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TRAINING ON BOARD NEWSLETTER



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



P.1 10-Minute Total-Body Strength Workout



P.2 Festive Fitness



P.2 How to...Do Mountain Climbers

10-MINUTE TOTAL-BODY STRENGTH WORKOUT

Don't have much time for a workout? To maximise the benefits in the time you have, here's what you need to do:

1. Choose: **1 traditional strength move**
1 core move
1 dynamic power move
2. Repeat the circuit 3 times, resting for 1 minute between each circuit

That's it! Doing this workout as a circuit will keep your heart rate elevated throughout so you will end up burning more calories as well.

On the right is a full-body strength workout recommended by a fitness expert and certified trainer on self.com. All you need is a medium-weight dumbbell or fairly heavy object like a full 1-litre water bottle. He recommends these exercises (find out how to do them [here](#)):

Goblet squats: For building full-body strength

Reverse woodchops: For targeting abs and building core strength

Burpees with strict push-ups: For working on explosive power and upper-body strength

10-Minute Total-Body Strength Workout

Goblet Squat
20 reps

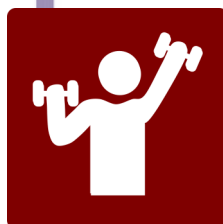
Reverse Woodchop
15 reps on each side

**Burpee With
Strict Push-Up**
10 reps

Rest 1 minute

Repeat 3x

SELF



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.



FESTIVE FITNESS



For those who celebrate it, Christmas usually means good food and relaxation, but there's no reason why you can't keep fit and healthy in the build-up to the holiday!

Try the ladder-style workout below on the 12 days leading up to Christmas (or any time of year you fancy a challenge!). Click on the exercises to see how they're done and if you're unsure of how to do the workout, the lyrics of the song will help! For example:

Day 1: 10 running sprints

Day 2: 2 lateral burpees & 10 running sprints

Day 3: 3 push-ups, 2 lateral burpees & 10 running sprints...

12 DAYS OF CHRISTMAS

PERFORM THE WORKOUT LADDER STYLE
(JUST LIKE THE SONG)

- 1 :10 RUNNING SPRINT
- 2 LATERAL BURPEE
- 3 PUSH-UP
- 4 LATERAL LUNGE*
- 5 MOUNTAIN CLIMBER*
- 6 GLUTE BRIDGE
- 7 AIR SQUAT
- 8 WALKING LUNGE*
- 9 BEAR CRAWL*
- 10 PLANK LEG LIFT
- 11 STAR BURPEE
- 12 BROAD JUMP

*1 REP = EACH LEG

coconutsandkettlebells.com

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

Sources:

10-minute total-body strength workout: self.com/story/full-body-strength-workout-that-takes-10-minutes

Festive fitness: coconutsandkettlebells.com/12-days-of-christmas-workout

How to...: muscleandfitness.com/workouts/abs-and-core-exercises/videos/mountain-climber

HOW TO...

DO MOUNTAIN CLIMBERS

This is a dynamic exercise that increases core strength and stability through repeated lower-body motion while the upper body works to stabilise the rest of the body.



1

Start in the push-up position with your arms completely straight and directly beneath your shoulders. Your body should form a straight line from your shoulders to your ankles.



2

Squeeze your abs, lift one foot off the floor and bring your knee up towards your chest while keeping your body in as straight a line as possible. Keep your elbows locked.



3

Return to the starting position and repeat the movement with your opposite leg.

