



DSCC FITNESS CENTER
WWW.DSCCMWR.COM/FITNESS

Army Transitional PT Program

Monday & Friday Mornings: 0630 - 0715

A workout program designed for anyone concerned with overall anaerobic and aerobic endurance but directed towards Army soliders, Active Duty and Reservists.

PREPARES INDIVIDUALS FOR 5 EVENTS:

- **60-YARD SHUTTLE RUN**
- **ONE-MINUTE ROWER**
- **STANDING LONG-JUMP**
- **ONE-MINUTE PUSH-UP**
- **1.5 MILE RUN**

FOR MORE INFORMATION, CALL RACHEL AT 692-3084

