



**NAVY**  
PHYSICAL  
READINESS  
PROGRAM

## OCTOBER WORKOUT OF THE MONTH "BROWN"

### Warm-up 5-10 minutes

Start slowly and build up. You should be sweating by the end.

### Basketball court Sprints

10, (4) count pushups - Sprint 1/3 court and back  
10, (4) count bicycles - Sprint 1/3 court and back  
10, (4) count Jump squats - Sprint 1/3 court and back  
10, (4) count superman - Sprint 1/3 court and back

### **Recovery (walk 1 lap around whole court)**

7, (4) count Pushups - Sprint 2/3 court and back  
7, (4) count bicycles - Sprint 2/3 court and back  
7, (4) count jump squats – Sprint 2/3 court and back  
7, (4) count superman – sprint 2/3 court and back

### **Recovery (walk 1 lap around whole court)**

5, (4) count Pushups - Sprint 2/3 court and back  
5, (4) count bicycles - Sprint 2/3 court and back  
5, (4) count jump squats – Sprint 2/3 court and back  
5, (4) count superman – sprint whole court

### **Cool-down walk 2 laps around court**

### **Note:**

Bicycle Crunches - While on your back with hands behind head and elbows out and legs up with knees at 90 degree angle. Twist body slowly and make contact with opposite elbow and knee. Then make contact with other opposite elbow and knee. This should be a slow and controlled movement.

Squat Jumps - Squat down, touch ground with chest up, head up and eyes forward.  
Explode up with a jump.

Superman – Lie face down on a mat with your arms stretch above your head. Raise your right arm and left leg about 5-6 inches off the ground. Hold for 3 seconds and relax.  
Repeat with the opposite arm and leg.

### **Cool down / stretch 5 minutes**