		5 sets of X+45	5 sets of X+45		
Week 10		REST AND FOCUS						

I do recommend warming up your rotator cuffs before any pressing movement. You can research these techniques and incorporate them into this Blueprint.

Crunches

Curl-Ups were one of my least favorite exercises because they were my weakest. I used this method to increase my Curl-Ups significantly. So **STAY COMMITTED** and the results will come. We are using the same approach as the push-ups. Perform your **MAX** set and then divide it in half to plug in for "X". These sets can be performed **THROUGHOUT THE DAY**, or in one session.

Crunches Progression

	S	M	T	W	T	F	S
Week 1		5 sets of X	5 sets of X	5 sets of X	5 sets of X	5 sets of X	
Week 2		5 sets of X+10	5 sets of X+10		5 sets of X+10	5 sets of X+10	
Week 3		5 sets of X+15	5 sets of X+15		5 sets of X+15	5 sets of X+15	
Week 4		5 sets of X+20	5 sets of X+20		5 sets of X+20	5 sets of X+20	
Week 5		5 sets of X+25	5 sets of X+25		5 sets of X+25	5 sets of X+25	
Week 6		5 sets of X+30	5 sets of X+30		5 sets of X+30	5 sets of X+30	
Week 7		5 sets of X+35	5 sets of X+35		5 sets of X+35	5 sets of X+35	
Week 8		5 sets of X+40	5 sets of X+40		5 sets of X+40	5 sets of X+40	
Week 9		5 sets of X+45	5 sets of X+45		5 sets of X+45	5 sets of X+45	
Week 10		REST AND FOCUS					

RUNNING

Running can be challenging for some of us. I have broken up your run into a 10-week progression.

Be sure you are sprinting these distances! We are training for endurance and speed so you will pass and hopefully excel on your physical test. I realize the first couple of weeks will be easy for some of you, but the pace will soon increase. Stick with the plan!

Running Progression

	S	M	T	W	T	F	S	
Week 1		0.5 Mile Sprint	0.5 Mile Sprint		0.5 Mile Sprint	0.5 Mile Sprint		
Week 2		0.5 Mile Sprint	0.5 Mile Sprint		0.5 Mile Sprint	0.5 Mile Sprint		
Week 3		1 Mile Sprint	1 Mile Sprint		1 Mile Sprint	1 Mile Sprint		
Week 4		1.5 Mile Sprint	1.5 Mile Sprint		1.5 Mile Sprint	1.5 Mile Sprint		
Week 5		1.5 Mile Sprint	1.5 Mile Sprint		1.5 Mile Sprint	1.5 Mile Sprint		
Week 6		2 Mile Sprint	2 Mile Sprint		2 Mile Sprint	2 Mile Sprint		
Week 7		2 Mile Sprint	2 Mile Sprint		2 Mile Sprint	2 Mile Sprint		
Week 8		2.5 Mile Sprint		2.5 Mile Sprint		2.5 Mile Sprint		
Week 9		3 Mile Sprint		3 Mile Sprint		3 Mile Sprint		
Week 10		REST AND FOCUS						

Injury Prevention

You know your body better than anyone else. I never recommend pushing past the point of joint pain or other uncommon pains.

YOU KNOW THE DIFFERENCE

Just because you feel that your back/lats are sore doesn't mean you should stop the plan. Only stop when you begin to feel pain in your joints or rotator cuffs.

Warming up can make or break a workout plan, especially if you are just beginning to stay consistent with your goals.

Stretching after your workouts is also another way to stay limber and recover faster.

TRUST ME

I never stretched or warmed up right when I began lifting weights, and this led to unbearable shoulder pain.

Now, I warm up before EVERY workout and you should too.

Nutrition

One of the most important pieces to the puzzle.

You will be performing lots of cardio and strength training during this 10-week plan so I recommend consuming enough calories to power through your workouts.

Not eating properly can lead to poor performance! In turn, leads to no progress.

I want you guys to be eating LOW glycemic carbs (slower digesting) and at least 1 gram(males) 0.5 gram (females) of protein per pound of bodyweight.

Examples of Lower Glycemic Carbohydrates Include:

1. Brown Rice
2. Sweet Potato
3. Whole Grain Oatmeal
4. Whole Wheat Pasta
5. Fruits (Occasional)

Vegetables are a MUST as well. They are crucial to your digestion and well-being.

Water should be around 1 oz. per pound of bodyweight

GOOD LUCK!

I want to wish every single one of you good luck in your transition to becoming a US Airman. Hopefully, you can learn and benefit from the things that I teach.

IF this guide helped you in any way, I ask that you SHARE it with a friend, so that they may benefit as well.

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