

STAY FIT!

AUGUST 2013

New to PRIMS.

These devices are now authorized for PRT use.

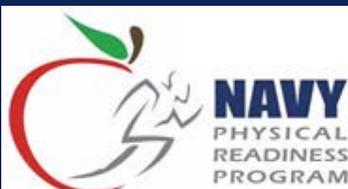
Elliptical Trainer

Cybex Arc Trainer 770AT
Octane Pro 370/3700
Octane Pro 4700

Stationary Bike

Life Fitness 95C Inspire
Cybex 750C
Matrix U5x

BUILDING A CULTURE OF FITNESS



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

CFL 5 Day Certification course in Seal Beach (21-24 July, 2013) – Naval Weapon Station Seal Beach conducted a 5 Day 40 hour Certification Course for CFLs/ACFLs. The students designed a Circuit Training Workout called the “Seal Beach Beat Down”.

WORKOUT OF THE MONTH: “The Sacred Twenty”

(click on the link or go to our website and look in Sample Workouts)

Warm-up 5-10min

Level 1 (30 sec), Level 2 (1 min)

Run a lap after each station before starting the next exercise

Station One

Jump Rope

Station Two

Squats on Bosu Ball

Station Three

Push-ups clock

Station Four

Oblique Twist

Station Five

Burpees

Station Six

Bicycles

About the Workout: “The Sacred Twenty” were the first women to formally serve as members of the Navy. In 1908 Congress authorized the establishment of a female Nurse Corps within the United States Navy.