



MAY WORKOUT OF THE MONTH

Harmon

Warm-up

5-10 mins

Workout

During this exercise session you will be using a variety of resistance training methods to stimulate muscle growth and development. Changing your workouts will help prevent boredom and training plateaus. Beginners: 1-2 Sets / 8-10 Repetitions; Intermediate: 2-3 Sets / 10-12 Repetitions; Advanced: 3-4 Sets / 12-15 Repetitions. Use an appropriate weight so that the last set is a challenge to complete.

Body Weight Training

1. Squats
2. Stationary Reverse Lunges
3. Calf Raises

Free-Weight Training

1. Dumbbell Shoulder Press
2. Dumbbell Chest Press
3. Dumbbell Row

Resistance Bands

1. Lateral Raises
2. Standing Tricep Extensions
3. Standing Bicep Curls

Plyometric

1. Box Jumps (Low to High)
2. Tuck Jumps
3. Vertical Squat Jumps

Cool-down and 12 Navy Recommended Stretches

5-10 mins

Notes: Each individual in the command can adjust their fitness level to their respective abilities by using the FITT Principle. **F.I.T.T. equals (F-Frequency, I- Intensity, T- Time, T- Type).**

Be smart, be active!

“HARMON” Workout

Body Weight Training

Squats:

1. Stand straight with your feet hip-width apart.
2. Put your hands on your hips.
3. Slowly begin to squat down as if you're going to perch your bottom on the edge of a chair.
4. Straighten back to the full standing position to complete the rep.

Stationary Reverse Lunges:

1. Stand upright with your feet together.
2. Take a big step backward with your right leg.
3. Bend both your knees until your right knee (the one at the back) is almost touching the floor.
4. Push off from your right leg and return to the standing position.
5. This is counted as one repetition.
6. Switch legs and do the same with your left leg striding backwards this time.

Calf Raises:

1. Stand up straight.
2. Slowly raise your heels and put all your weight on the balls of your feet.
3. Hold for 2 to 5 seconds.
4. Come back down slowly.

Free-Weights Training

Dumbbell Shoulder Press:

1. Stand straight with your feet hip-width apart.
2. Grab a pair of dumbbells and lift them up to your shoulders. Your palms should be facing forward. This is your starting position.
3. From there, press the dumbbells directly over your head until the elbows are extended but not locked.
4. Pause for a second.
5. Come back slowly to the starting point. This is one repetition.

Dumbbell Chest Press:

1. Lie on your back on a flat bench.
2. Hold a pair of dumbbells with your palms facing forward and elbows bent about 90 degrees.
3. Press the weights up toward the ceiling until your arms are almost straight and the dumbbells are almost touching.
4. Bring the weights down slowly. This is one repetition.

Dumbbell Row:

1. Stand with your feet hip-width apart.
2. Grab a pair of dumbbells.
3. Bend at the waist and move your upper body forward until it's nearly parallel to the floor.
4. Bend your knees slightly. Let the weights hang straight down. This is the start position.
5. Squeeze your shoulder blades together and row the weights up toward you.
6. Slowly return to the start position.

Resistance Band Training

Lateral Raises:

1. Grab a resistance band with desired tension.
2. Stand straight with your feet shoulder-width apart.
3. Keep your arms by your side with your palms facing you. This is your starting position.
4. Lift the resistance bands out to the sides until they reach shoulder level.
5. Pause for a second.
6. Slowly lower the resistance bands until you reach the starting position.

Standing Tricep Extensions:

1. Step on the resistance band.
2. In the initial position, hold the two handles behind your head.
3. Palms face forward.
4. Keep your upper arms still (lock the elbows right there) and fully extend your arms, return to the initial position.

Standing Bicep Curls:

1. Stand up straight with your feet hip width apart.
2. Place the band under your feet and hold the handles down by your sides.
3. Curl your arms up toward your shoulders. Make sure you keep your elbows tucked in at your sides.
4. Return to the starting position in a slow and controlled manner.

Plyometric Training

Box Jumps:

1. Stand in front of a box or other suitable platform (like a park bench).
2. Try to find a box that's between 12" to 18" off the ground.
3. As you get stronger, increase the height.
4. Jump onto the box and immediately back down to the same position.
5. Immediately repeat. Perform the jumps as quickly as possible.

Tuck Jumps:

1. Stand with your feet shoulder width apart.
2. Explode and jump as high as you can. As you rise, pull your knees into your chest.
3. On the way down, straighten your legs and land softly on the balls of your feet.
4. As soon as your feet touch the ground, perform another tuck jump.

Vertical Squat Jumps:

1. Stand with your feet shoulder width apart.
2. Squat down and jump as high as possible.
3. Upon landing, squat and immediately jump up again.