



**Navy Operational Fitness and Fueling System (NOFFS)**  
**Operational Series: The Foundation**  
**Training Manual**

**Presented by:**



# NOFFS Operational Training Instructor Guide

## **Purpose:**

The purpose of the NOFFS Operational training is to train and educate Sailors on NOFFS: Operational Series. This one-day course will provide them the opportunity and tools needed to perform and execute the NOFFS workouts for themselves or for their commands.

## **Course Instruction:**

Length of course: 8hr course (one hour classroom/tools; 6 hours practical applications)

Course Instructor: NOFFS certified instructors ONLY

Course Participants: All MWR customers

## **Materials needed:**

Presentation: NOFFS Operational Series: The Foundation

Fit Kits

Smart Phones/ipad (if available)

Navy Fitness Course Completion Certificate

## **Classroom Instruction:**

The Powerpoint presentation provided is to be used for classroom instruction. However, if you are comfortable with all course material, the information presented in the lecture, can be taught from the gym floor in conjunction with the Practical labs.

Ensure that all participants understand how to use the applications introduced (Virtual Trainer/Mealbuilder).

## **Practical Labs:**

The purpose of the practical labs is to introduce the movements within the Operational Series to the participants. During these labs, every participant will complete each exercise for a total of 10 repetitions (additional reps may be needed to ensure proper movement is executed). Upon completion of all exercises, have participants teach back designated exercises to partner. Remind participants to watch for form, alignment, and proper execution. Exercises provided on Practical Applications Worksheet.

## NAVY OPERATIONAL FITNESS AND FUELING SYSTEM

### Operational Training: The Foundation

**Purpose:** Instructors will teach the sailors how to follow the Navy Operational Fitness and Fueling System (NOFFS). The students during this day will also learn the correct movement patterns and how to effectively coach each exercise movement in NOFFS. By the end of the day the students will have a full understanding about NOFFS.

**0800- 0815    CHECK IN AND INTRODUCTION**

**0815-0945    Classroom Lecture**

**0945-1000    BREAK/TRANSITION TO GYM**

**1000-1115    Practical Applications: Pillar/Movement Prep**

**1115- 1200    Introduction and Application**

Workout: NOFFS Level 1 Large Deck (Linear Accelerations)/Cone Drills

**1200-1300    LUNCH**

**1300-1430    Practical Applications: Strength/Metabolic**




**1430-1530    Putting it All Together: Group Training Series- Level 1, 60 minutes**




**1530-1600    Regeneration/QA/Conclusion**



\*Times may be changed to fit installation demand




## Navy Operational Fitness and Fueling System




### Practical Applications: Pillar Preparation & Movement Preparation

PILLAR PREPARATION		
Exercise:	Description:	Coaching Keys:
Pillar Bridge 	<p><b>Starting Position:</b> Lie face down with your forearms on the deck under your chest.</p> <p><b>Procedure:</b> Push up off your elbows, supporting your weight on the forearms. Tuck your chin so that your head is in line with your body. Keep feet shoulder width apart and pull your toes towards your shins. Hold the position for 30 seconds.</p>	<p>Push your chest as far away from the deck as prescribed. Keep your belly button drawn in. Keep your head in line with your spine. Don't sag or bend. Do not round off your upper back</p>
Plank w/Arm-Lift 	<p><b>Starting Position:</b> Assume the pillar position with your feet wider than shoulder width apart.</p> <p><b>Procedure:</b> Without moving your torso, lift your left arm up and slightly to the left and hold for 1 to 2 seconds. Return to the starting position and repeat with your right arm. Repeat for the prescribed number of reps.</p>	<p>Try to keep your weight even on both feet as your arm lifts. Do not let your trunk move as your arm leaves the deck. Keep your torso engaged throughout the movement.</p> <p><b>You Should Feel It:</b> Working your shoulders and torso.</p>
Plank w/Hip Flexion 	<p><b>Starting Position:</b> Start in a push up position with your hands directly beneath your shoulders and your feet shoulder width apart.</p> <p><b>Procedure:</b> With your torso engaged and hips still, draw your right knee towards your chest and return to the start position. Repeat</p>	<p>Keep your back flat and torso engaged throughout the entire movement. Move with control and keep your hips still as you alternate leg positions. One foot should always be in contact with the deck.</p>




	with the left leg and continue alternating this movement for the prescribed repetitions.	<b>You Should Feel It:</b> Working your torso, hips, and shoulders.
<b>Glute Bridge</b> 	<b>Starting Position:</b> Lie faceup on the deck with your arms at your sides, your knees bent, and your heels on the deck.  <b>Procedure:</b> Lift your hips off the deck until your knees, hips, and shoulders are in a straight line. Hold the position for 30 seconds and return to the starting position.	<b>You Should Feel It:</b> Fire your glutes to lift your hips off the deck. Do not let your back extend during the movement.  <b>You Should Feel It:</b> In your glutes, and to a lesser degree, in your hamstrings and low back.
<b>Glute Bridge-Knee Extension</b> 	<b>Starting Position:</b> Lie face up on the deck with your arms to your sides, knees bent, and your heels on the deck with your toes pulled up towards your shins.  <b>Procedure:</b> Lift your hips off the deck until your knees, hips, and shoulders are in a straight line. Hold the position while extending your left knee. Return your foot to the deck and repeat with your right knee.	Do not let your back hyperextend. Do not let your hips drop as your knee extends.  <b>You Should Feel It:</b> Working mainly in your glutes, and secondarily, in your hamstrings and lower back.
<b>Glute Bridge-Marching (Hip Flexion)</b> 	<b>Starting Position:</b> Lie face up on the deck with your arms to your sides, knees bent, and your heels on the deck.  <b>Procedure:</b> Lift your hips off the deck until your knees, hips, and shoulders are in a straight line. Hold the position while lifting your left knee to your chest. Return your foot to the deck	Do not let your back hyperextend. Do not let your hips drop as your knee comes to your chest.  <b>You Should Feel It:</b> Working mainly in your glutes, and secondarily in your hamstrings and low back.




	and repeat with your right knee.	
<p>90/90 Stretch</p> 	<p><b>Starting Position:</b> Lie on the deck on your left side in a fetal position, with your legs tucked up to your torso at a 90 degree angle and a rolled-up towel between your knees. Keep both arms straight at a 90 degree angle to your torso.</p> <p><b>Procedure:</b> Keeping your knees together and on the deck and your hips still, rotate your chest and right arm back to the right, trying to put your back on the deck. Exhale and hold for 2 seconds, then return to the starting position. Finish your repetitions, then switch sides and repeat.</p>	<p><b>Coaching Key:</b> Keep your knees together and pressed against the deck. Only rotate as far as you can without lifting or separating your knees. Exhale as you stretch.</p> <p><b>You Should Feel It:</b> Stretching through your torso and the muscles of your middle and upper back.</p>
<p>90/90 Stretch- Legs Crossed</p> 	<p><b>Starting Position:</b> Lie face up on the deck holding a towel roll, your left knee bent to 90 degrees, and your right leg crossed over the left. Roll over onto your left side and pin the towel between your right knee and the deck.</p> <p><b>Procedure:</b> Maintaining pressure on the towel and a keeping your hips stationary, rotate your chest and right arm back to the right, trying to put your back on the deck. Hold for 2 seconds, then return to the starting position. Repeat until you've completed your reps, then switch sides.</p>	<p>Keep pressure on the towel pressed against the deck. Only rotate as far as you can without lifting or releasing the pressure on the towel. Exhale as you stretch.</p> <p><b>You Should Feel It:</b> Stretching through your torso and the muscles of your middle and upper back.</p>
<p>Quadruped Thoracic Rotation</p>	<p><b>Starting Position:</b> Start on your hands and knees with your elbows straight, hands directly below your shoulders, knees directly below</p>	<p>Keep your torso engaged throughout the movement. Allow your eyes to follow where your chest is pointing as</p>



	<p>your hips, and your right hand behind your head.</p> <p><b>Procedure:</b> With a controlled movement rotate toward the right as far as possible while exhaling, stretching the front of the torso, and hold 2 seconds. Rotate trunk to the deck, taking right elbow to left knee while exhaling, feeling a stretch in the back, and hold for two seconds. Continue for the prescribed number of reps, switch sides, and repeat.</p>	<p>you rotate through your torso.</p> <p><b>You Should Feel It:</b> Stretching your upper, mid, and low back, and anterior torso.</p>
<p>Y's Deck</p> 	<p><b>Starting Position:</b> Lie face down on the deck with your arms over your head to form a Y with your thumbs up.</p> <p><b>Procedure:</b> Glide your shoulder blades back and down, then raise your arms over your head maintaining a Y position. Return to the starting position and continue for the prescribed number of reps.</p>	<p>Initiate the movement with your shoulder blades, not your arms and keep your thumbs up.</p> <p><b>You Should Feel It:</b> Working your shoulders and your upper and lower back</p>
<p>Y's Bent Over</p> 	<p><b>Starting Position:</b> Stand bent over at the waist with your back flat and your chest up.</p> <p><b>Procedure:</b> Glide your shoulder blades back and down, then raise your arms over your head to form a Y. Return to the starting position and continue for the prescribed number of reps.</p>	<p><b>Coaching Key:</b> Initiate the movement with your shoulder blades, not your arms and keep your thumbs up.</p> <p><b>You Should Feel It:</b> Working your shoulders and your upper and lower back.</p>
<p>T's Bent Over</p>	<p><b>Starting Position:</b> Stand bent over at the waist with your back flat and your</p>	<p>Initiate the movement with your shoulder blades, not your arms and</p>




	<p>chest up.</p> <p><b>Procedure:</b> Glide your shoulder blades back and down, then raise your arms out to your sides to form a T. Return to the starting position and continue for the prescribed number of reps.</p>	<p>keep your thumbs up.</p> <p><b>You Should Feel It:</b> Working your shoulders and your upper and lower back.</p>
MOVEMENT PREPARATION		
Exercise:	Description:	Coaching Keys:
<p>Mini-band External Rotation</p> 	<p><b>Starting Position:</b> Stand with your feet slightly wider apart than your shoulders, your hips back and down, your back flat, and a mini band around your legs just above your knees</p> <p><b>Procedure:</b> Keeping one leg stationary, move your other knee in and out for the prescribed number of reps. Switch legs and repeat.</p>	<p>Keep both feet flat on the deck. Keep your pelvis stable. Don't let the knee of your stationary leg drop in.</p> <p><b>You Should Feel It:</b> Working your glutes.</p>
<p>Mini-band Bent Knee Lateral Walk</p> 	<p><b>Starting Position:</b> Stand in a quarter-squat position with your feet hip width apart and a mini band above your knees.</p> <p><b>Procedure:</b> Walk laterally with small steps as your elbows drive back with each step. Push with your back leg, and pick up your leading foot. Be sure not to reach with your leading leg.</p>	<p>Keep your chest up and your back flat. Keep your knees pushed apart and over your toes at all times. Keep tension on the mini band at all times.</p> <p><b>You Should Feel It:</b> Working your glutes.</p>
<p>Mini-band Straight Leg Lateral Walk</p>	<p><b>Starting Position:</b> Stand in a tall position with your feet hip width apart, hands on your hips and a mini band at your ankles.</p> <p><b>Procedure:</b></p>	<p>Keep your chest up and your back flat. Keep your knees pushed apart and over your toes at all times. Keep tension on the mini band at all times.</p>



	<p>Walk laterally with small steps as your elbows drive back with each step. Push with your back leg, and pick up your leading foot. Be sure not to reach with your leading leg.</p>	<p><b>You Should Feel It:</b> Working your glutes</p>
<p>Knee Hug-In place</p> 	<p><b>Starting Position:</b> Stand with your back straight and your arms at your side.</p> <p><b>Procedure:</b> Lift your left foot off the deck and slightly squat back and down on your right leg. Take hold below the knee with your hands and pull your knee as close to your chest as you can while contracting your right glute for 1 to 2 seconds. Return to the starting position and repeat on the other side moving with control throughout the movement. Continue, alternating sides, for the prescribed number of repetitions.</p>	<p>Keep your chest up and weight on the middle of your foot. Contract the glute of the leg you are standing on.</p> <p><b>You Should Feel It:</b> Stretch in the glute and the hamstring of your front leg and in the hip flexor of your back leg.</p>
<p>Leg Cradle- In place</p> 	<p><b>Starting Position:</b> Stand with your back straight, your knees unlocked, and your arms at your side.</p> <p><b>Procedure:</b> Lift your left foot off the deck and slightly squat back and down on your right leg. Bring your knee to your chest, placing your left hand under the knee and your right hand under your ankle. Pull your left leg as close as you can to your chest in a gentle stretch while contracting your right glute. Return to the starting position and repeat with your right knee. Continue, alternating legs, for the prescribed number of repetitions.</p>	<p>Keep your chest up. Contract the glute of the leg you are standing on.</p> <p><b>You Should Feel It:</b> Stretching on the outside of your hip in your front leg and in the hip flexor of your back leg.</p>
<p>Drop Lunge</p>	<p><b>Procedure:</b> Reach your left foot 2 feet behind and across your right foot.</p>	<p>Keep your chest up and sit your hips</p>

	<p>Square your hips back to the starting position, and sit back and down into a squat. Stand and step laterally with your right foot. Then repeat the stretch on the same side. Continue until you've completed your reps on that side. Then reverse directions</p>	<p>back. Maintain your weight on the heel of your front leg. You will be moving around the room during this exercise, so give yourself plenty of space.</p> <p><b>You Should Feel It:</b> Stretch in the outsides of both hips.</p>
<p>Inverted Hamstring w/and w/o support</p> 	<p><b>Starting Position:</b> Stand on one leg with perfect posture, your arms raised out to your sides, your thumbs up, and your shoulder blades back and down.</p> <p><b>Procedure:</b> Keeping a straight line between your ear and ankle, bend over at the waist and elevate your other leg behind you. When you feel a stretch, return to the standing position by contracting the glute and hamstring of your planted leg. Continue with the same leg for the prescribed number of repetitions, then switch legs.</p>	<p>Keep your back flat and your hips parallel to the deck. Maintain a straight line from your ear through your hip, knee, and ankle. Try not to let your foot touch the deck between repetitions. Be sure to keep your knee slightly unlocked on your stance leg during the movement.</p> <p><b>You Should Feel It:</b> Stretching in your hamstrings.</p>
<p>Lateral Squat-Alternating</p> 	<p><b>Starting Position:</b> Starting Position: Stand with good posture with your hands at your sides and feet shoulder width apart.</p> <p><b>Procedure:</b> Step to the right with your right foot, keeping your toes forward and your feet flat. Squat through your right hip while keeping your left leg straight. Squat as low as possible, holding this position for 2 seconds. Push back to the starting</p>	<p>Keep your knee on your "working" side behind your toes. Keep your opposite leg straight, your back flat, and your chest up.</p> <p><b>You Should Feel It:</b> In your glutes, groin, hamstrings, and quads.</p>



	position and repeat for the prescribed number of repetitions, then repeat with the left leg.	
<p>Lateral Squat- Low Alternating</p> 	<p><b>Starting Position:</b> Stand with your feet wider than shoulder width apart.</p> <p><b>Procedure:</b> Shift your hips to the right and down by bending your right knee and keeping your left leg straight. Your feet should be straight ahead and flat on the deck. Push through your right hip to shift your weight onto the opposite leg, while keeping your hips at the same low level. Continue this movement for the prescribed number of repetitions.</p>	<p>Keep your knee on your "working" side behind your toes. Keep your chest up and hips low throughout the movement.</p> <p><b>You Should Feel It:</b> Working your glutes, groin, hamstrings, and quads.</p>
<p>Lateral Lunge-Alternating</p> 	<p><b>Starting Position:</b> Stand with good posture with your hands at your sides and feet shoulder width apart.</p> <p><b>Procedure:</b> Step to the right with your right foot, keeping your toes forward and your feet flat. Squat through your right hip while keeping your left leg straight. Squat as low as possible, holding this position for 2 seconds. Push back to the starting position and repeat for the prescribed number of repetitions, then repeat with the left leg.</p>	<p>Keep your knee on your "working" side behind your toes. Keep your opposite leg straight, your back flat, and your chest up.</p> <p><b>You Should Feel It:</b> In your glutes, groin, hamstrings, and quads.</p>
<p>Reverse Lunge Reach</p>	<p><b>Starting Position:</b> Stand with your back straight and your arms at your sides.</p> <p><b>Procedure:</b> Step backward with your right foot into the lunge, your left foot forward, then contract your right glute. Reach your right hand overhead and laterally crunch your torso to the left,</p>	<p>Maintain your posture throughout the movement. Contract your back glute during the stretch. Keep your front knee behind your toes. Don't let your back knee touch the deck. Keep your chest up and fire your front glute as</p>




	<p>reaching your left hand toward the deck - hold for 2 seconds. Return to the starting position and repeat on the opposite side. Continue, alternating sides, for the desired number of repetitions.</p>	<p>you return to the starting position.</p> <p><b>You Should Feel It:</b> Stretching in the hip flexor of your back leg, in the glute and groin area of your front leg, and in the lateral muscles of your torso.</p>
<p>Reverse Lunge w/ Rotation</p> 	<p><b>Starting Position:</b> Stand with your back straight and your arms at your sides.</p> <p><b>Procedure:</b> Step backward with your left foot into the lunge, your right foot forward, then contract your left glute. Place your left hand on the outside of your front leg, and your chest by rotating towards your right - hold for 2 seconds. Return to the starting position and repeat on the opposite side. Continue, alternating sides, for the desired number of repetitions.</p>	<p>Maintain your posture throughout the movement. Contract your back glute during the stretch. Keep your front knee behind your toes. Don't let your back knee touch the deck. Keep your chest up and fire your front glute as you return to the starting position.</p> <p><b>You Should Feel It:</b> Stretching in the hip flexor of your back leg, in the glute and groin area of your front leg, and in the mid to upper torso.</p>
<p>Reverse Lunge, Elbow to Instep – In Place</p> 	<p><b>Starting Position:</b> Stand with your back straight and your arms at your sides.</p> <p><b>Procedure:</b> Step backwards into a lunge with your right foot. Place your right hand on the deck and your left elbow to the inside of your left foot, and hold the stretch for 1 to 2 seconds. Place your left hand outside your foot and push your hips to the sky. Return your left elbow to the inside of your left foot and repeat for the prescribed number of repetitions on each side.</p>	<p>Keep your back knee off the deck. Contract your glute and reach your heel as far away from your hips as possible</p> <p><b>You Should Feel It:</b> Stretching your groin, your back leg hip flexor, and your front leg glute and hamstring</p>





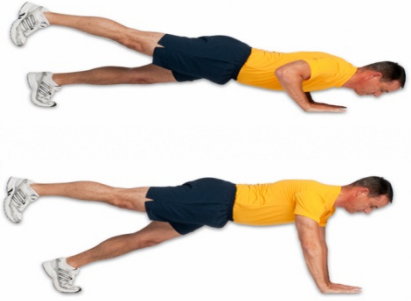
## Navy Fitness and Fueling System

### Practical Applications: Strength and Metabolic Exercises

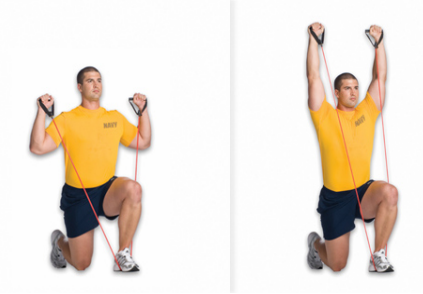

Strength		
Exercise:	Description:	Coaching Keys:
<p>Lateral Pillar Bridge (hold)</p> 	<p><b>Starting Position:</b> Lie on your side with your forearm on the deck under your shoulder and your feet stacked together.</p> <p><b>Procedure:</b> With your body in a straight line and your elbow under your shoulder, push your hip off the deck, creating a straight line from ankle to shoulder. Keep your head in line with the spine. Hold for 30 seconds.</p>	<p>Keep your body in a straight line and keep your stomach tight.</p> <p><b>You Should Feel It:</b> In your shoulders and trunk.</p>
<p>Dynamic Lateral Pillar Bridge</p> 	<p><b>Starting Position:</b> Lie on your side with your forearm on the deck under your shoulder. Feet stacked together.</p> <p><b>Procedure:</b> With your body in a straight line and your elbow under your shoulder, push your hip off the deck, creating a straight line from ankle to shoulder. Keep your head in line with the spine. Hold for 1 - 2 seconds, and then return to the start position. Repeat this movement for the prescribed reps, then switch sides and repeat.</p>	<p>Keep your body in a straight line and keep your stomach tight.</p> <p><b>You Should Feel It:</b> In your shoulders and trunk.</p>
Bent Over Row w/ Bands	<p><b>Starting Position:</b></p>	<p>Move with your shoulder, not your arm, to initiate the row. Keep your back level</p>



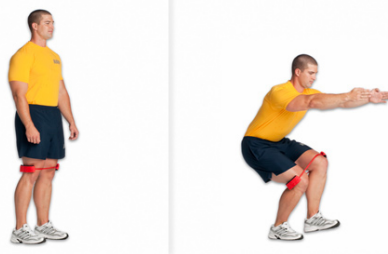
	<p>Stand, hinged over at the waist, with both feet standing on the band holding handles in each hand. Adjust the position of the bands to ensure the resistance is challenging enough.</p> <p>Procedure: Slide your shoulder blades toward your spine and then lift the weight to your body by driving your elbow to the ceiling. Return to the starting position and repeat for the prescribed number of repetitions.</p>	<p>- your shoulders should stay parallel to the deck. Keep your torso engaged and your back flat throughout the movement.</p> <p>You Should Feel It: In your back, lats, and shoulders.</p>
<p>Bent Over Row w/ Band-1 Arm</p> 	<p>Starting Position: Wrap the band on one foot until the tension is challenging enough and hold the handle in the opposite hand. Stand, hinged over at the waist.</p> <p>Procedure: Slide your shoulder blade toward your spine and then lift the handle to your body by driving your elbow to the ceiling. Return to the starting position and repeat for the prescribed number of repetitions.</p>	<p>Move with your shoulder, not your arm, to initiate the row. Keep your back level - your shoulders should stay parallel to the deck. Keep your torso engaged and your back flat throughout the movement.</p> <p>You Should Feel It: In your back, torso, lats, and shoulders.</p>
<p>Glute Bridge Reps</p> 	<p>Starting Position: Lie faceup on the deck with your arms at your sides, your knees bent, and your heels on the deck.</p> <p>Procedure: Lift your hips off the deck until your knees, hips, and shoulders are in a straight line. Return to the starting position and repeat for the prescribed repetitions.</p>	<p>Fire your glutes to lift your hips off the deck. Do not let your back extend during the movement.</p> <p>You Should Feel It: In your glutes, and to a lesser degree, in your hamstrings and low back.</p>
<p>Glute Bridge-2 Legs up, 1 Leg down</p>	<p>Starting Position:</p>	<p>Fire your glutes to lift your hips off the</p>








	<p>Lie faceup on the deck with your arms at your sides, your knees bent, and your heels on the deck.</p> <p>Procedure: Lift your hips off the deck until your knees, hips and shoulders are in a straight line. Hold the position while lifting your right knee to your chest, then slowly lower your hips to the starting position with the single leg. Repeat this movement for the prescribed amount of repetitions, then repeat while lifting your left knee to your chest while lowering yourself.</p>	<p>deck. Do not let your back extend during the movement.</p> <p>You Should Feel It: In your glutes, and to a lesser degree, in your hamstrings and low back.</p>
<p>Push Up</p> 	<p>Starting Position: Assume a push up position with your hands and feet on the deck.</p> <p>Procedure: Lower your body towards the deck, then reverse the movement without touching the deck. Keep your body in a straight line.</p>	<p>Push your sternum as far away from your hands as possible at the end of the movement.</p> <p>You Should Feel It: In your chest, arms, and torso.</p>
<p>Push Up-1 leg</p> 	<p>Starting Position: Assume a push up position with your hands and feet on the deck. Keeping your torso engaged and hips square to the deck, slowly lift one foot 2 - 3 inches off the deck while keeping your leg straight.</p> <p>Procedure: Holding this position, lower your body to the deck, then reverse the movement without touching the deck. Keep your body in a straight line. Repeat for the prescribed number of reps and then repeat with</p>	<p>Push your sternum as far away from your hands as possible at the end of the movement.</p> <p>You Should Feel It: In your chest, arms, and torso.</p>







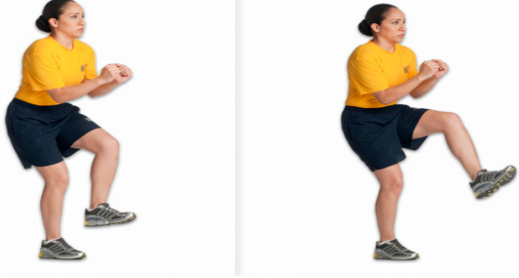
	the opposite foot in the air.	
<p>Overhead Press-1/2 Kneeling w/ band</p> 	<p><b>Starting Position:</b> Half-kneel (put one knee on the deck) with your back knee on a soft mat or pad. Place the middle of the band underneath your front foot and hold a handle in each hand.</p> <p><b>Procedure:</b> Keeping your arms in line with your body, press the bands straight overhead. Return to the starting position and repeat for the prescribed number of repetitions.</p>	<p>Be sure not to allow the bands to pull your arms forward; they should move straight up and down. Maintain a tall posture during the movement and engage your back glute. Switch legs midway through the set.</p> <p><b>You Should Feel It:</b> In your shoulders and upper back.</p>
<p>Overhead Press-Low Split w/ Bands</p> 	<p><b>Starting Position:</b> Stand in a low split position, with the majority of your weight on your front foot in the middle of your arch. Place the middle of the band underneath your front foot and hold a handle in each hand.</p> <p><b>Procedure:</b> Keeping your arms in line with your body, press the bands straight overhead. Return to the starting position and repeat for the prescribed number of repetitions.</p>	<p>Be sure not to allow the bands to pull your arms forward, they should move straight up and down. Maintain a tall posture during the movement and engage your back glute. Switch legs midway through the set.</p> <p><b>You Should Feel It:</b> In your shoulders and upper back.</p>
<p>Squat to Overhead Press w/ band</p>	<p><b>Starting Position:</b> Stand with your feet shoulder width apart with the bands under your feet, holding handles at your shoulders with your elbows facing forward. If you are taller and the bands are not long enough with two feet on them, stand on the center of the band</p>	<p>Keep the weight on the arches of your feet and do not let your knees collapse during the movement. Keep your elbows up and pointing straight ahead throughout.</p> <p><b>You Should Feel It:</b></p>

	<p>with one foot.</p> <p>Procedure: Squat your hips back and down until your thighs are parallel with the deck. Return to standing by pushing through your hips. At the top of your stance, press the handles overhead. Return to the starting position and repeat for the prescribed number of repetitions.</p>	<p>In your glutes, hamstrings, quads, and shoulders.</p>
<p>Romanian Dealift-1 Arm,1 Leg w/ bands</p> 	<p>Starting Position: Wrap the band around one foot until the tension is challenging enough &amp; hold both handles in the opposite hand.</p> <p>Procedure: Hinge over at the waist, lowering the handle as your non-supporting leg lifts behind you. Return to the standing position by contracting your hamstring and glute. Repeat for the prescribed number of repetitions, then switch legs.</p>	<p>Do not let your back arch. Your torso and leg should move as one unit. Fire the glute of your extended leg to keep it straight. Keep your shoulder blades back and down throughout the movement, and keep the handle of the band close to your shin.</p> <p>You Should Feel It: In your glutes, hamstrings, and torso.</p>
<p>Single Leg Squat- w/Mini band</p> 	<p>Starting Position: Stand on one foot with your arms at your sides with good posture, with a mini band just above your knees.</p> <p>Procedure: Initiate movement with your hips, squatting back and down on one leg as you reach forward. Picture you are reaching your hips back to sit down softly on a chair. Return to a standing position using only the leg you are balancing on. Repeat for the</p>	<p>Keep your weight balanced on the center of your arch and so not let your knee collapse to the inside.</p> <p>You Should Feel It: In your glutes, hamstrings, and quads.</p>

		prescribed number of repetitions, then switch legs.	
<div>Split Squat w/ Band</div> <div></div>	<div>Starting Position:</div> <div>Stand in a tall split position with feet shoulder width apart, with a band under your front foot and your weight primarily on the arch of your front foot. Hold the handles in your hands with your elbows facing forward.</div> <div>Procedure:</div> <div>Drop your hips to the deck by bending your front knee without letting your back knee touch the deck. Return to standing by pushing up with your front leg. Repeat for the prescribed repetitions, then switch legs and repeat.</div>	<div>Maintain the majority of your weight on the arch of your front foot with very little on your back foot. Your front hip should be bearing the majority of the load during this movement. Keep your torso engaged and back flat.</div> <div>You Should Feel It:</div> <div>In your glute, hamstrings, and quads.</div>	
<div>Squat w/ Mini-band</div> <div></div>	<div>Starting Position:</div> <div>Stand with your arms at your sides, your feet shoulder width apart and pointing straight ahead, and a mini band around and above your knees.</div> <div>Procedure:</div> <div>Maintain perfect posture and initiate movement with your hips. As you reach your arms far forward, squat your hips back and down until your thighs are parallel to the deck. Return to standing position by pushing through your hips. Keep your knees out. Repeat until you've completed all your reps.</div>	<div>Keep your knees behind your toes during the movement. Also, keep your knees pushing against the band so they do not collapse to the inside during the movement. Keep your chest up and back flat.</div> <div>You Should Feel It:</div> <div>In your glutes, hamstrings, and quads.</div>	
<div>Squat-1 Arm w/ Bands</div>	<div>Starting Position:</div> <div>Wrap the band on one foot to ensure appropriate tension &amp; hold both handles in the opposite hand.</div>	<div>Keep your feet flat on the deck with your weight in your arches. Maintain a</div>	

	<p>Stand with your feet slightly wider than shoulder-width apart.</p> <p>Procedure: Drop your hips towards the deck until you're in a squat position. Leading with your chest, stand up, and then repeat. Continue for the prescribed number of repetitions, then switch sides.</p>	<p>flat back with your chest up.</p> <p>You Should Feel It: In your glutes, hamstrings, and quads.</p>
<p>Y's Bent Over w/ Bands</p> 	<p>Starting Position:</p> <p>Stand bent over at the waist with your back flat and your chest up. Take hold of a light resistance band in both hands.</p> <p>Procedure: Glide your shoulder blades back and down, then raise your arms over your head to form a Y. You should feel slight resistance from the bands as you raise your arms. Return to the starting position and continue for the prescribed number of reps.</p>	<p>Initiate the movement with your shoulder blades, not your arms and keep your thumbs up.</p> <p>You Should Feel It: Working your shoulders and your upper and lower back</p>
<p>T's Bent Over w/ Bands</p> 	<p>Starting Position:</p> <p>Stand bent over at the waist with your back flat and your chest up. Take hold of a light resistance band in both hands.</p> <p>Procedure: Glide your shoulder blades back and down, then raise your arms out to your sides to form a T. You should feel slight resistance from the bands as you raise your arms. Return to the starting position and</p>	<p>Initiate the movement with your shoulder blades, not your arms and keep your thumbs up.</p> <p>You Should Feel It: Working your shoulders and your upper and lower back.</p>

	continue for the prescribed number of reps.	
<p>Crunches</p> 	<p><b>Starting Position:</b> Lie faceup with your knees bent, and your arms crossed in front of your chest.</p> <p><b>Procedure:</b> Lift your chest until your shoulder blades are off the deck, and at the same time rotate your pelvis toward your belly button. Slowly return to the starting position. Repeat until you've completed your reps.</p>	<p><b>Coaching Key:</b> Do not pull your head with your hands. Feel each segment of your spine flexing as you crunch.</p> <p><b>You Should Feel It:</b> In your abdominals</p>
<p>Straight Leg Lowering</p> 	<p><b>Start Position:</b> Lying face up on deck with your knees straight and hips flexed with legs pointing up with soles of feet pointing towards the ceiling.</p> <p><b>Procedure:</b> While keeping your stomach tight, spine still, and left leg stationary, slowly lower your right leg straight down until you feel your pelvis about to start moving. Return back to the starting position and repeat on the opposite side. Continue for the prescribed number of repetitions.</p>	<p>Do not let your pelvis move as your leg lowers. Do not let your feet touch the deck. Push the arch of your foot as far away from your hips as possible when lowering your leg.</p> <p><b>You Should Feel It:</b> Working your trunk and stretching your hamstring.</p>
<b>Metabolic Exercises</b>		
<b>Exercise:</b>	<b>Description:</b>	<b>Coaching Keys:</b>
Plank Running	<p><b>Starting Position:</b> Start in a push up position with your hands directly beneath your shoulders and your feet shoulder width apart. Keeping your hips and torso still, draw</p>	<p>Keep your back flat and torso engaged throughout the entire movement. Try to keep your hips still as you alternate leg</p>

	<p>one knee towards your chest keeping your back leg straight.</p> <p>Procedure: With your torso engaged, switch your leg position by driving your straightened knee towards your chest while straightening your bent knee. Continue alternating this movement for the prescribed repetitions.</p>	<p>positions, do not bounce.</p> <p>You Should Feel It: In your torso, hips, and shoulder</p>
<p>Reverse Lunge Alternating</p> 	<p>Starting Position: Stand with good posture with your hands at your sides and feet shoulder width apart.</p> <p>Procedure: With your feet together, step back with your right leg into a lunge, maintaining your weight primarily on the arch of your front foot. Return to standing by pushing through your front hip. Repeat with the opposite leg and continue for prescribed reps.</p>	<p>Maintain weight on the arch of the front foot throughout the movement, and focus on using your front hip to return to standing. Do not let your back knee touch the deck.</p> <p>You Should Feel It: In your glutes, hamstrings, and quads.</p>
<p>Single Leg Balance-Alphabet</p> 	<p>Starting Position: Standing tall on one leg, with the opposite foot floating directly beside your stance foot.</p> <p>Procedure: Sit your hips down and back into a quarter squat. Keep your weight balanced on the center of your arch. With your floating foot spell the letters of the alphabet in the air in small letters for the prescribed amount of time.</p>	<p>Keep your torso and hip engaged throughout the movement.</p> <p>You Should Feel It: In your glutes and quads</p>

<p>Split Squat-Alt 5 sec hold</p>	<p>Starting Position:</p> <p>Stand in a tall split position with feet shoulder width apart, and your weight primarily on the arch of your front foot.</p> <p>Procedure:</p> <p>Drop your hips to the deck by bending your front knee without letting your back knee touch the deck. Hold this position for 5 seconds, then switch legs and repeat until working time has elapsed</p>	<p>Maintain the majority of your weight on the arch of your front foot with very little on your back foot. Your front hip should be bearing the majority of the load during this movement. Keep your torso engaged and back flat.</p> <p>You Should Feel It:</p> <p>In your glutes, hamstrings, and quads</p>
-----------------------------------	--	---

# Navy Fitness and Fueling System

## Practical Applications: Linear Accelerations/Cone Drills

### Drill #1: Linear Accelerations

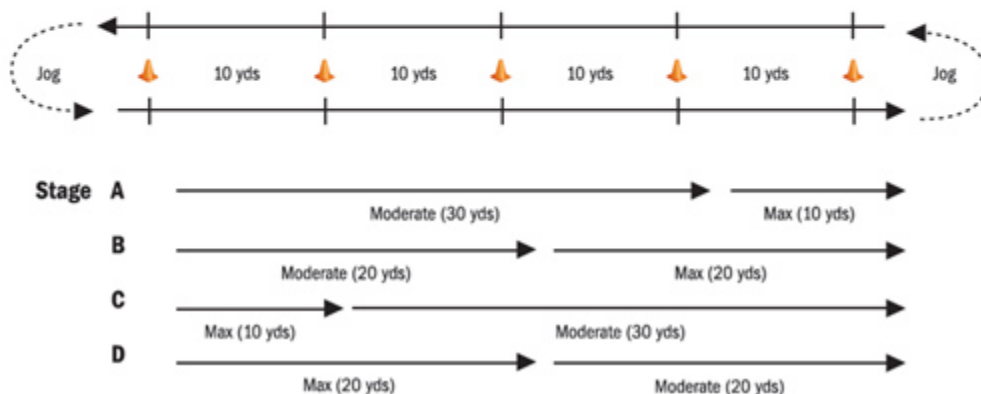
**Descriptions:** 30 yds Moderate/10 yds Max

**Circuits:** 3 Circuits

**Time Per Movement:** 2 minutes

**Rest between Circuits:** 1 minute

Stage:	Pattern	Work	Rest	Short	Medium	Long
A	30 yds Moderate/10 yds Max	2 min	1 min			
B	20 yds Moderate/20 yds Max	2 min	1 min	x3	x5	x7
C	10 yds Max /30 yds Moderate	2 min	1 min			
D	20 yds Max /20 yds Moderate	2 min	1 min			



### Set Up:

- Set up 5 cones or markers 10 yds apart for a total distance of 40 yds as shown in the diagram
- Set up the cones with room to spare after the last cone to allow you to run through the last cone on each sprint

### Procedure:

- Select the appropriate pattern, work-to-rest ratio, and repeats for the stage you are on
- Start with a light jog, back and forth, through the pattern for 2 minutes to warm up
- During the Work interval run the pattern at the prescribed intensity (see chart)
- After passing the last cone in the pattern, turn around and repeat the pattern in the opposite direction. Continue to repeat for the duration of the work interval.
- During the Rest interval walk or jog between the two end cones



### Coaching Keys:

- Refer to the "Intensity Tables" above to determine your work interval intensities based on RPE or HR
- Focus on distinct change of speeds between Moderate and Max Intensities
- Keep your movement clean as you accelerate through the drill
- When working in large groups, set up multiple sets of cones and divide the group appropriately - you can start people at either end of the cones to increase numbers of people per cones

### Drill #2: Linear Accelerations

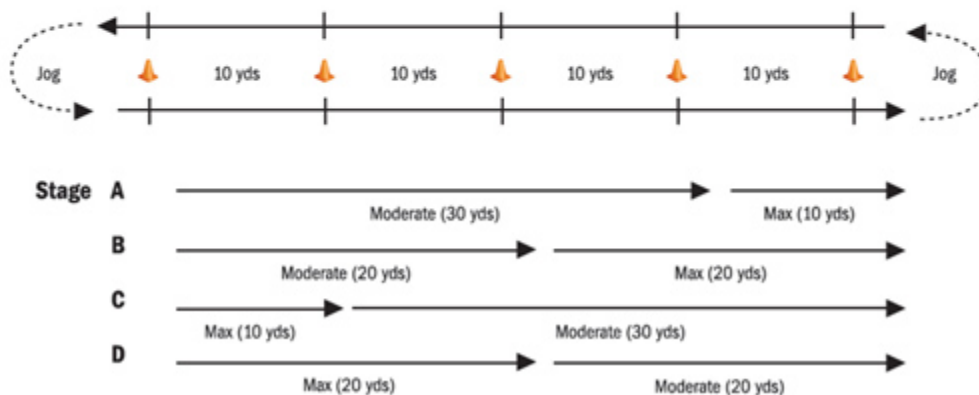
**Descriptions:** 30 yds Moderate/10 yds Max

**Circuits:** 3 Circuits

**Time Per Movement:** 2 minutes

**Rest between Circuits:** 1 minute

Stage:	Pattern	Work	Rest	Short	Medium	Long
A	30 yds Moderate/10 yds Max	2 min	1 min			
B	20 yds Moderate/20 yds Max	2 min	1 min	x3	x5	x7
C	10 yds Max /30 yds Moderate	2 min	1 min			
D	20 yds Max /20 yds Moderate	2 min	1 min			



### Set Up:

- Set up 5 cones or markers 10 yds apart for a total distance of 40 yds as shown in the diagram
- Set up the cones with room to spare after the last cone to allow you to run through the last cone on each sprint

### Procedure:

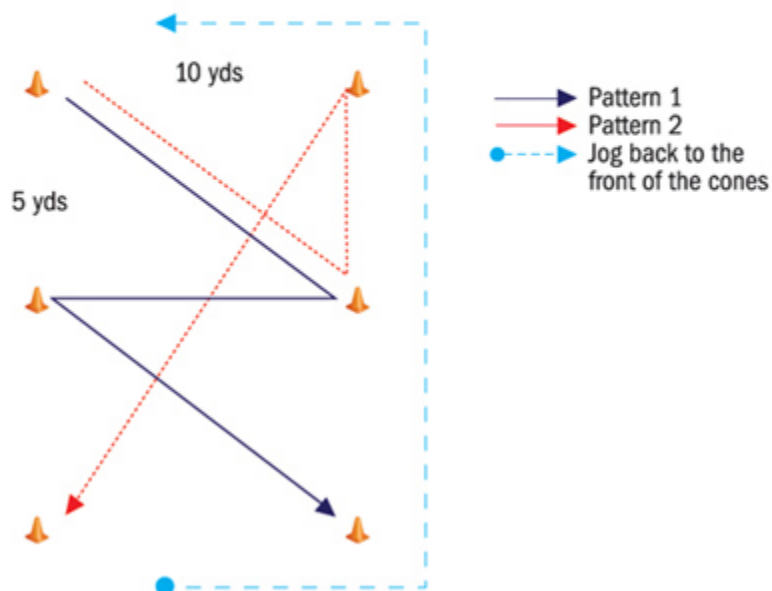
- Select the appropriate pattern, work-to-rest ratio, and repeats for the stage you are on
- Start with a light jog, back and forth, through the pattern for 2 minutes to warm up
- During the Work interval run the pattern at the prescribed intensity (see chart)
- After passing the last cone in the pattern, turn around and repeat the pattern in the opposite direction. Continue to repeat for the duration of the work interval.
- During the Rest interval walk or jog between the two end cones

### Coaching Keys:

- Refer to the "Intensity Tables" above to determine your work interval intensities based on RPE or HR
- Focus on distinct change of speeds between Moderate and Max Intensities
- Keep your movement clean as you accelerate through the drill
- When working in large groups, set up multiple sets of cones and divide the group appropriately - you can start people at either end of the cones to increase numbers of people per cones

### Drill #3: Cone Drill - Alternate Pattern 1 & 2

Stage:	Pattern	Work	Rest	● Short	● Medium	● Long
A	1	1:00	2:00	x2	x4	x5
B	1	2:00	1:00	x3	x5	x7
C	Alt. 1 & 2	1:00	2:00	x2	x4	x5
D	Alt. 1 & 2	2:00	1:00	x3	x5	x7



**Set Up:**

- Set up 6 cones or markers 5 x 10 yds apart as shown in the diagram.

**Procedure:**

- Select the appropriate pattern, work-to-rest ratio, and repeats for the stage you are on
- Start with a light jog, back and forth, through the pattern for 2 minutes to warm up
- During the Work interval run the pattern at a HARD intensity (see chart)

**Pattern 1:**

- Sprint diagonally and decelerate under control at the cone
- Shuffle across to the next cone
- Plant at the cone and sprint diagonally through the next cone
- Jog around to start of the drill
  - If repeating pattern 1 alternate the start cone from right to left
  - If the next pattern is 2 (Stage C&D), start at same cone

**Pattern 2:**

- Sprint diagonally and decelerate under control at the cone
- Backpedal to cone behind you
- Plant at the cone and sprint diagonally through the next cone
- Jog around to start of the drill, alternating cones you start at and repeat pattern 1

**Coaching Keys:**

- Keep your movement clean as you accelerate and decelerate through the cones
- Continue to run through the patterns for the duration of the "Work interval"
- Recover during the "Rest Interval" by jogging around the cones
- Accelerate HARD at each sprint
- Decelerate under control by lowering your center of gravity and taking shorter steps
- In stage C & D you will be alternating between the two patterns for the duration of the "Work Interval"