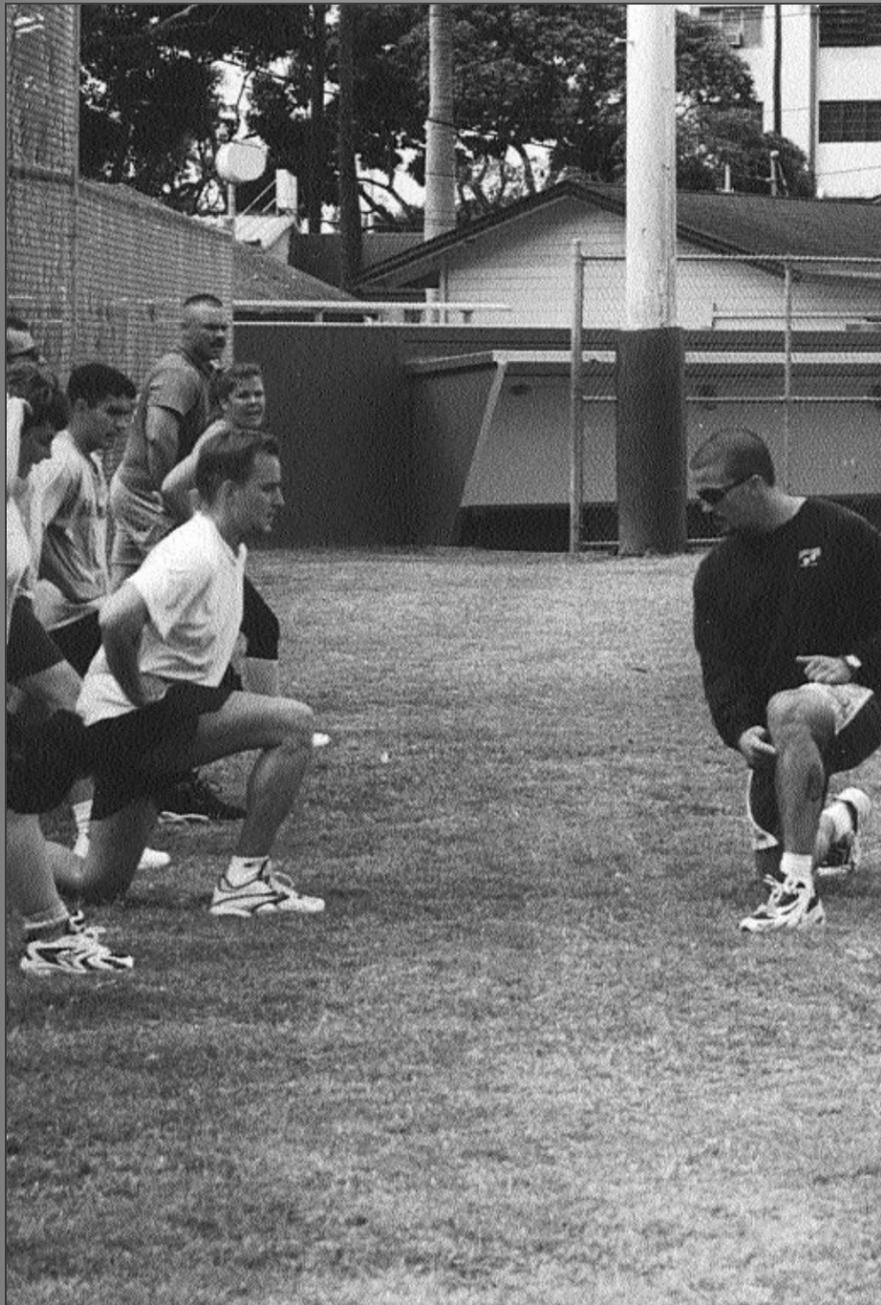


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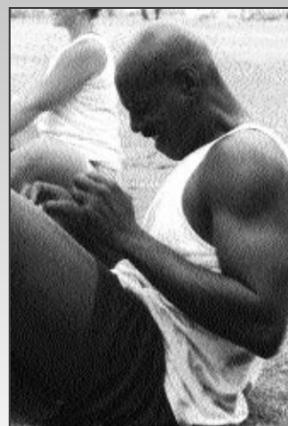
Basic Training Program



Former Navy Diver, Wayne Fisher instructs Sailors how to properly do deep knee bends during a Basic Training class. The Basic Training Program has been established at Pearl Harbor to help Sailors meet their Physical Readiness requirements.



Sailors perform flutterkicks during a "Basic Training" workout. The workout provides basic body weight exercises such as push-ups, pull ups, squats, lunges and lots of abdominal work.



Wayne Fisher (above), instructor for the Basic Training Program, wears a motivational T-shirt stating "Pain is weakness leaving the body." ETC (SS) Clemons Cager (left), from Naval Submarine Support Command pushes himself to do one more pushup during Fisher's Basic Training Class. Servicemembers push-out push-ups during a Basic Training Class.



Photos by Suzan Holl

Basic Training Program offers Sailors a great workout, physical readiness

By Suzan Holl

MWR

For many active-duty Sailors, meeting the Physical Readiness Training (PRT) standards set by the Navy is one of the toughest challenges of their career. What people sometimes forget is that keeping fit requires a daily commitment. However, staying motivated can be a big factor. After trying weight training, aerobics, kick boxing and more, a handful of Navy men and women have found their motivation in Pearl Harbor's Basic Training Program, a rigorous hour-long class that has given them tremendous results.

The Basic Training class is the brainchild of veteran Navy diver Wayne Fisher who came up with the idea for such a class a few years ago.

"This is a popular workout on the mainland," said Fisher. "When I heard that the Fitness Center was looking for this type of class I offered to teach it."

Fisher, commonly referred to as "Fish" by his students, has based his program on the physical training he received in dive school and his work as a support member for Seal Delivery Vehicle Team ONE, Pearl Harbor. He is certified as a group fitness instructor by Aerobic Fitness Association of America, and is working towards his certification as a Specialist in Sports Conditioning through the International Sports Science Association.

The class consists of basic body weight exercises such as push-ups, pull ups, squats, lunges and lots of abdominal work. Although the exercises seem simple enough many students come to the startling revelation after just one class how out of shape they really are.

"I was embarrassed my first month in the class," stated Chief Electronic Technician

Clemons Cager, electronics officer on the Performance Monitoring Team at Naval Submarine Support Command, Subase.

"I had no idea how out of shape I really was. This class is no walk in the park." Cager stuck it out for three months and says he now feels much better than he ever did when he relied solely on free weights for his workout.

"This class has brought back my stamina and endurance," he said. "I'm trying to motivate other people in my shop to get out here and give this a try."

This is not your typical aerobics class.

"We don't have mirrors, music, and I will never wear spandex," says Fisher with a smile, this class's main focus is getting people in shape and showing them just how much they can achieve if they set their minds to it.

The classes are also held outdoors. "Sometimes we get a little dirty," says Fish, "But that's ok."

There are some who attend the class of their own free will while others are directed to as part of their command's mandatory PT program. These people have either failed their most recent PRT or after being weighed and measured, did not meet current Navy standards. These are the people whom Fish monitors closely, writing monthly fitness evaluations on each one and making sure that the check-in sheets they are required to bring with them are signed. Unfortunately, says Fisher, even those who are at risk of losing their Navy careers don't give the class a chance. They show up simply because they have to.

Those people, he says, are only cheating themselves. However, every mandatory PT student who has put forth the effort and stayed with the class has gotten off mandatory PT and stayed off according to Fisher.

"Some people come to this class with the impression that they can just show up, stay in the back of class, and that counts as a workout," says Fisher. "They get a reality check within the first 15 minutes. It may not look like it, but I watch everyone."

"It doesn't matter to me why someone is on mandatory PT, I'm not here to judge," Fisher says. "But people need to realize that to get off mandatory PT status takes effort. To pass the PRT, you have to do what is on the PRT."

Fisher performs every exercise for every rep during class. "I can't stand in front of the class and just shout out exercises," he says, "I do everything I make the class do. I tell them that if I can do it, so can they. It also justifies my high expectations of each person in class."

The class is difficult, but it produces results. "I keep the standards high for everyone and force the class to conform to higher levels of performance," says Fisher. "I won't let them cheat themselves here. I believe it works."

Take Postal Clerk 1st Class Julie DiFraia from Commander in Chief, Pacific Fleet, for example.

"I scored 'outstanding' on my last two PRT's, a first, after 14 years in the Navy," she says. "I've stuck with this program because it works."

DeFraia has attended the Basic Training Program for nine months, lost quite a few pounds and has gone down two dress sizes. "I haven't been this size since I was 18," she said.

Results among individuals in the class vary, according to Fisher, but the key behind a person's success is staying motivated.

"I encourage people to push themselves to the limit, to do just one more push-up, run one more lap. When you challenge your body you'll see success. Basic Training is the hard-

est program offered here but it's not impossible," he says. "Some people have a hard time motivating themselves. I tell them they only need enough motivation to get to class. I'll do the rest."

Kim Miller and Jenice Gomez, both eight-month veterans of the class, are happy with their results. "I look in the mirror and I am very pleased," says Miller. "I have muscles now," added Gomez who also lost 25 pounds since she started the class.

"I home school my four children," Miller said, "and since I've been taking this class I've had more energy and I've been able to have a more positive mindset." Gomez agrees, "I've been able to push myself in other areas of my life."

Lt. Alex Hobson has been in the class two months and says she loves it.

"There is a real camaraderie between all of us who regularly attend the class," says Hobson. "There's no complacency here. Fish really watches everyone and doesn't let anyone cheat." Says Hobson, "If you are really serious about getting in shape, then this is the class for you, but," she adds, "you have to be willing to commit."

Fisher believes that you can get in shape the same way you got out of shape, by making certain choices. "You can either choose to take care of your body," he says, "or you can choose not to. I can only do so much, the big decision to get in shape is up to you."

The class is free for all active duty, dependents and DoD civilians and meets weekdays from 11:30 to 12:30 p.m., Monday, Wednesday and Friday at Ward Field on the Naval Station and Tuesday and Thursday at Subase Gym. For more information call Bloch Arena at 473-0793.