

Faster promotions mean more responsibilities, as well as more money, and one of the easiest ways for people to accelerate ahead of their peers is by providing his or her recruiter with referrals who enlist in the Marine Corps.

Two referrals will result in a promotion to private first class upon graduating from Recruit Training; by accomplishing this you will be at least six months ahead of your fellow Marines. Simply provide your recruiter with a name and phone number and they will do the rest.



## SERVING THE MARINES AND RECRUITS OF RS DETROIT



3RD QUARTER

Sgt. Elyssa Quesada

RECRUITING SUBSTATION WARREN WAS THE OVERALL WINNER DURING RECRUITING STATION DETROIT'S ALL HANDS POOL FUNCTION MAY 4, WHERE MORE THAN 300 RECRUITS FROM 12 RECRUITING SUBSTATIONS ACROSS SOUTHEAST MICHIGAN, AND WESTERN OHIO, PARTICIPATED IN MORE THAN FIVE EVENTS.

Keep this card for your records.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
PHONE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_  
RECRUIT'S NAME: \_\_\_\_\_  
RECRUITER'S NAME: \_\_\_\_\_

Cut out this card and give to your recruiter.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
PHONE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_  
RECRUIT'S NAME: \_\_\_\_\_  
RECRUITER'S NAME: \_\_\_\_\_

COMMANING OFFICER  
USMC RS DETROIT  
580 KIRTS BLVD STE 307  
TROY, MI 48084



# FITNESS USMC

## HOW TO PREPARE

### Pull-ups/Flexed-arm hang

Guidelines for pull-ups (males):  
Mount the bar with your hands facing towards you or away from you. To successfully complete a repetition, raise your body by bending your arms at the elbows until your chin is above the bar, then lower your body until your arms are fully extended. The minimum standard for passing this test during the Initial Strength Test is two pull-ups.

Guidelines for flexed-arm hang (females):  
In starting position, hang from a horizontal bar with your elbows bent and both palms facing either towards you or away from you. Your chin must be higher than the bar, but may not touch the bar. Attempt to maintain elbow flexion as long as possible. The minimum standard for passing this test is 12 seconds.

In order to perform well during recruit training, the Marine Corps recommends starting an exercise routine early and monitoring your diet.

## KNOWLEDGE

### Leadership Traits

The Marine Corps could not be our nation's expeditionary force in readiness without Marines who are trained to respond faithfully, courageously and decisively. These are the leadership traits that enable Marines to lead with honor, on the battlefield and in the community.

**Justice**  
**Judgement**  
**Dependability**  
**Integrity**  
**Decisiveness**  
**Tact**  
**Initiative**  
**Endurance**  
**Bearing**  
**Unselfishness**  
**Courage**  
**Knowledge**  
**Loyalty**  
**Enthusiasm**



### HELPFUL LINKS:

[WWW.MARINES.COM](http://WWW.MARINES.COM)  
[WWW.LIFEASAMARINE.COM](http://WWW.LIFEASAMARINE.COM)

### VISIT US ONLINE AT:

[WWW.FACEBOOK.COM/MARINE-CORPSRECRUITINGSTATIONDETROIT](http://WWW.FACEBOOK.COM/MARINE-CORPSRECRUITINGSTATIONDETROIT)