Military Fitness on the Sand: The Army Takes Center Stage at Bibione Beach Fitness 2025

Published on 24/09/2025

From September 19 to 21, 2025, the beach of Bibione (Venice) hosted the 20th edition of the **Bibione Beach Fitness**, one of the most anticipated sporting events in Europe, which every year attracts thousands of fitness and wellness enthusiasts. This year, as in recent editions, the event saw the participation of the **Italian Army**, represented by the **Reggimento Lagunari "Serenissima"**, coordinated by the **Comando Forze Operative Nord (COMFOP N)**.

With about four thousand participants from all over Italy and abroad, the event confirmed itself as a true open-air sports festival. The Army's contribution added value, offering more than just physical activity: the **"military fitness"**, a special training based on the techniques and exercises typical of Italian military training.

For the fourth consecutive year, the Lagunari proposed a training course that combines physical endurance, mental strength, and team spirit. The initiative allowed participants to experience firsthand the experience of military training, however, tailored to the capabilities of civilian athletes and sports enthusiasts, intrigued by the uniqueness of the format and direct contact with the soldiers.

The Course: From “Tire Training” to the “Leopard Crawl”

The program designed by the instructors of the Reggimento Lagunari faithfully reproduced some of the tests that characterize military training. Among the most appreciated exercises was the **“Tire Training”**, which involves flipping a tire along a marked path: an intense workout that develops explosive strength, coordination, and endurance.

Iconic obstacles were not lacking, such as overcoming the **“wall”**, climbing the **rope**, and scaling a **rope ladder**, tests that require not only muscle strength but also technique and concentration. One of the most impressive attractions was the passage under the **“barbed wire”**, performed with the technique of the **“leopard crawl”**, a typical military training movement that combines agility and endurance under fatigue conditions.

Passage under the **“barbed wire”**, performed with the technique of the **“leopard crawl”**.

The Lagunari set up a real **military training camp**, equipped with specific tools and enriched by the covers of the **APS 95** transport complex, a tactical vehicle normally used in operational scenarios. The use of real equipment made the experience even more engaging and realistic.

An important part of the course highlighted the value of **teamwork**: some exercises, in fact, could only be completed through collaboration among team members. Emblematic were the transport of the **“Zodiac F470” inflatable boat**, usually employed in amphibious and night operations, and the **casualty transport**, which requires coordination, endurance, and a sense of responsibility.

In addition to physical exercises, the military offered spectacular demonstrations of the **Military Combat Method (MCM)**, a hand-to-hand combat discipline developed to meet the operational needs of soldiers, but also found useful in civilian scenarios, as demonstrated in the “Strade Sicure” operation.

Promotion of Military Values and Youth Interest

The presence of the Army at Bibione Beach Fitness was not limited to sporting involvement. Alongside demonstrations and training, an **info point dedicated to competitions** for entering careers in the Armed Forces was set up. Many young people took the opportunity to learn about the professional opportunities offered by the Army, showing interest in a life perspective that combines physical preparation, discipline, and service to the community.

The initiative is part of a broader strategy with which the Army aims to strengthen its closeness to civil society, showing the human and formative side of military life. Events like this not only promote the approach of citizens to the Armed Forces but also highlight universal values such as **sacrifice, teamwork, and resilience**.

The participation of the Lagunari at Bibione Beach Fitness also represents an opportunity to emphasize the importance of physical activity as a tool for personal and collective growth. Military training, adapted to a civilian context, becomes a virtuous model of how sports preparation can be transferred to non-operational areas, generating motivation and strengthening the sense of community.

The 20th edition of Bibione Beach Fitness thus offered the public not only a high-level sports show but also the opportunity to get to know the activities and values of the Italian Army up close. A combination of sport and defense that, year after year, proves successful, strengthening the bond between citizens and the Armed Forces and conveying a clear message: strength is not only physical but above all the ability to cooperate and grow together.

News link: https://www.esercito.difesa.it/comunicazione/Pagine/L'Esercito-al-Bibione-Beach-Fitness-2025.aspx