



## FEBRUARY WORKOUT OF THE MONTH "SHIELDS"

**Warm-up 5-10 minutes**

**Recommend: Standardized PRT Warm-Up; see CMD PT and FEP Guide**

### **CIRCUIT TRAINING:**

**Complete 4 – 6 cycles of each exercise per station. Exercises can be performed individually or with a partner. Sailors will complete one lap around the perimeter of the gym court or field after each completed cycle (7) exercise stations.**

**Beginners: 30 Sec / Intermediate: 1 Minute / Advanced: 1Minute 30 Sec per station.**

- 1. SQUAT WITH OVERHEAD PRESS w/ Resistance Bands or Dumbbells** - Stand with feet hip width, band under feet, holding evenly onto the ends. Bend elbows and bring hands in front of shoulders. Lower into a squat. Squat to Press with Resistance Band as legs extend, press arms overhead. Return to start and repeat.
- 2. SPIDERMAN PUSH-UPS** - Assume the standard pushup position. As you lower your body toward the floor, lift your right foot off the floor, swing your right leg out sideways, and try to touch your knee to your elbow. Reverse the movement, and then push your body back to the starting position. Repeat, but on your next repetition, touch your left knee to your left elbow. Continue to alternate back and forth.
- 3. BICYCLES CRUNCHES** – Place your hands behind your head and without interlock your fingers. Bend knees with your feet in air. Lift your head up and touch your right elbow to the left knee while pulling your leg up towards your head. Repeat on the opposite side with left elbow and right knee.
- 4. FRONT SHOULDER RAISES w/ Resistance Bands or Dumbbells** – Place the band under your feet and grab the handles with your hands on each side of your thighs, palms facing down. Pull the handles up until your arms are parallel to the floor and allow them to slowly return after a short pause. Keep your arms extended throughout and repeat.
- 5. STANDING TRICEPS EXTENSIONS w/ Resistance Bands or Dumbbells** - Place one end of the band under your foot and hold the other end in your hand. Bend your elbow so it is pointing to the ceiling and your hand is behind you. Straighten your elbow and point your hand to the ceiling. Slowly return to the starting position and repeat.
- 6. SEATED ROWS w/ Resistance Bands** - Sit on the floor with your legs slightly bent out in front. Loop the band around the soles of your feet, cross it in front of you and hold one end in each hand. Start with your arms straight in front of you, pointing at your toes. Pull back so you bend your elbows and your hands meet your chest. Return to the starting position and repeat.
- 7. BICEP CURLS w/ Resistance Bands** - Stand this Bicep Exercise with the middle of the band under your feet and an end in each hand. Start with the arms straight by your sides and the band held taught. Bend the arms at the elbows to lift the hands towards the shoulders. Slowly return to the starting position and repeat.

**Cool Down / 12 Navy Recommended stretches 5-10 minutes**