



Leading Command PT



Objectives

- Discuss components of command PT
- Discuss program design for command PT
- Introduce current exercise programs

Components of Leading Command PT

- Postural alignment
- Instructional techniques and cueing
- Class structure and design
- Injury prevention

Postural Alignment*

- Positioning of the body that is mechanically efficient and requires minimum energy to maintain

* ACSM Resources for the Personal Trainer, 2009

Postural Alignment cont.

- Maintain proper alignment at all times.
This includes:
 - Neutral head
 - Relaxed shoulders
 - Chest up
 - Neutral pelvis
 - Relaxed knees

Postural Alignment cont.

- According to the National Institute of Health, 8 out of 10 (80%) of Americans have (or will have) back problems
- Proper alignment is critical in preventing back injuries

Instructional Techniques and Cueing

- Analyze movement skills of members
- “Teach by walking”
 - Correct form/posture of participants as needed
- Provide modifications for difficult and/or advanced movements

Types of Cueing

- Vocal
 - Use vocal cues to announce:
 - Exercise introduction
 - Movement execution
 - Body alignment
 - Project loudly, clearly, and timely
- Visual
 - Use directional hand movements to correct improper movement
 - Use “mirror image” approach
 - E.g., “I lead right, you lead left.”

Vocal Cueing

- Exercise Introduction
 - “Our next exercise will be a squat.”
- Exercise Alignment
 - “Feet shoulder width apart, feet firmly on deck.”
- Movement Execution
 - “Push your hips back, make a 90 degree angle between your hamstrings and calves.”

Vocal Cues cont.

- Counting
 - 4 count cadence
 - ex., 1,2,3...ONE, 1, 2, 3...TWO
- Countdown
 - 10, 9, 8...
- Echo Count
 - ex., 1...ONE, 2....TWO

Class Structure and Design

- Answer the Who, What, Where and Why?
 - **Who** will you be leading?
 - **What** format will you be using?
 - Energy System Development (ESD)
 - Circuit Training, etc.
 - **Where** will you conduct the training?
 - **Why** (purpose of the training)?

Who are you leading?

- Know your participants....
 - FEP
 - Junior members / Senior members
 - Athletes
- Find a format that meets the fitness needs of the “majority” of members
- You can’t please everyone, but you CAN provide everyone an effective workout

What format will you be using?

- Circuit training
- Strength training
- Cardio Kickboxing
- ESD training
- Aqua Fitness
- Spin
- And many, many more.....

Standard Format for Command PT

- Ask the Pre-physical Activity Questions
- 5 minutes: Dynamic warm-up
- 45-50 minutes: Pre-planned activity
- 5-10 minutes: Cool down/stretch
 - Gradual reduction in intensity to lower HR

Where will you be conducting the training?

- Basketball courts
 - ESD training
 - Circuit training
- Multi-purpose fields
 - Team sports
 - ESD training
- Group Exercise room
 - Cardio kickboxing
 - Step class
- Deckplate/Confined spaces
 - NOFFS

Purpose of training

- Focus on key components of fitness:
 - Cardio-respiratory endurance
 - Muscular strength and endurance
 - Flexibility
 - Sport-Specific
 - Functional movements (training in all planes)

Sample Command PT Programming

- Monday:
 - 20 Station Strength Training Circuit
- Wednesday:
 - 30 minutes Cardio Kickboxing
- Friday:
 - Team Sports (Ultimate Frisbee)
- All workouts begin with a proper warm-up and end with cool-down

5 Questions Every CFL Should Ask

- What is the purpose of this exercise?
 - Muscular strength/endurance, ESD, etc.
- Are you doing it effectively?
- Does the exercise create any safety concerns?
- Can you maintain proper alignment and form for the duration of the exercise?
- For whom is this exercise appropriate?
 - Green, Yellow, Red

For Whom is the Exercise Appropriate or Inappropriate?

- **GREEN**: Able to perform the exercise safely and effectively
- **YELLOW**: Modifications may be needed in order to perform safely
- **RED**: Cannot perform exercise safely and should not perform the exercise/workout

Signs of Overexertion

- Extreme shortness of breath and/or labored breathing
- Dizziness
- Nausea
- Higher than recommended HR
- Irregular or fluttering HR
- Chest pain
- Sweating profusely
- Low abdominal pain
- Blue lips and/or fingers
- Lack of coordination
- Sore and painful muscles

Tips for Instructors

- Start on time / End on time
- Watch and correct for proper form
- Watch for signs of overexertion
- Vary the workouts but ensure to train all components of fitness
- Teach what you know...

Commercial Exercise Programs

- One size does not fit all
- Numerous commercial programs on the market – some better than others
- Navy does not endorse the use of commercialized PT programs for Command PT

Navy Operational Fitness and Fueling System (NOFFS)

- NOFFS focuses on optimal OPERATIONAL performance and injury prevention
- Includes nutrition component
- Replicates daily activities of Sailors:
 - Lift
 - Push
 - Pull
 - Carry



NOFFS Workout Cards

- Specialized Series For:
 - Submarines
 - Surface Ships
 - Large Decks
 - Group PT

LARGE DECK SERIES

WARM UP & STRENGTH - LEVEL 2

★ Select 1 Strength Option:
FIT KIT EQUIPMENT or FULL EQUIPMENT

Option B: Strength – Full Equipment

this strength option takes advantage of FULL EQUIPMENT using dumbbells and body weight as the primary source of resistance. This component designed to strengthen the movement needed to perform on an operational platform. Select a resistance that you feel challenged with and pay close attention to the quality of your movement.

Stages:	A	B	C	D
Reps:	12	10	8	6

● Short

● Medium

● Long

	Circuit 1	Circuit 2
● Short	x2	x1
● Medium	x2	x2
● Long	x3	x2

Circuit 1

1

BENCH PRESS – ALTERNATING DUMBBELL
 Keeping one arm straight, lower the other dumbbell until your arm just break parallel with the deck, then push it back up. Keep your nonworking arm straight with feet flat on the deck. Keep hips & shoulders on the bench during the movement. Alternate sides each rep.

2

ROMANIAN DEADLIFT – 1 LEG DUMBBELL
 Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you. Return to the standing position by contracting your hamstring & glutes. Keep back flat, shoulder blades back & down during movement & keep the dumbbells close to your shin. Complete reps, repeat on opposite side.

3

SPLIT SQUAT – REAR FOOT ELEVATED DUMBBELLS
 Place your back foot up onto a box or bench behind you. Drop hips towards deck by bending your front knee without letting your back knee touch the deck. Return to starting position by pushing up with your front leg. Complete reps on one leg, then switch legs & repeat.

4

BENT OVER ROW – 1 ARM 1 LEG DUMBBELL
 Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you. Slide shoulder blade toward, lift weight to body by driving elbow to ceiling. Keep your back level, stance leg slightly unhooked & shoulders parallel to the deck. Complete reps, repeat on opposite side.

Circuit 2

1

SQUAT TO OVERHEAD PRESS – DUMBBELL
 Squat hips back & down until thighs are parallel with deck. Return to standing by pushing through your hips. At top of stance, press dumbbells straight overhead. Keep weight on arches and do not let knees collapse during the movement.

2

LATERAL PILLAR BRIDGE – W/ ABDUCTION
 Lie on side with forearms on deck, feet stacked together. Keep elbow under shoulder, push your hip off the deck, straight line from ankle to shoulder. Lift your top leg into the air as if you were doing a lateral jumping jack. Complete reps, repeat on opposite side.

3

CURL – KNEELING DUMBBELL
 Start in kneeling position, holding dumbbells with arms at your sides. Keep elbows at your hips, lift dumbbells to shoulders as you rotate your palms to the ceiling. Keep your stomach & the glute muscles of your rear leg tight throughout the movement. Switch forward leg half way through the set.

4

CRUNCHES
 Lie faceup with knees bent & hands across your chest. Lift chest up until shoulder blades are off the deck & rotate your pelvis towards your belly button. Slowly return to starting position & repeat for prescribed reps.

Interested in Becoming a Certified Group Exercise Instructor and/or Personal Trainer?

- Choose an accredited organization (i.e. ACSM, ACE, NASM)
- Self-paced study programs available
- Contact your local MWR Fitness Office for more details

Summary

- Use your vocal and visual cues to lead effectively
- Have modifications available
- Watch for signs of overexertion
- Develop a program that “fits” best with your command
- Practice, Practice, Practice
- MOTIVATE, be safe, and have FUN!

References

- American College of Sports Medicine (ACSM), ACSM's Resources for the Personal Trainer, 3rd Edition, Lippincott Williams and Wilkins , 2009.
- American Council on Exercise Group Fitness Instructor Manual: A Guide for Fitness Professionals, 2nd Edition, 2007.
- OPNAVINST 6110.1 (Series), Physical Readiness Program.

Questions?

