



CNIC AFLOAT RECREATION AND FITNESS PROGRAM

FITNESS DIRECTED AND FILLER ACTIVITIES

- Program and event offerings that meet the fitness interests and needs of the command.
- Activities are scheduled and are facilitated or organized by the Fit Boss, MWR staff or other trained staff member. These can be fee-based or free activities.

Fitness Examples: Aerobics, group exercise, fitness enhancement program (FEP), fitness assessments, smoking cessation, personal training, etc.

The following examples of fitness calendars are a great way to give an overview of the classes/events being offered.


- Include 'Who', 'What', 'Where' and 'When' on calendars and/or flyers
- Include the ship's name so that it is easily recognizable. Remember – you're building a brand for MWR.
- Remember – copyrighted fitness DVDs are for personal use only.



FITNESS DIRECTED AND FILLER ACTIVITIES
CALENDAR—USS THEODORE ROOSEVELT

November

**All classes subject to cancellation due to Ship's Mission

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
500/1000 lb Club	PRT Cardio Windows: 0830-1100 1830-2100		GUAM	GUAM	GUAM	NO CLASSES
5	6	7	8	9	10	11
	0500-TR FIT 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1600-ROWING INCHES	0500-TR FIT 1030-EOD FIT 1600-TR FIT 1930-SPIN	RAS-NO 0500 1030-SPIN 1500-ROWING INCHES	0500-TR FIT 1200-SPIN 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1600-TR FIT 1930-SPIN
12	13	14	15	16	17	18
0930-YOGA	0500-TR FIT 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1530-EOD FIT 1600-ROWING INCHES 1600-ZUMBA	Veteran's Day WOD 0500-TR FIT 1200-SPIN 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1530-EOD FIT 1500-ROWING INCHES 1600-ZUMBA	0500-TR FIT 1200-SPIN 1600-TR FIT 1930-SPIN	RAS-NO 0500 1030-SPIN 1600-TR FIT 1930-SPIN
19	20	21	22	23	24	25
0930-YOGA	*Nutrition Class for Corporal Training 0500-TR FIT 1600-TR FIT 1930-SPIN	RAS-NO 0500 1030-SPIN 1530-EOD FIT 1600-ROWING INCHES 1600-ZUMBA	0500-TR FIT 1200-SPIN 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1530-EOD FIT 1500-ROWING INCHES 1600-ZUMBA	0500-TR FIT 1200-SPIN 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1600-TR FIT 1930-SPIN
26	27	28	29	30		
0930-YOGA Teddy Challenge 0800-1200	0500-TR FIT 1600-TR FIT 1930-SPIN	0500-TR FIT 1030-SPIN 1530-EOD FIT 1600-ROWING INCHES 1600-ZUMBA	0500-TR FIT 1200-SPIN 1600-TR FIT 1930-SPIN	RAS-NO 0500 1030-SPIN 1530-EOD FIT 1500-ROWING INCHES 1600-ZUMBA	NUTRITION 101 11/22 @ 1930 Training Classroom #2	 TURKEY TROT TBD



FITNESS DIRECTED AND FILLER ACTIVITIES
CALENDAR—USS GEORGE H.W. BUSH JUNE (FRONT)

+ ◀ May 2017		June 2017					July 2017 ▶
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
0930: X-Fit Instructor: Fit Boss/ Hangar Bay 1500: Spin Instructor: RPCS/ Spin Gym 1700: Spin Instructor: OS2/ Spin Gym 1700: Yoga Instructor: YN3/ Foc'sle 2000: Jiu-Jitsu Open Mat Instructor: AN (Purple Belt)/ Hang- ar Bay 2015: Step Instructor: AO2/ Hangar Bay 2030: Basic Martial Arts Instructor: IC1/ Hangar Bay	0500: Spin Instructor: RPCS/ Spin Gym 0930: X-Fit Instructor: Fit Boss/ Hangar Bay 1100: Spin Instructor: Fit Boss/ Spin Gym 1400 Ab Domination Instructor: AO1 (AW/SW) / Hangar Bay 1930: Step Instructor: NC1/ Foc'sle 2000: X-Fit Instructor: Fit Boss/ Hangar Bay **Note: June 5 th all Foc'sle classes are cancelled due to reservations.	0500: Spin Instructor: RPCS/ Spin Gym 1100: Yoga Instructor: LCDR/ Foc'sle 1300: X-Fit Instructor: Fit Boss/ Hangar Bay 1400: WOW Instructor: DCCM/ Hangar Bay 2000: X-Fit Instructor: Fit Boss/ Hangar Bay 1930: Spin Instructor : SCPO/ Spin Gym 2030: Basic Martial Arts Instructor: IC1/ Hang- ar Bay	0930: X-Fit Instructor: Fit Boss/ Hangar Bay 1100: Spin Instructor: Fit Boss/ Spin Gym 1600: HIIT Instructor: ENS/ Hangar Bay 1700: Spin Instructor: OS2/ Spin Gym 1700: Bumper Plate Hour Instructor: Fit Boss/ Hangar Bay 1800: X-Fit Instructor: Fit Boss/ Hangar Bay 2030: Total Body Workout Instructor: SCPO/ Hangar Bay	0500: Spin Instructor: RPCS/ Spin Gym 1100: Yoga Instructor: LCDR/ Foc'sle 1300: X-Fit Instructor: Fit Boss/ Hangar Bay Gym 1400: WOW Instructor: DCCM/ Hangar Bay 1400 Ab Domination Instructor: AO1/ Hangar Bay 2000: X-Fit Instructor: Fit Boss/ Hangar Bay	0930: X-Fit Instructor: Fit Boss/ Hangar Bay 1500: Spin Instructor : RPCS/ Spin Gym 1600: Yoga Instructor: Fit Boss/ Foc'sle 1930: Spin Instructor : SCPO/ Spin Gym ** Note that all Clas- ses are subject to cancellation without prior notice due to mission requirements.	0930: X-Fit Instructor: Fit Boss/ Hangar Bay 1100: Spin Instructor: Fit Boss/ Spin Gym 1400: WOW Instructor: DCCM/ Hangar Bay 1500: Spin Instructor: LCDR/ Spin Gym 1600: HIIT Instructor: ENS/ Hangar Bay 1700: Bumper Plate Hour Instructor: Fit Boss/ Hangar Bay 1800: X-Fit Instructor: Fit Boss/ Hangar Bay 2030: Total Body Workout Instructor: SCPO/ Hangar Bay	

June Fitness Events

1. 10k Treadmill Challenge- All Month
2. 20k Upright Bike Challenge- All Month
3. Tire Flip Challenge- June 9th
4. Kettlebell 10 min Endurance Test- June 16th
5. Hero Workout Challenge- June 23rd
6. Independence Day Workout- June 30th



FITNESS DIRECTED AND FILLER ACTIVITIES CALENDAR—USS GEORGE H.W. BUSH JUNE (BACK)

June Fitness Events

- **10k Treadmill Challenge- All Month**
 - ◇ Sailors have the month of June to submit a photo to the MWR Ticket Window of their best 10k run time (6.2 miles)
 - ◇ Sailors with the fastest 10k time will win a specialty water bottle
 - 1 Male winner, 1 Female winner
 - ◇ Code word is “Drawer”, must be on a post-it in the photo for submission to the MWR Ticket Window.

- **20k Upright Bike Challenge- All Month**
 - ◇ Sailors have the month of June to submit a photo to the MWR Ticket Window of their best 20k run time (12.4 miles)
 - ◇ Sailors with the fastest 20k time will win a specialty water bottle
 - 1 Male winner, 1 Female winner
 - ◇ Code word is “Speaker,” must be on a post-it in the photo for submission to the MWR Ticket Window.

- **Tire Flip Challenge- June 9th**
 - ◇ Sailors will have the chance to win a tablet by having the fastest time flipping a tire for 50 repetitions in HB1 (the smaller one).
 - ◇ Sign-ups will be at the MWR Ticket Window June 4th-8th.
 - ◇ Females will have 50 100 lbs. Slam ball ground to shoulder.

- **Kettlebell 10 min Endurance Test- June 16th**
 - ◇ Within a 10 minute period sailors will have the opportunity to win a personal trophy and a specialty watch by achieving the highest score with the following criteria:
 - Utilizing the clean and press/jerk for achieving their repetitions with a single kettlebell.
 - ***The Kettlebell may not touch the ground during the 10-minute window!! If it does that is the end of the challenge and final score for the sailor, no exceptions!
 - Resting with the kettlebell locked out overhead or at the shoulder is authorized.
 - To switch hands, sailors must utilize a swing for the transition.
 - Score = number of reps x weight of kettlebell used.
 - Sailor can choose their kettlebell weight.
 - Signups will be June 10th-15th at the MWR Ticket Window

- **Hero Workout Challenge- June 23rd**
 - ◇ Details TBA
 - ◇ Signups at MWR Ticket Window June 16th-21st.

- **Independence Day Workout- June 30th**
 - ◇ T-shirt opportunity!
 - ◇ Details TBA
 - ◇ Signups June 24th-29th at the MWR Ticket Window.

7/4/1776”

7 Rounds of:

4 Power Cleans (225/155)

17 Push-ups

then immediately after the 7 rounds do,

76 Wall Balls

236 Single Unders (guess what the 236 is for)



FITNESS DIRECTED AND FILLER ACTIVITIES
CALENDAR—USS GEORGE H.W. BUSH JULY (FRONT)

June 2017	July 2017					August 2017
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0930: Barbell X-Fit (Cap 25) Instructor: Fit Boss/ Hangar Bay 1030: Bumper Plate Hour Instructor: Fit Boss/ Hangar Bay 1500: Spin Instructor : RPCS/ Spin Gym 1600: Yoga Instructor: Fit Boss/ Foc'sle 1930: Spin Instructor : SCPO/ Spin Gym <u>** Note that all Classes are subject to cancellation without prior notice due to mission requirements.</u>	0500: Spin Instructor: DCCM/ Spin Gym 0930: X-Fit (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay 1010: X-Fit: (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay 1100: Spin Instructor: Fit Boss/ Spin Gym 1100: Spin Instructor: Fit Boss/ Spin Gym 1400 Ab Domination Instructor: AO1/ Hangar Bay 1930: Step Instructor: NC1/ Foc'sle 2000: X-Fit Circuit Instructor: Fit Boss/ Hangar Bay	0500: Spin Instructor: Fit Boss/ Spin Gym 0630: X-Fit (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay 1 Gym 1100: Yoga Instructor: LCDR/ Foc'sle 1300: X-Fit (Cap 25) Instructor: Fit Boss/ Hangar Bay 1400: WOW Instructor: DCCM/ Hangar Bay 1600: Step Instructor: RPCS/ Foc'sle 1930: Spin Instructor : SCPO/ Spin Gym 2000: X-Fit Circuit Instructor: Fit Boss/ Hangar Bay 2000: Basic Martial Arts Instructor: IC1/ Hangar Bay 3	0930: X-Fit (Cap 25) Instructor: Fit Boss/ Hangar Bay 1010: X-Fit: (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay 1100: Spin Instructor: Fit Boss/ Spin Gym 1400 Ab Domination Instructor: AO1/ Hangar Bay 1600: HIIT Instructor: ENS/ Hangar Bay 1700: Spin Instructor: OS2/ Spin Gym 1700: Bumper Plate Hour Instructor: Fit Boss/ Hangar Bay 1800: Barbell X-Fit Instructor: Fit Boss/ Hangar Bay 2030: Total Body Workout Instructor: SCPO/ Hangar Bay	0500: Spin Instructor: Fit Boss/ Spin Gym 0630: X-Fit (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay1 Gym 1100: Yoga Instructor: LCDR/ Foc'sle 1300: X-Fit (Cap 25) Instructor: Fit Boss/ Hangar Bay Gym 1400: WOW Instructor: DCCM/ Hangar Bay 2000: X-Fit Circuit Instructor: Fit Boss/ Hangar Bay 2000: Basic Martial Arts Instructor: IC1/ Hangar Bay 3	0930: X-Fit (Cap 25) Instructor: Fit Boss/ Hangar Bay 1010: X-Fit: (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay 1100: Spin Instructor: Fit Boss/ Spin Gym 1500: Spin Instructor: RPCS/ Spin Gym 1700: Bumper Plate Hour Instructor: Fit Boss/ Hangar Bay 1800: Barbell X-Fit Instructor: Fit Boss/ Hangar Bay 2030: Total Body Workout Instructor: SCPO/ Hangar Bay	0630: X-Fit (Cap 25) 40 min Instructor: Fit Boss/ Hangar Bay1 Gym 0930: Hero Workout Instructor: Fit Boss/ Hangar Bay 1 Gym **Heat Sign-ups at MWR Ticket Window Monday-Friday. 1400: WOW Instructor: DCCM/ Hangar Bay 1500: Spin Instructor: LCDR/ Spin Gym 1600: HIIT Instructor: ENS/ Hangar Bay 2000: X-Fit Circuit Instructor: Fit Boss/ Hangar Bay 2000: Basic Martial Arts Instructor: IC1/ Hangar Bay 3

1. On RAS Days, all Hangar Bay morning classes are automatically cancelled.
2. Caps have been installed on some classes due to space and equipment limitations; first 25 to class that grab a mat have that spot, no "saving spots".
3. **Barbell X-Fit** – Should be comfortable with cleans, dead lifts, and loads over 100 lbs.
4. **Circuit X-Fit**- Includes only single arm movements and loads on average 50 lbs or lighter. No cap on amount of participants.



FITNESS DIRECTED AND FILLER ACTIVITIES CALENDAR—USS GEORGE H.W. BUSH JULY (BACK)

July Fitness Events

Hero Workouts- July 8th, 15th and 22nd

July 8th – 30min AMRAP

5 Deadlifts @ 275/185 lbs.

13 push-ups

9 box-jumps @ 24"

July 15th – 10 min AMRAP

8 Toes to bar

8 Dumbbell Thrusters @ 35/20lbs.

12 Dumbbell walking lunges @

35/20lbs.

July 22nd - AMRAP in 20 minutes

10 pull-ups

5 dumbbell deadlifts @ 75/55 lbs.

8 push presses @ 135/95 lbs.

- Run the Pond- TBA
- Kbell Farmer's Carry Challenge- July 9th
- Duathlon- TBA

August Fitness Events

- GHWB Deployment Row Challenge August 1st
- 100 mile Treadmill Sprint.
- Flight Deck Games. TBA
- Spinathon- August 9th

Fitness Class Descriptions

HITT (60 MIN): High Intensity Interval Training (HIIT) is a circuit-based training program that combines proper weightlifting, calisthenics, and explosive cardiovascular training in order to influence lean muscle development, fat loss, endurance, strength, mobility, and structural integrity. This class facilitates an encouraging learning environment coupled with an intense workout, ideal for the dedicated athlete as well as the casual participant and everyone in between.

SPIN (60 MIN): Indoor cycling, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. Goal: To burn 400-500.

WOW Hour (Woman. On. Weights.): A 60 minute class for women only to work on strengthening, posture, core, and overall fitness with a combination of high intensity training for calorie consumption and low intensity strengthening for body composition.

X-Fit (60 min): Highly varied functional movements performed at high intensities. Everything from basic gymnastics to Olympic lifting progressions. Focus is quality of movement within every member's own fitness level and capabilities.



FITNESS DIRECTED AND FILLER ACTIVITIES CALENDAR—USS NIMITZ (FITNESS AND RECREATION COMBINED)

NOVEMBER FITNESS/MWR CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>Departmental Push-Up Challenge</p> <p>Get your push-ups in and record them on the sheet located on the back of FitBoss's Office (1-165-2) Departments will be combined the same as were during Captain's Cup (see flier for details)</p>	<p>3</p> <p>DEPARTMENTAL PUSH-UP CHALLENGE BEGINS TOMORROW!</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>ZUMBA 2030-2130 HANGAR BAY 1</p>	<p>4</p> <p>Paper Airplane Contest Begins!! <i>START BUILDING!</i></p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1730-1830 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>Kick-Boxing 2030-2130 HANGAR BAY 1</p>	<p>5</p> <p>ACFL Seminar 0900-1100 <i>ENG Classroom (5-200-01-A)</i></p> <p>TRX 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1730-1830 USS NIMITZ SPIN ROOM</p> <p>Switchfoot HB1 @ 2000</p>	<p>6</p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>Paper Airplane Contest HB @ 2000</p> <p>ZUMBA 2030-2130 HANGAR BAY 1</p>	<p>7</p> <p>TRX 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>Comedians HB1 @ 2000</p>	<p>8</p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>Madden Tournament (Round 1) AFT Mess Decks @ 2000</p> <p>Kick-Boxing 2030-2130 HANGAR BAY 1</p>
<p>9</p> <p>Flight Deck 5K 0700</p> <p>NFL Sunday HB @ 1000</p> <p>Madden Tourney (Round 2) FWD Mess Decks @ 1330</p> <p>Madden Finale HB @ 2000</p>	<p>10</p> <p>TRX 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>ZUMBA 2030-2130 HANGAR BAY 1</p>	<p>11</p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>Kick-Boxing 2030-2130 HANGAR BAY 1</p>	<p>12</p> <p>Nutrition Seminar 0900-1100 <i>ENG Classroom (5-200-01-A)</i></p> <p>TRX 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>Magician HB1 @ 2000</p>	<p>13</p> <p>Nutrition Seminar 0900-1100 <i>WDRM I/II (Bay 3)</i></p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>ZUMBA 2030-2130 HANGAR BAY 1</p>	<p>14</p> <p>TRX 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>Dept. Game Show FWD Mess Decks @ 1900</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>Kick-Boxing 2030-2130 HANGAR BAY 1</p>	<p>15</p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>HIIT 1930-2030 HANGAR BAY</p> <p>Dept. Game Finale Site TV @ 2000</p> <p>Kick-Boxing 2030-2130 HANGAR BAY 1</p>
<p>16</p> <p>Turkey Trot 5K TIME: TBD</p> <p>NFL Sunday HB @ 1000</p> <p>Zumba-thon TBD</p> <p>Tug-of-War Contest HB1 @ 1900 Sign-ups begin @ 1830</p>	<p>17</p> <p>IN PORT</p>	<p>18</p> <p>Yoga 1530-1630 MWR GFR (5-210-3)</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>Dodge Ball HB2 @ 1900 Sign-ups begin @ 1830</p>	<p>19</p> <p>FITNESS MINI GAMES 1530-1730 HANGAR BAY 2</p> <p>Spin Class 1630-1730 USS NIMITZ SPIN ROOM</p> <p>NIMITZ TALENT (Farewell to the Seas) HB2 @ 1900</p>	<p>20</p> <p>HIIT ***1530-1630*** HANGAR BAY 2</p> <p>Volleyball Tourney HB2 @ 1800 Sign-ups begin @ 1730</p> <p>BINGO Site TV @ 2000</p>	<p>21</p> <p>DEPARTMENTAL PUSH-UP CHALLENGE ENDS!</p>	<p>22</p>



FITNESS DIRECTED AND FILLER DUATHLON – PORT VISIT

The following example is a collaborative program between base MWR and the ship when it was conducting a port visit. The program can be modified for shipboard execution using treadmills and cardio bikes on the ship.

- Contact base MWR and let them know you're interested in doing a collaborative event.**
- Event POC (base MWR)**
 - Name**
 - Phone**
 - Email**
- Budgeted?**
 - Create**
 - Approve**
 - Confirm payment plans**
- Event Location**
 - Date / Time confirmed**
 - Water taxi concerns getting to event by scheduled time? (Is the ship pier-side or do you have to take water taxis to get to Fleet Landing?)**
- Marketing**
- Transportation needed / provided?**
- Supplies / Gear / Equipment**
- Staff**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 03/04/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Duathlon	
2. Location of Event: (Hanger Bay, Picnic Area) Souda Bay MWR, Argonaut	
3. Date of Event: 03/04/2017	
4. Time of Event: 0800-1000	
5. Number of Participants: 16	
6. Equipment Needed: Provided by Souda Bay MWR: Security (Greek Navy), course markers, mountain bikes x 16, water station, citrus and snacks.	
7. Staffing Requirements: Fit Boss plus 5 MWR staff, Souda Bay MWR Fitness Director, 4 Greek MA's with military vehicle, 1 MWR Van	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, Site TV ads, white boards on mess decks and flyers.	
10. Explain Event Execution: Sailors were to perform a 10k bike followed by a 5k run through the hills on the base/pier that the USS GHWB was docked at.	
11. Winners of Event: N/A	
12. Prizes or Awards: T-shirts provided by Souda Bay MWR	
13. Lessons Learned: Figuring out a way to time running events. Jerseys? Numbers on sailors arms? Great event! Course was provided by MWR Souda Bay; it was an annual race course they opened up specifically for us.	
14. Any Additional Information? : See photos.	



FITNESS DIRECTED AND FILLER ACTIVITIES

DUATHLON—PORT VISIT





FITNESS DIRECTED AND FILLER ACTIVITIES

MILITARY ROWING CHALLENGE

Concept2 has a number of challenges throughout the year. Many of these reward consistency and total meters instead of speed, giving an extra incentive to work out regularly. This example for the annual Military Rowing Challenge held in February shows how the ship participated.

- Marketing**
 - Dates**
- Sign-ups**
- How to track information**
- Supplies / Gear / Equipment**
- Staff**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: Fit Boss	Date: 02/01/2017
Event happened: <input type="checkbox"/> Underway <input checked="" type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Military Rowing Challenge	
2. Location of Event: (Hanger Bay, Picnic Area) USS Abraham Lincoln and Huntington Hall	
3. Date of Event: 02/01/2017	
4. Time of Event: Month of February	
5. Number of Participants: 20	
6. Equipment Needed: Concept 2 Rowers s	
7. Staffing Requirements: MWR Staff	
8. Points of Contact: Fit Boss	
9. Marketing Process: ABE Nation Emails, Posters, Fliers	
10. Explain Event Execution: Throughout the month of February, the Lincoln rowed as many meters as possible in an attempt to ultimately beat all other organizations (army, air force, colleges, veterans associations, etc). All members of the Lincoln had access to the log book and were able to log their own meters as they rowed at their convenience. Also, sailors were able to report meters rowed to MWR and have the Fit Boss log them.	
11. Winners of Event: No individual winners/team effort	
12. Prizes or Awards: No prizes	
13. Lessons Learned: None	
14. Any Additional Information? :	



FITNESS DIRECTED AND FILLER ACTIVITIES

MILITARY ROWING CHALLENGE—ALL HANDS EMAIL (EDITED)

To: ALL HANDS

Subject: (U) Annual February Worldwide Indoor Rowing Challenge

LINCOLN NATION,

I would like to welcome you to take part in the Annual February Worldwide Indoor Rowing Challenge.

Overview

The annual February Worldwide Indoor Rowing Challenge is an event sponsored by the largest rowing machine manufacturer, Concept2. Every February over 100 military teams comprising over 1,000 rowers from all over the world compete in this event.

Challenge Dates

This Military challenge runs only in February - from February 1 through 28. So while rowers can set up their profile and start recording their own meters and workouts anytime (which is a good idea), their meters will not be added to our Carrier's Military Challenge totals until their workouts on Feb 1 and afterwards. Also the rules are such that while no meters can be recorded on workouts in March, the Challenge organizer, Concept2's rules state that at the end of the Challenge on Feb 28, you have a two day grace period to record any past meters rowed. So one can row on February 28 and can record those meters up through March 2 - i.e. as long as they select the date of their last row as Feb 28. And with carriers scattered all over the globe in different days/time zones, that can be helpful.

Rowing Strategy

As general background, the advice is to set the tension dial at 3, and row for 20 min as hard as one can, rest for 5 min, and then do another 20, and thus with ensuing workouts, try to improve one's speed and/or distance rowed. There are many, many alternative workouts, but this is the basic one.

Bear in mind, this challenge is different. There are a lot of parameters that show up on the display screen (split time, strokes per min, etc.) However the only thing that counts for this challenge is meters rowed. Rowing harder might give you a better workout, but might not maximize your meters rowed if you wear out too soon. So if your goal is to maximize your meters rowed, the best thing for each rower to do is to set aside their allowed total time - either as one long session, or two or three shorter sessions with short breaks, but to keep the goal in mind - maximize meters rowed. Every meter counts.

I created the Concept 2 profile for the USS Abraham Lincoln. Participants may log their meters at any time in the following ways:

- 1.) Report to MWR by filling out a simple log sheet at the front desk (I will then log all reported meters each day)
- 2.) Report your logs personally by the Login at the following link, <http://log.concept2.com/login>.

Username: XXX

Password: xxxx

Let's give this our best effort and show the other carrier's we are a force to be reckoned with!

V/r,

Fit Boss



FITNESS DIRECTED AND FILLER ACTIVITIES MEMORIAL DAY CHALLENGE

Memorial Day marks a popular day for fitness events. The following example shows how one ship conducted their Memorial Day Challenge underway.

- Communicate with Departments involved**
 - Air**
 - Medical**
 - Others?**
- Marketing**
- Volunteers / staff**
- A/V?**
- Supplies / Gear / Equipment**
- Sign-ups**
- How to track**
- Staff / Volunteers**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 05/28/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: Memorial Day Challenge	
2. Location of Event: (Hanger Bay, Picnic Area) Flight Deck USS GHWB	
3. Date of Event: 05/28/2017	
4. Time of Event: 0630-0900	
5. Number of Participants: 205 PARTICIPANTS PLUS SPECTATORS.	
6. Equipment Needed: TRX A-Frame, 2 wrestling mat sections, 25 weighted vests, 4 TRX strap systems, 2 group exercise parallette pairs, participant t-shirts (130 total), speaker set for music and power requirements, 2 cones for run distance.	
7. Staffing Requirements: Fit Boss, 5 staff for A-Frame assembly and equipment movement.	
8. Points of Contact: Fit Boss	
9. Marketing Process: Email, white-board notices, inclusion in XO 50-50 plan and power point slides.	
10. Explain Event Execution: GHWB MWR hosted the annual Memorial Day workout (1 mile run, 100 pull-ups, 200 push-ups, 300 squats, 1 mile run) as a part of a Morale Day steel beach (no beer day) on the flight deck. Over 200 participants over a 2.5 hour period. Sailors performed the workout as space allowed, then participated in the other activities offered under the Fun Boss and XO for the remainder of the day.	
11. Winners of Event: N/A, scores were not taken.	
12. Prizes or Awards: First 130 participants received shirts on a 'first come, first served' basis.	
13. Lessons Learned: Finding a method to time sailors en mass. Mats got hot very quickly in the sun, so better location in shade or another solution. Set up more water - 2 5 gallon coolers were empty within 45 minutes. Most time wasted was waiting for space for pull-ups, so heat times in the future? More shirts (at least 250, if not 300 in the future).	
14. Any Additional Information? : SEE PHOTO'S	



FITNESS DIRECTED AND FILLER ACTIVITIES

MEMORIAL DAY CHALLENGE





FITNESS DIRECTED AND FILLER ACTIVITIES **VETERANS DAY TRIBUTE WORKOUT**

Military specific holidays are great inspiration for special events. This Veterans Day Tribute Workout was done with two categories (fun and advanced) and competed by teams of two.

- Coordination for use of space**
- Marketing**
 - Dates**
- Sign-ups**
- Supplies / Gear / Equipment**
- Staff**
- Set-up time**



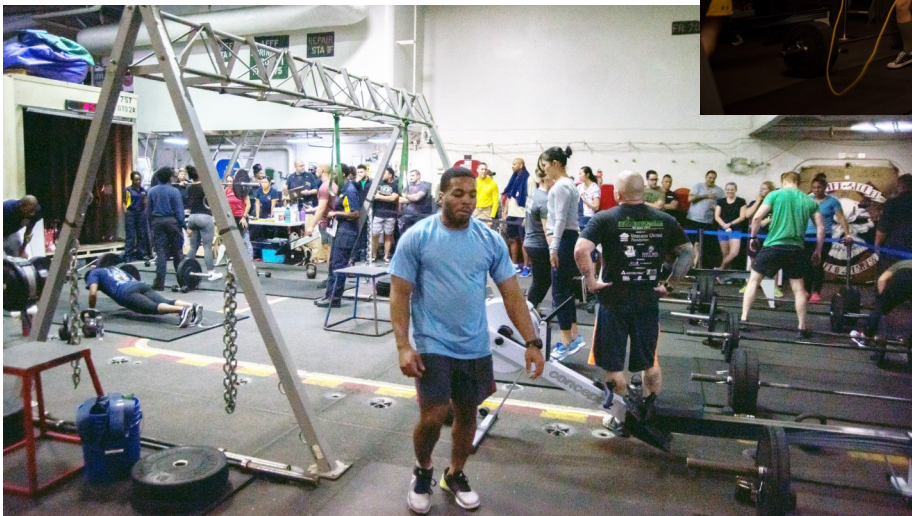
AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS CARL VINSON
Position Title: FIT BOSS	Date: 11/11/2017
Event happened: <input checked="" type="checkbox"/> Underway <input type="checkbox"/> Homeport	
Pictures must be included when submitting in an After Action Report to your Supervisor.	
Please Complete below list of Questions regarding the Event:	
1. Title of Event: VETERANS DAY TRIBUTE WORKOUT	
2. Location of Event: (Hanger Bay, Picnic Area) HANGAR BAY	
3. Date of Event: 11/11/2017	
4. Time of Event: 1600-1900	
5. Number of Participants: 110	
6. Equipment Needed: Barbells, bumper plates, clips, 4x6/3/4" rubber flooring, trx rig, rower, kettlebells, jump ropes, fitness timer, speakers, electrical cords, megaphone, table, water bottles, t-shirts, stickers	
7. Staffing Requirements: Fit Boss, MWR staff, fitness volunteers	
8. Points of Contact: MWR Fit Boss	
9. Marketing Process: All hands email, fliers, word of mouth	
10. Explain Event Execution: In honor of Veterans Day, fitness competition was put on for any team of two. There was an advanced and fun division to ensure max participation. Sign-ups had to be completed 12 hours before contest. Participants had 1 week notice. Closed the conex box area 45 min prior to event for setup. Began contest at 1600 with heats of 6 teams (12 people) and started another heat every 15 minutes. Participants had to be present 15 minutes before their heat started. Staff would rearrange contest area depending on heats' participants (advanced or fun division).	
11. Winners of Event: No overall winners as this contest was simply to pay tribute	
12. Prizes or Awards: All finishers were allowed to choose 1 prize that was left over from deployment (stickers, t-shirts, water bottles)	
13. Lessons Learned: Take more time to setup as staff may have difficulty working under a time constraint. Have XO announce events of the 1MC.	
14. Any Additional Information? :	



FITNESS DIRECTED AND FILLER ACTIVITIES

VETERANS DAY TRIBUTE WORKOUT





FITNESS DIRECTED AND FILLER ACTIVITIES VETERANS DAY TRIBUTE WORKOUT

-----Original Message-----

To: # ALL HANDS

Subject: Veterans Day Tribute Workout
TEAM GOLD EAGLE,

We at MWR are excited to bring you a competitive, challenging, and fun fitness event that will allow you to reflect on Veterans Day by overcoming some adversity alongside your friends and co-workers.

The Veterans Day Tribute Workout:

(Competitive Division)

In teams of 2, complete:

100 Double Unders
30 Burpees
30 Deadlift @ 225M/155W
500m Row
30 Thrusters @115M/75W
30 Pullups

(Fun Division)

In teams of 2, complete:

100 jump rope
30 burpees
40 kettlebell swing @53M/35W
500m row
40 kettlebell swing @53M/35W
30 burpees
100 jump rope

Date: 11NOV17

Time: 1600-1900*

Location: HB1

*FAQ:

- Mandatory sign up @ Conex box starting 8NOV17
- Sign up no later than 10NOV17
- Contest will be run in 15 minute heats
- Start Times will run from 1600-1845 in 15 minute increments
- Must show up 15 minutes before your heat starts
- First come first served sign-ups
- Coed and same sex teams allowed. Build your best team.
- All scaling allowed and encouraged for mass participation.
- Reps are total reps, not for 'each' partner.
- Only 1 partner works at a time.

Contact Fit Boss for more information

J-dial: 6971 Office: 3-255-4-L



VETERANS DAY TRIBUTE WORKOUT

(COMPETITIVE DIVISION)
IN TEAMS OF 2, COMPLETE:

- 100 DOUBLE UNDERS**
- 30 BURPEES**
- 30 DEADLIFT @ 225M/155W**
- 500M ROW**
- 30 THRUSTERS @ 115M/75W**
- 30 PULLUPS**

(FUN DIVISION)
IN TEAMS OF 2, COMPLETE:

- 100 JUMP ROPE**
- 30 BURPEES**
- 40 KETTLEBELL SWING @53/35**
- 500M ROW**
- 40 KETTLEBELL SWING @53/35**
- 30 BURPEES**
- 100 JUMP ROPE**

DATE: 11NOV17
TIME: 1600-1900*
LOCATION: HB1

***MANDATORY SIGN UP @ CONEX BOX – NO LATER THAN 10NOV17**
CONTACT FIT BOSS FOR MORE INFORMATION
J-DIAL: 6971 OFFICE: 3-255-4-L