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TRAINING ON BOARD NEWSLETTER



www.trainingonboard.org

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



P.1 The heart of the matter...



P.2 Warm-up dos and don'ts



P.2 Wall workout!

THE HEART OF THE MATTER...

One of the easiest ways to assess your health is to measure your heart rate. You should measure your resting heart rate in the morning, a minute or two after you wake up:



- 1 Place the index and middle finger of one hand on the outside of the wrist of the opposite hand, with the fingers lying together about half an inch on the inside of the joint, in line with the index finger.
- 2 When you find a pulse, count the number of beats in 10 seconds and multiply by 6 to find your heart rate in **beats per minute**. If you want to be more accurate, count the number of beats in 15 seconds and multiply by 4, or 30 seconds and multiply by 2, or simply count for 60 seconds.

Heart rate at rest (heartbeats per minute)

Age	♂ Male				♀ Female			
	Weak	Medium	Good ✓	Excellent	Weak	Medium	Good ✓	Excellent
20 - 29	86 +	70 - 85	60 - 69	61 or less	96 +	78 - 95	72 - 77	71 or less
30 - 39	86 +	72 - 85	64 - 71	63 or less	98 +	80 - 97	72 - 79	71 or less
40 - 49	90 +	74 - 89	66 - 73	65 or less	100 +	80 - 99	74 - 79	73 or less
50 +	90 +	76 - 89	68 - 75	67 or less	104 +	81 - 103	76 - 83	75 or less

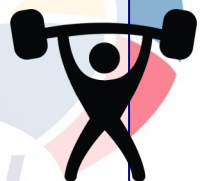
Your **maximum heart rate (MHR)** is the level above which your heart is in danger, so to maximise the benefits of training, your heartbeat should be above 60% of your MHR (known as the **training threshold**).



Maximum heart rate (beats per minute) = 220 minus your age in years
For example, for a 45-year-old: $MHR = 220 - 45 = 175$ heartbeats per minute



Training threshold (beats per minute) = $MHR \times 60/100$
For example, for a 45-year-old: $Training\ threshold = 175 \times 60/100 = 105$ beats per minute



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.

WARM-UP DOS AND DON'TS

Before you start exercising, you should always do a warm up—it improves your performance, reduces the risk of injuries and boost your overall movement skills—but what should or shouldn't you do?

DO



- ✓ **Dynamic stretching**—Gradually mobilise your muscles with rapid active movements through the range of motion without holding the end positions. Aim for 8-10 repetitions per movement.
- ✓ **Break a sweat**—The goal is to get your blood flowing and raise your body's temperature. Some colour in your cheeks and the first breaks of sweat are signs you're on the right track.
- ✓ **Imitate your workout routine**—Depending on your workout, focus your warm-up on lateral, rotational, upper body or lower body targeting movements.
- ✓ **Feel the activation**—Establish a mind-body connection to the main muscles you will be targeting.

DON'T



- ✗ **Static stretching**—Research has shown negative impacts of assuming a position, lengthening the muscle and holding the stretch at the end of the range of movement as a warm-up activity. This is better for cooling down.
- ✗ **Ballistic stretching**—Vigorous bouncing at the end range of movement, which you should never do.
- ✗ **No pain, no gain**—Warming up is not a challenge, and getting too pushy on flexibility and mobility is more likely to lead to injury than success.



WALL WORKOUT!

Short of floor space on board? No fancy equipment needed here, just pick a wall and get started! Just make sure you're not blocking any passageways...

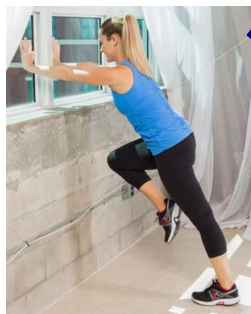
WALL PUSH-UPS

(3 sets of 5 reps)



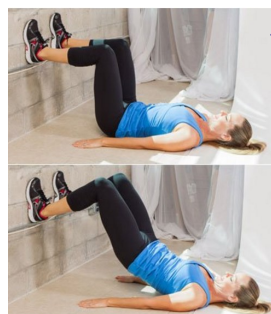
WALL SPRINTS

(10 sets of 20 reps)



HAMSTRING BLASTERS

(1 set of 12-15 reps)



SINGLE-LEGGED WALL SQUATS

(2 sets of 10 reps per side)



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:

[Fit on Board—Seafarers' Health Information Programme
https://madbarz.com/newspost/101-warm-up-dos-and-donts](https://madbarz.com/newspost/101-warm-up-dos-and-donts)
<http://www.shape.com/fitness/workouts/against-wall-workout>

