



NAVY
PHYSICAL
READINESS
PROGRAM

AUGUST WORKOUT OF THE MONTH "THE PINGNO"

Warm-up 5-10 min

1. 50 Squats (no weight)
2. 50 Calf Raises on elevated surface or step. This should allow for the ankle to move in a full range of motion, up and down.
3. 50 Lunges
4. 50 Calf Raises on elevated surface or step. This should allow for the ankle to move in a full range of motion, up and down.
5. 2 Mile run (note 1.5mile run time and compare to your last PRT run time)

5 min rest or less

7. Alternating Push-ups with partner:

Both partners start in the front leaning rest position. First person completes a full push-up and stays in the up position while the other partner completes a push-up. The partners continue alternating until muscle fatigue.

Cool-down (light jog) and stretch 5-10 min