

STAY FIT!

MAY 2015

NEGATIVE REPETITIONS

Negatives are also called eccentric repetitions. The negative effort involves the part of the exercise when the muscle is stretched. It is the opposite of the concentric phase when the muscle is shortened. Incorporating negative repetitions into your weekly program will assist in positive gains in strength and fitness.

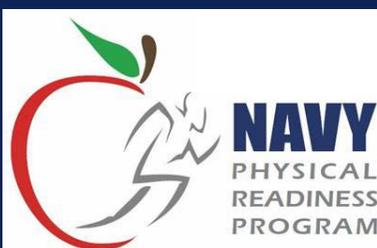
NUTRITIONAL GUIDANCE

WHAT NOT TO DO: DON'T GO ON A DIET! DIETERS REGAIN LOST WEIGHT BECAUSE THEY GRADUALLY START EATING MORE.

WHAT TO DO: START A HEALTHY EATING PLAN THAT YOU CAN MAINTAIN.

FACTOID: EXCESS CALORIES FROM FOODS HIGH IN SUGARS OR SATURATED FATS MAY BE MORE LIKELY TO SETTLE IN DEEP-BELLY FAT AND LEG FAT, BOTH TOUGH TO LOSE.

BUILDING A CULTURE OF FITNESS



[Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!](#)

Sailors assigned to VX-30 Bloodhounds onboard NB Point Mugu, CA. pose after participating in an intense "Step Aerobics Class", see your MWR fitness for classes.

Workout of the Month: "McFaul"

Go to [Sample Workouts](#) on our website for more information

Dynamic Warm-up 10 minutes

Leg Training

All exercise can be performed with Free-Weights or Selectorized Machines

1. Squats or Leg Press
2. Leg Extensions
3. Leg Curls
4. Leg Adductors
5. Leg Abductors
6. Calf Raises

Cool-down

12 Navy Recommended stretches

ABOUT THE WORKOUT: Chief Petty Officer Donald L. McFaul was born 20 September 1957 in Orange County, California. He enlisted in the Navy upon graduation from high school, and after recruit training was assigned to Naval Station Treasure Island, where he worked for Port Services as an Engine Specialist. In 1977, Chief McFaul volunteered and was selected to join the Naval Special Warfare Community. While at Seal Team FOUR Chief McFaul deployed to the Persian Gulf in support of the Middle East Forces and later deployed to Naval Special Warfare Unit EIGHT at Naval Station Rodman, Republic of Panama. His final deployment was as Platoon Chief of Gulf Platoon on 18 December 1989, where he was killed in action during combat operations. USS McFaul is the 24th ARLEIGH BURKE – class Guided Missile Destroyer and the eleventh ship in that class. USS McFaul, DDG-74 is the first ship in the Navy named after Chief Petty Officer Donald L. McFaul.