



JUNE WORKOUT OF THE MONTH

Koelsch

Warm-up 10 mins

Start with stationary exercises then transition to exercises that involve more movement. Everyone should be sweating by the end of the warm-up.

Workout

Locate a 100 yard field or similar area. Mark off 5 yard increments linearly. Each person will run to the 5 yard marker and back and perform an exercise. Then they will run to the 10 yard marker and back and perform an exercise. Continue this for a designated amount of 5 yard increments. Provide plenty of rest and water breaks. This is self-paced but encourage a full effort.

Choose a couple of the below exercises (exercises can be for time or repetitions):

Push-ups

Curl-ups

Squats

NOFFS resistance band exercises

Jump rope

Tuck Jumps – Jump straight up bringing knees up to chest, land on toes and repeat

Plank – straight back, core muscles tight, forearms resting on the ground, maintain plank position

Cool-down and 12 Navy Recommended Stretches

Be smart, be active!