

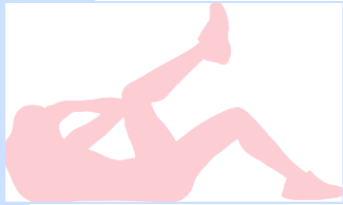
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TRAINING ON BOARD NEWSLETTER



www.trainingonboard.org

Welcome to your next issue of Training on Board, packed with workout ideas and health tips for seafarers!



P.1 5 Fitness Myths



P.1 Top tip for weightlifting!



P.2 Check out CrossFit

5 FITNESS MYTHS

Make sure you don't do yourself harm or waste time following bad advice... Here are five fitness myths and what the facts really are:

MYTH 1

"Crunches are the best way to burn belly fat"

REALITY: The best way is through combining cardio with ab-strengthening exercises and a healthy diet

MYTH 2

"All you need is cardio and weights"

REALITY: Exercise has 5 dimensions: strength, speed, agility, endurance and flexibility

MYTH 3

"No pain, no gain!"

REALITY: You should feel a slight discomfort, but you should not feel so sore that it affects your day

MYTH 4

"Stretching will always prevent injuries"

REALITY: Sometimes stretching cold muscles will actually harm them. Always warm up muscles at the start.

MYTH 5

"Lots of protein & less carbs = lean muscle"

REALITY: Carbs give you energy during a workout. You need them to keep you going. Most adults get enough protein in a normal diet. There's no need to add more.



TOP TIP!

No weights to lift on board?

Try using filled water or soda bottles instead. Start with a smaller 500ml bottle and work your way up to 1 litre.

NOTE TO SEAFARERS: Take care when exercising and work within your limits. If you're unsure, please seek medical advice before attempting any of the exercises in this newsletter.

ISWAN

CHECK OUT CROSSFIT

CrossFit is a high-intensity strength and conditioning program which uses functional movements and varied workouts to help people lose weight, build muscle and live healthier lives. It's a great daily workout to try on board if you're limited by time and space, so here's how it works...

CROSSFIT DEVELOPS 10 PHYSICAL SKILLS:

1. Cardiovascular/respiratory endurance
2. Stamina
3. Strength
4. Flexibility
5. Power
6. Speed
7. Agility
8. Balance
9. Coordination
10. Accuracy

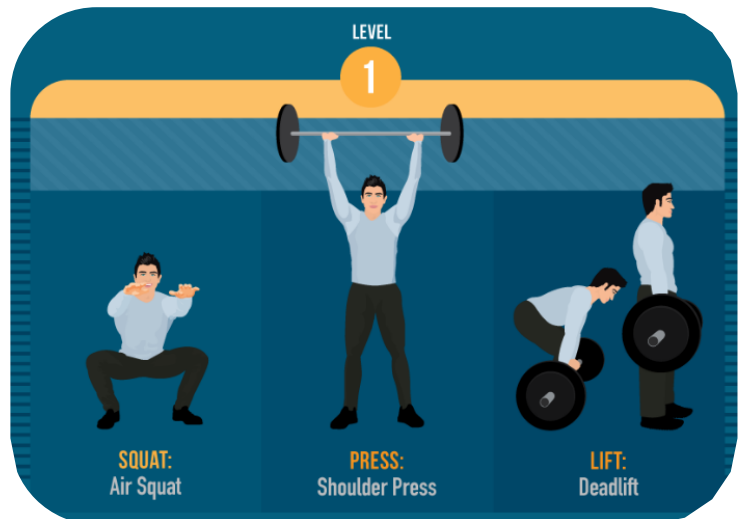


THE BUILDING BLOCKS OF CROSSFIT

There are 3 basic movements to learn in CrossFit, and each has 3 levels of difficulty:

1. Squats
2. Presses
3. Lifts

For example, here's Level 1:



'WOD'

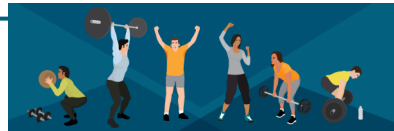
After a 15-minute warm-up, CrossFit follows a Workout of the Day (or 'WOD')—a certain number of reps of particular exercises as quickly as possible or a set time limit to do as many of a certain exercise as possible (followed by cooling down and stretching)...

EXAMPLE CROSSFIT WORKOUT

Circuit: 10 mins, as many rounds as possible

1. Burpee—1 set, 10 reps
2. Bodyweight squat—1 set, 20 reps
3. Sit-up—1 set, 30 reps

Visit our [website](#) for the full article on CrossFit



Want to be featured in this newsletter and on our website?

Any ideas, photos or stories you'd like to share?

✉ E-mail us at training@iswan.org.uk and you could inspire someone else to get fit and healthy!

Sources:

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