



the Almanac

"I have not yet begun to fight!" USS BONHOMME RICHARD LHD 6

February 18, 2012

Sailors Change-up Workout Underway



Aviation Boatswain's Mate 3rd Class (AW/SW) Sheldon J. Victorine instructs Sailors on proper positioning of exercises during a core strength and conditioning program held in the upper vehicle stowage on USS Bonhomme Richard (LHD 6) Feb. 15.

Story and photo by MC3 Katherine Barkley

USS Bonhomme Richard (LHD 6) Sailors underway work on their fitness through various exercise groups meeting every day, one of which is a core strength and conditioning program instructed by Aviation Boatswain's Mate 3rd Class (AW/SW) Sheldon J. Victorine.

The conditioning program is part of a "Fitness Challenge" implemented into the ship's daily schedule to help Sailors stay fit and get ready for the upcoming PRT cycle.

Core strength and conditioning style of exercise takes basic movement combinations and turns them into a workout, which focuses on strength, flexibility and cardiovascular fitness.

Victorine said he trained in cross conditioning for more than a year, earning a certified trainer certification through a local chapter in San Diego's east county. He said his attraction to this exercise style lies in that no matter what fitness level a person is at when beginning, they are able to participate

through the scalable techniques used.

"This workout program uses constantly varied functional movement, done at a high intensity," said Victorine, "We use functional movement to our advantage."

Yeoman 3rd Class Vinchenza Garcia said she decided to try this style of exercise because she is working on increasing her fitness level and felt this was a great way to start back into a regular routine.

"I thought that ABF3 Victorine was a great teacher. I feel muscles in my body aching that I forgot existed," said Garcia.

Senior Chief Aviation Machinist's Mate (AW/SW) Demetrius Swilley, Bonhomme Richard's assistant command fitness leader, said any Sailor willing to better themselves, then teach his fellow crewmembers, has an effective impact at the "deck plate" level. Swilley said Sailors stagnant in their workout routines benefit from participating in programs like the one offered by Victorine.

"It's a total body workout and it's something outside of the norm. If you do the same thing everyday, it gets boring. This kind of exercise spices up a workout routine," said Swilley.

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BHR BINGO

Watch from your office tonight!

First game starts at 2030

\$5.00 per game board

Prizes:

Game 1 \$50
 Game 2 \$100
 Game 3 \$150
 Game 4 \$200
 Game 5 \$200

KBHR Ch. 2

POSTAL NOTE!

Personnel receiving mail on BHR must change their address by Mar. 22, 2012 to have all their mail forwarded to USS Essex. Packages should be forwarded by Mar. 15, 2012.

Mailing Address:
 USS Essex (LHD 2)
 FPO, AP 96643-1661

Movie schedule
 Saturday, Feb. 18



CH. 2 Command Information --- CH. 5 AFN Sports
 CH. 6 AFN News --- CH. 7 AFN Prime

ch.3

0600/1830 Drive
 0800/2030 Fantastic Four
 1000/2230 Terminator 2
 1230/0100 I Can Do Bad All By Myself
 1430/0300 H. Potter Deathly Hallows
 1630 Prince of Persia Sands of Time

ch.4

0600/1800 Megamind
 0800/2000 Hot Tub Time Machine
 1000/2200 Rocky 2
 1200/0000 Fast 5
 1430/0230 The Open Road
 1600 Mrs. Doubtfire

ch.8

0600/1830 The Rock
 0800/2030 Transporter
 1030/2300 Ides of March
 1230/0100 Kill Bill I
 1430/0300 Crimson Tide
 1630 GI Jane



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