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

5 FITNESS MYTHS

Make sure you don’t do yourself harm or waste time following bad advice... Here are five fitness myths and what the facts really are:

**MYTH 1**
“Crunches are the best way to burn belly fat”
REALITY: The best way is through combining cardio with ab-strengthening exercises and a healthy diet.

**MYTH 2**
“All you need is cardio and weights”
REALITY: Exercise has 5 dimensions: strength, speed, agility, endurance and flexibility.

**MYTH 3**
“No pain, no gain!”
REALITY: You should feel a slight discomfort, but you should not feel so sore that it affects your day.

**MYTH 4**
“Stretching will always prevent injuries”
REALITY: Sometimes stretching cold muscles will actually harm them. Always warm up muscles at the start.

**MYTH 5**
“Lots of protein & less carbs = lean muscle”
REALITY: Carbs give you energy during a workout. You need them to keep you going. Most adults get enough protein in a normal diet. There’s no need to add more.

**TOP TIP!**
No weights to lift on board?
Try using filled water or soda bottles instead. Start with a smaller 500ml bottle and work your way up to 1 litre.

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.
CHECK OUT CROSSFIT

CrossFit is a high-intensity strength and conditioning program which uses functional movements and varied workouts to help people lose weight, build muscle and live healthier lives. It’s a great daily workout to try on board if you’re limited by time and space, so here’s how it works...

CROSSFIT DEVELOPS 10 PHYSICAL SKILLS:

1. Cardiovascular/respiratory endurance
2. Stamina
3. Strength
4. Flexibility
5. Power
6. Speed
7. Agility
8. Balance
9. Coordination
10. Accuracy

THE BUILDING BLOCKS OF CROSSFIT

There are 3 basic movements to learn in CrossFit, and each has 3 levels of difficulty:

1. Squats
2. Presses
3. Lifts

For example, here’s Level 1:

'WOD'

After a 15-minute warm-up, CrossFit follows a Workout of the Day (or ‘WOD’) — a certain number of reps of particular exercises as quickly as possible or a set time limit to do as many of a certain exercise as possible (followed by cooling down and stretching)...

EXAMPLE CROSSFIT WORKOUT

Circuit: 10 mins, as many rounds as possible

1. Burpee — 1 set, 10 reps
2. Bodyweight squat — 1 set, 20 reps
3. Sit-up — 1 set, 30 reps

Visit our website for the full article on CrossFit

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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