



Navy Basic Fitness Orientation Practical Application Checklist

Equipment Check: The employee must successfully take the reviewer through the machines listed below and must demonstrate general knowledge (purpose of machine, proper form) and seat adjustment.

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)		

Spotting Check: The employee must successfully demonstrate proper spotting technique and general knowledge for the following free weight/body weight exercises.

Exercise	General Knowledge	Spotting Technique
Bench Press		
Shoulder Dumbbell Press		
Squat		
Dips		
Pull-ups		

Cardiovascular Equipment: The employee must successfully take the reviewer through the machines listed below and properly explain the programs available on the console and proper set-up/alignment on each piece of equipment.

Machine	General Knowledge	Programs
Treadmill		
Elliptical Trainer		
Bike		
Rower		

NOTE: It is important that the employee is familiar with each piece of equipment in the facility. Walk through the remaining machines and ensure that they are comfortable with each machine.

Employee Name: _____ Command: _____

Reviewer (please print): _____ Signature of Reviewer: _____