

# Military Sealift Command

## Health Promotion Program: SHIP FIT

**Emphasis:** Injury prevention, muscular endurance, and increased athletic performance.

**Phase Two Program Overview:** These 10-minute workouts, divided into eight-week training phases, are designed to be a quick, effective way to still get your exercise in while under way and with minimal equipment.

\*You may notice the progressive movement variations are divided slightly differently than they were the first eight-week phase. This time, they are divided into full body, upper body, lower body, and core (as opposed to the first eight-week phase, which was divided into lower body, push/chest, pull/posterior chain, and core). Therefore, some of the exercises that fell in the pull/posterior chain category are now in the lower body category. This is because those exercises target your glutes and hamstrings, which are part of both your lower body and your posterior chain).

### Progressive Movement Variations:

**Total Body:** Inchworm, Mountain Climbers, Plank to Push Up, Squat to Overhead Press

**Upper Body (Push and Pull):** Push-ups, Lying Dumb Bell Chest Press, Dumb Bell Shoulder Press, (Assisted) chin-ups, Dumb bell Lateral Shoulder Raise

**Lower Body:** Wall Sits, Squats, Lunges, Superman Holds, Bridge holds, Hip Thrusts, Single Leg Bridge Holds

**Core:** Sit-Ups/Crunches, Modified Planks, Modified Side Planks, Planks, Side Planks

	MON	TUES	WED	THURS	FRI
<b>WEEK 9</b>	Total body	Upper body (Push and Pull)	Lower body	Core	Total Body AMRAP
<b>WEEK 10</b>	Total body	Upper body (Push and Pull)	Lower body	Core	Total Body AMRAP
<b>WEEK 11</b>	Total body at 5-10% intensity increase	Upper body (Push and Pull) at 5-10% intensity increase	Lower body at 5-10% intensity increase	Core	Total Body AMRAP
<b>WEEK 12</b>	Total body at 5-10% intensity increase	Upper body (Push and Pull) at 5-10% intensity increase	Lower body at 5-10% intensity increase	Core	Total Body AMRAP
<b>WEEK 13</b>	Total body at 5-10% intensity increase	Upper body (Push and Pull) at 5-10% intensity increase	Lower body at 5-10% intensity increase	Core	Total Body AMRAP
<b>WEEK 14</b>	Total body at 15% intensity increase	Upper body (Push and Pull) at 15% intensity increase	Lower body at 15% intensity increase	Core	Total Body AMRAP
<b>WEEK 15</b>	Total body at 15% intensity increase	Upper body (Push and Pull) at 15% intensity increase	Lower body at 15% intensity increase	Core	Total Body AMRAP
<b>WEEK 16</b>	Total body at 15% intensity increase	Upper body (Push and Pull) at 15% intensity increase	Lower body at 15% intensity increase	Core	Total Body AMRAP

**Please Note:** Before beginning, please complete a proper warm-up and cool down. A proper warm up is anywhere from 5-10 minutes and gradually increases your heart rate as you increase your range of motion. A proper cool down is also 5-10 minutes in duration and gradually brings your heart rate back down to its resting rate followed by stretching.

If not performed correctly, exercises can be dangerous to you and those around you. If you are fit for duty, you are medically qualified to participate in this exercise program. Please note, if you experience chest pain, difficulty breathing or any other concerning symptom, you should stop and consult your MSO/MDR (afloat) or consider calling 911 (ashore).

## MSC SHIP FIT: Week 9 and Week 10

### MONDAY: Total Body

#### Two Sets:

Time	Exercise
1 minute	Inchworm
30 seconds	Rest
30 seconds	Mountain Climbers
30 seconds	Rest

#### Two Sets:

Time	Exercise
1 minute	Squat to Overhead Press
30 seconds	Rest
30 seconds	Plank to Pushup
30 seconds	Rest

### TUESDAY: Upper Body (Push and Pull)

#### Three Sets:

Time	Exercise
12 reps	Push-Ups (modified if needed)
30 seconds	Rest
10 reps	Chin-ups (modified if needed)
30 seconds	Rest
10 reps	Dumb bell lateral shoulder raise
30 seconds	Rest

**\*Beginners recommendation: If this is your first time completing these exercises, try starting with 5 lb. dumb bells.**

### WEDNESDAY: Lower Body

#### Two Sets:

Time	Exercise
30 seconds	Lunges
30 seconds	Rest
30 seconds	Body Weight Squats
30 seconds	Rest

#### Two Sets:

Time	Exercise
40 seconds	Wall sit
20 seconds	Rest
1 minute	Bridge hold
1 minute	Rest

### THURSDAY: Core

#### Three Sets:

Time	Exercise
40 seconds	Plank (modified if needed)
20 seconds	Rest
12 reps	Crunches
30 seconds	Rest
15 seconds	Left side plank hold (modified if needed)
15 seconds	Rest
15 seconds	Right side plank hold (modified if needed)
15 seconds	Rest

## **FRIDAY: AMRAP**

10 minute AMRAP (As Many Rounds As Possible in 10 minutes) – DO record your results to keep track; DO NOT sacrifice good form to go faster!

10 push-ups

15 squat to press

20 mountain climbers

1 minute bridge hold

## MSC SHIP FIT: Weeks 11 - 13

### MONDAY: Total Body

#### Two Sets:

Time	Exercise
1 minute	Inchworm
30 seconds	Rest
40 seconds	Mountain Climbers
20 seconds	Rest

#### Two Sets:

Time	Exercise
15 reps	Squat to Overhead Press
30 seconds	Rest
40 seconds	Plank to Pushup
20 seconds	Rest

### TUESDAY: Upper Body (Push and Pull)

#### Three Sets:

Time	Exercise
15 reps	Push-Ups (modified if needed)
30 seconds	Rest
12 reps	Chin-ups (modified if needed)
30 seconds	Rest
12 reps	Dumb bell lateral shoulder raise
30 seconds	Rest

**\*Beginners recommendation: If this is your first time completing these exercises, try starting with 5 lb. dumb bells.**

## WEDNESDAY: Lower Body

### Two Sets:

Time	Exercise
40 seconds	Lunges
20 seconds	Rest
40 seconds	Body Weight Squats
20 seconds	Rest

### Two Sets:

Time	Exercise
45 seconds	Wall sit
15 seconds	Rest
1 minute	Bridge hold
1 minute	Rest

## THURSDAY: Core

### Three Sets:

Time	Exercise
45 seconds	Plank (modified if needed)
15 seconds	Rest
15 reps	Crunches
30 seconds	Rest
20 seconds	Left side plank hold (modified if needed)
10 seconds	Rest
20 seconds	Right side plank hold (modified if needed)
10 seconds	Rest

## **FRIDAY: AMRAP**

10 minute AMRAP (As Many Rounds As Possible in 10 minutes) – DO record your results to keep track; DO NOT sacrifice good form to go faster!

10 push-ups

15 squat to press

20 mountain climbers

1 minute bridge hold

## MSC SHIP FIT: Weeks 14 - 16

### MONDAY: Total Body

#### Two Sets:

Time	Exercise
1 minute	Inchworm
30 seconds	Rest
45 seconds	Mountain Climbers
15 seconds	Rest

#### Two Sets:

Time	Exercise
20 reps	Squat to Overhead Press
30 seconds	Rest
45 seconds	Plank to Pushup
15 seconds	Rest

### TUESDAY: Upper Body (Push and Pull)

#### Three Sets:

Time	Exercise
15 reps	Push-Ups (modified if needed)
30 seconds	Rest
15 reps	Chin-ups (modified if needed)
30 seconds	Rest
15 reps	Dumb bell lateral shoulder raise
30 seconds	Rest

**\*Beginners recommendation: If this is your first time completing these exercises, try starting with 5 lb. dumb bells.**

## WEDNESDAY: Lower Body

### Two Sets:

Time	Exercise
45 seconds	Lunges
15 seconds	Rest
45 seconds	Body Weight Squats
15 seconds	Rest

### Two Sets:

Time	Exercise
1 minute	Wall sit
1 minute	Bridge hold
1 minute	Rest

## THURSDAY: Core

### Three Sets:

Time	Exercise
1 minute	Plank (modified if needed)
15 reps	Crunches
30 seconds	Rest
25 seconds	Left side plank hold (modified if needed)
5 seconds	Rest
25 seconds	Right side plank hold (modified if needed)
5 seconds	Rest

## **FRIDAY: AMRAP**

10 minute AMRAP (As Many Rounds As Possible in 10 minutes) – DO record your results to keep track; DO NOT sacrifice good form to go faster!

10 push-ups

15 squat to press

20 mountain climbers

1 minute bridge hold

**Contact your Health Promotions Coordinator Leighanne Gerstbrein for questions about this exercise program or for information about Health Promotion Services at MSC.**

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## LOWER BODY



**Wall Sits:** Start with your back against the wall and feet flat on the floor, shoulder width apart. Slowly lower your hips until your knees form right angles.



**Squats:** Keeping your weight in your heels, lower your hips from a standing position and then stand back up.



**Lunges:** With one leg positioned forward with your knee bent and foot flat on the ground, the other leg should be positioned behind you as you slowly lower to the ground, keeping your torso upright.



**Superman Holds:** Lying flat on your stomach on the floor with your arms extended overhead, raise your arms and legs off the ground and hold.



**Bridge Hold:** Lying flat on your back on the floor, bend your knees and put your feet flat on the ground, hip width apart. From there, drive your hips up and hold.

**Hip Thrusts:** Begin in a bridge hold position. From there, lower your hips to the ground, until your butt taps the ground. From there, drive your hips back up slowly and repeat.



**Single Leg Bridge Hold:** Begin in a bridge hold position. From there, extend one leg in the air so all your body weight is in the other leg planted firmly on the ground.



## UPPER BODY (PUSH AND PULL)



**Push-Up:** Keeping your core tight, press your chest down to the floor and back up.



**Lying Dumbbell Chest Press:** Lie flat on the bench (or floor) with a dumbbell in each hand. Push the dumbbells up so that your arms are directly over your shoulders and your palms are up. Once your arms are fully extended, lower the dumbbells back down until your elbows are slightly below or level with your shoulders and repeat.



**Dumbbell Shoulder Press:** In a seated position with a dumbbell in each hand and palms facing forward, bend your elbows and raise your upper arms to shoulder height so that dumbbells are at ear level. From there, push the dumbbells overhead. Once your arms are fully extended, lower the dumbbells back down to ear level and repeat.



**Dumbbell Lateral Shoulder Raise:** In a standing position with your feet hip width apart and dumbbells down by your side, slowly raise the dumbbells to shoulder level until your arms are parallel with the floor. Keep your arms straight but elbows not locked. Lower them back down and repeat.



**Assisted Chin Ups:** (Use band shown in picture if possible/needed) Grab the pull-up bar using an underhand or overhand grip. As you breathe out, pull your torso up until your head is around the pull up bar. Return to starting position and repeat.

## CORE



**Sit-Ups/Crunches:** Lying flat on your back, lift your torso half way off the ground (for crunches) or all the way to a sitting position (sit-ups) without changing the position of your legs. Slowly lower and repeat.



**Modified Plank:** Start on all fours and walk your hands forward until your body forms a straight line from your head to your knees. Keep your abs lifting away from the floor, pulling your belly button toward your spine to prevent your pelvis and low back from sagging.



**Modified Side Plank:** Begin on your right side with your left leg directly over your right leg and bend your knees to a comfortable position. Raise your upper body to support yourself on your right arm. Your right elbow should be directly under your right shoulder. Align your head with your spine and keep your hips and lower knee in contact with the ground.



**Plank:** Start lying on your stomach and then contract your core and lift your entire torso off the ground, keeping your body weight on your forearms, elbows, and toes. Pull your belly button into your spine to keep your core tight.



**Side Plank:** Begin on your right side with your feet stacked on top of each other and right forearm directly beneath your right shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet.

## FULL BODY



**Inch Worm:** Stand up tall with your legs straight but make sure your knees are not locked. Slowly lower your hands to the floor, lowering your torso as you go. Then, walk your hands forward until you are in a plank position. Once there, start taking tiny steps so your feet meet your hands, and then repeat.



**Mountain Climbers:** Start in a push-up position. Bringing one foot forward, directly under your chest, while straightening the other leg. Keep your core tight and your hands planted on the floor. Continue to alternate legs.



**Plank to pushup:** Start in a plank position. Place one hand on the floor at a time to lift up into a pushup position, then complete a push up, keeping your core tight and back flat. Move one arm at a time back into a plank position with your forearms on the ground.



**Squat to overhead press:** Standing with your feet hip – width apart and holding a dumb bell in the middle of your chest, slowly lower down into a squat position as you lift the dumb bell overhead until your arms are fully extended. Return to standing position and repeat.

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