



NAVY
PHYSICAL
READINESS
PROGRAM

JANUARY WORKOUT OF THE MONTH

GOLDEN THIRTEEN

Improving your Push-Ups with a Basic Chest Workout

Warm-Up 5-10 Min

Perform workout two days per week

(Monday/Wednesday) or (Tuesday/Thursday)

Fitness Levels

Beginner – 1 set / 10-12 Repetitions

Intermediate - 2/3 sets / 10-12 Repetitions

Advanced – 4/5 sets / 10-12 Repetitions

Exercises

1. Barbell Bench Press (Primary)
Or
Dumbbell Bench Press (Alternate)

2. Barbell Incline Press (Primary)
Or
Dumbbell Incline Press (Alternate)

3. Incline Dumbbell Chest Flys (Primary)
Or
Seated Pec Deck Machine (Alternate)

4. Barbell Decline Bench Press (Primary)
Or
Dumbbell Decline Bench Press (Alternate)

Primary - Recommended exercise for the body part being trained.

Alternate – Substitute exercise for the body part being trained.

Cool-down and Stretch 5-10 Mins