STATE OF MIND

- Make sure you eat well, this can mean eating in a balanced way, such as having the right portion sizes of food and eating the right types of food.

- Make sure you get enough sleep, this can mean going to bed early and waking up early.

- Make sure you stay active, this can mean doing exercises that are enjoyable to you.

- Make sure you stay happy, this can mean doing things that make you happy and having a positive attitude.

- Make sure you stay healthy, this can mean taking care of your body and mind.

EAT WELL

This header is too big, this may mean the text is not visible. The header should be no more than 100-150 characters.

SUGGESTED TRAINING PROGRAMME

- Jogging out and back
- Jogging for 10 metres, lifting your knees
- Jogging for three minutes, swinging your arms

STATE OF MIND

- Jogging out and back
- Jogging for 10 metres, lifting your knees
- Jogging for three minutes, swinging your arms

WARM UP AND STRETCHING

- Jogging out and back
- Jogging for 10 metres, lifting your knees
- Jogging for three minutes, swinging your arms

CIRCUIT EXERCISES EXPLAINED

- Jogging out and back
- Jogging for 10 metres, lifting your knees
- Jogging for three minutes, swinging your arms

SUGGESTED TRAINING PROGRAMME

- Jogging out and back
- Jogging for 10 metres, lifting your knees
- Jogging for three minutes, swinging your arms

GET FIT TO APPLY

As a Royal Marines Commando, you need to be self-sufficient. We can operate anywhere in the world, in any environment. That's why we have the longest and toughest training of any NATO force. That's why we learn to push ourselves and that's why we have the Commando 'state of mind'.