

STAY FIT!

JANUARY 2014

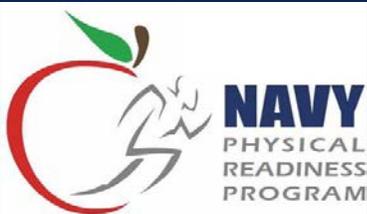
CHEST TRAINING PRINCIPLES

Chest exercises primarily use the chest but also recruit supporting muscles to assist.

During a push-up, for example, not only are the pectorals engaged but the abdominals, the latissimus dorsi in the back, the deltoids in the shoulders and the triceps in the upper arms are involved.

When developing a workout, train muscles in pairs, performing an equal amount of exercises with opposing muscle groups. If you're exercising chest muscles, you should also train back muscles. If you're exercising biceps, you should also train triceps.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

Sailors stationed at NAS Jacksonville, FL participated in a two day CFL seminar. CFL seminars are presented by OPNAV N170 PRP Staff at fleet concentrated locations. Your MWR will advertise when a seminar is coming to your area.

WORKOUT OF THE MONTH: Golden Thirteen

Improving Your Push-Ups with a Basic Chest Workout

Dynamic Warm-up (5-10min)

1. Barbell Bench Press
2. Dumbbell Bench Press – Alt. Exercise
3. Barbell Incline Press
4. Dumbbell Incline Press - Alt. Exercise
5. Incline Dumbbell Chest Fly
6. Seated Pecs Deck Machine – Alt. Exercise
7. Barbell Decline Bench Press
8. Dumbbell Decline Bench Press - Alt. Exercise

Cool-down and Stretch (5-10min)

ABOUT THE WORKOUT: The Golden Thirteen were the first African American enlisted who became commissioned officers in the United States Navy. One was commissioned as a warrant officer. They were all commissioned in February 1944.