



SEPTEMBER WORKOUT OF THE MONTH

"CLARK"

Warm-up 5-10 minutes

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

All times and repetitions are estimates. Make changes according to your commands fitness level.

1. Plank for 1 minute. Resting on toes and forearms, maintain a straight body parallel to the deck.
2. 25 Squats. Do not allow knees to move past toes.
3. Run 100 Yards. Distance can be adjusted according to space availability.
4. 25 Pushups. Standard Navy Pushup
5. 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.
6. Run 100 Yards
7. 10 Squat Jumps. Squat down, touch ground with chest up, head up and eyes forward. Explode up with a jump.
8. Rest 2-3 minutes

Cool down / stretch 5 minutes