



CNIC AFLOAT RECREATION AND FITNESS PROGRAM

FITNESS SKILLS / KNOWLEDGE CLASSES

- **Activities should be offered to address proficiency levels for a variety of programs. The average programming timeframe for one class is two hours. These could include a scheduled training, instruction, seminar and/or specialized guidance led by the Fit Boss/staff member, a volunteer or contracted professional.**

Fitness Examples: Equipment usage indoctrination, wellness classes, sports safety classes, nutrition classes, introduction to exercise programs (TRX, NOFFS) sports skills conditioning, etc.



FITNESS SKILLS AND KNOWLEDGE CLASSES

FUNCTIONAL FITNESS

This example showcases NOFFS training. While it was executed as a competition, it classifies as Skills and Knowledge as well because the Fit Boss provided technique instruction for the event.

- 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 ABRAHAM LINCOLN
Position Title: Fit Boss	Date: 7/28/2017
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: Functional Fitness Competition Series 2	
2. Location of Event: (Hanger Bay, Picnic Area) Hangar Bay	
3. Date of Event: 7/22/2017	
4. Time of Event: 0700-0800	
5. Number of Participants: 16	
6. Equipment Needed: Rubber matting, stretching mats, NOFFS bands, barbells, kettlebells, jump ropes, weight plates	
7. Staffing Requirements: MWR Staff	
8. Points of Contact: Fit Boss	
9. Marketing Process: Event Flyers, MWR Calender, All Hands Emails, Green Sheet	
10. Explain Event Execution: Sign up in MWR. Proper warm-ups and technique cues were addressed. Participants were allowed 1 hour to complete the event.	
11. Winners of Event: N/A	
12. Prizes or Awards: No prizes	
13. Lessons Learned: Having a full-fledged pull-up rig and workout area in hangar would accommodate nearly all possible fitness related events	
14. Any Additional Information? :	



FITNESS SKILLS AND KNOWLEDGE CLASSES

GET TO KNOW YOUR GYMS

This is a great program example that could be used for an initial underway or beginning of deployment. It's a great opportunity for Fit Boss / trained personnel to instruct participants on 1) where the gyms are located and 2) proper technique on using the equipment in each space.

- Coordination for use of space**
- Marketing**
 - Dates**
- Sign-ups**
- Supplies / Gear / Equipment**
- Staff**
- Set-up time**
- Safety evaluation**
- Workout program / technique**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: Fit Boss	Date: 03/07/2017
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: Get To Know Your Gyms	
2. Location of Event: (Hanger Bay, Picnic Area) USS Abraham Lincoln	
3. Date of Event: 03/07/2017	
4. Time of Event: 0500-2000	
5. Number of Participants: 22	
6. Equipment Needed: None	
7. Staffing Requirements: MWR Staff	
8. Points of Contact: Fit Boss	
9. Marketing Process: ABE Nation Emails, Posters, Fliers	
10. Explain Event Execution: The 'Get To Know Your Gyms' challenge was an initiative to be able to locate all gyms on the ship by (-) number and to familiarize themselves with the equipment in those specific gyms. Starting in our lowest deck gym, participants had to complete a different group of exercises, proceed to the next highest gym, complete those exercises, until all gyms and all exercises had been completed. The participant was timed from the first rep in the first gym until the last rep in the last gym.	
11. Winners of Event: 1 Grand Prize winner	
12. Prizes or Awards: NEX Gift card to grand prize winner	
13. Lessons Learned: -Keep things simple and fun for the most participation, regardless of prizes and marketing	
14. Any Additional Information? :	



FITNESS SKILLS AND KNOWLEDGE CLASSES

GET TO KNOW YOUR GYMS

GET TO KNOW YOUR GYMS!

FIRST WORKOUT - 4-225-2-A

3 ROUNDS OF THE FOLLOWING:

10 TRAP BAR DEADLIFTS @ 135# FOR MEN/95# FOR WOMEN

10 SMITH MACHINE SQUATS @ 135# FOR MEN/95# FOR WOMEN

10 LEG PRESS @ (4) 45# PLATES FOR MEN/(2) 45# PLATES FOR WOMEN

AFTER COMPLETING THE FIRST WORKOUT,

YOU MAY ONLY WALK TO THE NEXT GYM. LEAVE THE CLOCK RUNNING

SECOND WORKOUT - 02-79-2-A

3 ROUNDS OF THE FOLLOWING:

10 BENCH PRESS @ 135# FOR MEN/95# FOR WOMEN

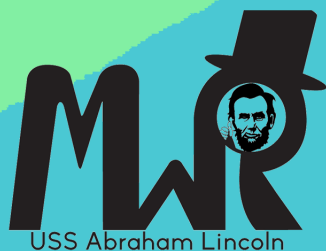
10 STRICT PULLUPS/OR LAT PULLDOWN @ 50% OF BODYWEIGHT

AFTER COMPLETING THE SECOND WORKOUT,

YOU MAY WALK TO THE LAST GYM. LEAVE THE CLOCK RUNNING

THIRD WORKOUT - 03-255-2-A

1000M ROW (CONCEPT 2 ERG)



PRESENTED BY MWR FIT BOSS
FOR MORE INFORMATION
VISIT 2-123-2-Q





To: ALL HANDS

Subject: (U) Get To Know Your Gyms

Classification: UNCLASSIFIED

LINCOLN NATION,

We now have three gyms onboard that have completed production with many more on the way. With more and more time being spent on the ship, I am presenting a challenge that will allow us to not only get a little friendly competition in, but allow us to 'GET TO KNOW YOUR GYMS'. The 'Get To Know Your Gyms' will be a timed challenge involving a different workout in each of our gyms. The clock will start as soon as you begin the first workout in the first gym and will end as soon as you finish the last workout in the last gym. The instructions are as follows:

You may be in the gym before starting the clock. You may set up the equipment/weights before starting the clock. Once you are ready to begin, start the clock. (If you do not have a stopwatch, you may borrow one from Fit Boss)

First Workout - 4-225-2-A

3 Rounds of the following:

10 Trap Bar Deadlifts @ 135# for men/95# for women

10 Smith Machine Squats @ 135# for men/95# for women

10 Leg Press @ (4) 45# Plates for men/(2) 45# plates for women

After completing the first workout, you may only WALK to the next gym. Leave the clock running

Second Workout - 02-79-2-A

3 Rounds of the following:

10 Bench Press @ 135# for men/95# for women

10 Strict Pullups/or Lat Pulldown @ 50% of bodyweight

After completing the second workout, you may WALK to the last gym. Leave the clock running

Third Workout - 03-255-2-A

1000m Row (Concept 2 Erg)

As soon as you hit 1000m on the rower, you may stop the clock and that is your time. Report the time to MWR or Fit Boss to redeem a prize. All participants who have completed the challenge may be eligible for a prize. The fastest time will receive a \$50 NEX gift card. The purpose of this challenge is to find your gyms and get comfortable with the equipment available. If the workouts/movements exceed your abilities, you may still take part in the challenge. Contact me for scaling options. The challenge will start 3/8/2017 and go until the end of 3/15/2017. Participants may compete at any time during those dates. On 3/9/2017 at 1100, I will be at 4-225-2-A to do a walk-through of the challenge and discuss technique for the required movements.

V/r,

Fit Boss



FITNESS SKILLS AND KNOWLEDGE CLASSES

LINCOLN SERIES: UNILATERAL PUSHING, PULLING & LUNGING

This program highlights an initiative taken to provide detailed full body 30 minute workouts that utilize the equipment available in each gym. The workouts describe technique, sets, reps, mistakes, breathing, rest time, common mistakes, etc.

- Coordinate use of space**
- Safety evaluation**
- Workout program / technique**
- Marketing**
- Sign-ups**
- Supplies / Gear / Equipment**
- Staff**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: Fit Boss	Date: 03/27/2017
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: The Lincoln Series: Unilateral pushing, pulling, and lunging	
2. Location of Event: (Hanger Bay, Picnic Area) USS Abraham Lincoln	
3. Date of Event: 03/27/2017	
4. Time of Event: 0500-2000	
5. Number of Participants: 12	
6. Equipment Needed: None	
7. Staffing Requirements: MWR Staff	
8. Points of Contact: Fit Boss	
9. Marketing Process: ABE Nation Emails, Posters, Fliers	
10. Explain Event Execution: The Lincoln Series: Unilateral pushing, pulling, and lunging is an initiative to start putting detailed workouts in each gym, specific to what each gym has as far as equipment. The workouts describe technique, sets, reps, mistakes, breathing, rest time, common mistakes, etc. The idea is to get a full body workout in 30 minutes on the ship. The first day, I explained technique and an appropriate pace. With flawless technique and execution, we had a race to see who could finish fastest.	
11. Winners of Event: All participants	
12. Prizes or Awards: Water bottle	
13. Lessons Learned: -Keep things simple and fun for the most participation, regardless of prizes and marketing	
14. Any Additional Information? :	



FITNESS SKILLS AND KNOWLEDGE CLASSES

COUNTRY LINE DANCING

This program example shows an idea brought to the Fit Boss by a Sailor. Sailors will often come to you with suggestions. Fit Boss helped facilitate it through marketing, equipment, etc.

- Survey interest**
- Knowledgeable instructor**
- Coordinate use of space**
- Marketing**
- Sign-ups**
- Supplies / Gear / Equipment**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: CVN 74 USS JOHN C. STENNIS
Position Title: FITBOSS	Date: 10/01/2015
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: COUNTRY LINE DANCING	
2. Location of Event: (Hanger Bay, Picnic Area) HANGAR BAY	
3. Date of Event: 10/25/2015	
4. Time of Event: 2100	
5. Number of Participants: 10	
6. Equipment Needed: MUSIC SOUND SYSTEM	
7. Staffing Requirements: FITBOSS AND LINE DANCING INSTRUCTOR (EXPERIENCED)	
8. Points of Contact: FITBOSS	
9. Marketing Process: EMAIL, 1MC, MESSAGE BOARD	
10. Explain Event Execution: INDIVIDUALS CAME TO ME EXPRESSING INTEREST IN COUNTRY LINE DANCING. I GRANTED THEIR REQUEST AND FOUND INDIVIDUAL WHO WAS WILLING TO INSTRUCT AND HAD EXPERIENCE IN SUBJECT MATTER. ONCE THIS PROCESS WAS COMPLETE I ROUTED THE REQUEST TO CHAIN OF COMMAND. REQUEST WAS GRANTED AND THEN STARTED TO PLAN FOR TIME AND DATE OF EVENT. ADDED CLASS TO SCHEDULE AND THEN IMPLEMENTED COUNTRY LINE DANCING	
11. Winners of Event: 10 PEOPLE (ALL PARTICIPANTS)	
12. Prizes or Awards: BEING ABLE TO LINE DANCE IN HANGAR BAY	
13. Lessons Learned: FINDING OUT THE VARIOUS INTERESTS OF THE CREW...NOTHING IS IMPOSSIBLE!	
14. Any Additional Information? :	



FITNESS SKILLS AND KNOWLEDGE CLASSES
COUNTRY LINE DANCING

Teaching choreography...



Birds eye view



Over an hour later....still going strong!

