Navy - Fitness Plan for Spring 2019

Reference: **PT\_JAN\_A**

Month: January

Week: 3rd - Jan 21 - 25

Notes:

14Jan2019: First Class Day

21Jan2019: Martin Luther King Jr. Day

24Jan2019: IPRT/IPFT

PTDO:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday - 21 | Tuesday - 22 | Wednesday - 23 | Thursday - 24 | Friday - 25 |
| N/A | N/A | N/A–Weight Ins | Kelly/Garza |  |

Detail PT Plan:

**23Jan2019: 0545**

Location: Hobart Taylor Parking Lot

Uniform:

Blue on Gold

Green on Green

Warming Layers if necessary. Can be used for warmup but will not be used for exercise (unless deemed so by PTDO).

Equipment Needed:

Stop Watch

Score Sheet/Clipboard

IPRT:

PRT Warm Up (Reference **PRT\_WARM\_UP** in folder References):

1. 10 military four-count Pec Fly w/ 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

PRT (Reference: **OPNAV INSTRUCTION 6110.1J** in folder References):

2 Minutes Push-Ups

2 Minutes Curls-Ups

1.5 Mile Run

Cooldown:

Whatever PTDO deems necessary.