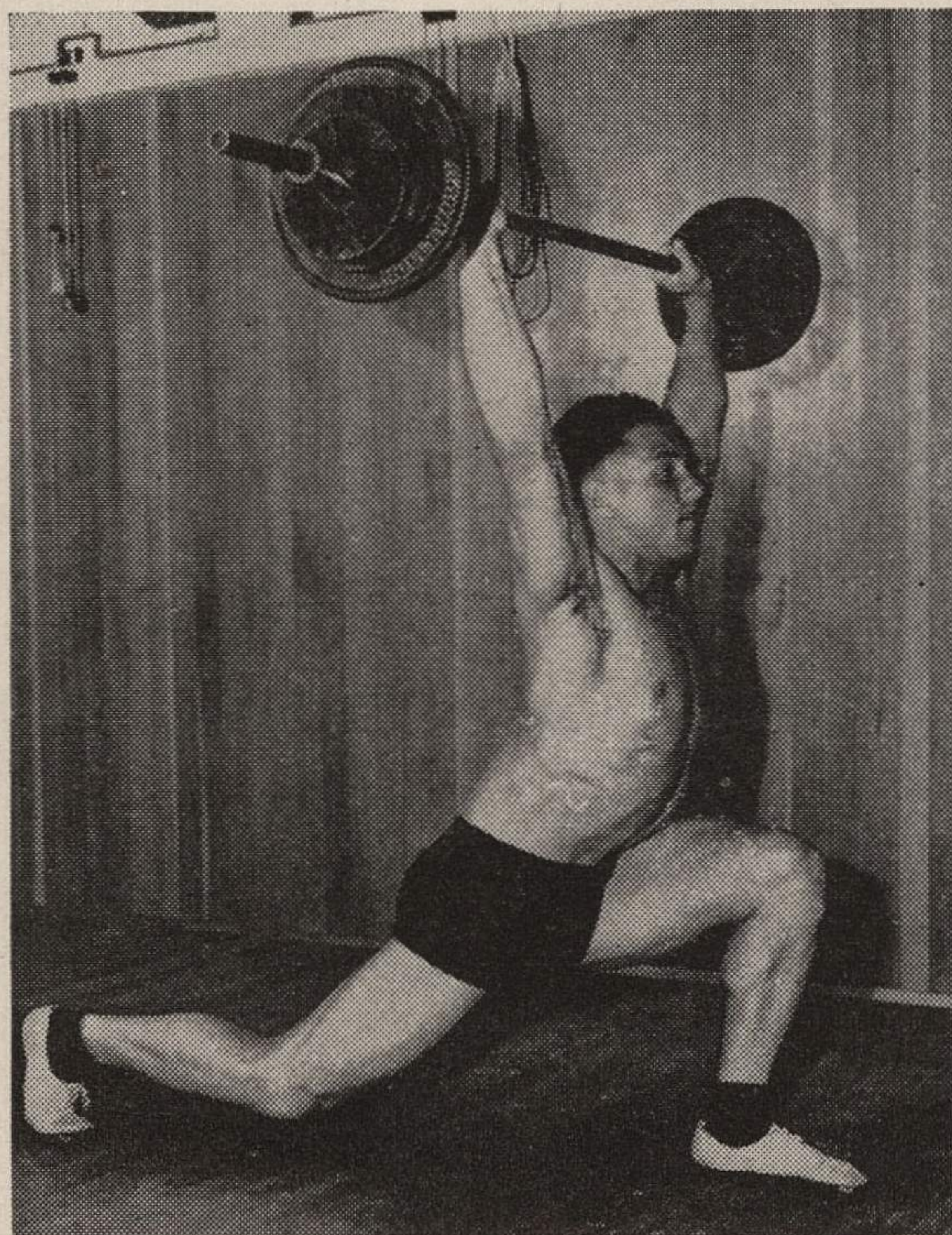


APPARATUS WORK IS CONVENIENT FOR SMALL GROUPS

Limited use is made of apparatus and equipment exercises in the Navy physical fitness program. They do, however, have special body-building values.



Weight lifting, rope skipping (left) and rope climbing (right) all are on Navy program.

Among the more commonly used apparatus exercises are those performed on horizontal, parallel, and stall bars; vertical, diagonal, and horizontal ladders; the buck, side, and long horse; and traveling rings. Rope and pole climbing are given a great deal of emphasis because of the simulation to actual conditions at sea. Rope skipping is a top exercise for the development of leg muscles and wind. Inflated (fast) and training-bag punching drills develop men's arms and legs.

Muscular strength can be developed very rapidly through progressive weight lifting. The usual equipment is an adjustable bar bell, or several bar bells, graded in weight.

OBTAINABLE ON REQUEST

Officers may obtain the following physical fitness information by request to the source indicated:

- *Physical Fitness Manual for the U. S. Navy*, NavPers15,007, from the Training Division, Physical Fitness Section, BuPers.
- *Catalogue of Sports—Games—Music Equipment*, from Planning and Control Division, Material Requirements Section, BuPers.
- Motion pictures listed in *Physical Fitness Manual*, from commandant each naval district or Training Division, Training Aids Section.

