



DECEMBER WORKOUT OF THE MONTH "DORIE"

Warm-up 5-10 minutes

Workout

5/10/5 walking pushups to the right
Side shuffle 50 yards
5/10/5 walking pushups to the left
Side shuffle 50 yards
10/20/10 Squats
Backward run 50 yards
10/20/10 squats
Sprint 50 yards
20/40/20 crunches
High Knees 50 yards
20/40/20 crunches
Sprint 50 yards

(5/10/5 refers to 3 sets. The first set is 5 reps, second is 10 reps, and third is 5 reps). Move through the entire circuit three times with 1-2 minute rest between each.

Run ½ mile fast and ½ mile slow for cool down

12 Navy Recommended stretches 5-10 minutes

*****Walking pushups: 1) Start in the pushup position 2) Perform a pushup 3)Right hand and foot move to the right and the left hand and foot follow to the pushup position (keep core tight and back straight) 4) perform pushup 5) Continue moving right until all reps are completed.**