



Fitness Month Workout Design Winner: PS3 Brooks

Congratulations to PS3 Brooks from PERSUPPDET in Atsugi, Japan for both of his workout submissions for May Fitness Month. His dedication to his command and program design are evident in the below workouts. Great job and keep up the good work.

Workout: “Brooks”

CIRCUIT TRAINING - CARDIO
(outside or inside basketball court)

WARMUP:

30 sec high-knees
30 jumping jacks
30 sec quick feet
30 jumping jacks
30 sec butt kicks
30 jumping jacks
10 lunges each side
20 squats
20 pushups
20 situps

Run around basketball court or similar distance twice

WORKOUT:

(5-15 sets, depending on skill level)

sprint on basketball court
1 side of court to other -walking lunges
1 side of court to other – walking side shuffle with squat
1 side of court to other- high knee sprints
1 side of court to other - karaoke sprints
1 side of court to other - sprint one length, 1min rest, sprint back. (2x)

COOL DOWN:

Jog around the court 5 times

STRETCH:

12 Navy Stretches

CIRCUIT TRAINING - STRENGTH

WARMUP:

30 sec high-knees
30 jumping jacks
30 sec quick feet
30 jumping jacks
30 sec butt kicks
30 jumping jacks
10 lunges each side
20 squats
20 pushups
20 situps
30 jumping jacks
Run around basketball court twice

Workout:

"Pyramid" style

10 squats
10 walking lunges each leg
10 push ups
10 crunches
10 bicycle sit-ups
10 second plank

15 squats
15 lunges each leg
15 push ups
15 crunches
15 bicycle sit-ups
30 second plank

20 squats
20 lunges each leg
20 push ups
20 crunches
20 bicycle sit-ups
1 minute plank

15 squats
15 lunges each leg
15 push ups
15 crunches
15 bicycle sit-ups
30 second plank

10 squats
10 lunges each leg
10 push ups
10 crunches
10 bicycle sit-ups
10 second plank

COOL DOWN:

Jog or walk for 5 minutes

STRETCH:

12 Navy Stretches