

**JANUARY
2017**

TRAINING ON BOARD NEWSLETTER



www.trainingonboard.org

Welcome to the January issue of the new-look Training on Board newsletter!

This month, we're looking at the top predicted fitness trends of 2017, so let's get training



P.1 Bodyweight training



P.1 A breath of fresh air...



P.2 Top 3 fitness apps



P.2 Get fit with HIIT!

BODYWEIGHT TRAINING

Using simply the weight of your body, this type of training is a great way to improve your balance, flexibility and strength, especially on a ship where equipment can be limited! You can do these bodyweight exercises anywhere:

SHOULDERS & ARMS

Boxer

With feet hip-width apart and knees bent, keep your elbows in and extend one arm forward and the other arm back. Hug both arms in to your chest then switch arms



CHEST & BACK

Contralateral limb raises

Lie on your stomach with arms outstretched, then alternate between slowly lifting opposite limbs (e.g. left arm and right leg), keeping the head and torso still



CORE

Sprinter sit-up

Lie on your back with your legs straight and arms by your sides with elbows bent at a 90-degree angle. Sit up, bringing your left knee towards the right elbow, then lower your body and repeat on the other side

A BREATH OF FRESH AIR...

Exercising outside can be invigorating - ocean views, fresh air, a salty breeze - but there are a number of other physical benefits of breaking free from the gym in 2017. Here are 3 reasons to join the craze... (and if exercising outside on your ship isn't possible, take some time during your next port visit to stretch your legs and get some fresh air...it'll be worth it!)



1

Outdoor exercise is associated with increased energy and decreased tension, anger and depression



2

A strong headwind helps you burn more calories as you work harder to overcome the resistance



3

Exercising outdoors brings you into contact with other people, encouraging people to socialise and join in



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.

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TOP 3 FITNESS APPS

77% of crews now take smartphones on board¹, and they are likely to play a big part in fitness in 2017. Here are our top 3 free apps to help you train:



1. THE JOHNSON & JOHNSON OFFICIAL 7 MINUTE WORKOUT

- Science-based app for working out anywhere, anytime
- 72 exercises and 22 additional customisable workouts
- You're guided through as if you're with a personal trainer

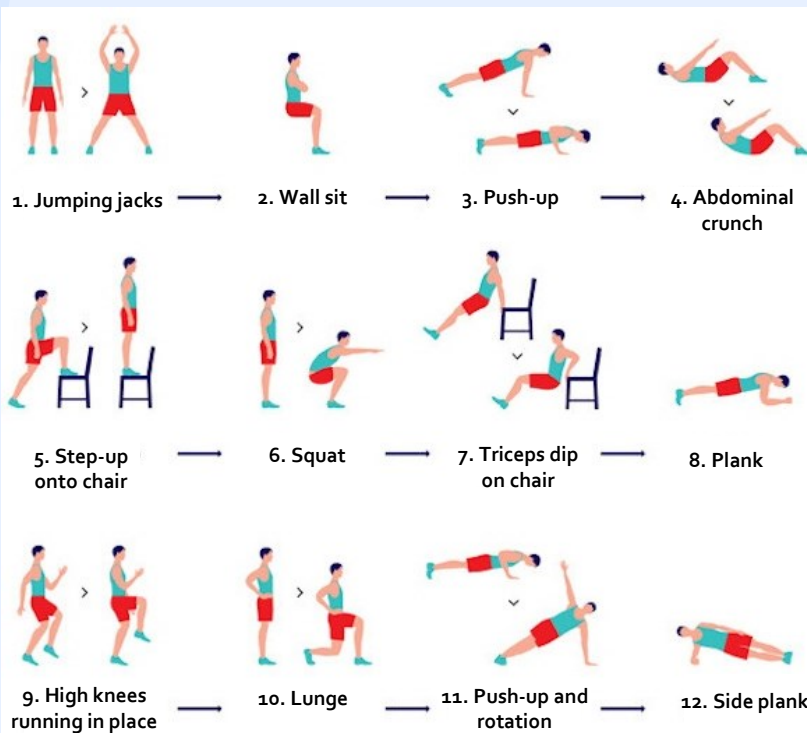
2. NIKE+ TRAINING CLUB

- 100+ workouts designed by Nike Trainers, professional athletes and celebrities
- Workouts focus on strength, endurance, or mobility and offer three levels of difficulty

3. Daily Workouts

- Nearly 100 exercises, which are grouped into targeted workouts (5-10 mins) or full-body workouts (10-30 mins)
- On-screen instructions and a timer for each exercise

...and don't forget, you can use [Training on Board](#) to record your workouts and track your progress.



GET FIT WITH HIIT!

High intensity interval training (HIIT) alternates intense bursts of activity with intervals of lower intensity, and has been shown to be more effective than normal cardio (handy when you can't go out for a run or cycle at sea!).

Give this a try for 2017...the 7-minute workout on the left aims to increase your heart rate whilst burning calories and developing strength in your core, upper and lower body. Spend 30 seconds on each exercise with a 10-second rest in-between.

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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<https://www.acefitness.org/acefit/healthy-living-article/60/5911/6-benefits-of-exercising-outdoors/>

¹Futureonautics Crew Connectivity 2015 Survey Report

<http://www.tomsguide.com/us/pictures-story/702-best-workout-apps.html>

<https://mobile.nytimes.com/blogs/well/2013/05/09/the-scientific-7-minute-workout/>

