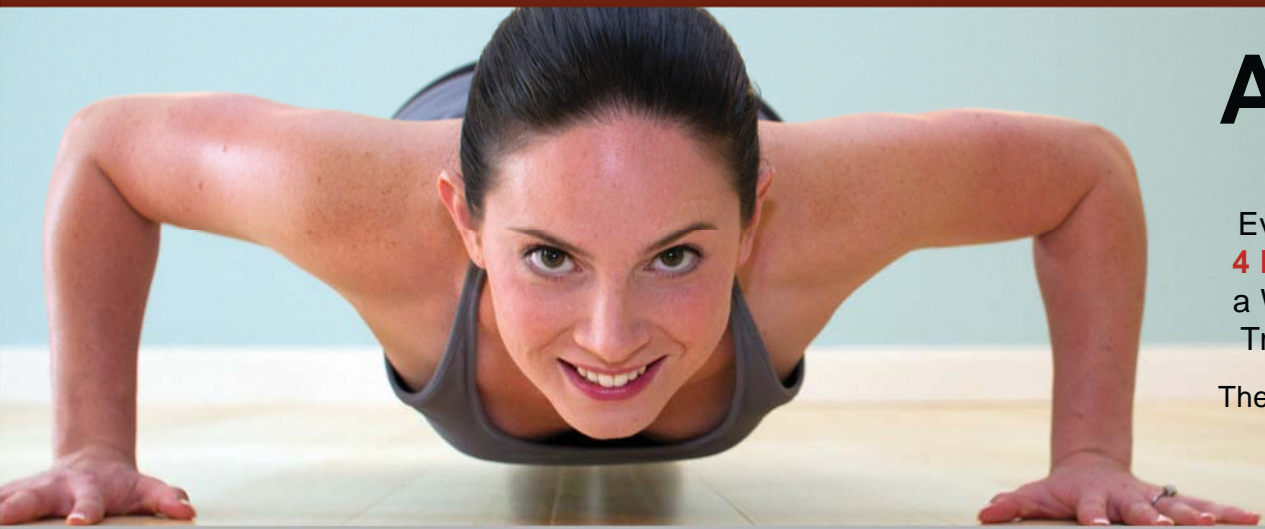


WEEKLY

2015

HIT TRAINING



APRIL 1
4 PM @ Drill Hall

Every **WEDNESDAY** at **4 PM** we will be holding a Weekly High Intensity Training (**HIT**) workout.

The **Workout of the Week (WOW)** will be posted in the **Drill Hall**.

WORKOUT WILL INCLUDE:
Plyometric Exercises, Cone Drills, Strength Exercises, Sprinting, Sandbag Training, and much more.

These workouts are meant to push you to the limit and are on the harder side, but most exercises could be modified to fit your fitness level.



Register at the Sports and Fitness Office.
All eligible Drill Hall patrons and there guests.

For more info contact Michael Lorentzen
301-342-5449 or michael.lorentzen@navy.mil

