

STAY FIT!

JULY 2014

HIGH INTENSITY TACTICAL TRAINING

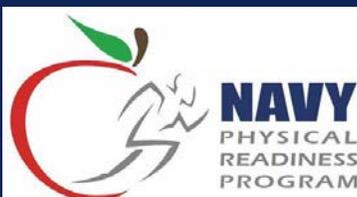
HITT is a comprehensive combat-specific strength and conditioning program that is used by the USMC.

HITT exercises are based on 3 principles: 1) Preventing potential injuries. 2) Increasing performance that will transfer to combat. 3) Building strength, developing power for elasticity, and increasing speed.

Athlete HITT is recommended for pre-deployment. Combat HITT is recommended predominantly during the deployment training periods. Warrior HITT is recommended for pre-deployment periods and late phases of post deployment.

Click this [link](#) to learn more about USMC HITT workouts

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

NSA Souda Bay, Crete. CFL class led by MWR Fitness Specialist poses for a picture after their final two-hour workout.

Workout of the Month: "Coker"

Go to [Sample Workouts](#) on our website for more information

Dynamic Warm-up 10 minutes

Circuit training

- Jumping jack
- Pushups
- Squat jumps
- Plank running
- Reverse alternating lung with front kick
- Walking planks
- Sumo squats with alternating lateral leg lifts
- Plank jacks
- Squat with kettle bell swing
- Plank twist (alternating knee to elbow)
- Split squats
- Tricep pushups
- High knees

Cool-down and 12 Navy Recommended stretches

ABOUT THE WORKOUT: CDR Coker was taken as a POW on August 27, 1966 and was held captive for 2,381 days and then released on March 4, 1973. CDR Coker was trained as an A-6 intruder navigator-bombardier and deployed to Vietnam with VA-65 aboard the USS Constellation (CVA-64). Once released, CDR Coker returned to Active Duty and retired in 1986. CDR Coker was honored with the Navy Cross for leadership as a POW during the Vietnam War.