

Navy Basic Fitness Orientation Practical Application Checklist

| 7 7 7 . 7 | | thought the machines listed |
|--|---|---|
| _ | <mark>eral knowledge (purpose of machine</mark> | , proper form) and seat |
| adjustment. | 0 17 11 | 0 |
| Machine | General Knowledge | Seat Adjustment |
| Leg Press | | |
| Leg Extension | | |
| Leg Curl | | |
| Chest Press | | |
| Lat Pull Down | | |
| Shoulder Press | | |
| Bicep Curl | | |
| Tricep Extension | | |
| Abdominal Crunch | | |
| Low Back Ext | | |
| Assisted Dip/Pull up (if | | |
| available) | west avegages illus dam avegtuata avegage | on atting tachnique and gan and |
| | nust successfully demonstrate proper | spotting technique and general |
| knowledge for the following free v | weight/body weight exercises. | |
| Exercise | General Knowledge | Spotting Technique |
| Bench Press | | |
| Shoulder Dumbbell Press | | |
| Line didde Dumibben i 1000 | | |
| Squat | | |
| | | |
| Squat | | |
| Squat Dips Pull-ups | e employee must successfully take the | e reviewer though the machines |
| Squat Dips Pull-ups Cardiovascular Equipment: The | e employee must successfully take the the programs available on the consc | |
| Squat Dips Pull-ups Cardiovascular Equipment: The listed below and properly explain on each piece of equipment. | the programs available on the conso | |
| Squat Dips Pull-ups Cardiovascular Equipment: The listed below and properly explain on each piece of equipment. Machine | | |
| Squat Dips Pull-ups Cardiovascular Equipment: The listed below and properly explain on each piece of equipment. Machine Treadmill | the programs available on the conso | ple and proper set-up/alignment |
| Squat Dips Pull-ups Cardiovascular Equipment: The listed below and properly explain on each piece of equipment. Machine Treadmill Elliptical Trainer | the programs available on the conso | ple and proper set-up/alignment |
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