

GROUP PHYSICAL TRAINING



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Navy Operational Fitness Series

GROUP TRAINING SERIES

NAVY OPERATIONAL FITNESS



3 Simple Steps to Get Started!

Step 1: Choose a Level

This card series progresses you through 3 levels of training, each with 4 stages. Each level and stage will progressively increase the intensity and volume of the training session. If you are new to this programming start with level 1 to become familiar with the movements and set a solid foundation for your performance to build on. Progress to the next stage when you have successfully completed the prescribed number of circuits in the allotted time. Progress to the next level when you successfully complete Stage D with perfect technique in the desired time. If you are advanced it may not be long until you advance to the next level, however, it is very important to take the time during each stage to achieve mastery of the technique before increasing the resistance and advancing to the next level.

Step 2: How long do you want to work out?

Each program has three different lengths of workouts. Choose a workout time and follow the program that best fits your schedule. If you are new to the movements throughout the card series the duration of the workouts may be slightly longer. However, as you become familiar with the programming you will be able to complete the programs in the allotted time. Select a time below and follow the color dots throughout the training session.

● **Short = 30 minutes**

● **Medium = 45 minutes**

● **Long = 60 minutes**

Step 3: Start your Program!

Your training session will consist of 5 training components. Work through each component to complete your training session.

1. Pillar Preparation

- Your Pillar – which consists of your hips, torso, and shoulders – represents the foundation for all your movement. “Pillar Prep” primes these critical muscles to prepare your body for the work ahead – helping to protect you from injury and boost your performance during your training session.

2. Movement Preparation

- Lengthen, strengthen, and stabilize your body. “Movement Prep” consists of a series of active and dynamic stretches to help prepare you to move.

3. Strength

- Strengthen the movements needed to perform on an operational platform. Pay close attention to the quality of your movement. Select a resistance that you feel challenged with for the number of reps prescribed.

4. Cardiovascular Fitness

- Boost your endurance, leg strength, and speed through a variety of interval training options. The movements in this component are designed to target and develop your energy systems while efficiently burning calories.

5. Recovery

- A critical component to any training program, recovery brings balance back to your body, helping to relieve tension and the associated aches and pains while enhancing your body’s response to the training.

Training Frequency:

It is recommended to try to complete 3-4 training sessions per week. On recovery days, you can include the Warm up (Pillar Prep & Movement Prep) and Flexibility routines to assist in the recovery process and prepare you for your next training session.

GROUP TRAINING SERIES

WARM UP & STRENGTH

LEVEL 1, 2 & 3



Warm Up = Pillar Preparation & Movement Preparation

Pillar Preparation

Your Pillar – which consists of your hips, torso, and shoulders – represents the foundation for all your movement. “Pillar Prep” primes these critical muscles to prepare your body for the work ahead – helping to protect you from injury and boost your performance during your training session.

Stage:	A	B	C	D
No. of Circuits:	1	1	1	1
Reps:	6	6	8	10

● Short ● Medium ● Long

Level 1

PILLAR BRIDGE (*30 SEC HOLD)

● 1
● ● ●



Level 2

PILLAR BRIDGE W/ARM LIFT

● 1
● ● ●



Level 3

PLANK W/ ALTERNATING HIP FLEXION

● 1
● ● ●



Y'S - DECK

● 3
● ● ●



Y'S BENT OVER

● 3
● ● ●



T'S - BENT OVER

● 3
● ● ●



90/90 STRETCH

● 4
● ● ● ●



90/90 STRETCH LEGS CROSSED

● 4
● ● ● ●



QUADRUPED THORACIC ROTATION

● 4
● ● ● ●



Movement Preparation

Specifically designed to lengthen, strengthen, and stabilize your body. "Movement Prep" consists of a series of active and dynamic stretches to help prepare you to move. Execute each movement with control and purpose.

Stage:	A	B	C	D
No. of Circuits:	1	1	1	1
Reps:	4	4	6	6

● Short ● Medium ● Long

Level 1

MINI BAND - EXTERNAL ROTATIONS

● 1
●
●



Level 2

MINI BAND - BENT KNEE LATERAL WALK

● 1
●
●



Level 3

MINI BAND - STRAIGHT LEG LATERAL WALK

● 1
●
●



● 2 REVERSE LUNGE, ELBOW TO INSTEP - KNEELING



● 2 REVERSE LUNGE, ELBOW TO INSTEP - IN PLACE



● 2 REVERSE LUNGE, ELBOW TO INSTEP - IN PLACE W/ ROTATION



● 3 LATERAL SQUAT - ALTERNATING



● 3 LATERAL SQUAT - LOW ALTERNATING



● 3 LATERAL LUNGE - ALTERNATING



● 4 KNEE HUG - IN PLACE



● 4 REVERSE LUNGE - W/ REACH



● 4 REVERSE LUNGE - W/ ROTATION



● 5 DROP LUNGE



● 5 DROP LUNGE - ALTERNATING



● 5 LEG CRADLE - IN PLACE



● 6 INVERTED HAMSTRING W/ SUPPORT



● 6 INVERTED HAMSTRING



● 6 INVERTED HAMSTRING



Strength - Fit Kit

This strength option takes advantage of the FIT KIT equipment using bands and body weight as the primary source of resistance. This component is designed to strengthen the movement needed to perform on an operational platform. Pay close attention to the quality of your movement, once comfortable, select a resistance that you feel challenged with and adjust the tension of the bands by wrapping the band on your foot.

Stage:	A	B	C	D
Reps:	8	10	12	15

	Circuit 1	Circuit 2
● Short	x2	x1
● Medium	x2	x2
● Long	x3	x2

Circuit 1

Level 1

1 **GLUTE BRIDGE (REPS)**



2 **PUSH UP**



3 **SQUAT W/ MINI BAND**



4 **Y'S - BENT OVER (BANDS)**



Level 2

1 **GLUTE BRIDGE - 2 LEGS UP, 1 LEG DOWN**



2 **PUSH UP**



3 **SPLIT SQUAT (BANDS)**



4 **BENT OVER ROW (BANDS)**



Level 3

1 **ROMANIAN DEADLIFT - 1 ARM 1 LEG (BANDS)**



2 **PUSH UP - 1 LEG**



3 **SINGLE LEG SQUAT W/MINI BAND**



4 **BENT OVER ROW - 1 ARM (BANDS)**



Circuit 2

Level 1

Level 2

Level 3

1 LATERAL SQUAT – LOW ALTERNATING



1 SQUAT TO OVERHEAD PRESS (BANDS)



1 SQUAT – 1 ARM (BANDS)



2 OVERHEAD PRESS – 1/2 KNEELING (BANDS)



2 T'S – BENT OVER (BANDS)



2 GLUTE BRIDGE – 1 LEG



3 LATERAL PILLAR BRIDGE (*30 SEC HOLD)



3 DYNAMIC LATERAL PILLAR BRIDGE



3 OVERHEAD PRESS - LOW SPLIT (BANDS)



4 STRAIGHT LEG LOWERING – ALTERNATING



4 CRUNCHES



4 PILLAR BRIDGE - ROLLING



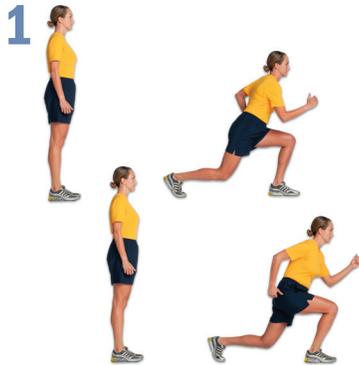


Select 1 Cardio Option:
METABOLIC or **EQUIPMENT BASED** or **DECK BASED**

Metabolic Circuit

Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of the "Work" interval. Recover for the duration of the "Rest" interval and repeat. Form and technique are critical to pay attention to during the circuit, work hard but stay focused throughout.

LEVEL 1		
Time Per Movement	Rest Between Circuits	Number of Circuits
15 sec ea.	1:30	● Short x2 ● Med x3 ● Long x4
LEVEL 2		
Time Per Movement	Rest Between Circuits	Number of Circuits
20 sec ea.	1:00	● Short x2 ● Med x3 ● Long x4
LEVEL 3		
Time Per Movement	Rest Between Circuits	Number of Circuits
30 sec ea.	30 sec ea.	● Short x2 ● Med x3 ● Long x4



1 REVERSE LUNGE - ALTERNATING

- Contract your back glute at the bottom of the lunge
- Return to standing by pushing through your front hip
- Keep chest up, don't let your back knee touch the deck
- Alternate sides each rep



5 PLANK - RUNNING

- Start in push up position with hands beneath shoulders, one knee toward chest, one straight
- Begin to alternate leg positions while keeping torso engaged & hips still
- Keep your back flat throughout the entire movement



2 PILLAR BRIDGE - W/ ARM LIFT

- Alternate reaching up & out with arms - hold 2 sec ea.
- Keep shoulders & hips square to deck with arm reach
- Keep torso engaged during movement



6 SINGLE LEG BALANCE - ALPHABET

- Sit your hips down & back into a quarter squat
- With 'floating' foot spell the alphabet with toe for prescribed time
- Keep your torso & hip engaged throughout the movement
- Alternate legs every 5 sec until working time elapsed



3 LATERAL LUNGE - ALTERNATING

- Step to the right with your right foot, keeping your toes forward & your feet flat
- Squat through hip while keeping your opposite leg straight
- Keep your back flat & your chest up
- Push through your hip to return to standing, and alternate sides each rep



7 SPLIT SQUAT - ALT. 5 SEC HOLDS

- Take a low split position with your weight primarily supported on your front leg
- Keep your torso engaged, tall posture & don't let knee touch the deck
- Alternate legs every 5 sec until working time elapsed



4 DROP LUNGE - ALTERNATING

- Reach one foot across & behind, square hips forward & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back
- You should feel a stretch in the outsides of both hips
- Alternate sides each rep



8 PUSH UP TO LATERAL PLANK - ALTERNATING

- Start in a push-up position.
- Bend elbows and lower torso toward the ground
- As you push back up, lift one arm to the ceiling as you rotate torso in same direction
- Rotate back to starting position and repeat in opposite direction to complete 1 rep

How hard should I work?

Heart Rate (HR) Based Training

If you have a HR monitor you can measure the intensity of your workout based on your HR response. These HR training zones can be created from an estimated Max HR, based on the following general formula:

Max HR = 220 – Age.

From this number use the percentages from the table above to determine your HR training zones for each interval intensity. During your training, if you notice your HR goes higher than your calculated Max HR, simply replace the calculated Max HR with your observed Max HR and re-calculate the percentages for each HR zone.

Rate of Perceived Exertion (RPE)

Your Rate of Perceived Exertion (RPE) is a simple and effective way to determine the training intensity during the prescribed intervals. The scale goes from 1-10. A rating of 1 would be equivalent to standing still, while a rating of a 10 would be representative of the most strenuous level of activity you could possibly sustain. Here are some general guidelines to follow throughout your training.

Intensity	Rate of Perceived Exertion	% of Max Heart Rate
Easy	5 out of 10	65%
Moderate	7 out of 10	80%
Hard	9 out of 10	90%
Max	10 out of 10	100%

- 5/10 You should be moving with a purpose, but you should still be able to carry a comfortable conversation.
- 7/10 Your breathing should be more rapid and you should not be able to carry a conversation.
- 9/10 An extremely strenuous effort. Breathing should be rapid and the effort should be difficult to maintain.
- 10/10 Maximum effort. Give it all you got!

Equipment Based Option (Bike, Treadmill, Elliptical)

Select a piece of cardio equipment and follow the appropriate interval training session below. Start the session with 2-5 minutes of easy effort to warm up. Equipment based training can help to reduce the impact on your body throughout your conditioning. Cross training is an effective way to challenge the body, so try to mix up the equipment you select when possible.

Level 1



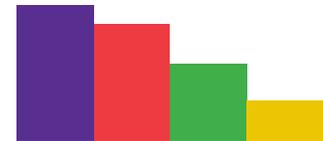
Stage:	Moderate	Easy	Short	Medium	Long
A	3 min	2 min	x2	x3	x4
B	3 min	2 min	x2	x3	x4
C	4 min	1 min	x2	x3	x4
D	5 min	1 min	x2	x3	x4

Level 2



Stage:	Hard	Moderate	Easy	Short	Medium	Long
A	1 min	2 min	2 min	x2	x3	x4
B	1 min	3 min	1 min	x2	x3	x4
C	1:30 min	X	1:30 min	x3	x4	x6
D	2 min	X	2 min	x3	x4	x5

Level 3



Stage:	Max	Hard	Moderate	Easy	Short	Medium	Long
A	X	:30 sec	X	1 min	x6	x10	x12
B	X	1 min	X	:30 sec	x6	x10	x12
C	:05 sec	X	:25 sec	:30 sec	x10	x15	x20
D	:10 sec	X	:20 sec	:30 sec	x10	x15	x20

Deck Based Option - Linear Accelerations & 6-Cone Drill

Deck based conditioning focuses on powerful transitions when accelerating and decelerating, while being simple enough to elevate your HR and develop leg strength. During your work intervals hit the prescribed effort levels, during the rest intervals walk or jog the pattern at your own pace to ensure full recovery before the next interval begins.

Level 1

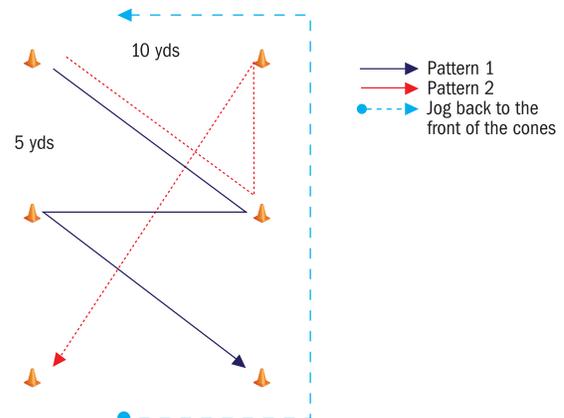
Stage:	Pattern	Work	Rest	Short	Medium	Long
A	30 yds Moderate/10 yds Max	2 min	1 min			
B	20 yds Moderate/20 yds Max	2 min	1 min	x3	x5	x7
C	10 yds Max /30 yds Moderate	2 min	1 min			
D	20 yds Max /20 yds Moderate	2 min	1 min			

Levels 2 & 3

Stage:	Pattern	Work	Rest	Short	Medium	Long
A	1	1:00	2:00	x2	x4	x5
B	1	2:00	1:00	x3	x5	x7
C	Alt. 1 & 2	1:00	2:00	x2	x4	x5
D	Alt. 1 & 2	2:00	1:00	x3	x5	x7



Stage	Work	Rest
A	Moderate (30 yds)	Max (10 yds)
B	Moderate (20 yds)	Max (20 yds)
C	Max (10 yds)	Moderate (30 yds)
D	Max (20 yds)	Moderate (20 yds)



Flexibility - Stretch Strap

The following flexibility exercises will help bring balance back to your body, relieving tension and the associated aches and pains. Active-isolated stretching will help lengthen short or stiff muscles by re-programming your muscles to contract and relax through new ranges of motion.

Hold each stretch for 2 seconds while exhaling, then relax back to the start position and continue for 10 reps each. Do not bounce through the end range of the stretch.

1



CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

4



ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

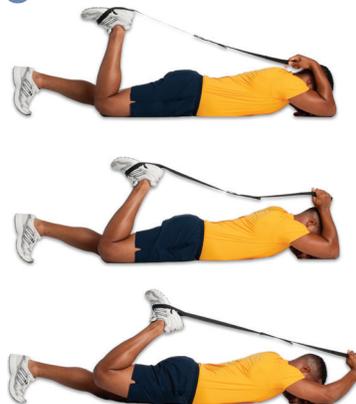
2



STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

5



QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched. Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

3



ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

6



SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side

Flexibility - No Equipment

The following flexibility exercises will help bring balance back to your body, relieving tension and the associated aches and pains. Active-isolated stretching will help lengthen short or stiff muscles by re-programming your muscles to contract and relax through new ranges of motion.

Hold each stretch for 2 seconds while exhaling, then relax back to the start position and continue for 10 reps each. Do not bounce through the end range of the stretch.

1



BENT KNEE HAMSTRING STRETCH

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

4



QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

2



KNEE HUG – SUPINE

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

5



TRICEPS STRETCH

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

3

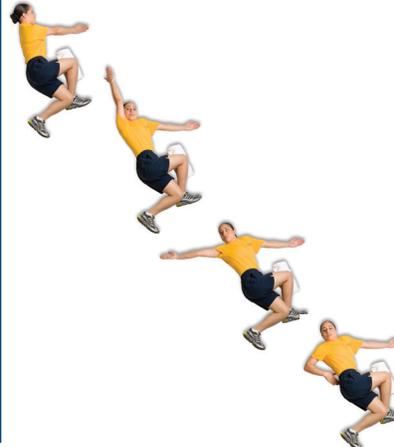


LEG CRADLE – SUPINE

- Actively lift knee to your chest, placing one hand on knee & one around the ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side



6



90/90 STRETCH – W/ ARM SWEEP

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the deck
- Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side