

**TRAINEE GUIDE**  
**FOR**  
**COMMAND FITNESS LEADER CERTIFICATION COURSE**

**S-562-0612A CHANGE 4**

**PREPARED BY**  
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**JANUARY 2016**

LIST OF EFFECTIVE ELEMENTS

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SECURITY AWARENESS NOTICE

This course does not contain any classified material.

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**SAFETY/HAZARD AWARENESS NOTICE**

All personnel involved in operation or maintenance of electronic equipment must be thoroughly familiar with the electronic equipment safety precautions contained in Electronic Installation and Maintenance Book, General, NAVSEA SE000-00-EIM-100, Section 3, and Naval Ships' Technical Manual, Chapter 300, S9086-KC-STM-010/CH-300, Section 2. In addition, attention is directed to the Navy Safety Program Instructions, OPNAVINST 5100.19 (series) and 5100.23 (series), and the safety training requirements contained in NPDCINST 5100.1 (series).

This equipment employs voltages, which are dangerous and may be fatal if contacted by operating or maintenance personnel. There are mechanical safety devices associated with this equipment that must be maintained in a constant state of readiness to preclude causing injury to personnel and/or damage to equipment. Extreme caution must be exercised when working with or handling this equipment. Some components are extremely heavy. Rigid pre-inspections must be made to handling equipment to ensure their safety and safety summaries must be read to the handling teams prior to conducting dangerous evolutions. Hazard awareness dictates that this equipment must always be viewed as an integral part of a system and not as a component. While every practical precaution has been incorporated into this equipment, it is not possible or practical to try to list every condition or hazard that you may encounter. Therefore, all operating or maintenance personnel must at all times observe as a minimum, the following:

**DON'T SERVICE OR ADJUST ALONE**

Under no circumstances will a person operate or maintain equipment without the immediate presence or assistance of another person capable of rendering aid. Unless under direct supervision of a qualified person, no person shall operate or maintain equipment for which he is unqualified.

**DON'T TAMPER WITH INTERLOCKS**

Reliance on interlock circuits to remove power from the equipment is never to be assumed. Until operation of the interlock is verified, equipment is assumed to be in the hazardous mode of operation. Under no circumstances will any access gate, door, or interlock switch be removed, bypassed, or modified in any way by other than authorized maintenance personnel and then only after observing proper tag-out procedures.

**REPORT ALL HAZARDS**

If at any time you detect a hazard, it is your responsibility to report the hazard to ensure that it is corrected. If at any time you detect a "new" or "suspected new" hazard, particularly due to equipment installation, modification, or repair, it is your responsibility to ensure that a SAFETYGRAM is submitted to the Naval Safety Center, Norfolk, VA, in accordance with OPNAVINST 5102.1 (series). This will ensure that this hazard will be investigated, publicized, or corrected, as required.

Additionally, SSPINST 3100.1 (series) requires SWS personnel to submit special check TFRs when a potential or actual unsafe condition is noticed that could cause injury to personnel and/or damage to equipment. When a problem/failure occurs involving the safety of personnel or equipment and it cannot be immediately resolved by command/technical assistance on-site, the TFR data shall be transmitted to SSP and others by Naval Message.

**SAFETY - "TRAINING TIME OUT"**

In any training situation when a student or instructor expresses concern for personal safety, it is an indication that a need for clarification of procedures or requirements exists and a "Training Time Out" shall be called. An individual should verbally call "TRAINING TIME OUT" (TTO) if they detect a hazardous condition during any teaching session (lab or theory), or raise a clenched fist to indicate a "TRAINING TIME OUT" (TTO) if the verbal command cannot be heard. Training activities will be suspended until the hazardous situation has been examined and additional explanation and instruction has

## SAFETY/HAZARD AWARENESS NOTICE - Continued

been provided to allow safe resumption of training. Caution should be used to ensure a halt to a procedure does not result in additional hazards. TTO follow-up procedures will be performed in accordance with CNPDCINST 5100.1 (Series).

## PRE-MISHAP PLAN

The Pre-Mishap plan explains the procedures to follow and essential telephone numbers to call in case of an accident or emergency. It is located by the emergency exit in the laboratory.

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**TERMINAL OBJECTIVES**

- 1.0 DESCRIBE how to assist personnel in establishing personal fitness goals using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series)
- 2.0 DESCRIBE how to manage the command Physical Readiness Program using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series)
- 3.0 DESCRIBE all Physical Readiness Program testing and measuring requirements using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series)
- 4.0 DEFINE the safety precautions to take for all Physical Readiness Program events using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series)
- 5.0 DESCRIBE how to assist personnel in establishing weight control goals using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series)
- 6.0 DESCRIBE how to use PRIMS to manage data on command members using own words, in accordance with Physical Readiness Program, OPNAVINST 6110.1 (Series)



COURSE MASTER SCHEDULE

S-562-0612A

**WEEK 1**

**Day 1**

**Topic**

<b>No.</b>	<b>Type</b>	<b>Period</b>	<b>Topic Title</b>	<b>Period Length</b>	<b>Ratio</b>	<b>BottleNeck Ratio</b>
	Special	1	Registration, Screening, and BCA	60	25:1	
	Special	2	PRT	60	25:1	
1.1	Lab	3	Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches	60	25:1	
1.1	Lab	4	Gym Session 1: Dynamic Warm-up, Cool-down, and Stretches	60	25:1	
	Special	5	Course Introduction and Pre-Test	60	25:1	
1.2	Class	6	Impact of Physical Fitness on Mission Readiness	60	25:1	
1.3	Class	7	Actions/Responsibilities for the Physical Readiness Program	60	25:1	
1.4	Class	8	Proper Conduct of the Physical Fitness Assessment (PFA)	60	25:1	
1.13	PA	21	Homework Assignment #1	20	25:1	

**Day 2**

1.5	Class	9	Medical Screening and Waivers	60	25:1	
1.5	Lab	10	PFA Decision Making Activity: Medical Screening and Waivers	60	25:1	
1.6	Class	11	Leading Command Physical Training (PT)	60	25:1	
1.7	Class	12	Exercise Principles and Programming	60	25:1	
1.8	Class	13	Physical Readiness Program Safety and Injury Prevention	60	25:1	
1.9	Class	14	Physical Readiness Test (PRT)	60	25:1	
1.9	Lab	15	PFA Decision Making Activity: Physical Readiness Test	60	25:1	
1.10	Lab	16	Gym Session 2: Strength Training	60	25:1	
1.10	Lab	17	Gym Session 2: Strength Training	60	25:1	
1.13	PA	22	Homework Assignment #2	20	25:1	

**Day 3**

1.12	Class	19	Foundational Nutrition	60	25:1	
1.13	Class	20	Weight Management	60	25:1	
1.13	PA	23	Homework Assignment #3	20	25:1	
1.14	Class	25	Navy Health Promotion and Wellness	30	25:1	
1.15	Class	26	Body Composition Assessment (BCA)	60	25:1	
1.15	Lab	27	Body Composition Assessment: Demonstration and Group Tapings	60	25:1	
1.15	Lab	28	PFA Decision Making Activity: Body Composition Assessment	60	25:1	
1.16	Class	29	Fitness Enhancement Program (FEP)	60	25:1	
1.17	Lab	31	Gym Session 3: Cardio-respiratory Conditioning	60	25:1	
1.17	Lab	32	Gym Session 3: Cardio-respiratory Conditioning	60	25:1	

**Day 4**

COURSE MASTER SCHEDULE - Continued

1.11	Class	18	Improving Physical Readiness Test (PRT) Scores	60	25:1
1.16	Lab	30	Group Presentations Preparation	60	25:1
1.18	Class	33	PRIMS	60	25:1
1.18	Class	34	PRIMS	60	25:1
1.19	Class	35	Administrative Actions	60	25:1
1.19	Lab	36	PFA Decision Making Activity: Administrative Actions	60	25:1
1.20	Lab	37	Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)	60	25:1
1.20	Lab	38	Gym Session 4: Navy Operational Fitness and Fueling System (NOFFS)	60	25:1
<b>Day 5</b>					
1.13	PA	24	Homework Review	30	25:1
1.21	Class	39	Frequently Asked Questions	60	25:1
	Special	40	Post-Test	60	25:1
1.22	Lab	41	Gym Session 5: Circuit Training / Group Presentations	60	25:1
1.22	Lab	42	Gym Session 5: Circuit Training / Group Presentations	60	25:1
	Special	43	Course Evaluation and Graduation	60	25:1

DIAGRAM SHEET 1-1-1

LEVEL 1 DYNAMIC WARM-UP EXERCISES

**Pillar Bridge (30 Sec Hold):**



- Push up tall on your elbows & tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet shoulder width apart
- Hold for 30 Seconds

**Lateral Pillar Bridge (30 Sec Hold):**



- Lie on your side with forearm on the deck under your shoulder – feet stacked together
- Keep body in a straight line from your ear to your ankles
- Hold for 30 seconds
- Complete for time, repeat on opposite side

**Glute Bridge (30 Sec Hold):**



- Lift hips to create a line through knees, hips & shoulders
- Keep back flat & torso engaged throughout the movement
- Keep toes pulled up to your shins
- Hold for 30 seconds

**Chest Press with Shoulder Press:**



- Simulate performing a push-up in the air in front of your body
- Once you get back to the starting position, proceed into an overhead shoulder press
- Make sure you use a narrow hand-stance and keep elbows tucked in during the shoulder press to ensure you are engaging the tricep (back arm) muscle

**Knee Hug:**



- Lift one leg off the ground and squat back and down on the opposite leg
- Take hold just below your knee & pull towards your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up & contract the glute of your stance leg
- Move with control, & alternate sides each rep

### Basic Squat:



- Stand with feet slight wider than shoulder width apart.
- Squat down to a comfortable depth (this will vary from member to member)
- Do not go below thighs parallel to the deck (i.e., a 90 degree bend in the knees)
- Return to starting position
- To make this exercise more difficult, perform a 3 count down and a one count up
- The 3 countdown will also be slower and will allow the members to focus on good technique (knees remains above the ankle and all movement will be performed at the hips/buttock lowering down)

### Knee Blocks:



- With both arms raised above your head, contract your abs and lower both arms to your right knee to perform a knee block
- Perform a certain number of repetitions
- Repeat on left side
- Perform alternating knee block by alternating from right to left side after one repetition

### Jumping Jacks:



- Stand with arms at your sides, feet straight and close together
- Bend knees and jump up while spreading arms and legs at the same time.
- Lift arms to ears and open your feet to wider than shoulder width
- As you return from jumping up bring your arms back down to your sides and at the same time bring your feet back together
- Perform basic jumping jacks using the 4 count military cadence

DIAGRAM SHEET 1-1-2

LEVEL 2 DYNAMIC WARM-UP EXERCISES

**Pillar Bridge with Arm Lift (30 Sec Hold):**



- Assume pillar position with feet wider than shoulder width apart
- Engage torso & alternate reaching up & out with arms – 2 second hold
- Keep shoulders & hips square to deck with arm reach

**Dynamic Lateral Pillar Bridge:**



- Lie on your side with your forearm on the deck under your shoulder – feet stacked together
- Push your hips off the deck, creating a straight line from ear to ankle, hold for 1-2 sec & return to starting position
- Repeat for reps & repeat on opposite side

**Glute Bridge with Knee Extension:**



- Lift hips to create a line through knees, hips & shoulders
- Alternate extending knees – hold 2 sec. ea
- Keep back flat & torso engaged & head on the deck throughout the movement

**Y's (Bent Over):**



- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down & raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps

### Reverse Lunge with Rotation:



- Contract your back glute at the bottom of the lunge
- Rotate your torso towards the direction of your forward leg
- Keep chest up, don't let your back knee touch the ground
- Alternate sides each rep

### Split Squat:



- Take a low split position with your weight primarily supported on your front leg
- Keep your torso engaged, tall posture and don't let knee touch the deck
- Alternate legs every 5 seconds until working time elapsed

### 3 Sidestep Touch the Deck:



- In the defensive position, take 3 side steps to the right and touch the deck
- Make sure to maintain a partial squat and remain low
- Return to defensive position and take 3 side steps to the left and touch the deck
- This completes one repetition

### Jump Rope:



- Simulate jumping rope to prepare the body for high impact activity
- This should NOT be one of your first warm-up exercises
- Vary this exercise by using the following techniques: double jump, single foot, and alternating feet/shuffle.

DIAGRAM SHEET 1-1-3

LEVEL 3 DYNAMIC WARM-UP EXERCISES

**Pillar Bridge with Alternating Hip Flexion:**



- Start in push-up position with hands directly below shoulders & feet shoulder width apart
- Keeping your hips & torso still, draw one knee towards your chest keeping your back leg straight
- Return to starting position & repeat with opposite leg for prescribed reps on each leg, one foot should always be in contact with the deck
- Move with control & alternate sides each rep

**Pillar Bridge - Rolling:**



- Start in Pillar Bridge position with weight on your forearms
- Hold the position for 1-2 seconds
- With torso engaged and back flat, roll into a lateral pillar bridge and hold that position for 1-2 seconds
- Return to the start position and repeat to the opposite side - that is one repetition

**Glute Bridge Marching:**



- Lift hips to create a line through knees, hips & shoulders
- Lift one knee towards your chest. Hold 2 sec. Alternate legs for prescribed reps with each leg
- Keep back flat & torso engaged & head on the deck throughout the movement

**T's (Bent Over):**



- Hinge at waist, back flat & chest up
- Glide shoulder blades back & down & raise your arms over your head to form a T
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Lower arms back to start & repeat for reps



### Knee Hug to Reverse Lunge with Rotation (4 count):



- Stand and lift one foot off the ground, squatting slightly with other leg
- Grab opposite knee and pull toward chest while straightening other leg
- Release knee and step back into lunge with same leg without pausing
- Place opposite arm outside of knee and reach other arm behind you
- Reverse the twist, stand up and repeat with opposite leg to complete 1 rep

### Lateral Squat:



- Stand with feet wider than shoulder width apart, shift hips to the side and down
- Push through your hip to return to start position
- Keep your opposite leg straight, back flat and chest up
- Alternate sides each rep

### Quick Feet/High Knees:



- Start In the defensive position (feet slightly wider than shoulder width and hands at waist level)
- Perform a quick shuffle of feet until call for high knees (run in place)
- Gradually increase the height of the knees and exercise tempo
- To increase difficulty, count down from 10 in high knees position

### Squat Jumps:



- Use this exercise to introduce plyometric moves
- Stand with feet slight wider than shoulder width apart.
- Squat down to a comfortable depth
- Do not go below thighs parallel to the deck (i.e., a 90 degree bend in the knees)
- Perform a vertical jump
- Emphasis should be on proper form and technique NOT how high you can jump or the number of repetitions
- Remember to land with “soft knees” and with as little impact as possible



DIAGRAM SHEET 1-1-4

DYNAMIC WARM-UP EXERCISES - QUICK REFERENCE

**Dynamic Warm-Up (Level 1)**

**Pillar Bridge (30 Sec Hold)**



**Knee Hug**



**Lateral Pillar Bridge (30 Sec Hold)**



**Basic Squat**



**Glute Bridge (30 Sec Hold)**



**Knee Blocks**



**Chest Press/Shoulder Press**



**Jumping Jacks**



FOR TRAINING USE ONLY

### Dynamic Warm-Up (Level 2)

**Pillar Bridge with Arm Lift (30 Sec Hold)**



**Reverse Lunge with Rotation**



**Dynamic Lateral Pillar Bridge**



**Split Squat**



**Glute Bridge with Knee Extension**



**3 Sidestep Touch the Deck**



**Y's (Bent Over)**



**Jump Rope**



### Dynamic Warm-Up (Level 3)

**Pillar Bridge with Alternating Hip Flexion**



**Knee Hug to Reverse Lunge with Rotation (4 count)**



**Pillar Bridge - Rolling**



**Lateral Squat**



**Glute Bridge Marching**



**Quick Feet/High Knees**



**T's (Bent Over)**



**Squat Jumps**



DIAGRAM SHEET 1-1-5

ALTERNATE DYNAMIC WARM-UP EXERCISES

Alternate Dynamic Warm-Up Exercises			
Low Impact Exercises	Moderate Intensity Exercises	Basic Aerobic Exercises	Cardio-Kickboxing Exercises
Pec Fly with Overhead Raise	Squat with Front Shoulder Raise	Basic March / Wide March	Speed Bag
Calf Raise with Neck Rotation	Reverse Lunge with Lateral Shoulder Raise	Box Step	Straight Jab / Straight Jab-Side Jab
Toe Tap to the Front / Back	Steam Engines	Toe Tap with Overhead Reach	Alternating Hooks
Line-Pulling to the Side / Front	Standing Side Crunch	Hamstring Curl with Bicep Curl	Upper Cuts
Quadruped Thoracic Rotation	Cross Country Skiing	Grape Vine	Bob and Weave
	Plyo-Jack	Squat with Kick	Jack-Jab

**Low Impact Exercises:**

- Pec Fly with Overhead Raise:** With elbows bent to 90 degrees, raise your elbows to shoulder level and move them back so they are in alignment with your body (arms should look like a field goal post). This is your starting position. Bring your elbows together as if you were performing a pec fly. Once your elbows/fist are touching (midline body), gently lift both arms up and over your head. Reverse this exercise to get back to starting position.  
**Purpose:** This exercise is used to warm-up the chest muscle and increase the range of motion of the arms while doing overhead motion. Most weightlifters have tight chest and triceps motion and this is also a good exercise to perform in the weight room. It will also prepare the chest and arms for the push-ups.
- Calf Raise with Simultaneous Neck Rotation:** Perform a standing calf raise and rotate your head to look over your right shoulder. Perform 10 repetitions to the right and switch it up and perform 10 to the left (by looking over your left shoulder).  
**Purpose:** This exercise is used to warm up the calves and provide range of motion to the neck. DO NOT turn your neck from one side to another or you will get dizzy. Perform 5 reps to one side and 5 reps with a neck rotation to the other side.
- Toe Tap To the Front:** Stand with your feet shoulder width apart. Gradually lift your left knee and externally rotate your hip so you can tap the inside of your left foot with your right hand (your lower body should be in a “figure 4” position”). Repeat this to the opposite side by touching your left hand on the inside of your left foot. Continue to alternate this exercise from side to side.  
**Purpose:** This exercise is used to increase the range of motion of the hips (especially hip flexion and external rotation). The majority of Sailors have tight hips, especially runners, and this will improve performance.

**Toe Tap to the Back:** Stand with your feet shoulder width apart. Gradually lift your left foot behind you (like a hamstring curl) and tap your foot with your right hand. Repeat to the opposite side by using your left hand and right foot.

**Purpose:** This exercise is used to warm up the hamstrings and also increase the range of motion of the quadriceps.

4. **Line-Pulling to the Side/Front:** Place feet slightly farther out with shoulder width and go into partial squat. It is important you maintain a squat so that you engage your leg muscles during this exercise. Simulate you are pulling line from a ship (repetitive motion of “tug of war”) with a 4-count for a certain number of repetitions. Change positions from left side, front, and right side.

**Purpose:** With line pulling, you also need to move your hips to gain momentum, so you are not just using the upper body-which will fatigue in a real life scenario of line pulling. You should be rocking back and forth as your upper body simulates pulling a line. You will be using your legs, biceps, and back muscles during this exercise.)

5. **Quadruped Thoracic Rotation:** Start on your hands and knees with your elbows straight, hands directly below your shoulders, knees directly below your hips, and your right hand behind your head. With a controlled movement rotate toward the right as far as possible while exhaling, stretching the front of the torso, and hold 2 seconds. Rotate trunk to the deck, taking right elbow to left knee while exhaling, feeling a stretch in the back, and hold for two seconds. Continue for the prescribed number of reps, switch sides, and repeat.

**Purpose:** Warms up and stretches your upper, mid, and low back, and anterior torso.

### Moderate Intensity Exercises:

1. **Squat with Front Shoulder Raise:** Stand with feet slight wider than shoulder width apart. While performing a squat, lift both arms up to shoulder level just like you are performing a front raise with dumbbells. Return to starting position. To make this exercise more difficult, perform a 3 count down and a one count up. The 3 count down will also be slower and will allow the members to focus on good technique (knees remains above the ankle and all movement will be performed at the hips/buttock lowering down).

**Purpose:** This exercise is used to warm-up the lower body and shoulders. Make sure you do not raise your arms above shoulder level.

2. **Reverse Lunge with Lateral Shoulder Raise:** Stand with both feet at shoulder width apart. Take your right leg and step back into a lunge ensuring your left knee remains above your left ankle and you maintain a 90 degree bend in both knees. While you are performing the reverse lunge, perform a simultaneous lateral deltoid raise to shoulder level (elbows are bent). Your arms should move in the same plane as your body and should not go above shoulder level.

**Purpose:** This exercise is used to warm up the lower body, and the middle deltoids/shoulders. Technique is important for this exercise. Practice your stationary lunge first. Then practice a standing lateral raise with your arms. Once you have both techniques perfected, practice it together. Too often people will perform external rotation with their arms while doing this exercise - only perform the lateral raise.

3. **Steam Engines (Standing Oblique):** In a stance with your feet shoulder width apart, perform an oblique exercise by bring your right elbow to your left knee (performing hip flexion with knee bent on left leg). Make sure you are contracting your abs during this exercise. **DO NOT** pull on your neck. Repeat to other side.  
**Purpose:** This exercise is used to warm-up the hip flexors and the internal/external obliques. Make sure you do not pull on your neck with this exercise.
4. **Standing Side Crunch:** Standing with feet shoulder width apart, with knee bent, externally rotate left hip so it knee is pointing towards outside body. With left elbow bent and hand placed behind neck, lift knee towards elbow to perform a side crunch. Repeat for a certain number of repetitions and repeat on other side.  
**Purpose:** This exercise warms up the hip flexors, deep abdominal muscles and increases the range of motion of the inner thigh since the leg is position on the side of the body.
5. **Cross Country Skiing:** To perform this exercise, simulate you are cross country skiing by alternating your left arm with right leg (simultaneous movement) and right arm with left leg. Repeat for certain number or repetitions.  
**Purpose:** This exercise targets the entire body and is an exaggerated motion of running. Remember to land “softly” in order to reduce impact on the joints.
6. **Plyo-Jack:** This exercise is used to introduce plyometric moves. Remember to land with “soft knees” and with as little impact as possible. Perform 3 jacks and then proceed into a double knee tuck. The goal is to jump up as high as you can and to bring both knees together to the chest.  
**Purpose:** This exercise is used to get the body ready for plyometric/jumping activity. The number one mistake is landing on a flat foot and with a lot of force. This could increase the impact on joints so therefore, remember to land with “soft knees” throughout the exercise.

### Basic Aerobic Exercises:

1. **Basic March with Wide March:** Perform a 4-count march at normal stance width and then widen your stance and perform a wide-march with 4-count repetitions. Repeat for a certain amount of repetitions.  
**Purpose:** Remember the height of the march and the speed will increase the difficulty of the exercise.
2. **Box Step:** Start this exercise in a normal stance. Step forward and out with the right foot and then forward and out with the left. Bring your right foot back to the starting position and then bring the left foot back to the start. Your overall movement should mimic a “V”. Perform this exercise as a 4-count.  
**Purpose:** This exercise is used to warm up the lower body and to increase the range of motion of the hips with wider steps. It could also be used to increase the heart rate during aerobics. You could make it more difficult by lowering the body during the steps or increasing the tempo-without compromising form.
3. **Toe Tap with Overhead Reach:** Tap your feet from side to side. Take your right arm and perform an overhead reach to the left and then take your left arm and perform an overhead reach to the right. Repeat entire sequence on a four-count call for a certain amount repetitions.  
**Purpose:** This exercise is used to increase the heart rate and also improve the range of motion of the back. Men may be hesitant to perform this move since it looks like aerobics. To sell it to them,

tell them it increases the range of motion of the latissimus dorsi muscles, which are tight on most people. Also have them punch with their hand instead of a reach. This will make the exercise “more masculine”.

4. **Hamstring Curl with Bicep Curl:** While standing in one spot, perform alternating hamstring curls. While performing the hamstring curls add bicep curls to get the arms warmed up. Perform this exercise on a four-count call.  
**Purpose:** This exercise is used to warm up the ham string and biceps.
5. **Grape Vine:** Start this exercise with a normal stance. Step to the left by crossing right foot behind the left. Move left foot a step to the left to return to a normal stance and finish the sequence by bringing your right foot and tapping it next to your left. Do the reverse sequence to the right. With a four-count call, the first side step would be one, the foot crossing behind would be two, the next step would be three, and the last foot tap would be four.  
**Purpose:** This exercise is used as a basic agility move and is the foundation for the carioca/footwork exercises. Men may be hesitant to perform this move, so make sure you explain it is basic agility and also demonstrate the carioca at this point so they see how it ties into the foot work session.
6. **Squat with a Kick:** With your arms in a guarded position, perform a squat and then perform a left front kick, perform another squat, and then perform a right front kick. This will also help prepare the member for balance activity.  
**Purpose:** This exercise is used to warm up the lower body and also to prepare the leg for full extension. It will also simulate the stepping motion during running. It is an open chain (where the one foot does not remain on the ground and kicks) and it is a great exercise to use prior to running or for group cardio sessions. It also works balance.

### Cardio-Kickboxing Exercises:

1. **Speed Bag:** With your fists clinched, raise your elbows to shoulder level and simulate you are punching a speed bag by rotating your fists around one another. After performing this exercise at shoulder level, gradually move the exercise to above your head. Once your lower body is warmed up, you could also increase the intensity by performing a boxer’s shuffle with your feet.  
**Purpose:** This exercise is used to warm-up the forearms, shoulders and gradually elevate the heart. Explain how your heart has to work harder when you perform exercises with your arms at chest level and above.
2. **Straight Jab:** Standing with the right hip forward and both fists in front of your face in a guarded position, take your right hand and do a quick jab towards the front. Return to starting position. You can add a boxer’s shuffle to this activity to increase the intensity.  
**Purpose:** This exercise is a basic move in cardio kickboxing and could also be used as an upper body dynamic warm up. It especially targets the triceps, biceps and shoulders.  
**Straight Jab-Side Jab:** With your right hip facing forward, take your right fist and jab once to the front. Then you will pivot on your left foot and move the jab to the side. Pivot again on your back foot to return to the starting position. Repeat sequence.  
**Purpose:** This exercise provides the same benefits of the basic jab but it increases the intensity and difficulty by adding a pivot into the exercise. Make sure you pivot so you do not hurt their knees.

3. **Alternating Hooks:** With your feet slightly wider than shoulder width apart and your hands in a guarded position, begin tapping your feet from side to side. Once you got the rhythm, start to throw a right hook when you tap the right foot and a left hook when you tap the left foot. Remember to do a slight pivot with the back foot (the one on the same side you are throwing a hook) to ensure you do not strain the knee. A hook is performed by starting with your arms in a guarded position. With your right arm (keeping your elbow bent), bring your elbow back and rotate your shoulder so you bring your fist back to midline of your body with your forearm at shoulder level and parallel to the deck.  
**Purpose:** This exercise is used to introduce the Sailor to another basic cardio kickboxing punch, increase the heart rate and to warm-up the shoulders.
4. **Upper Cuts:** With your feet slightly wider than shoulder width apart and your hands in a guarded position, begin tapping your feet from side to side. Once you got the rhythm, start to throw a right upper cut when you tap the right foot and a left upper cut when you tap your left foot. Remember to tap your back foot. An uppercut is performed by keeping your elbow bent and moving your punch from hip level to in front of your face. Remember to use your legs (by going up) to add power to this move.  
**Purpose:** This exercise is used to introduce you to a basic cardio kickboxing punch, which will increase the heart rate, and will also warm up the biceps, shoulders and lower body. Make sure you use your legs on the “up motion” so you are also using your legs, not just your upper body.
5. **Bob and Weave (Jab):** Place your feet slightly wider than shoulder width apart. Go into a partial squat and guard your face by placing your fists in front of it. Start bobbing from side to side and simulate you is avoiding punches from an opponent. Once you are warmed up, you can start to throw jabs from side to side to engage the upper body into a warm-up.  
**Purpose:** This exercise is used to warm up the low back and legs. It also could be used as a low intensity cardio exercise within group exercise.
6. **Jack-Jab:** Perform a jumping jack, then a right jab, then another jumping jack and a left jab. By adding the jab, you will add more upper body and increase the intensity of this exercise more than do a normal jack. Make sure pivot on the back foot when performing the jab so you do not put additional strain on the knee.  
**Purpose:** This exercise targets the entire body and also uses multi-directional movement. It is also another great cardio exercise for confined spaces.



## DIAGRAM SHEET 1-1-6

## STANDARDIZED PRT WARM-UP

This standardized dynamic warm-up is designed to target all the muscles used during the Navy PRT. If performed correctly, it will prepare the muscles for the test by increasing the range of motion, temperature, and blood flow to the muscles. This standardized warm-up should NOT fatigue the individual and will actually improve his/her performance on the test. Highly recommend you explain this to your command before conducting the standardized PRT warm-up.

**Standard Warm-up Exercises:**

1. 10 military four-count Pec Fly with Overhead Raise
2. 10 military four-count Chest Press / Shoulder Press
3. 10 military four-count Basic Squat
4. 10 military four-count Calf Raise
5. 10 military four-count Knee Blocks to the right
6. 10 military four-count Knee Blocks to the left
7. 10 military four-count 3 Side-Step Touch the Deck \*
8. 30 seconds of Quick Feet followed by 30 seconds of High Knees \*

\* If the member has lower body joint problems and should not perform high-impact exercises, they can perform the Basic March in lieu of 3 Side-Step Touch the Deck (#7) and/or perform High Marching in lieu of Quick Feet / High Knees (#8).

**Individual Warm-up**

After performing the standardized warm-up, give individuals 5 minutes to perform an individual warm-up and stretching as needed.

**During the PRT**

After the Navy curl-up, have all members perform a hip flexor stretch to relax the hip flexors for the run.

**Cool-down and Stretching**

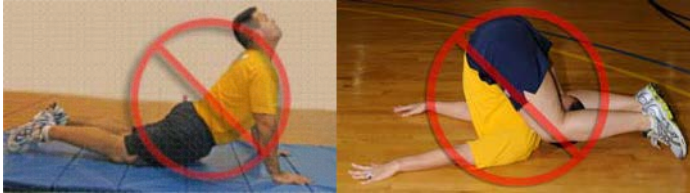
After the run, have all members walk for 5-10 minutes as a cool-down. Then, take all members through the Navy 12 Top Stretches with a 30 second hold using an echo count for each stretch after the cool-down. Encourage members to hydrate well after the PRT.

DIAGRAM SHEET 1-1-7

CONTRAINDICATED STRETCHES

**Things to Avoid While Stretching:**

- Avoid extreme hyperextension of the spine (arching the back), e.g.



- Avoid locking any joint and always keep a slight bend in the knee when performing standing stretches.
- Never force a movement
- Avoid forward flexion of the spine, e.g.



- Avoid spinal rotations, e.g.



- Do not perform circular motions, e.g.



### Contraindicated Stretches

It is best to completely avoid *contraindicated* positions or stretches. Although it is not guaranteed that an injury will result, the risk for injury is increased. There are safe and effective alternatives to contraindicated stretches. Even if you do not feel pain while performing a contraindicated stretch, damage may be occurring.

#### Common contraindicated stretches


		
<p>This stretch may cause an individual to get dizzy (extreme hyperextension)</p>	<p>Deep squats put too much pressure on the knees</p>	<p>Leaning too far forward places excessive pressure on the lower back.</p>
		
<p>This stretch puts too much stress on the knees and ligaments</p>	<p>Avoid the knee extending beyond the toes</p>	<p>The Hurdler's stretch places excessive pressure on the tendons and ligaments of the bent knee</p>

DIAGRAM SHEET 1-1-8

NAVY 12 TOP STRETCHES

**Stretch #1: Chest Stretch**



**Description:** In a standing position, gently clasp both of your hands and place them on the back of your neck. Slowly pull your elbows back until you feel a stretch on your chest. Do not pull your head forward or place tension on the neck

**Caution:** You can do this as a partner assisted stretch but they should not force the stretch by aggressively pulling back on the elbows.

**Stretch #2: Posterior Shoulder Stretch**



**Description:** Place your left hand on the back side of your right arm above your elbow on the front of your body and gently pull your arm across your body. You should feel a stretch on back side of your shoulder and upper arm. Repeat to stretch opposite side of your body.

**Stretch #3: Triceps Stretch (Upper back side of arm)**



**Description:** Take your left arm and reach behind your back. By placing your right hand on the back side of your left arm, gently push back to achieve a stretch on the left triceps muscle. Repeat on opposite side.

**Stretch #4: Hip Flexor Stretch**



**Description:** In a standing position, place your right foot approximately 3 to 4 feet in front of your left foot (like a lunge). Slowly bend both knees until you lower your body towards the ground. Your left knee should almost be at 90 degrees. Gently push your left hip forward to feel the stretch in the front of your hip. If you don't feel the stretch, gently lean your upper body back.

**Tip:** Since you use this muscle group during the Navy Curl-Up, this stretch should be performed after the curl-up event to prevent cramping and prepare this muscle group for the cardio event.

**Stretch #5: Groin or Butterfly Stretch**



**Description:** While sitting with the upper body nearly vertical and legs straight, bend both knees, and bring the soles of the feet together. Pull feet toward your body. Gently place your hands on your feet and your elbows on your knees. Pull your upper body slightly forward as your elbows push down. You should feel a stretch in your groin area.

### Stretch #6: Modified Hurdler Stretch



**Description:** While sitting in a v-position, gently pull your left foot towards your groin area. Your right leg will remain straight with a slight bend in the knee. Gently lean forward and reach for your toes on your right leg to stretch out your hamstring.  
**Note:** The stretch will be more difficult if you pull your toes back towards your body (vs. pointed).

### Stretch #7: Outer-Hip-and-Low-Back-Stretch



**Description:** While in a long sitting position (legs in front of you with knees straight), cross your right leg over the left. Your right foot should be on the ground at approximately your left knee level. Take your left elbow and place it on the outside of your right knee and gently push your knee towards the left side of your body. You should feel a stretch on the outer portion of your right hip and in your low and mid back region. Repeat to opposite side.

### Stretch #8: Piriformis Stretch



**Description:** While you are lying on your back, gently cross your right leg over your left thigh (both knees are bent at 90 degrees). Take both hands and place on the back side of your left thigh. Gently pull towards your chest until you feel slight tension in your right buttock and outer thigh. Repeat on opposite side.

**Note:** If you are experiencing low back pain after performing physical activity, seek medical assistance. This exercise should be performed to increase flexibility in this region and may assist in decreasing pain.

### Stretch #9: Low Back Stretch



**Description:** While lying on your back, gently pull one or both knees to your chest. You should feel a stretch in your low back and buttocks.

### Stretch #10: Quadriceps Stretch (Upper leg)



**On-the-Ground Description:** While lying on your side, with a slight bend in your left knee, grab your right ankle with your right hand and maintain your balance. Gently pull your right foot towards your buttocks while making sure your knees are aligned with the body (make sure knee is not sticking out and it is directly below your hip). Repeat to opposite side.

\*\*You can also stretch out your trapezius (neck) muscles during this quadriceps stretch (neck muscles) by bringing your chin to the opposite side of your chest.





**Standing Description:** In a standing position, with a slight bend in your left knee, grab your right ankle with your right hand and maintain your balance. Gently pull your right foot towards your buttocks while making sure your knees is aligned with the body (make sure knee is not sticking out and it is directly below your hip). You can also stretch out your trapezius (neck) muscles during this quadriceps stretch (neck muscles) by bringing your chin to the opposite side of your chest. Repeat to opposite side.

**Additional Note:** If you are having difficulty balancing, you can hold on to a wall or perform this stretch while lying on your side.

### Stretch #11: Abdominal Stretch



**Description:** On your stomach, place your hands beneath your shoulder and gently push up until you feel a stretch on your abdominal muscles. Do not fully lock out your elbows and hyperextend your back.

**Note:** If you feel any discomfort in your low back while performing this exercise, you can reduce the tension by using the “propped on elbow” position.

### Stretch #12: Calf Stretch



**Description:** In a push-up position, cross the left foot over the right. With the right knee straight, gently push the right heel toward the deck. You will feel a stretch in the right calf. Hold for 15 seconds. Repeat to opposite side.

**Note:** Your body should remain in a straight line from your shoulders to your ankle to prevent low back injury and to strengthen your core muscles.

DIAGRAM SHEET 1-7-1

CALCULATING TARGET HEART RATE ZONE WORKSHEET

**Heart Rate Reserve Formula (Karvonen Method)**

Target Heart Rate (THR) - Low End	Target Heart Rate (THR) - High End
Step 1: $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (Age) (APMHR)	Step 1: $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (Age) (APMHR)
Step 2: $\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (APMHR) (RHR) (HRR)	Step 2: $\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (APMHR) (RHR) (HRR)
Step 3: $\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (HRR) (Exer. Intensity) (RHR) (THR)	Step 4: $\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$ (HRR) (Exer. Intensity) (RHR) (THR)
Example: 30 year old male, RHR of 60 bpm, desired exercise intensity range of 60-75% APMHR STEP 1: $220 - 30 = 190$ STEP 2: $190 - 60 = 130$ STEP 3: $(130 \times 0.60) + 60 = 138$ STEP 4: $(130 \times 0.75) + 60 = 158$ Target Heart Rate Range (THRR) = 138 – 158 bpm	

**Resting Heart Rate (RHR)**

Your resting heart rate (RHR) is the number of times the heart beats per minute (bpm) at rest. The best time to take your RHR is in the morning when you wake up.

To take your radial heart rate, place your index and middle finger on the pulse at your wrist. To take your carotid pulse, place your fingers (not your thumb) on the side of the larynx (Adam’s apple) until you find the pulse. Take the pulse by counting the beats for 10 seconds. Multiply that number by 6 to get bpm.

Take your RHR for three consecutive days to get your average bpm (i.e., add all three values together then divide by 3). For example:  $(60 + 64 + 68) \div 3 = 64$  bpm.

APMHR: Age-Predicted Maximum Heart Rate

BPM: Beats per Minute









HRR: Heart Rate Reserve

RHR: Resting Heart Rate










THR: Target Heart Rate







THRR: Target Heart Rate Range

DIAGRAM SHEET 1-10-1  
STRENGTH TRAINING EXERCISES

Upper Body Exercises		
Chest		
Level 1	Level 2	Level 3
Push-up (Standard) 	Staggered Stance Push-up Negative (3 count down, 1 count up)	Push-up Clock
Back/Shoulders		
Bent-over Y's (without band) 	Bent-over Y's (with band) 	Squat with Shoulder Press (with band)
Bent-over T's (without band) 	Bent-over T's (with band) 	
Bent-over Rows (with band, bilateral) 	Bent-over Rows (with band, unilateral) 	Single Leg, Single Arm Bent-over Row (with band)
	Overhead Press (1/2 kneeling) 	
Arms		
Bicep Curl (with band)	Triceps Extension (with tubing)	
Triceps Dips	Front/Side Raises (with tubing)	



Lower Body Exercises		
Level 1	Level 2	Level 3
Calf Raises	Single Leg Wall Squat	Stationary Squat (with tubing)
Wall Squats (30 second hold)	Squat (with tubing) 	Lateral Lunges 
Bodyweight Squats 	Split Squat (with tubing) 	Walking Lunges
Bodyweight Lunges (Forward/Reverse) 		
Core/Combo Exercises		
Abdominal Focus		
Level 1	Level 2	Level 3
Crunches 	Bicycles Oblique Twists	Straight Leg Lowering Alternating
Glute Focus		
Glute Bridge 	Glute Bridge Leg Raise 	Glute Bridge Marching 

Lower Back/ Erector Spinae Focus		
Bird Dog		
Superman		
Combo		
Pillar Bridge 	Pillar Bridge with Arm Lift 	Plank Running 
	Lateral Pillar Bridge 	Lateral Pillar Bridge to Push-up 
	Dynamic Lateral Pillar Bridge 	Lateral Pillar Bridge with Leg Lifts 
	Single Leg Pillar Bridge 	

### Strength Circuits

30 seconds for each station/exercise

Circuit 1/Level 1	Circuit 2/Level 2
Push-ups	Negative Push-up
Bent-over Y's	Bent-over Row (unilateral)
Bicep Curls	Triceps Extension (with tubing)
Dips	Split Squat (with tubing)
Bodyweight Squats	Bicep Curls (with tubing)
Crunches	Bicycles
Glute Bridge	Glute Bridge Leg Raise
Pillar Bridge	Pillar Bridge with Arm Lift

DIAGRAM SHEET 1-11-1

INTERVAL TRAINING TO IMPROVE 1.5 MILE RUN TIME

- The goal of this training is to train at your desired race pace (i.e., your goal 1.5 mile run time) in small increments (i.e., 1/4 mile). Over time, you will gradually increase this pace to help improve your overall race pace
- Run long, slow distances several days per week
- Do not perform interval training on consecutive days
- Perform interval training on a standard running track, or where distance can be measured accurately

Determine goal time for 1.5 mile run: \_\_\_\_\_

Divide by 6 to determine time per quarter mile: (A) \_\_\_\_\_

One Day a Week	<b>Week 1</b> – Jog 10 minutes warm up. Run ¼ mile in (A) _____ (goal race pace), then walk or jog slowly for 3 minutes. Repeat <b>3 additional times</b> . Jog 10 minutes cool down.
	<b>Week 2</b> – Jog 12 minutes warm up. Run ¼ mile in (A) _____, then walk or jog slowly for 3 minutes. Repeat <b>4 additional times</b> . Jog 10 minutes cool down.
	<b>Week 3</b> – Jog 14 minutes warm up. Run ¼ mile in (A) _____, then walk or jog slowly for 3 minutes. Repeat <b>5 additional times</b> . Jog 10 minutes cool down.
	<b>Week 4</b> – Jog 16 minutes warm up. Run ¼ mile in (A) _____, then walk or jog slowly for 3 minutes. Repeat <b>6 – 7 additional times</b> . Jog 10 minutes cool down.

**SUBTRACT 5 SECONDS FROM (A): (B)** \_\_\_\_\_

Two Days a Week	<b>Week 5</b> – Jog 16 minutes warm up. Run ¼ mile in (B) _____, then walk or jog slowly for 2 minutes. Repeat <b>6 – 7 additional times</b> . Jog 10 minutes cool down.
	<b>Week 6</b> – Jog 16 minutes warm up. Run ¼ mile in (B) _____, then walk or jog slowly for 2 minutes. Repeat <b>6 – 7 additional times</b> . Jog 10 minutes cool down.

**SUBTRACT 5 SECONDS FROM (B): (C)** \_\_\_\_\_

Two Days a Week	<b>Week 7</b> – Jog 16 minutes warm up. Run ¼ mile in (C) _____, then walk or jog slowly for 2 minutes. Repeat <b>5 additional times</b> . Jog 10 minutes cool down.
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Once, 5 - 6 days prior to race	<b>Week 8 (race week)</b> – Jog 16 minutes warm up. Run ¼ mile in (C) _____, then jog slowly for 1 minute 45 seconds. Repeat <b>5 additional times</b> . Jog 10 minutes cool down. Taper off on your training on the following days. Do not run at all the day before the race.
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Adapted from Physical Fitness Specialist Course and Certification, The Cooper Institute 2001

ASSIGNMENT SHEET 1-13-1

DAY 1 HOMEWORK

A. INTRODUCTION

Record everything you eat and drink starting with breakfast this morning. You will keep a food log each day you are in the course.

Make sure you put everything into your log: food, condiments, sugar, cream, beverages, snacks, alcohol, etc.

Be as specific about portion sizes. List in cups or pieces and include brand names when possible.

Fill out all the columns on the food log.

B. ENABLING OBJECTIVES

5.8 DEMONSTRATE how to complete a food log when given a food log, in accordance with Nutrition Resource Guide 2011, OPNAVINST 6110.1 (Series) Supplement

C. STUDY ASSIGNMENT

1. Complete Assignment Sheet Day 1 Homework

D. STUDY QUESTIONS

Example food log entry:

Date	Time	Food Item (Be specific)	Amount (l cup)	Hunger Scale	Location (at table, TV)	Mood (sad, angry, tired, bored)	Activity
10 Jan 11	1200	Subway meatball marinara on wheat Mozzarella Pepsi Sun Chips	6" 1 oz slice 20 oz 1.5 oz bag	5	Food court	Happy	30 min slow jog, 30 min walk



Date	Time	Food Item (Be specific)	Amount (1 cup)	Hunger Scale	Location (at table, TV)	Mood (sad, angry, tired, bored)	Activity

FOR TRAINING USE ONLY

Date	Time	Food Item (Be specific)	Amount (1 cup)	Hunger Scale	Location (at table, TV)	Mood (sad, angry, tired, bored)	Activity

FOR TRAINING USE ONLY

Date	Time	Food Item (Be specific)	Amount (1 cup)	Hunger Scale	Location (at table, TV)	Mood (sad, angry, tired, bored)	Activity

FOR TRAINING USE ONLY





ASSIGNMENT SHEET 1-13-2

DAY 2 HOMEWORK

A. INTRODUCTION

Continue to keep your food log.

B. ENABLING OBJECTIVES

5.8 DEMONSTRATE how to complete a food log when given a food log, in accordance with Nutrition Resource Guide 2011, OPNAVINST 6110.1 (Series) Supplement

C. STUDY ASSIGNMENT

1. Complete Assignment Sheet Day 2 Homework

D. STUDY QUESTIONS

**Part 1: Food Log**

Start to pick up patterns:

1. Are you eating regular meals?
  
2. How hungry are you getting?
  
3. What are your food choices?

**Part 2: Guidelines**

1. Go to the Scientific Report of the 2015 Dietary Guidelines Advisory Committee, Part A: Executive Summary: <http://health.gov/dietaryguidelines/2015-scientific-report/02-executive-summary.asp>
2. Read “Part A: Executive Summary” of the Dietary Guidelines for Americans.
3. Write down 3 guidelines that you would personally like to focus on:

Guideline 1:

Guideline 2:

Guideline 3:

ASSIGNMENT SHEET 1-13-3

DAY 3 HOMEWORK

A. INTRODUCTION

Continue to keep your food log.

B. ENABLING OBJECTIVES

5.8 DEMONSTRATE how to complete a food log when given a food log, in accordance with Nutrition Resource Guide 2011, OPNAVINST 6110.1 (Series) Supplement

C. STUDY ASSIGNMENT

1. Complete Assignment Sheet Day 3 Homework

D. STUDY QUESTIONS

**Part 1: Food Log Goals**

1. Review your food log and identify areas for improvement.
2. Take your 3 dietary guidelines and write 3 SMART goals (Specific, Measureable, Attainable, Realistic, Timely)

SMART Goal 1:

SMART Goal 2:

SMART Goal 3:

**Part 2: ChooseMyPlate**

1. Go to “SuperTracker & Other Tools” and select “Create Your Profile.” Enter your information to create an account and personalized plan, and print or write down your plan.
2. Select “Food Tracker” in the right column.
3. Once in, enter your food log information.
4. Print summary (or write down calorie level from each day).

ASSIGNMENT SHEET 1-16-1

FITNESS PROGRAMMING

A. INTRODUCTION

Using the information and tools that you have been taught throughout the week, develop a fitness program for Command PT and FEP. Using the groups that you have been working in throughout the week, each group will be assigned one of four scenarios and be asked to develop an effective fitness program for that specific scenario. On day 5, each group will do an oral presentation to the class of the workout/exercise program that they have developed. Instructors will assess the effectiveness of the exercise program each group has developed and make any necessary changes/suggestions.

Also, using the principles demonstrated in the oral project, each group will work together to develop a one hour workout program to be conducted on day 5. The workout will consist of a warm-up, exercises, cool-down, and stretching and should be in a circuit training format. Each group will take one portion of the one hour program and lead the rest of the class through that portion as a CFL.

**When developing the exercise program, things to consider include:**

- FITT Principle
- Progression/Specificity Principles
- Administrative duties/requirements
- Nutrition/resources

**Scenario One:**

Sailor McDonald has just completed his PFA. He scored Satisfactory on his run, Excellent on his push-ups, and Satisfactory on his curl-ups with a BCA of 22%. Because of his Satisfactory status on the run and curl-ups, he has asked to enroll in your FEP program. Using the FITT principle and proper progression, develop a 8 week fitness program that will meet his individualized needs. Along with the 8 week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.

**Scenario Two:**

Your command has just come off of a 6 month deployment with the next PFA cycle right around the corner. After conducting courtesy BCAs for your Division, you find a significant increase in failures and borderline failures. With the next PFA scheduled in 8 weeks, using the FITT principle and proper progression, develop a 8 week Command PT program that will best meet the needs of your Sailors. Along with the 8 week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.

**Scenario Three:**

YNC Peterson has been cleared to perform the PFA for the upcoming cycle after being medically waived for two consecutive cycles. She has been using the stationary bike but has not run outside for about 1 year. Her CO has mandated that all members will perform the 1.5mile run/walk only.

YNC was given a courtesy BCA which indicates that she is at 32% body fat. With the PFA being 8 weeks away, the CFL has enrolled her into the FEP program. Using the FITT principle and proper progression, develop an 8 week fitness program that will meet her individualized needs. Along with the 8 week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility exercises and flexibility.

**Scenario Four:**

Petty Officer Harris has consistently scored outstanding on his curl-ups and push-ups for the last five PFA cycles. He has also consistently scored satisfactory on his 1.5 mile run/walk. He is 73 inches tall and weighs 203 lbs. He has come to you requesting a workout program that will help improve his run time so that he scores excellent. Using the FITT principle and proper progression, develop an 8 week fitness program that will meet his individualized needs. Along with the 8 week schedule, include one detailed workout including warm-up exercises, cardio and/or strength exercises, and cool-down exercises and flexibility.

B. ENABLING OBJECTIVES

- 1.3 PLAN a balanced exercise session, when given a scenario, in accordance with Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement

C. STUDY ASSIGNMENT

1. Complete Assignment Sheet Fitness Programming
2. Review Physical Readiness Program, OPNAVINST 6110.1 (Series)
3. Review Command Fitness Guide: Command/Unit Physical Training (PT) and Fitness Enhancement Program (FEP) 2011, OPNAVINST 6110.1 (Series) Supplement
4. Review Nutrition Resource Guide 2011, OPNAVINST 6110.1 (Series) Supplement

D. STUDY QUESTIONS

1. What is your scenario?
  
  
  
  
  
  
  
  
  
  
2. What is your 8 week fitness program?
  - a. Week 1

b. Week 2

c. Week 3

d. Week 4

e. Week 5

f. Week 6

g. Week 7

h. Week 8

3. How are you applying the FITT principle?

4. How are you applying the progression/specificity principles?

5. How are you integrating administrative duties and requirements into the 8 week program?

6. To what nutrition and other resources can you point the Sailor(s)?

7. What resources did you use to create your program?

8. Describe 1 workout from your fitness program in detail:

Use the next page, if you need more space.





DIAGRAM SHEET 1-17-1  
SPEED TRAINING EXERCISES

**Rate of Perceived Exertion (RPE):**

Your RPE is a simple and effective way to gauge and regulate exercise intensity.

RPE Levels		Talk Test	% Maximum Heart Rate
<b>1</b>	<b>Very Light Activity</b> Watching TV, riding in a car, etc		
<b>2-3</b>	<b>Light Activity</b> Feels like you can maintain for hours	Breathing is easy, can sing	
<b>4-6</b>	<b>Moderate Activity</b> Feels like you can exercise for hours	Can carry a conversation	52-66
			61-85
<b>7-8</b>	<b>Vigorous Activity</b> On the verge of becoming uncomfortable	Short of breath, can speak a sentence or two	86-91
			92
<b>9</b>	<b>Very Hard Activity</b> Very difficult to maintain exercise intensity	Can only speak one word at a time	
<b>10</b>	<b>Maximum Effort Activity</b> Feels almost impossible to keep going	Completely out of breath, unable to talk	

**Running Tips:**

- Stride shortens
- Mid to forefoot strike
- Focus on turnover rate vs. stride length
- Head up with eyes straight ahead
- Positive Shin Angle
- Wear appropriate shoes (running shoes or court/cross training shoes are appropriate)
- Arms should be swinging forward & back not side to side
- Arms should remain relaxed (elbows at 90 degree bend or lower)
- Opposite arm and leg should be working in unison
- Avoid side to side movements
- Use controlled breathing

### **Linear Acceleration and 6 Cone Drill:**

- For Linear Accelerations, refer to: Navy Operational Fitness Series (NOFFS), Large Desk Series, Level 1, Page 8
- For 6 Cone Drills, refer to: Navy Operational Fitness Series (NOFFS), Large Desk Series, Level 2, Page 8

To download a NOFFS series, go to [www.navyfitness.org](http://www.navyfitness.org). Click on Fitness, NOFFS Training System, and Downloads. You can also find more training options on [www.navyfitness.org](http://www.navyfitness.org). Click on Fitness, NOFFS Training System, Movement Library, and then select Cardio Conditioning.

### **300 Yard Shuttle-Run**

#### **Procedure:**

- Divide into teams.
- Mark a start line (cone or end line on the basketball court).
- Mark a point 25 yards from the start point.
- First in line will begin with a blow of the whistle.
- They will sprint to the 25 yard marker, touch the ground or cone and return to the start line, touch the start line and return back to the 25 yard marker,
- This will be repeated until each participant completes 6 25-yard intervals, at which time they will touch the next person in line's hand and that person begins the run.
- Continue until each team member has finished the drill.

#### **Alternatives:**

Objects to be carried can be placed at the start line and at the turn around point. Participant will carry the object through the sprints, exchanging the item at each turnaround point. Examples include medicine balls, sand bags, bean bags, eggs, volleyballs. Once a member completes the drill, they should hand off the item to the next participant.

#### **Additional Drills using the same set up as the Shuttle-Run:**

- Get-up and Go's:
  - Start in push up position, do 10 push-ups, sprint down and back.
  - Start supine, do 10 crunches, sprint down and back.
- Jump rope down and back
- Set up cones in a straight line and:
  - Dribble basketball in between
  - Run around the cones
- Basketball Caterpillar (trainees go in a line and pass basketball up and over and under the legs of the next individual).

