

STAY FIT!

OCTOBER 2013

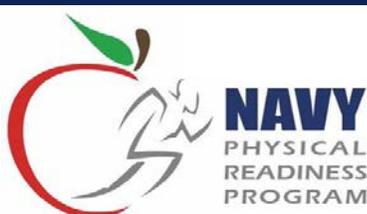
TRAINING PRINCIPLES

Overload and specificity are fundamental principles of resistance training. Both relate to the ability of the body to adapt to stress. Adherence to these principles elicits both structural and functional adaptations. Resistance training that does not incorporate them cannot provide consistent improvement in muscular fitness.

Overload is accomplished when a greater than normal physical demand is placed on muscles or muscle groups.

Specificity refers to the distinct adaptation to the physiological systems from a training program.

BUILDING A CULTURE OF FITNESS



Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!

Sailors stationed at NAB Coronado, CA participated in a two day CFL seminar. CFL seminars are presented by OPNAV N170 PRP Staff at fleet concentrated locations. Your MWR will advertise when a seminar is coming to your area.

WORKOUT OF THE MONTH: Mason

Dynamic Warm-up

Abdominal Buster

1. Leg Raises (Hanging) – 5X10
2. Leg Raises (Lying) – 5X20
3. AB Crunches – 5X20
4. Twisting AB Crunch – 5X20
5. Medicine Ball Sit-Up Throw w/ Partner– 5X20
6. Side Crunches – 5X20
7. Bicycle – 5X20
8. Roman Twist w/ Medicine Ball – 5X20

Cool-down and Stretch

ABOUT THE WORKOUT: The second Mason (DE-529) was named for Ensign Newton Henry Mason, a Naval Aviator who was posthumously awarded the Distinguished Flying Cross. This ship is named for the crew of the second Mason (DE-529) as this was the first ship in the US Navy with this distinction of a predominantly black crew.