

STAY FIT!

MAY 2014

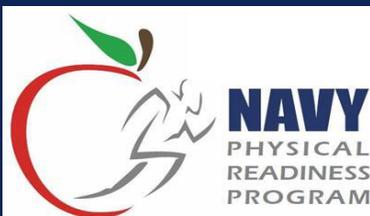
DIVERSIFY RESISTANCE FOR
MAXIMUM EFFECTIVENESS

Muscular progression is even more rapid when you use various kinds of resistance.

We recommend using a variety of resistances.

Body-Weight Training
Free Weight Training
Resistance Band
Plyometric Resistance
Stretching

BUILDING A CULTURE OF FITNESS



Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!

Sailors attended a 5 day CFL certification course at NS Newport RI. CFL courses are executed by station MWR fitness staff per OPNAV N170B. The Fitness Staff of NS Newport RI., your performance was outstanding!

WORKOUT OF THE MONTH: "Harmon"

Go to [Sample Workouts](#) on our website for more information

Dynamic Warm-up 5-10 mins

Body-Weight Training

Squats / Lunges / Calf Raises

Free-Weight Training

Dumbbell Shoulder Press / Dumbbell Chest Press / Dumbbell Rows

Resistance Bands

Lateral Raises / Standing Tricep Extensions / Standing Bicep Curls

Plyometric

Box Jumps / Tuck Jumps / Vertical Squat Jumps

Cool-down and 12 Navy Recommended Stretches

ABOUT THE WORKOUT: USS Harmon (DE-678) 1943-1967 was first ship to be named after an African American. [Mess Attendant First Class Leonard Roy Harmon](#) was posthumously awarded the Navy Cross for heroism during the Naval Battle of Guadalcanal on 13 November 1942.