SQUATS
Lower Body

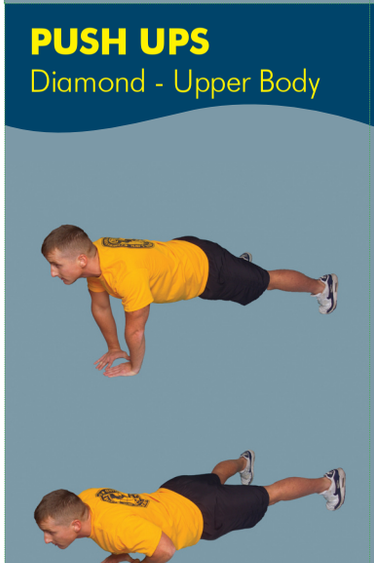
KICKBACKS
Lower Body

SIDE LEG LIFTS
OUTER — Lower Body

SIDE LEG LIFTS
INNER — Lower Body

ARM ROTATIONS
Upper Body

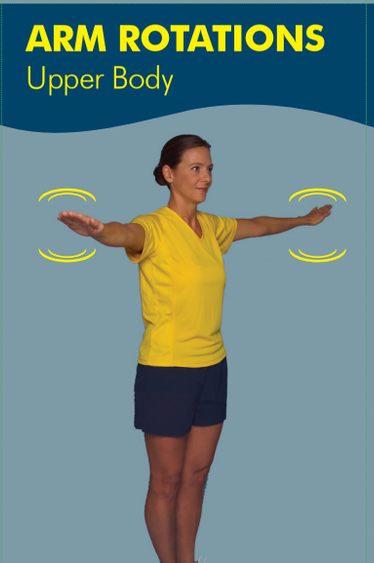
PUSH UPS
Diamond - Upper Body



PUSH UPS
Upper Body

DIPS
Upper Body

ARM ROTATIONS
Upper Body



THE BRIDGE
Middle Body

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ARM ROTATIONS
Upper Body

- Extend arms straight out to your side (parallel to floor)
- Rotate arms in circles while keeping fists extended
- Switch direction of circles halfway through set

Option: Vary size and speed of circles

Quotes of Note:
"Nothing is more fatal to health than an over care of it." ~Benjamin Franklin

SIDE LEG LIFTS
INNER
Lower Body

- Lie on side, rest head on hand, face shoulders forward
- Bend top leg so knee points to ceiling; use this knee as support
- Keep the bottom leg straight and lift up and down in two foot range
- Pause for three seconds at top of range
- Switch sides and lift opposite leg halfway through set

Quotes of Note:
"Today, the most common form of physical ABUSE is DISUSE." ~Stephen Seiler

SIDE LEG LIFTS
OUTER
Lower Body

- Lie on side, rest head on hand, face shoulders forward
- Lift outer leg up and down in a two foot range
- Pause for three seconds at top of range
- Switch sides and lift opposite leg halfway though set

Quotes of Note:
"Breathing correctly is the key to better fitness, muscle strength, stamina and athletic endurance." ~Dr. Michael Yessis

KICKBACKS
Lower Body

- Start on floor on all fours
- Bend leg at knee and raise heel to ceiling until thigh parallel to floor
- Hold position for three seconds and release
- Switch halfway though set

Tip: Keep head and back aligned. Do not arch back or neck.

Quotes of Note:
"Don't worry about upgrading your equipment. Upgrade your body." ~Anonymous cyclist

SQUATS
Lower Body

- Stand with feet parallel and shoulder-width apart
- While squatting, raise arms straight out in front for balance
- Continue squatting down until thighs are parallel to floor
- Return to the beginning position

Tip: Do not allow knees to go forward of toes

Quotes of Note:
"The first wealth is health." ~Ralph Waldo Emerson

THE BRIDGE
Middle Body

- Begin in modified push up position (on knees)
- Slowly drop down to elbows
- Lift knees off floor and hold a tight body position
- Hold for allotted time (in seconds)

Quotes of Note:
"True enjoyment comes from activity of the mind and exercise of the body; the two are united." ~Alexander von Humboldt

ARM ROTATIONS
Upper Body

- Extend arms above head
- Rotate arms in circles while keeping fists extended
- Switch direction of circles halfway through set

Option: Change size and speed of circles for added variety

Quotes of Note:
"A man too busy to take care of his health is like a mechanic too busy to take care of his tools." ~Spanish Proverb

DIPS
Upper Body

- Place palms behind you on a flat surface
- Lower upper body until triceps are parallel to floor
- Return to starting position

Quotes of Note:
"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." ~Edward Stanley

PUSH UPS
Upper Body

- Place hands shoulder-length apart
- Keeping body straight, lower chest to floor
- Return to beginning position

Option: Perform exercise on knees if tired

Quotes of Note:
"Movement is a medicine for creating change in a person's physical, emotional, and mental states." ~Carol Welch

PUSH UPS
Diamond - Upper Body

- Place hands under chest (pointer fingers and thumbs touching)
- Spread legs apart behind you
- With body straight, lower chest to floor
- Return to starting position

Option: Perform exercise on knees if fatigued

Quotes of Note:
"A man's health can be judged by which he takes two at a time - pills or stairs." ~Joan Welsh

CRUNCHES
Middle Body

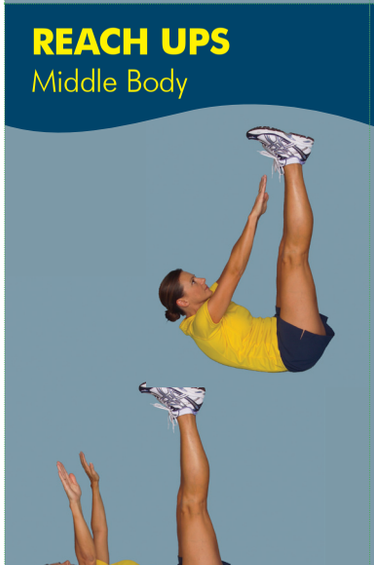
WALL SITS
Lower Body

LUNGES
Lower Body

BICYCLE CRUNCHES
Middle Body

SIT UPS
Middle Body

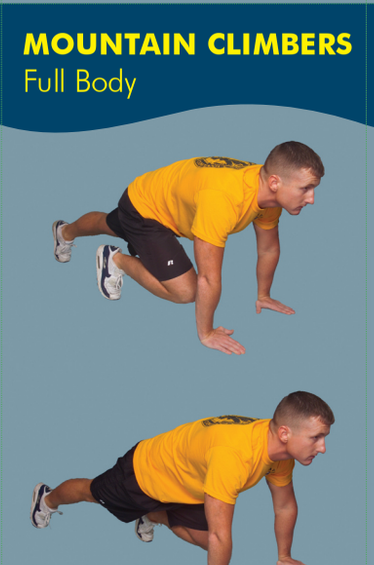
REACH UPS
Middle Body



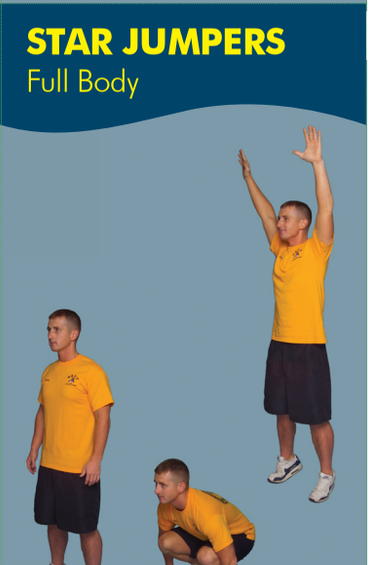
SQUAT THRUSTS
Full Body

CROSS COUNTRIES
Full Body

MOUNTAIN CLIMBERS
Full Body



STAR JUMPERS
Full Body



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SIT UPS
Middle Body

- Lie on back with knees bent
- Cross arms at chest level with hands on opposite shoulders
- Curl body up, touching elbows to thighs
- Slowly return to starting position

Tip: Keep head and back aligned. Do not tuck neck into chest.

Quotes of Note:
"The Body of a man is a machine which winds its own springs." ~J.O. De La Mettrie

THE NAVY RESERVIST TNR

BICYCLE CRUNCHES
Middle Body

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Move legs in bicycle motion while touching elbows to opposite knees (keep heels four inches off the floor)
- Every other knee touch equals one repetition

Tip: Do not fully clasp hands behind head or pull neck forward

THE NAVY RESERVIST TNR

LUNGES
Lower Body

- Step into lunge position until thigh is parallel to floor
- With feet remaining stationary, move up and down slowly
- Switch legs halfway through set

Tip: Do not allow knee to go forward of toe

Quotes of Note:
"One should strive to maintain good health by taking a balanced diet and exercising regularly." ~Atharva Veda

THE NAVY RESERVIST TNR

WALL SITS
Lower Body

- Lean back against wall with feet shoulder-width apart
- Slowly slide down wall until thighs are parallel to floor
- Maintain sitting position for allotted time (in seconds)

Quotes of Note:
"Exercise and temperance can preserve something of our early strength even in old age." ~Cicero

THE NAVY RESERVIST TNR

CRUNCHES
Middle Body

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Curl upper body toward knees and pause while squeezing abdominals
- Slowly return to starting position

Tip: Do not fully clasp hands behind head or pull neck forward

Quotes of Note:
"Perfection is not attainable, but if we chase perfection we can catch excellence." ~Vince Lombardi

THE NAVY RESERVIST TNR

STAR JUMPERS
Full Body

- Begin standing with knees slightly bent
- Lower to a crouching position with thighs parallel to floor. Explode up into the air and extend hands to ceiling
- Land in beginning position with knees slightly bent

Quotes of Note:
"Our growing softness, our increasing lack of physical fitness, is a menace to our security." ~ President John F. Kennedy

THE NAVY RESERVIST TNR

MOUNTAIN CLIMBERS
Full Body

- Begin in standard push up position
- With upper body stationary, quickly alternate bringing knees to chest
- Legs should move as if running in place
- Every other knee to chest equals one repetition

Tip: Keep head aligned with back and look straight ahead

Quotes of Note:
"Motivation is what gets you started. Habit is what keeps you going." ~Jim Ryun

THE NAVY RESERVIST TNR

CROSS COUNTRIES
Full Body

- Start in a standing position with knees bent
- Jump up and extend left foot forward and right foot backward
- At the same time, swing arms in opposite direction of legs
- While jumping back and forth, simulate motion of cross country skier with skis and poles
- Every other arm/leg swing equals one repetition

THE NAVY RESERVIST TNR

SQUAT THRUSTS
Full Body

- Drop to a crouching position with hands on floor
- Thrust legs out behind you
- Return to a crouching position; stand up

Quotes of Note:
"Health is the vital principle of bliss, and exercise of health." ~James Thomson

THE NAVY RESERVIST TNR

REACH UPS
Middle Body

- Start on back with legs and arms pointing to ceiling
- Curl upper body and reach for toes with outstretched arms
- Slowly return to starting position
- Keep a slow and controlled movement

Option: Reach for opposite toes for added variety

Quotes of Note:
"A healthy body is a guest chamber for the soul: a sick body is a prison." ~Francis Bacon

THE NAVY RESERVIST TNR