

PRT Prep Circuit

Exercise	Level 1	Level 2	Level 3
Plank	30-sec Hold	1-min Hold	2-min Hold
Bicycles	10 four-count	20 four-count	30 four-count
Cadence Push-Up	10 reps	20 reps	30 reps
Squat Jumps	10 reps	20 reps	30 reps
Shuttle Run	200-yd Shuttle	300-yd Shuttle	400-yd Shuttle

Alternate Exercises (Option 1)	Primary Exercise	Alternate Exercises (Option 2)
“	Plank	“
Basic Crunch	Bicycles	Alt One-Leg Lowering
Push-Up on Knees	Cadence Push-Up	“
Basic Squat	Squat Jumps	Alt Reverse Lunge
“	Shuttle Run	“

Directions for use:

1. Circuit is specifically designed for Sailors of varied degrees of fitness and injury status.
2. Each exercise (along with proposed alternate exercises) should be discussed and demonstrated prior to.
3. To ensure proper form is used throughout, exercises (both primary and alternate) should also be demonstrated during execution of the circuit.
4. Allow members to decide which exercise and level they wish to perform.
5. All five exercises will be performed in quick succession.
6. Since, Level 1 and 2 exercises are assigned fewer reps and/or time than Level 3, Level 1 and 2 participants are afforded additional rest between exercises. Level 3 participants receive no rest between exercises.
7. Allow 3-5 minutes of rest after each successful completion of the circuit.
8. Repeat 3-5 times.