

STAY FIT!

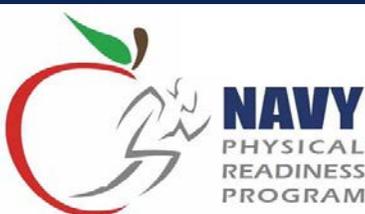
JULY 2013

RESISTANCE TRAINING

Resistance training is considered an important component of a comprehensive fitness program. A proper resistance training program should be based on several factors, including health and fitness status, goals of the participant, proper application of the basic principles of training and the training environment.

1. Warm-up prior to performing resistance exercise.
2. Adhere to proper techniques for performing each exercise.
3. Perform at least 8-10 repetitions of each exercise.
4. Perform each exercise through a functional range of motion.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

Sailors stationed at NH Pensacola, FL, team up with NS P'Cola MWR Fitness staff for a motivated morning exercise session. MWR's around the fleet are teaming up with commands to assist with the Navy's Culture of Fitness.

WORKOUT OF THE MONTH: Mighty Mo

Dynamic Warm-up

Basic Strength Training

1. Chest – 3X10
2. Back – 3X10
3. Biceps – 3X10
4. Triceps – 3X10
5. Shoulder Press – 3X10
6. Abdominals Crunches - 4X25
7. Leg Press – 3X10
8. Calves Raises – 3X10

Cool-down and Stretch

ABOUT THE WORKOUT: USS Missouri (BB-63) ("Mighty Mo" or "Big Mo") is a United States Navy Iowa-class battleship and was the third ship of the U.S. Navy to be named in honor of the US state of Missouri. Missouri was the last battleship built by the United States and was the site of the surrender of the Empire of Japan which ended World War II.