



UNIT GA-20102

FITNESS PROGRAM

“FIT for LIFE”

TRAINING GUIDE

Georgia Performance Standard(s) Content Area	Career, Technical, and Agricultural Education (CTAE)
Program Concentration	Government and Public Safety
Career Pathway	JROTC – Air Force
Course	Leadership Education – Cadet Health and Wellness Program
Standards	<p>PS-AFLEI-7. Students will explain the main causes of stress and how to manage stress.</p> <ul style="list-style-type: none"> a. Distinguish between positive and negative stress b. Explain the causes of stress c. Predict the effects of stress on the body d. Describe ways to manage stress <p>PS-AFLEI-11. Students will explain how to choose and maintain a healthful diet and use resources to make healthful dietary decisions.</p> <ul style="list-style-type: none"> a. Explain why the body needs nutritious food. b. Predict what influences food choices c. Explain the difference between appetite and hunger. d. List the six types of nutrients and explain how the body uses them. e. Select the sources of different nutrients. f. Explain the daily need for water and fiber. g. Explain the substances in food that should be limited. h. Describe resources that can help you make wise food choices i. Explain why it is important to have a balanced diet. <p>PS-AFLEI-13. Students will explain the importance of physical fitness, the measures of physical fitness demonstrate how to plan and execute physical fitness plan.</p> <ul style="list-style-type: none"> a. Define physical fitness and explain the difference between physical activity and exercise. b. Predict the benefits of physical activity. c. Describe how to increase levels of fitness. d. Explain heart and lung endurance and how it can be measured. e. Describe muscle strength and endurance and how each can be measured. f. Explain how to improve body composition. g. Define flexibility and describe how it can be measured. h. Explain how to set and achieve fitness goals. i. Describe how to prepare an activity plan. j. Label the three stages of an exercise session. k. Explain how to check fitness progress.

	<p>PS-AFLEI-14. Students will explain how to eat healthfully, the health risks of eating disorders, and how to seek help for an eating disorder.</p> <ol style="list-style-type: none"> Explain the relationships between weight, growth, and health. Explain how eating and physical activity habits affect weight. Describe ways to maintain a healthy weight. Explain why some people develop eating disorders. Distinguish between anorexia nervosa, bulimia, binge eating disorders, and describe the health risks associated with each disorder. Name organizations/facilities where a teen with an eating disorder can get help. <p>PS-AFLEI-16. Students will describe the dangers of tobacco, how to avoid using it and how to seek help in quitting tobacco use.</p> <ol style="list-style-type: none"> Generate a document describing several forms of tobacco, the harmful substances in tobacco, the harmful effects of tobacco on the body, the harmful effects of secondhand smoke on nonsmokers, and negative effects that tobacco may have on appearance and the cost of tobacco on society. Explain why some teens start using tobacco. Select strategies for avoiding tobacco use. Explain ways smokers can quit. <p>PS-AFLEI-17. Students will explain the dangers of alcohol, ways to avoid using alcohol, and when and how to seek help for alcohol-related issues</p> <ol style="list-style-type: none"> Construct a document describing the effects of alcohol on the body, the fetus, why it affects each individual differently, and the serious dangers of drinking. Name the special problems alcohol causes in teens. Generate a document describing the three stages of alcoholism, how alcoholics can recover, support groups that help alcohol-dependent persons and their family members, how the media influences our view of alcohol, and alternatives to alcohol for fun and relaxation. Explain why teens use alcohol and ways they can refuse alcohol.
CTAE Foundation Skills	<p>CTAE-FS-3 Communications: Learners use various communication skills in expressing and interpreting information.</p> <p>CTAE-FS-4 Problem Solving and Critical Thinking: Learners define and solve problems, and use problem-solving and improvement methods and tools.</p> <p>CTAE-FS-7 Safety, Health and Environment: Learners employ safety, health and environmental management systems in corporations and comprehend their importance to organizational performance and regulatory compliance.</p> <p>CTAE-FS-8 Leadership and Teamwork: Learners apply leadership and teamwork skills in collaborating with others to accomplish organizational goals and objectives.</p> <p>CTAE-FS-11 Entrepreneurship: Learners demonstrate understanding of concepts, processes, and behaviors associated with successful entrepreneurial performance.</p>

Assessment	Cadet will choose between two aerobic activities (running or walking) to be assessed. Cadet will also be assessed on strength and flexibility.		100 points max for each tested area.
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Pre-Assessment Quiz	<p>Cadet Full Name: _____ Flight: _____ Grade: _____ Date: _____</p> <p>Baseline Fitness Pre-Assessment</p> <p>TIME: Time required complete exercises</p> <p>METHOD: Performance demonstration</p> <p>REFERENCES: Leadership Education 100 Physical Activity and Fitness</p> <p>AUDIO/ VISUAL INSTRUCTION AIDS: None</p> <p>STUDENT PREPARATION: Select physical fitness activity and train according to fitness goal.</p> <p>COGNITIVE OBJECTIVE:</p> <ol style="list-style-type: none"> 1. Know the importance of physical fitness. 2. Know the measures of physical fitness. 3. Know how to plan and execute a physical fitness plan. <p>COGNITIVE SAMPLES OF BEHAVIOR:</p> <ol style="list-style-type: none"> 1. Define physical fitness and explain the difference between physical activity and exercise. 2. Identify the benefits of physical activity. 3. Describe how to increase levels of fitness. 4. Explain heart and lung endurance and how it can be measured. 5. Describe muscle strength and endurance and how each can be measured. 6. Explain how to improve body composition. 7. Define flexibility and describe how it can be measured. 8. Explain how to set and achieve fitness goals. 9. Describe how to prepare an activity plan. 10. Identify the three stages of an exercise session. 11. Explain how to check fitness progress. 12. Outline the benefits of individual sports and team sports. 13. Identify ways to become physically fit to participate in a sport. 14. Identify ways to minimize the risk of injury when participating in a sport. <p>GRADING: Progress Grade based on fitness rubric. *****</p> <p>LESSON OUTLINE: INTRODUCTION: Attention, Motivation and Overview MP 1. A. Performance Drill Movement Evaluation Assessment B. Review Drill Movements CONCLUSION: Summary, Re-motivation and Closure</p>	Monthly,	Progress Grade
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Summative Assessment	<p>Cadet Full Name: _____ Flight: _____ Grade: _____ Date: _____</p> <p>Fitness Assessment</p> <p>TIME: Time required complete exercises</p> <p>METHOD: Performance demonstration</p> <p>REFERENCES: Leadership Education 100 Physical Activity and Fitness</p> <p>AUDIO/ VISUAL INSTRUCTION AIDS: None</p> <p>STUDENT PREPARATION: Select physical fitness activity and train according to fitness goal.</p> <p>COGNITIVE OBJECTIVE:</p> <ol style="list-style-type: none"> 1. Know the importance of physical fitness. 2. Know the measures of physical fitness. 3. Know how to plan and execute a physical fitness plan. <p>COGNITIVE SAMPLES OF BEHAVIOR:</p> <ol style="list-style-type: none"> 1. Define physical fitness and explain the difference between physical activity and exercise. 2. Identify the benefits of physical activity. 3. Describe how to increase levels of fitness. 4. Explain heart and lung endurance and how it can be measured. 5. Describe muscle strength and endurance and how each can be measured. 6. Explain how to improve body composition. 7. Define flexibility and describe how it can be measured. 8. Explain how to set and achieve fitness goals. 9. Describe how to prepare an activity plan. 10. Identify the three stages of an exercise session. 11. Explain how to check fitness progress. 12. Outline the benefits of individual sports and team sports. 13. Identify ways to become physically fit to participate in a sport. 14. Identify ways to minimize the risk of injury when participating in a sport. <p>GRADING: Final grade based on fitness rubric. *****</p> <p>LESSON OUTLINE: INTRODUCTION: Attention, Motivation and Overview MP 1. A. Performance Drill Movement Evaluation Assessment B. Review Drill Movements CONCLUSION: Summary, Re-motivation and Closure</p>	Finals	Progress Grade
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Males Strength & Flexibility	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
Push Ups	Over 54	45-54	35-44	20-34	Under 20
Grade Points	100	85	75	65	55
Sit-ups	Over 49	44-49	39-44	35-38	Under 35
Grade Points	100	85	75	65	55
Pull-ups	Over 13	9 ~ 13	6 ~ 8	3 ~ 5	Under 3
Grade Points	100	85	75	65	55
Sit & Reach (CM)	Over 41	41 ~ 31	30 ~ 20	19 ~ 15	Below 15
Grade Points	100	85	75	65	55
Sit & Reach (Inches)	Over 16	16 ~ 12	11 ~ 7.75	7.25 ~ 6.75	Below 6.75
Grade Points	100	85	75	65	55

Females Strength & Flexibility	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
Push Ups	Over 48	34-48	17-33	6 ~ 16	Under 6
Grade Points	100	85	75	65	55
Sit-ups	Over 43	37-43	33-36	29-32	Under 29
Grade Points	100	85	75	65	55
Pull-ups	Over 6	5 ~ 6	3 ~ 4	1 ~ 2	0
Grade Points	100	85	75	65	55
Sit & Reach (CM)	Over 42	42 ~ 35	34 ~ 29	28 ~ 21	Below 20
Grade Points	100	85	75	65	55
Sit & Reach (Inches)	Over 16.5	16.5 ~ 13.75	13.25 ~ 11.5	11 ~ 8.25	Below 8.25
Grade Points	100	85	75	65	55

Males & Females	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
Walk-It-Out Program	Over 216	215 ~ 162	161 ~ 108	107 ~ 54	Under 54
Grade Points	100	85	75	65	55

Males	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
1-Mile Walk Time	Under 11:54	11:54-13:00	13:01-13:42	13:43-14:30	Over 14:30
Grade Points	100	85	75	65	55

Females	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor

1-Mile Walk Time	Under 13:12	13:24-14:06	14:07-15:06	15:07-16:30	Over 16:30
Grade Points	100	85	75	65	55

Males (Elite)	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
1-Mile Run Time	Under 6:00	6:00-6:24	6:25-7:10	7:11-8:19	Over 8:19
Grade Points	100	85	75	65	55

Males (Average)	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
1-Mile Run Time	Under 8:00	8:00-8:24	8:25-9:10	9:11-10:19	Over 10:19
Grade Points	100	85	75	65	55

Females (Elite)	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
1-Mile Run Time	Under 6:45	6:46-7:36	7:37-8:37	8:38-10:00	Over 10:00
Points	100	85	75	65	55

Females (Average)	A	B	C	D	F
Category	Excellent	Good	Average	Fair	Poor
1-Mile Run Time	Under 8:00	8:00-8:36	8:37-10:06	10:07-11:00	Over 11:00
Points	100	85	75	65	55

What is the purpose of Unit GA-20102 Fitness Program?

The goal of the fitness program is to motivate all members to participate in a year-round physical conditioning program, emphasizing total fitness to include proper aerobic conditioning, strength/flexibility training, and healthy eating.

Why do I need to be physically fit?

All cadets should be physically fit to support a healthy lifestyle. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness.

How does the Unit GA-20102 assess physical fitness?

Cardiovascular fitness is assessed with a 1-mile run or 1-mile walk for time.

Muscular fitness is assessed through the sit-ups, push-up tests, and pull-ups, which are 1-minute maximal effort tests of muscular endurance or maximal effort with no time limit.

Body composition is assessed by abdominal circumference measurements.

Flexibility is assessed by sit and reach.

What are the components of physical fitness?

FITNESS COMPONENT	FITNESS ASSESSMENT
Cardiovascular (VO ₂ Max)	1-mile run OR 1-mile walk
Muscular Strength	None
Muscular Endurance	Upper Body = Push-Ups Abdominal = Crunches
Body Composition	Abdominal Circumference
Flexibility	Sit and Reach

How do I prepare for the annual assessments?

Through a consistent program of aerobic exercise, weight training, stretching, and balanced nutrition. In other words, living a healthy lifestyle! Also by following the assessment-day guidelines, you can improve upon your score. See Walk-It-Out, 5K Walking program, and 5K Running program handouts to select training program.

Cardiovascular (a.k.a. aerobic) fitness should follow the “FITTER” principles as recommended by the American College of Sports Medicine:

Frequency: 3-5 days per week for best results.

Intensity: 75-90% of age-predicted maximum heart rate (MHR)

$$\text{MHR} = 220 - \text{age}$$

$$\text{MHR} \times .75 = \text{Low end of training zone}$$

$$\text{MHR} \times .90 = \text{High end of training zone}$$

Refer to the chart at the end of the booklet to find your age-predicted MHR and target heart rate training zone, as well as an alternate calculation method.

How do I take my pulse?

During exercise, check your heart rate by using a heart rate monitor, or by taking your pulse at your wrist or neck for 10 seconds using the following directions:

- ❖ Place your first two fingers lightly over the radial artery on your wrist or the carotid artery at the side of your neck. Do not press hard at your neck or you may slow your heart rate down.
- ❖ Using a watch or clock second-hand, count the number of beats that occur in 10 seconds. Multiply this number by 6 to get your heart rate in beats per minute.
- ❖ Choose your target heart rate zone based on your fitness goals (60-70% of your HR max for beginners and/or low-intensity workouts; 75-85% for more advanced exercisers and/or high-intensity workouts). For safety reasons, you should avoid working out over 85% of MHR for prolonged periods of time.
- ❖ If you are below your training zone, push a little harder. If you are above, slow down and take it easy.

Time: 20-60 minutes in your training zone. Higher intensity exercise doesn't require as much time (20-30 min), and lower intensity should be continued for longer periods (45-60 min).

Type: Aerobic exercise that uses large muscle groups and is rhythmic & continuous in nature. EX: cycling, walking, jogging, swimming, roller-blading. Activities like basketball, racquetball, or golf will not be helpful for increasing aerobic fitness but can help maintain it.

Enjoyment: Choose an activity that you will stay with for a long time. . . one you want to do, not have to do!

Rate of progression: Start slowly, at a frequency, time, & intensity that is comfortable but requires some physical exertion. Gradually increase frequency, time OR intensity, but not two or more at the same time! Doing too much too soon leads to injury and burnout. Alternate workouts between high- and low-intensity days.

What can I do for muscular fitness?

Training for the muscular fitness tests can be accomplished in a number of ways. The method you choose is dependent on your goals – see chart on page 10 for more information.

- ❖ One method would be simply to practice push-ups and crunches (specificity training). Do this every other day until you can increase the total number of repetitions you can do in 1 minute. Work to muscular exhaustion once a week, which is a maximal effort.
 - You can also train sub-maximally by doing 3 sets of any number of reps that brings you to muscular fatigue, but not complete exhaustion. Rest for 1-2 minutes in between sets.
- ❖ Another training method for push-ups is “negative resistance.” Instead of doing a push-up, start in the “up” position and slowly lower yourself down in a count of 5. Relax and drop your body to the floor, get onto all fours and resume the “up” position and repeat. Do 3 sets of 8-10 reps.
- ❖ A third method is to use weight training to develop the upper body muscles involved in the push-up, which are the TRICEP, CHEST, and SHOULDER.

See pages 10-17 for a sampling of recommended exercises for individual muscle groups. There are many variations on these exercises involving machines or free weights. For a more extensive list, contact your base fitness center or HAWC.

How often?

The key to effective weight training is allowing rest days. Muscle groups should not be worked on consecutive days, allowing 24-72 hours of rest between workouts. If you split your routine, you can lift every day, but if you are doing a whole-body workout in one day, then have at least a day in between.

WHY?

Weight training benefits your overall health by strengthening bones, maintaining muscle tissue, and decreasing fatigue brought on by normal daily activities. It will also help decrease blood pressure and cholesterol; promotes healthy body weight and body fat; improves balance and coordination; promotes body awareness, self-esteem, and positive self-image. Weight training should be incorporated into any physical fitness program, whether you desire improved athletic performance, weight loss, or improved general health. During the rest periods, the muscle fibers repair and rebuild themselves in order to adapt to the work you are giving them. It's the breakdown and rebuilding process that allows growth and strength to occur. Lifting 2-3 days per week will maintain muscular fitness. Workouts need not last longer than one hour per day.

Important tips for safety:

- ❖ DO NOT HOLD YOUR BREATH WHEN LIFTING!! As a safety measure, exhale during the hard part of the lift (the “positive” phase) and inhale during the easy part (the “negative” phase).
- ❖ KEEP YOUR KNEES SLIGHTLY BENT WHEN DOING A STANDING UPPER-BODY EXERCISE. This keeps your blood flowing to your brain – locking your knees could cause you to pass out.
- ❖ ALWAYS LIFT WITH GOOD FORM! Form is critical in order to make the most of your workouts. Squeaking out two more reps with bad form isn't going to make a positive difference in your training, but it will expose you to potential injury. It is far more desirable to lift fewer reps or a lighter weight with proper form (quality vs. quantity). The negative phase of the lift should be done twice as long as the positive. You could do a 2-second : 4-second rep, or a ratio of 1 sec : 2 sec. Pause for a moment at the end of the positive phase. Controlling your lift this way forces your muscles to do the work, not gravity or momentum.
- ❖ USE A SPOTTER IF YOU NEED TO. Again, don't expose yourself to injury if you need assistance with a heavy weight. Utilizing a spotter can help you train better and make faster gains by helping you through sticking points. They are there to keep you from hurting yourself. Weight belts are unnecessary because they do not promote core strengthening and provide a false sense of security.
- ❖ ***DRINK PLENTY OF WATER BEFORE, DURING, AND AFTER YOUR WORKOUT.***

PROPER RUNNING FORM

Posture: Run in an upright position and avoid excessive forward lean. Keep head up/don't look down at feet.

Face: Relaxed, not grimaced- wear sunglasses if sunny.

Shoulders: Low and loose, not high and tight.

Arms: Swing forward and backward between your waist and lower chest. Elbows bent at 90 degrees. Arms should not cross mid-line of your chest.

Feet: Land lightly on your heel, roll forward on your foot, and push off on your toes. Good running is springy and quiet.

Shoe Buying Tips

1. Buy shoes later in day due to swelling of feet
2. Thumbs width difference between end of big toe and shoe
3. Wear socks you will be running in when trying on shoes
4. Bring along prescription orthotics (if you have them)
5. Shoes should feel comfortable
6. Change shoes every 300-500 miles (<10 miles/week, change every year)
7. Keep running shoes for running ONLY!
8. Seek professional advice if you are unsure!

Running Surfaces

Surface	Pros	Cons
Rubberize	Shock absorption, level surface	None
Concrete	Level surface causes less trauma	Hardest surface, unforgiving
Asphalt	Fairly flat, some shock absorption	Often crowned and causes awkward gait
Cinder trails	More shock absorption	More variable surface causes higher incidence of traumatic injuries
Grass	Softest of outdoor surfaces	Highest incidence of traumatic injuries

Shoe Selection

Determining your foot shape: Wet Foot Test

Dip your foot in water and stand on a surface that will leave a visible imprint (e.g. brown bag)

Flat Feet:

Shoe Selection: Motion Control

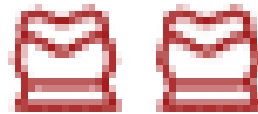
- Low arch
- Overpronation
- (excessive inward rolling of foot)
- Best shock absorbers



Normal Arch:

Shoe Selection: Stability

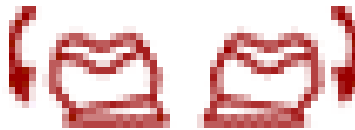
- Normal Arch
- Normal pronation



High Arch:

Shoe Selection: Cushioning

- High Arch
- Under pronation
- Poor shock absorbers



The Runner's Edge

Beginner: Just starting

- Walk/Run Format
- 4-8 weeks

Intermediate: Baseline runner

- 2-4 days/week
- less than 20 miles/week

Advanced: Established runner

- greater than 20 miles a week
- specific training goals (5k/10k running)

Training techniques: Can be applied at any level

1. Fartlek- "Speed play"
2. Tempo runs
3. Hills

PROGRESSION PRINCIPLE

In order for the body to adapt and improve it must be pushed beyond what its capability.-

Change 1 of the following variables at a time

1. Distance
2. Intensity
3. Time to run a specified distance

Training Heart Rate Table

AGE	HR Max	65%	75%	85%
18	202	131	152	172
19	201	131	151	171
20	200	130	150	170
21	199	129	149	169
22	198	129	149	168
23	197	128	148	167
24	196	127	147	167
25	195	127	146	166
26	194	126	146	165
27	193	125	145	164
28	192	125	144	163
29	191	124	143	162
30	190	124	143	162
31	189	123	142	161
32	188	122	141	160
33	187	122	140	159
34	186	121	140	158
35	185	120	139	157
36	184	120	138	156
37	183	119	137	156
38	182	118	137	155
39	181	118	136	154
40	180	117	135	153
41	179	116	135	152
42	178	116	134	151
43	177	115	133	150

AGE	HR Max	65%	75%	85%
44	176	114	132	150
45	175	114	131	149
46	174	113	131	148
47	173	112	130	147
48	172	112	129	146
49	171	111	128	145
50	170	111	128	145
51	169	110	127	144
52	168	109	126	143
53	167	109	125	142
54	166	108	125	141
55	165	107	124	140
56	164	107	124	139
57	163	106	122	139
58	162	105	122	138
59	161	105	121	137
60	160	104	120	136
61	159	103	119	135
62	158	103	119	134
63	157	102	118	133
64	156	101	117	133
65	155	101	116	132
66	154	100	116	131
67	153	99	115	130
68	152	99	114	129
69	151	98	113	128
70	150	98	113	128

Karvonen Method

For more fit individuals, the charts on the previous page may underestimate your heart rate at the lower end of the training zone.

Using the Karvonen Method, which uses your resting heart rate* in the equation, yields a more accurate training heart rate zone. By using the resting heart rate, you account for your individual fitness level since a resting heart rate varies depending of your degree of aerobic fitness.

Karvonen equation

$(220 - \text{age}) - \text{resting heart rate}^* = \text{HRR (heart rate reserve)}$

$(\text{HRR} \times .50) + \text{resting heart rate} = \text{Low end of training zone}$

$(\text{HRR} \times .85) + \text{resting heart rate} = \text{High end of training zone}$

Calculate your training zone here

$(220 - \frac{\quad}{(\text{Age})}) - \frac{\quad}{(\text{Resting Heart Rate}^*)} = \quad$

$(\frac{\quad}{(\text{Heart Rate Reserve})} \times .50) + \frac{\quad}{(\text{Resting Heart Rate}^*)} = \frac{\quad}{(\text{Low end training zone})}$

$(\frac{\quad}{(\text{Heart Rate Reserve})} \times .85) + \frac{\quad}{(\text{Resting Heart Rate}^*)} = \frac{\quad}{(\text{High end training zone})}$

**Resting heart rate should be taken first thing in the morning, while you are still lying in bed. This is your true resting heart rate because you don't have the effects of digestion increasing Heart rate and you've had several hours of sleep. This is the time of day when your heart rate is at its lowest. Find your pulse at your neck or wrist and count it for one full minute.*

RATINGS OF PERCEIVED EXERTION

6	No exertion at all
7	
8	Extremely light
9	Very Light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Sample Running Program

	Mon	Wed	Fri	Sat
Week 1	Run 2 minutes, walk 4 minutes. Repeat 5x.	Run 2 minutes, walk 4 minutes. Repeat 5x.	Run 2 minutes, walk 4 minutes. Repeat 5x.	Run 2 minutes, walk 4 minutes. Repeat 5x.
Week 2	Run 3 minutes, walk 3 minutes. Repeat 5x.	Run 3 minutes, walk 3 minutes. Repeat 5x.	Run 3 minutes, walk 3 minutes. Repeat 5x.	Run 3 minutes, walk 3 minutes. Repeat 5x.
Week 3	Run 5 minutes, walk 2.5 minutes. Repeat 4x.	Run 5 minutes, walk 2.5 minutes. Repeat 4x.	Run 5 minutes, walk 2.5 minutes. Repeat 4x.	Run 5 minutes, walk 2.5 minutes. Repeat 4x.
Week 4	Run 7 minutes, walk 3 minutes. Repeat 3x.	Run 7 minutes, walk 3 minutes. Repeat 3x.	Run 7 minutes, walk 3 minutes. Repeat 3x.	Run 7 minutes, walk 3 minutes. Repeat 3x.
Week 5	Run 8 minutes, walk 2 minutes. Repeat 3x.	Run 8 minutes, walk 2 minutes. Repeat 3x.	Run 8 minutes, walk 2 minutes. Repeat 3x.	Run 8 minutes, walk 2 minutes. Repeat 3x.
Week 6	Run 9 minutes, walk 2 minutes. Repeat 2x, then run 8 minutes.	Run 9 minutes, walk 2 minutes. Repeat 2x, then run 8 minutes.	Run 9 minutes, walk 2 minutes. Repeat 2x, then run 8 minutes.	Run 9 minutes, walk 2 minutes. Repeat 2x, then run 8 minutes.
Week 7	Run 9 minutes, walk 1 minute. Repeat 3x.	Run 9 minutes, walk 1 minute. Repeat 3x.	Run 9 minutes, walk 1 minute. Repeat 3x.	Run 9 minutes, walk 1 minute. Repeat 3x.
Week 8	Run 13 minutes, walk 2 minutes. Repeat 2x.	Run 13 minutes, walk 2 minutes. Repeat 2x.	Run 13 minutes, walk 2 minutes. Repeat 2x.	Run 13 minutes, walk 2 minutes. Repeat 2x.
Week 9	Run 14 minutes, walk 1 minute. Repeat 2x.	Run 14 minutes, walk 1 minute. Repeat 2x.	Run 14 minutes, walk 1 minute. Repeat 2x.	Run 14 minutes, walk 1 minute. Repeat 2x.
Week 10	Run 30 minutes.	Run 30 minutes.	Run 30 minutes.	Run 30 minutes.

Strength Training Program

Training Variables	Strength Training Goals		
	Endurance	Hypertrophy	Strength
Sets	2 to 3	3 to 6	3 to 5+
Reps	12 to 15	8 to 12	1 to 6+
Resistance (% of Max)*	<70%	71 to 80%	>80%**
Rest Between Sets (seconds)	30 to 60	60 to 90	120+
Duration of Workout (minutes)	30 to 60	30 to 60	30 to 60
Frequency Per Week (days)	2 to 3+	4 to 6	4 to 6
Rest Between Workouts (days)	1 to 2	1 to 2	1 to 2

Workout & Exercise Log

Date (Day/Month/Year): _____
 Start Time: _____
 End Time: _____

Scale Weight:	
Body Fat %:	
Fitness Goal:	Strength/Muscle Building/Fat Loss/Endurance/Other:
Sleep (HRS):	

Name of Workout: _____

Body Parts Trained (Circle all that apply):

Whole Body | Chest | Back | Shoulders | Legs | Calves | Biceps | Triceps | Abs | Other: _____

CARDIO/AEROBIC/CONDITIONING EXERCISE

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>	<u>NOTES</u>

DIET & NUTRITION

<u>MEAL</u>	<u>FOODS EATEN/INGREDIENTS</u>	<u>APPROXIMATE CALORIES</u>
PRE-WORKOUT:		
POST-WORKOUT:		
DAILY SUPPLEMENTS:		

OVERALL WORKOUT RATING (1-10)		MIND/BODY/WORKOUT NOTES:	
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Strength Training Exercise Examples

Core Exercises

Core training strengthens and stabilizes the muscles that provide support for posture (pelvis, back, neck) as well as areas at risk for injury (knees, shoulders). Core training should be a fundamental base of any strength-training program.

Trunk Extension

Lying face down on the floor, arms at your sides, raise your torso off the floor; do not arch your neck but keep it in a natural position. Hold your torso up for 2-3 seconds, and slowly lower back down. Repeat for 3 sets of 10 repetitions.



Opposite Arm and Leg Raise

Begin with your hands above your head, and raise one leg and the opposite arm. Pause for ~2 seconds at the top of the lift. Alternate opposite arm & leg lifts for 3 sets of 10 reps on each side.



Abdominal Exercises

Crunches

Both feet can stay on the floor or you can put them up on a bench. Knees should be at a 90° angle; keep your elbows back and cup your fingers behind your ears. Never interlace your fingers behind your head and pull—this causes too much strain on your neck. Press the small of your back into the floor, keep your chin off your chest, and curl your shoulders up until your shoulder blades come off the floor. Exhale as you come up and inhale as you roll back down.



Oblique Crunches

Keep one leg bent at a 90° angle as you bring the other leg in toward you. Curl your opposite shoulder up and keep your elbow back. Imagine touching your shoulder (not your elbow) to your knee so that you get a greater abdominal contraction. Keep your chin up to avoid neck strain. Cup your fingers behind your ear; don't pull on your head. Exhale as you come up and inhale as you go down. Slower, controlled movements will be more effective than rapid movements.



Reverse Crunches

Keep your torso on the ground and your feet up in the air, knees slightly bent. Lift your pelvis off the floor just slightly until you feel your abs contract. This exercise doesn't require a huge leg thrust that lifts your entire lower back off the floor; a small squeeze will do.



Upper Body Exercises

Stability Ball Push-ups

Intermediate



Advanced



TRICEP EXERCISES

Pressdowns

Keep the upper arm stable and the elbow at a 90° angle. Keep your knees slightly bent, not locked out. Press the bar down until your elbow is extended. Bring the bar back to a 90° angle.



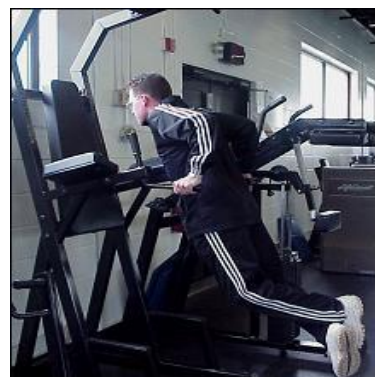
Extensions

Hold the dumbbell over your head and lower the weight behind your neck. Extend the arms over your head, then lower the weight back to the starting position.



Dips (also works shoulders and chest)

Arms are fully extended, knees slightly bent, ankles crossed. Lower yourself until your elbows are at a 90° angle, keeping the head and chest upright. Extend the arms back to the starting position.



Close-grip press

With an EZ-Bar or a straight bar, keep the hands no more than shoulder width apart, upper arms next to the body. Start with the bar on the chest and press up, keeping your elbows next to the ribcage. Bar should remain positioned over the chest during extension.



CHEST EXERCISES

Bench press (works tricep & shoulder also)

Grip is slightly wider than shoulder-width. Start with arms fully extended. Lower the bar until it lightly touches the chest. Press the bar back up until the arms are extended but not locked out. Don't forget to breathe.



Seated chest press (tricep & shoulder)

Adjust the seat so that the bars are in line with your nipples, not up by your shoulders. Like the bench press, extend your arms fully but not so that your elbows are locked out, and return the weight to the starting position. Exhale as you press out!



Pec Dec/Pec Fly

Elbows should be at a 90° angle with upper arms parallel to the floor. Begin with arms back, in line with the body. Squeeze your arms together in front of your face. Return to starting position.



Dumbbell flys

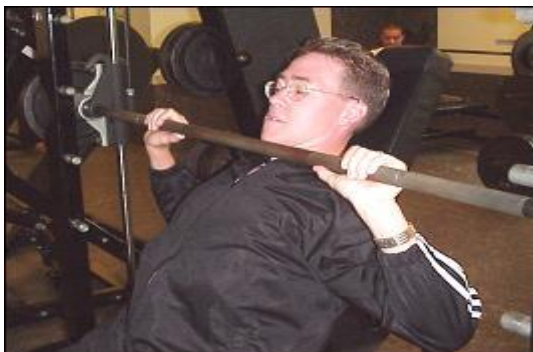
Either on an incline or a flat bench, hold the dumb-bells overhead, just above the face. Dumbbells should be parallel to the body. Arc your arms out and toward the floor, keeping your elbows slightly flexed. Press the weights back up, extending at the elbow, until you return to the starting position. Same exercise as the Pec Fly.



SHOULDER EXERCISES

Overhead press- Smith Machine

Grip the bar slightly wider than shoulder-width, palms facing outward. Slowly press the weight straight up. Keep your lower back from swaying by tucking your pelvis forward; keep your abdominals tight and your lower back pressed against the bench. Slowly return the weight to the starting position.



Lateral raise

Grip the dumbbells with your arms at your sides. Lift both arms out to the side until they are parallel with the ground. Keep your elbows bent to avoid strain. Lower weight back down in a slow, controlled manner.



Front raise

Grip the dumbbell and lift your arm until it is parallel with the ground. Do not throw your arm above your head nor allow momentum to move the weight. Lower your arm slowly back to starting position. To avoid low-back strain, alternate arm lifts, doing equal reps on both arms. Keep your knees slightly bent.



Fitness Websites:

ChoseMyPlate

<http://www.choosemyplate.gov/>

100 Push Ups Training Program

<http://www.hundredpushups.com/#sthash.aa0dnapO.xMAqvYy.dpbs>

APPS for iPhone:

ISTEP

Couch25K



UNIT GA-20102

FITNESS PROGRAM

“FIT for LIFE”

2019-2020

ANNUAL TRAINING PROGRAM

Cadet 2Lt Micah Bell

Cadet Health & Wellness Commander

STRETCH AND WARM UP BEFORE EACH WORKOUT & COOL DOWN AFTERWARDS

AUGUST

August 9th- Kickball

August 13th through 16th- fitness testing

August 23rd- “Countdown” workout

Instructions: To do this workout, start with 10 reps of each exercise before starting the circuit again and completing 9 reps, then 8 , then 7 and so on, all the way down to 1 rep each. Complete as a flight.

- 1.Squats
- 2.Pushup
- 3.Situps
- 4.Lunges (alternate legs every other rep)
- 5.Jumping jacks

August 30th- Arms and abs

Instructions: Do together as a flight. Take a 1-2 minute break between each set. Do 3 sets.

- 10 regular pushups
- 10 sit ups
- 10 wide pushups
- 10 sit ups
- 10 tricep pushups
- 10/10 left/right crunches

SEPTEMBER

September 6th- Mile run\jog in formation

Instructions: While running\jogging go as slow as needed and take as many breaks as needed. Remember that you can only go as fast as the slowest person and to encourage your flight. This is meant as a team building exercise.

September 13th- Dodgeball in the rifle range

September 20th- Leg workout

Instructions: Do the workout as a flight. Between each set take a 1 minute break if needed. Do three reps of each exercise:

- 20 squats
- 10 lunges, each leg
- 30 calf raises
- Jog for 2 minutes

OCTOBER

October 4th- “Partner workouts”

Instructions: Do each workout with a partner for as long as it takes. No breaks.

- Do a plank facing each other and “clap hands” with your partner. So you would raise your right hand to hit their right hand. That is one clap. Do 10 claps.
- Stand with your backs touching each other and squat. Do 10 squats.
- Lay on your back with your feet touching each other. For when y’all do a sit up if your partners feet are moving then they are doing it wrong. Tell them if they are and keep a count of how many sit ups they did wrong. At the end of the exercise how many sit ups y’all did wrong. You must do that amount of push ups. Do 25 sit ups.

October 11th- Four square in the rifle range

October 25th- “Ladder” workout

Instructions: Same as the “countdown” workout but instead of starting at 10 and ending at 1 you will start at 1 and finish at 10.

- 1.Squats
- 2.Pushup
- 3.Situps
- 4.Lunges (alternate legs every other rep)
- 5.Jumping jacks

October 18th- Squat day

Instructions: Do three sets of each exercise

- 20 squats
- 5 left leg lunges
- 10 left legged squats
- 5 right leg lunges
- 10 right legged squats

NOVEMBER

November 1st - Kickball

November 8th- Abs workout

Instructions: Hold each exercise for 30 seconds and do 3 rotations.

- 6-inches
- Flutter kicks
- Planks
- Supermans

November 15th- dodgeball

November 22nd-Relay Races

DECEMBER

December 6th-Four squares

December 13th-Upper body workout

Instructions: Do each set 3 times

- 10 pull-ups
- 20 push-ups
- 10 diamond push-ups (if you try a diamond push up and cannot do it do either wide push ups or tricep push ups)
- 5 dive bomber push-ups

December 20th- Mile run in formation

JANUARY

January 10th-Full body workout

Instructions: Do each workout 3 times

- Burpees
- Reverse lunges with a knee lift
- Crouching tiger push-up
- Donkey kick with arm extension

January 17th-Kickball

January 24th-tug of war

January 31st-Yoga/Pilates day

Instruction: Warm up with 3 different lower body stretches and do 2 different Ab exercises

FEBRUARY

February 7th-Ultimate Frisbee

February 14th-Spike ball

February 28th- "Countdown" workout

Instructions: To do this workout, start with 15 reps of each exercise before starting the circuit again and completing 14 reps, then 13 , then 12 and so on, all the way down to 1 rep each. Complete as a flight.

- 1.Squats
- 2.Pushup
- 3.Situps
- 4.Lunges (alternate legs every other rep)
- 5.Jumping jacks

MARCH

March 6th- Tips

March 13th- Pin Ball Knock Out - This is like dodgeball, but students knock over pins instead of their friends! You will also need plastic bowling pins for this game. Line up pins on the baselines of both ends of the gym and place a line of balls on the center line. Kids can't cross the centerline, but try to throw or roll the balls to knock over the pins. The first team to knock over all the pins of their opponents win!

March 20th-“Countdown” workout

Instructions: start at 15 and count down same exercise and in the beginning of the year.

March 27th- Mile run in formation

APRIL

April 3rd- Arms and abs

Instructions: Do together as a flight. Take a 1-2 minute break between each set. Do 5 sets.

- 10 regular pushups
- 10 sit ups
- 10 wide pushups
- 10 sit ups
- 10 tricep pushups
- 10/10 left/right crunches

April 17th- Mile run in formation

April 24th-kickball

MAY

May 1st- Fitnesses training

May 8th-Ultimate frisbee

May 15th- “The manual” workout

Instructions: Do 3 sets and take 10 second rest between exercises

- 30sec jumping jacks
- 20sec high knees
- 10sec push-ups
- 20 sec arm circles

May 22nd-kickball