



## **The Strength Series**

### **2-Hour Training Lab**

**Presented by:**



# The Strength Series: 2-hour Training Lab

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## Course Agenda:

- Introduction to the Strength Series (15 minutes)
  - Purpose of the Strength Series
  - Setting up the workout regimen
- Practical Lab #1: Introduction to new NOFFS movements
- Practical Lab #2: Strength Workout  
Phase 1, Day B, Stage A, 45 minutes

**Attendees:** Active-Duty, Dependents, DoD Civilians

**Pre-Requisites:** NOFFS Operational Training (highly recommended, but not required)

**Equipment Needed:** Dumbbells, Mini-band, Cardio equipment (i.e. Spin bikes, rowers, ellipticals) or Basketball court for cardio portion.

**Instructor qualifications:** NOFFS certified, Completion of NOFFS Virtual Training Course

### **Introduction to the Strength Series:**

- Using The Strength Series handout provided, give basic overview of the program, including workout and training regimen layout.

### **Practical Lab #1:** Introduction to new NOFFS movements:

- Teach new movements provided in Practical Application worksheet
- Ensure proper alignment, execution, and movement patterns for each new movement
- Additional movements may be taught if time allows

### **Practical Lab #2:** Endurance Series Workout

- Teach Phase 1, Day B, Stage A in the Strength Series
- For cardio portion choose one of two options:
  1. Equipment Based
  2. Basketball Court/Field Based  
(Use Suicide Drill or have participants sprint length of basketball court/field for 30 second intervals with 1 minute recovery.)

**Post-Course Action:** Provide attendance numbers and feedback (if available) to CNIC

# **Navy Operational Fitness and Fueling System:**

## **The Strength Series Overview**

The Strength Series helps to develop the strength that is needed to perform at the highest of levels. There are three training phases within the series intended to progressively build a user's total work capacity and improve cardiovascular fitness: Build Muscle, Get Strong, Get Powerful.

### **Phase 1- Build Muscle :**

Focuses on building lean muscle mass and improving the body's capacity to handle greater physical demands through higher volumes of work and a progressive increase in intensity.

### **Phase 2- Get Strong:**

Focuses on building strength through fewer repetitions and higher intensity.

### **Phase 3- Get Powerful:**

Focuses on building strength through fewer repetitions and higher intensity. Harnesses the newfound strength and trains your muscles to be fast and forceful.

## **How to Set Up Your Schedule**

1. Each phase in this series has 2 training days, Workout A and Workout B.
2. Complete 3 to 4 training sessions per week, alternating between Workout A and Workout B.
3. Aim for no more than 2 consecutive training days each week. For example, if you do Workout A on Monday and Workout B on Tuesday, Wednesday should be a recovery day.
4. Add a recovery day to break up more than 2 consecutive training days and give your body the rest it needs to perform more efficiently. Recovery days can include a combination of light activity, stretching, low-intensity cardio, and massage.

## **Workout Duration**

Each workout has three duration options: 45 minutes, 60 minutes, 75 minutes

If the movements in these workouts are new to you, it may take longer than the duration specified to complete your workouts. As you become familiar with the movements, you will be able to complete them in the allotted time.

Within each Strength workout, there are multiple circuits. You should perform each circuit by completing each exercise in succession with little to no rest between exercises or sets. Once you have completed all of the sets in a circuit, rest 1 to 2 minutes before starting the next circuit.

### How the Stages Work:

Each phase in the Strength Series has 3 progressive stages across Pillar Prep, Movement Prep, and Strength. As you advance through the stages, you will notice that the repetitions, time, or number of circuits you perform may change. Advance to the next stage of training after every 4 workouts-this means after you have completed Workout A and Workout B twice (ABAB). Once you complete the final stage in the phase, progress to the next phase.



### SAMPLE 3-WEEK SCHEDULE




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A	Workout B	Recovery	Workout A	Workout B	Rest or light activity	Rest or light activity
Workout A	Rest or light activity	Workout B	Rest or light activity	Workout A	—	Rest or light activity
Workout B	Rest or light activity	Workout A	Workout B	Recovery	Rest or light activity	Workout A




### Cardiovascular Training Tips:






The cardio workouts in the Strength Series are interval-based, meaning you will vary your effort within a single workout to improve your cardio fitness. Each workout consists of one or more training zones; each zone represents a level of effort (Easy, Medium, and Hard). But how do you know you are exercising at the right effort? You can perform these interval workouts by measuring your effort in one or two ways: (i) heart rate training, or (ii) rate of perceived exertion.

## Navy Operational Fitness and Fueling System: The Strength Series Practical Applications




Exercise:	Description:	Pictures:
90/90 Arm Sweep	<ul style="list-style-type: none"> <li>• Lie with left knee bent 90 degrees, your right leg crossed over the left</li> <li>• Roll onto left side with knee on the ground</li> <li>• Keep hips still, rotate chest &amp; sweep with long arm - palm up, bending your elbow at the end reaching for your back pocket - palm down. Hold 2 sec</li> <li>• You should feel a stretch through your torso, mid/upper back, chest &amp; shoulder</li> <li>• Complete reps, repeat on opposite side</li> </ul>	
Adductor Stretch- Half Kneeling	<ul style="list-style-type: none"> <li>• Start in half-kneeling position with one knee up and one knee down</li> <li>• Rotate down leg in so your foot is outside opposite hip</li> <li>• Lean forward, tighten your stomach, and contract the glute of your back leg</li> <li>• Hold for 2 seconds, relax, and return to the starting position</li> <li>• Complete the set on one side before repeating on the other</li> </ul>	







<p>W's- Bent over</p>	<ul style="list-style-type: none"> <li>• Bend over at the waist with back flat, arms down, and elbows in toward ribs</li> <li>• Keeping elbows at your sides, rotate arms toward ceiling to form a "W"</li> <li>• Reverse directions to return to starting position</li> </ul>	
<p>Thoracic Extension w/Heel Sit</p>	<ul style="list-style-type: none"> <li>• Kneel with arms straight in front of you, sitting back on heels</li> <li>• Drop your head, round your upper back, and take a deep breath</li> <li>• Extend, or arch your upper back, as you exhale</li> </ul>	
<p>Planks-walking</p>	<ul style="list-style-type: none"> <li>• Start in a push-up position with feet close together</li> <li>• Keeping torso stable, walk feet backwards with small steps as arms extend overhead</li> <li>• Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up</li> </ul>	




<p>Hip Extension- Quadruped (straight leg)</p>	<ul style="list-style-type: none"> <li>• Start on hands and knees with stomach tight and shoulders pushed away from the floor</li> <li>• Extend one leg straight back and slightly up</li> <li>• Return leg to starting position</li> <li>• Complete the set on one side before repeating on other</li> </ul>	
<p>2 inch-runs</p>	<ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Run in place, moving your feet two inches off the ground as quickly as possible</li> <li>• Allow your arms to move slow and rhythmically</li> <li>• Continue for the prescribed time</li> </ul>	
<p>2 inch-runs- In/Out</p>	<ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Run in place, moving your feet two inches off the ground as quickly as possible</li> <li>• Contact ground in the same spot with one foot as the other moves left and right</li> <li>• Complete the set on one side and repeat on the other</li> </ul>	

Base Pogo	<ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Jump rapidly up and down, about two inches on each jump</li> <li>• Land on the balls of your feet and repeat without pausing</li> <li>• Continue for the remainder of the set</li> </ul>	
Base Pop – Side to Side	<ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Jump rapidly 2 inches side to side as fast as possible</li> <li>• Continue for the prescribed amount of time</li> </ul>	 
Base Rotations	<ul style="list-style-type: none"> <li>• Start in athletic stance with knees bent, hips back, and arms bent</li> <li>• Jump 2 inches off the floor and rotate hips to one side as arms swing to opposite side</li> <li>• Without pausing, jump in the opposite direction</li> <li>• Continue for the prescribed amount of time</li> </ul>	 



<p>Hang Snatch- 1 Arm</p>	<ul style="list-style-type: none"> <li>• Hold a dumbbell straight down in front of your body</li> <li>• Squat down and lower the weight just below the knees</li> <li>• Explosively stand and rapidly shrug your shoulders to pull the weight straight up</li> <li>• As the weight floats upward, drop your body underneath and catch it overhead</li> <li>• Complete the set on one side before repeating on other</li> </ul>	
<p>Rotational Squat to Press-1 Arm DB</p>	<ul style="list-style-type: none"> <li>• Stand holding a dumbbell at your shoulder in one hand</li> <li>• Rotate shoulders and hips toward the dumbbell side as you squat back and down</li> <li>• Stand and rotate to face forward as you press the dumbbell overhead</li> <li>• Complete set on one side before repeating on other</li> </ul>	
<p>Scapular Push-up - Tripod</p>	<ul style="list-style-type: none"> <li>• Start on hands and knees with one arm behind your back</li> <li>• Push into the floor to press chest away from the ground</li> <li>• Lower back to the starting position</li> <li>• Complete the set on one side before repeating on opposite arm</li> </ul>	

		
Push-up-on bench - plyometric	<ul style="list-style-type: none"> <li>• Start in a push-up position with your hands on a bench</li> <li>• Lower your chest to the bench</li> <li>• Explode up and extend arms, pushing hands as far off the bench as possible</li> <li>• Upon landing, immediately begin next rep</li> </ul>	 
Bent-over Row- High Alt DB	<ul style="list-style-type: none"> <li>• Bend at the waist with a dumbbell in each hand at your chest</li> <li>• Lower one dumbbell until your arm is straight and lift it back up</li> <li>• Repeat the movement with your opposite arm</li> <li>• Continue alternating for the remainder of the set</li> </ul>	 
Push-Press- DB	<ul style="list-style-type: none"> <li>• Stand tall holding a pair of dumbbells at your shoulders, palms facing forward</li> <li>• Dip down and then explode up, extending your hips and pressing the weights overhead</li> <li>• "Catch" the weights overhead with straight</li> </ul>	

	arms and hips and knees slightly bent	
Quadruped Oblique Crunch (2 point)	<ul style="list-style-type: none"> <li>• Start on hands and knees and straighten one leg behind and place opposite hand behind head</li> <li>• Rotate torso to bring elbow under your body</li> <li>• Rotate back through the starting position and as high as possible</li> <li>• Complete set on one side before repeating on other</li> </ul>	 
T-Hip Mobility	<ul style="list-style-type: none"> <li>• Stand on one leg holding a support with same side hand</li> <li>• Bend at waist and lift opposite leg to form a "T"</li> <li>• Rotate hips and shoulders toward ceiling until you feel a stretch</li> <li>• Hold for 1 to 2 seconds, relax and rotate hips back to "T" position</li> </ul>	