

STRENGTH & CONDITIONING

HOW IT'S **LINKED** TO HUMAN PERFORMANCE



Strength and conditioning encompass all components of human performance, lifting weights, sprinting, changing direction, jumping, agility, etc. To truly enhance performance, all components must be trained with the same intensity as lifting heavy weights. You're only as strong as your weakest link. Train to enhance all components not just what you're good at. To learn more, check out the Semper Fit program at your installation.

SOCIAL

Participation in group or unit training enhances unit cohesion and togetherness. Marines who endure physical hardships with their unit become stronger together. Competition, motivation, and cohesion support operational and mission success.



SPIRITUAL

"He who has a why to live for can bear almost any how." --Fredrich Nietzsche. Connect with your "why." Every morning when you wake up, remember why you are here, why you stepped on those yellow footprints, why you chose the Marines, and why you swore an oath to defend our liberties and this country. Physical fitness will deepen your resolve and resilience and will help you bare any "how."



MENTAL

Enhancements in physical fitness not only increase mood and motivation but will enhance your resilience and your will to dominate our enemies.



PHYSICAL

Strength and conditioning enhance all components of human performance. The engine of human performance is the physical domain. Enhanced athleticism will increase lethality. Marines need to be able to get to the fight and then dominate.

