



CNIC AFLOAT RECREATION AND FITNESS PROGRAM

FITNESS COMPETITIONS

- **Any event challenging the participant's mental, physical and/or social skills.**

Fitness Examples: These may be individual or team activities comprised of men, women or coed participants, e.g. basketball shootout, electronic triathlon, arm wrestling, incentive programs, bench press competition, etc.



This event focused on the number of single arm clean and jerk repetitions a participant can do in 10 minutes without setting the kettlebell down.

- Coordinate use of space if not in gym**
- Conduct safety evaluation**
- Any cost to MWR involved? If so, budgeted?**
- Marketing**
- Volunteers / staff**
- A/V**
- Gear / supplies / equipment**
- Water**

AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 06/16/2017
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: K-bell Endurance Test	
2. Location of Event: (Hanger Bay, Picnic Area) Hangar Bay 1 Gym	
3. Date of Event: 06/16/2017	
4. Time of Event: 0930-1030, 1130-1200	
5. Number of Participants: 15	
6. Equipment Needed: participant's choice of kettlebell	
7. Staffing Requirements: Fit Boss	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, Site TV ads, white boards on mess decks and flyers.	
10. Explain Event Execution: Participants had 10 min to complete as many repetitions as possible of a single arm clean and jerk without putting the kettlebell down (using a swing to switch hands was allowed, as well as resting at the top of the press or at the shoulder in the rack position). If they put the bell down before 10 min then they were done for the competition. Score = number of repetitions x weight of the kettlebell chosen.	
11. Winners of Event: (1) [VFA37]; (2) MMN3	
12. Prizes or Awards: trophy and a Watch	
13. Lessons Learned: Overall went well but people tended to stick to lighter k-bell's to get as high an amount of repetitions as possible. In the future maybe have "divisions" based on the size of bell used, and offer bigger prizes for the usage of heavier bells.	
14. Any Additional Information? : N/A	



FITNESS COMPETITIONS **1000LB CLUB**

This event is very popular on ships. The goal is to obtain a total load of 1000 lbs. or more over three combined lifts (back squat, bench press and deadlift).

- Examples include**
 - AAR from the USS GEORGE H.W. BUSH**
 - All Hands email from the USS ABRAHAM LINCOLN**
 - Photos**
- Verify date and communicate with Departments involved**
 - Air**
 - Safety**
 - Medical**
 - Supply**
 - Others?**
- Conduct safety evaluation**
- Any cost to MWR involved? If so, budgeted?**
- Marketing**
- Volunteers / staff**
- A/V**
- Gear / supplies / equipment**
- Water**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 05/26/2017
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: 1000 lbs. Club Challenge	
2. Location of Event: (Hanger Bay, Picnic Area) Hangar Bay 1/ Mezz Gym	
3. Date of Event: 05/26/2017	
4. Time of Event: 0930 and 1500	
5. Number of Participants: 86	
6. Equipment Needed: 6 barbells, 2 benches, at least 2,000 lbs. in 45's, 35's, 10's, and 5 lb. plates, 2 squat racks, 6 sets of barbell collars, matting to protect non-skid deck.	
7. Staffing Requirements: Fit Boss, 1 MWR staff in Mezz Gym to monitor/judge bench press	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, participation in prior max strength events (bench, squat, dead-lift; this was a redo opportunity for the shirt.)	
10. Explain Event Execution: Goal is to obtain a total load of 1000 lbs. or more over three lifts (squat, bench, and dead-lift). Sailors performed the dead-lift and squat in Hangar Bay 1 then had to transit up to the Mezz gym to perform the bench and potentially the squat if they did not perform in HB1. There was no cap on attempts and rest periods. Order of lifts was the sailor's choice.	
11. Winners of Event: Everybody	
12. Prizes or Awards: T-shirt for participation	
13. Lessons Learned: WAY more participation than I thought there would be, so I did not have enough shirts or enough equipment and had to adjust on the fly. Overall adjustments went well. Then ran into the problem of people trying to find their true 1-RM for competitive personal reasons and were taking both too long and too much equipment (plates). Once I set up a system, (ex. everyone hit a weight (say 225 squat), then jump it up 30 pounds; everyone hit that, and then add 20 more pounds, and so on) this got sailors through the lifts much faster. Everyone pretty much knew what they had to hit on each lift to get the shirt. Cards per sailor for score keeping is a must for future events.	
14. Any Additional Information? : SEE PHOTOS	



FITNESS COMPETITIONS

1000 LBS CLUB—ALL HANDS EMAIL

[To: ALL HANDS](#)

[Subject: 1000lb CLUB POWERLIFTING COMPETITION](#)

ATTENTION LINCOLN,

On 9/11/17 @ 2000 in HB2, I proudly bring to you the USS ABRAHAM LINCOLN 1000LB CLUB! During this underway, we at MWR will be putting on one of the most anticipated and intense events aboard any carrier. The 1000LB Club (men)/600LB Club (women) is much more than just another event to kill some time. It is about intensity, pride, glory, and showing yourself what all that hard work under that barbell has accomplished. This event is comprised of the combined total of your best three attempts of BACK SQUAT, BENCH PRESS, AND DEADLIFT. This event will follow very similarly to an official powerlifting meet, with some tweaks to certain strict standards. In a perfect world, the schedule will be as follows:

Date: 9/11/17

Start Time: 2000

- Greetings/Event Introduction
 - Movement Standards of lifts
 - Back Squat Warm-Up
 - Three attempts at Back Squat
 - Rest and Bench Press Warm-Up
 - Three attempts at Bench Press
 - Rest and Deadlift Warm-Up
 - Three attempts at Deadlift
 - Awards
- Finish: 2200



MOVEMENT STANDARDS

Back Squat: From a full standing position, athlete must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, then return to a full standing position showing control at the top. *If you have to ask if you were low enough, the answer is usually 'no'."

Bench Press: From an arms extended and locked out position, athlete must bring barbell down to make contact with any part of their chest, then return to a full arms extended locked out position showing control at the top. *Lift off allowed

Deadlift: With the barbell flat on the deck, athlete must lift the barbell until they are in a full standing position with hips and knees in extension, shoulders behind the bar, and showing control at the top.

EQUIPMENT ALLOWED

- belts, chalk, wrist wraps, knee sleeves, lifting shoes

PRIZES

- 1000lb/600lb Custom T-Shirts, shaker bottles, stickers
- Gift Cards for strongest male and female

*SIGN UP IN MWR IS MANDATORY - LOCATED IN MWR UNTIL 9/9

*SIGN UPS MUST INCLUDE WHAT YOU WANT AS YOU FIRST SQUAT, BENCH, AND DEADLIFT WEIGHT

*VOLUNTEERS NEEDED WITH OR WITHOUT POWERLIFTING KNOWLEDGE

V/r,
Fit Boss





FITNESS COMPETITIONS

STRONGMAN COMPETITION – 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.

- 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 pierside 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: 03/01/2017
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: Strongman	
2. Location of Event: (Hanger Bay, Picnic Area) Souda Bay MWR, Argonaut	
3. Date of Event: 03/01/2017	
4. Time of Event: 0800-1000	
5. Number of Participants: 16	
6. Equipment Needed: See attached.	
7. Staffing Requirements: Fit Boss plus 5 MWR staff, Souda Bay MWR Fitness Director, 4 MWRSB Staff	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, Site TV ads, white boards on mess decks and flyers.	
10. Explain Event Execution: See attached.	
11. Winners of Event: AC3, CPO	
12. Prizes or Awards: T-shirts provided by Souda Bay MWR, trophies for winners	
13. Lessons Learned: a. The pavement created a lot of resistance on the sled, where a lot of people were having trouble getting the sled moving. b. Probably need to mix in a few upper body movements, was a lot on the posterior chain. c. Turn it into individual events and have a wider range of event	
14. Any Additional Information? : See photos.	



6. Equipment Needed:

DJ and needed equipment support, Bleachers x 2, 2 vehicles for truck pulls, 1 barbell, 1 set barbell collars, (6) 45lbs. plates, (2) 85 lbs. dumb bells, (2) 50 lbs. dumb bells, 1 large tire (420 lbs.), 1 small tire (150 lbs.), 1 sled, 1 harness and straps for attachment to a bumper and/or truck frame, 3 belts (1 S, M, and L)

10. Explain Event Execution:

MEN'S CATEGORY

1. Farmer's Walk (Relay Distance 50 meters/164 feet): Two 85lb dumbbells, once for each hand. Competitors must lift the dumbbells, walk 82 feet around the cone and walk back completely crossing the line before moving on to the deadlift
2. Deadlift: One 225lb barbell/deadlight barbell. Competitor must complete 20 repetitions before moving on to the tire flip
3. Tire Flip: (Relay Distance (25 meters/82 feet) : Competitor must flip and push a 420 lb tire 82 feet completely crossing the line before moving on to the sled pull
4. Sled Push: (Relay Distance from one end of the Football Field to other): The sled will have 225 lbs plus the weight of the sled
5. Truck Pull: (Relay Distance 15 meters/50 feet): Competitors will be timed to pull a truck 50 feet

WOMEN'S CATEGORY

1. Farmer's Walk (Relay Distance 50 meters/164 feet): Two 50 lb dumbbells, once for each hand. Competitors must lift the dumbbells, walk 82 feet around the cone and walk back completely crossing the line before moving on to the deadlift
2. Deadlift: One 135 lb barbell/deadlight barbell. Competitor must complete 20 repetitions before moving on to the tire flip
3. Tire Flip: (Relay Distance (25 meters/82 feet) : Competitor must flip
and push a 150 lb tire 82 feet completely crossing the line before moving on to the sled pull/tire carry
4. Sled Push: (Relay Distance from one end of the Football Field to other): The sled will have 90 lbs plus the weight of the sled
5. Truck Pull: (Relay Distance 15 meters/50 feet): Competitors will be timed to pull a truck 50 feet



FITNESS COMPETITIONS

STRONGMAN COMPETITION—PORT VISIT

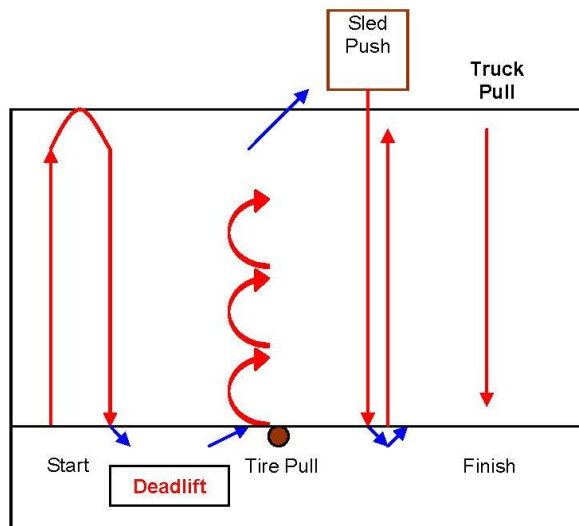




STRONGMAN RELAY COMPEITION: 03 March 2017 Pier side

1. Five events completed in sequence for time
2. **NOTE:** The softball field may be slippery due to the tire chips so it would be best to wear some kind of boot for traction
3. Events are as follows:
 - Farmer's Walk
 - Deadlift
 - Tire Flip
 - Sled Push
 - Truck Pull

EXECUTION OF THE STRONGMAN RELAY COMPETITION



- From the starting line, competitors will go individually. The course will be marked at the Softball Field the day of the event



FITNESS COMPETITIONS

STRONGMAN COMPETITION—PORT VISIT



Post-Event Report

1. Event Roster

<u>Last</u>	<u>First</u>	<u>Rank</u>	<u>Rate</u>	<u>Time</u>
		PO1	ABE1	
		E3	AO	
		E5	IT	
		E4	AWR3	
		E3	AZAN	
		E7	PRC	
		E7	MMNC	
		AN	AT	
		E-5	MMN2	
		E3	ABH	
		E6	AT1	
		E4	ABH	
		E3	ABH	
		E4	AO3	
		AN	A-Pact	
		E5	IT	
		E3	ABH	
		E4	AO3	
		E4	ABH	

2 walk ins

Female

		E3	AM	
		E4	AC3	
		E5	AC2	
		E4	AC3	
		E5	AC2	
		E4	AC3	
		E5	ABH	
			MM3	

3 walk ins

2. Cost/ Budget

- a. \$50.00: Cost of two trophies for male and female winner

3. Supplies/ Equipment

- a. DJ and needed equipment support
- b. Bleachers x 2



FITNESS COMPETITIONS

STRONGMAN COMPETITION—PORT VISIT



- c. 2 vehicles for truck pulls
- d. 1 barbell
- e. 1 set barbell collars
- f. 6 45lbs. plates
- g. 2 85 lbs. dumb bells
- h. 2 50 lbs. dumb bells
- i. 1 large tire (420 lbs.)
- j. 1 small tire (150 lbs.)
- k. 1 sled
- l. 1 harness and straps for attachment to a bumper and/or truck frame
- m. 3 belts (1 S, M, and L)
- n. Media team

***underlined = from ship inventory.

- 4. Preparation Time
 - a. 90 minutes
 - 1. 1 hour to transport equipment from the ship and setup
 - 2. remaining time testing/editing events
- 5. Staffing
 - a. 5
 - 1. Truck harness
 - 2. Truck Driver
 - 3. Judge
 - 4. Mic Host
 - 5. Assistant Judge
 - b. 2-4 extra hands for breakup and teardown.
- 6. What Went Well?
 - a. Event flowed real well, was done in a reasonable and timely manner.
 - b. Location next to the Argonaut turned it into a great spectator event.
 - 1. Sailors were eating and drinking while watching
 - 2. Sailors on duty were watching from the flight deck.
 - 3. Event was over early so that they still had time for liberty after.
- 7. What Could Be Improved?
 - a. The pavement created a lot of resistance on the sled, where a lot of people were having trouble getting the sled moving.
 - b. Probably need to mix in a few upper body movements, was a lot on the posterior chain.
 - c. Turn it into individual events and have a wider range of events
- 8. Anything Else To Be Mentioned?
 - a. The pier side setup with the ship right next to the Argonaut was a perfect setup. Event was a pre-established event that MWR Souda Bay has for all ships coming in.



Strongman Relay Competition Sign Up Sheet

Men's Category:

Farmers Walk: 85 LB Dumbbell

Deadlift: 225 LB x 20 Repetitions

Tire Flip: 420 LB

Sled Push: 225 LB + the weight of the sled

Truck Pull: 50 FT

Women's Category:

Farmers Walk: 50 LB Dumbbell

Deadlift: 135 LB x 20 Repetitions

Tire Flip: 150 LB

Sled Push: 90 LB + the weight of the sled

Truck Pull: 50 FT

	NAME	DEPT	PHONE	EMAIL
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				





Strongman Relay Competition Sign Up Sheet

Men's Category:

Farmers Walk: 85 LB Dumbbell

Deadlift: 225 LB x 20 Repetitions

Tire Flip: 420 LB

Sled Push: 225 LB + the weight of the sled

Truck Pull: 50 FT

Women's Category:

Farmers Walk: 50 LB Dumbbell

Deadlift: 135 LB x 20 Repetitions

Tire Flip: 150 LB

Sled Push: 90 LB + the weight of the sled

Truck Pull: 50 FT

	NAME	DEPT	PHONE	EMAIL
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				





The following example is targeted as a New Year's Resolution Challenge to help participants improve daily health habits.

- Marketing
- Sign-ups
- Tracking mechanism for participants
- Staff



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS ABRAHAM LINCOLN
Position Title: Fit Boss	Date: 02/17/2017
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: 30 Day Wellness Challenge	
2. Location of Event: (Hanger Bay, Picnic Area) USS Abraham Lincoln and Huntington Hall	
3. Date of Event: 02/17/2017	
4. Time of Event: 0700-1500	
5. Number of Participants: 45	
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 30 Day Wellness Challenge acts as our New Year's resolution to change our daily habits for the better. The challenge runs from 1/17/17 to 2/17/17. The premise was to treat everything you do as far as nutrition, fitness, and recovery the same way you would your finances. Each positive (cardio, 8+hours sleep, 1 serving vegetables) counts as a credit to your day, whereas each negative (energy drinks, tobacco, fast food, less than 64oz water, etc.) count as a debit to your day. Each day you want your 'Wellness Finances' to balance and ultimately be in a surplus. Sailors that provided logs for 15 days were awarded a prize. The first 3 sailors to reach 1000 points of credit were awarded \$50 NEX gift card	
11. Winners of Event: 7 basic winners and 3 grand prize winners	
12. Prizes or Awards: Water Bottle/Shaker Bottle to each basic winner. NEX Gift cards to grand prize winners	
13. Lessons Learned: -Keep challenge explanations and logging/reporting simple for better adherence. -Face to face promotion is sometimes a much more productive option for recruitment/attendance/promotion than an all hands email. -A higher quality event can make up for lower quality prizes	
14. Any Additional Information? :	



30 Day Wellness Challenge!

Wellness Finances

debit

credit

Sleep

- +10 for 8 or more hours
- +2 for naps 1 hour or longer
- 10 for less than 9 hours
- 15 for less than 8 hours
- Following a workout

Nutrition

*1 serving size = deck of cards

- +2 points:
- 4oz lean meat/seafood, eggs
- 1 cup vegetables/fruit
- 2 tbsp. nuts/seeds
- ½ cup whole grains

- +1 points:
- 4oz dairy (limit 2/day)
- 8oz black coffee
- (-2 for each cup exceeding 2/day)

- 2 points:
- 0 servings of vegetables/day
- Fried food, fast food items, refined grains, alcohol, soda, sweet tea, energy drinks, sweeteners, creamer, sweets, chips, etc.

Water

- +10 for 64oz or more per day
- 10 for less than 64oz per day
- 15 for less than 64oz per day following a workout

Water

- +10 for 64oz or more per day
- 10 for less than 64oz per day
- 15 for less than 64oz per day following a workout

Supplements/Vitamins

- *only those that could improve health and wellness
- +1 for multivitamin/vitamins/minerals, fish oil, 100% protein with no additional ingredients.
- 1 for more than 3 supplement servings per day
- 1 for pre workout

Fitness

- +5 Weight training, cardio, mock prt, yoga, etc.
- +8 Conditioning, circuit training, etc.
- (+8 for cardio, weight training, and/or yoga etc. on the same day at separate times.)

Recovery

- +2 for massage, chiropractor, acupuncture, physical therapy, cryotherapy, foam rolling, contrast shower, stim, ice bath

Work

- +/- 0 for less than 9 hours
- 10 for 9 hours or more
- 15 for 9+ hours with less than 8 hours sleep before/after

*Participants with 15 days of logs receive prize

*First three participants to achieve 1,000 point credit receive \$50 NEX Gift card

Contact MWR Fit Boss for contest information, assistance, and prize redemption!



Wellness Finances

Day 1 - Tuesday, January 17, 2017

debit

credit

- 15 less than 64oz water on workout day
- 2 3 cups of coffee total
- 2 creamer
- 1 pre workout
- 4 2 serving fried chicken
- 4 2 cigarettes
- 2 chewing tobacco

- +10 8 hours sleep
- +4 8oz/4 eggs
- +2 1/2 cup oatmeal
- +4 2 servings vegetables
- +2 1 serving fruit
- +4 2 servings meat
- +4 servings vegetables
- +2 1 serving fruit
- +8 conditioning workout
- +2 contrast shower
- +2 protein shake
- +2 1 serving vegetable
- +2 1 serving fruit
- +2 fish oil

Total: -30 points

Total: 50 points

-30

Daily total: 20 points



FITNESS COMPETITIONS
R CUBED: RUN, RIDE & ROW

The following example has three-man teams utilizing treadmill, rower and upright bicycle.

- Any cost to MWR involved? If so, budgeted?
- Marketing
- Staff / Volunteers
- Sign-ups
- Verification of times
- Supplies / Gear



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS Bonhomme Richard
Position Title: Fit Boss	Date: 04/03/2015
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: R Cubed (Run, Row, Ride)	
2. Location of Event: (Hanger Bay, Picnic Area) Ship's Gym	
3. Date of Event: 01/04/2015	
4. Time of Event: Participants could compete in the event throughout the day. They needed to contact our gym aide to verify times.	
5. Number of Participants: 18 persons participated	
6. Equipment Needed: 1 Treadmill, 1 Concept II Rower, 1 Upright Bicycle	
7. Staffing Requirements: 1 Person To Verify The Competitor's Times	
8. Points of Contact: Fit Boss	
9. Marketing Process: POD notes, command e-mail, flyers	
10. Explain Event Execution: Each team consisted of 3 members. 1 member ran on a treadmill for 3 miles at 1% incline. 1 member rowed for 4,000 meters. 1 person rode a bicycle on the Manual setting on Level 12 for 6 miles. Stepping off the treadmill resulted in a disqualification. The treadmill time began when the Go button was pushed. The bicycle time began when the Go button was pushed. PARFQ forms were required for all competitors. The individual events were designed to last approximately 15 minutes each.	
11. Winners of Event: 1 team was declared the winner	
12. Prizes or Awards: Gator Gym T-shirts were awarded to the winners	
13. Lessons Learned:	
14. Any Additional Information? :	

Run, Row, Ride Competition

24 Mar (Tue) – 1 Apr (Wed)

Each team consists of 3 members. 1 member from each team will:

Run on a treadmill for 3 miles at 1% incline

Ride a LifeFitness bicycle for 4 miles on the MANUAL setting of LEVEL 12

Row for 4,000 meters.

Stepping off of the treadmill will result in a disqualification of that attempt.

Treadmill time begins when the GO button is pushed.

Register your team name and member names with the Fit Boss.

Competition ends 1 April 00:00

Record your time for each event with the person on duty in the gym

Teams may compete multiple times

PARFQ forms must be completed for each team member

T-shirts for the winners

**USS BONHOMME
RICHARD
LHD-6**

GATOR GYM

SASEBO, JAPAN





FITNESS COMPETITIONS

R CUBED: RUN, ROW, RIDE



Run, Ride, Row registration

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time

Team Name	POC e-mail
Runner's Name	Time
Rower's Name	Time
Biker's Name	Time



FITNESS COMPETITIONS

BATTLE FOR THE DUMBBELL

This example shows a timed workout focused on dumbbell use.

- Coordinate with Departments involved if using their space**
- Conduct safety evaluation**
- Any cost to MWR involved? If so, budgeted?**
- Marketing**
- Volunteers / staff**
- A/V**
- Supplies / Gear**
- Set up / Take down**



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 08/22/2017
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: Battle for the Dumbbell Challenge	
2. Location of Event: (Hanger Bay, Picnic Area) Hangar Bay 1 Gym	
3. Date of Event: 08/15/2017	
4. Time of Event: 0930	
5. Number of Participants: 6	
6. Equipment Needed: 30 lbs. dumbbells and females 20 lbs. dumbbells. 4 cones	
7. Staffing Requirements: Fit Boss	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, Site TV ads, white boards on mess decks and flyers.	
10. Explain Event Execution: See attached.	
11. Winners of Event:	
12. Prizes or Awards: Activity Tracker and dumbbell trophy for male and female.	
13. Lessons Learned: Great event, just needs to be a part of a bigger program. Small participation may have been due to timing right before RTHP.	
14. Any Additional Information? : See Photos	

10. Explain Event Execution:

Sailors will be timed for the following circuit. Male and Female sailor with the fastest time will receive an activity tracker and dumbbell trophy. Event will be located in HB1 Gym for muster at 0930 and event brief.

For time:

- Farmers carry 30 yards
- 15 Hip Extensions with a pushup
- Farmers carry 30 yards
- 15 Hip Extensions with a pushup
- Farmers carry 30 yards
- 15 Presses
- Farmers carry 30 yards
- 15 Presses
- Farmers carry 30 yards
- 15 Squats
- Farmers carry 30 yards
- 15 Squats

Males will use 30 lbs. dumbbells and females 20 lbs. dumbbells. Sailor must go past the cones on course for each farmer's carry/run. Hips must be fully locked out on the hip extensions and squats, as well as elbows in on the press.

MWR FITNESS COMPETITIONS
DEPLOYED FORCES SUPPORT  **BATTLE FOR THE DUMBBELL**





Following is a team workout example focusing on functional movements set up at different stations.

- Coordinate with Departments involved if using their space
- Conduct safety evaluation
- Any cost to MWR involved? If so, budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies / Gear



FITNESS COMPETITIONS

ULTIMATE FITNESS CHALLENGE—ALL HANDS EMAIL

To: ALL HANDS

Subject: Ultimate Fitness Challenge

LINCOLN NATION,

I am excited to bring you a fast and furious (yet fun) competition—The Ultimate Fitness Challenge. You may compete as an individual or as a team of 4. The challenge consists of functional movements set up at different stations. Described in its entirety in the attached powerpoint, the athlete(s) will start in HB3 where they begin the competition by sprinting to HB1. From there, they will work through each station to make their way back to HB3. Once the last station is completed, athletes will once again sprint from HB3 to HB1 (and the finish line). There will be three setups going at a time to allow you to not only race against the clock, but against your fellow competitors. For teams and individuals, the top 6 will make it to the semifinals where we will hold 2 heats of 3. Lastly, we will pit the 3 top individuals and/or teams against each other to find out who wants it the most!

Sign Up: MWR @ 2-123-2-Q

Details: Refer to powerpoint and day of instructions

Date: 9/14/17

Location: HB1

Time: Individuals - 1500-1700

Teams - 1800-2000

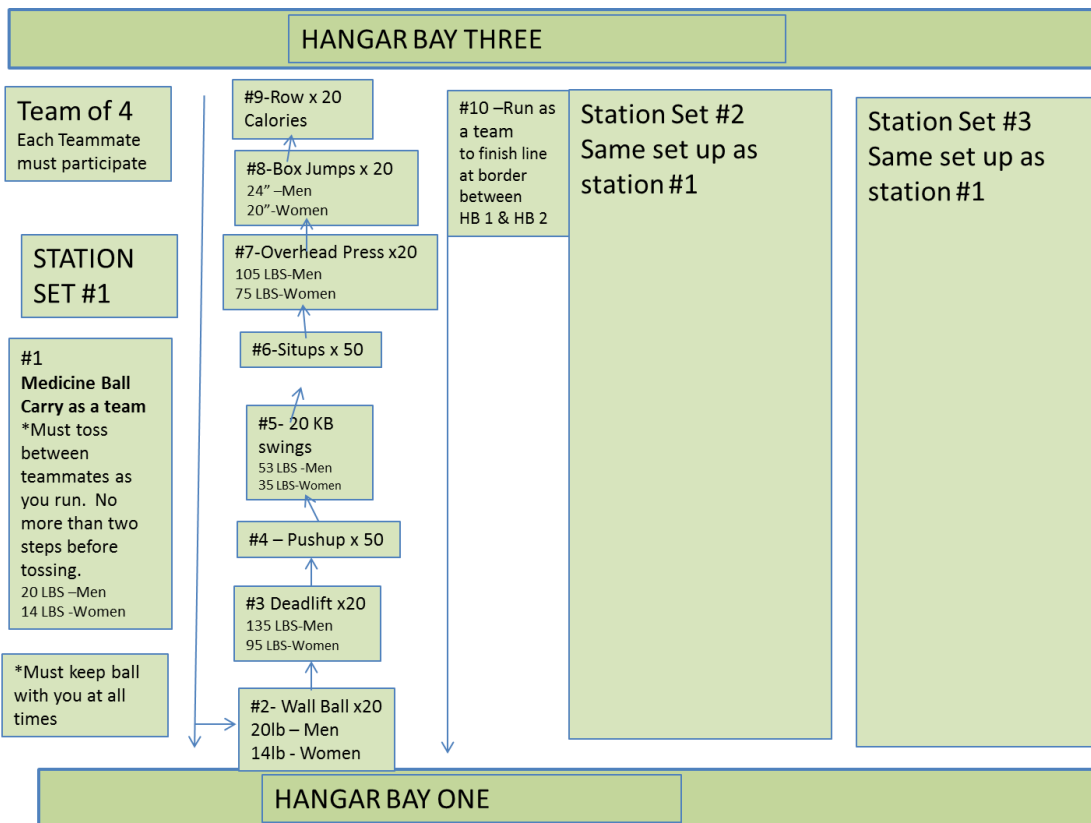
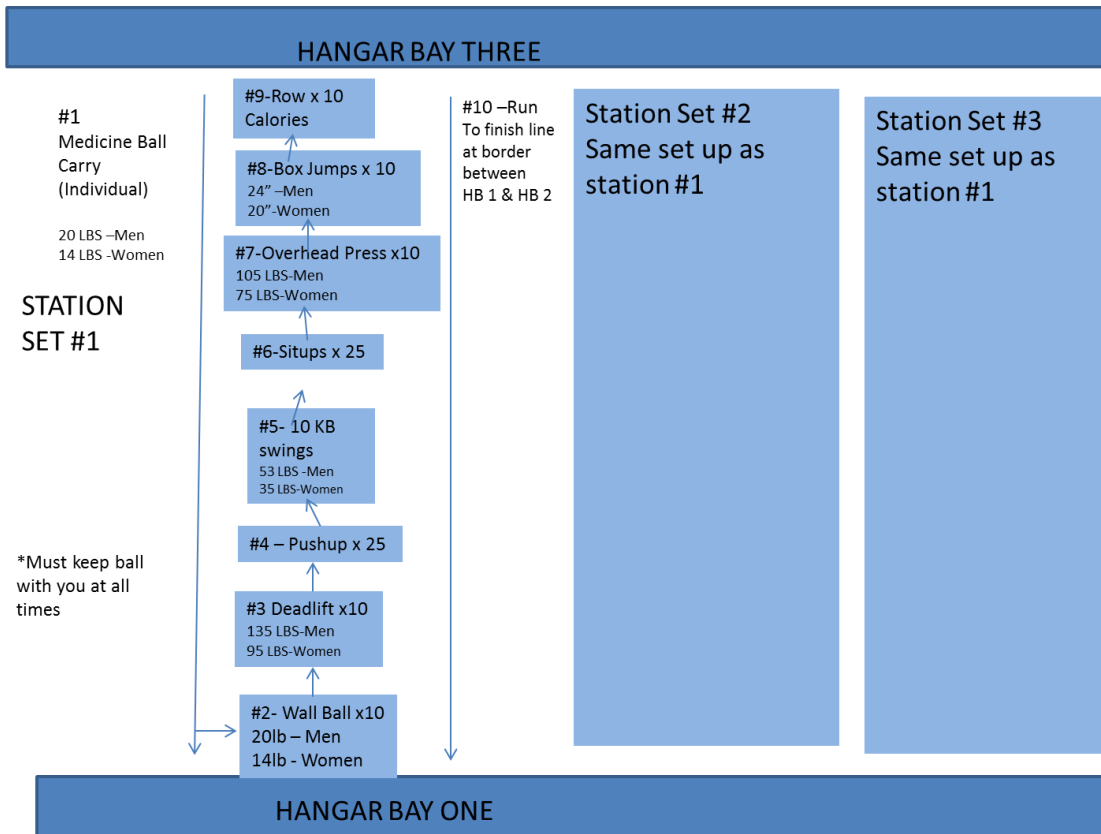
V/r,

Fit Boss



FITNESS COMPETITIONS

ULTIMATE FITNESS CHALLENGE





These types of events are very popular during deployment. This event occurred toward the end of deployment and had sailors running the distance equivalent to the mileage between the Straits of Gibraltar and homeport (Norfolk, VA).

- Coordinate with Departments involved if using their space
- Conduct safety evaluation
- Any cost to MWR involved? If so, budgeted?
- Marketing
- Volunteers / staff
- A/V
- Supplies / Gear



AFTER ACTION REPORTS

First and Last name:	Ship's Name: USS GEORGE H W BUSH
Position Title: Fit Boss	Date: 08/22/2017
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: Run the Pond Challenge	
2. Location of Event: (Hanger Bay, Picnic Area) Various cardio locations around the ship.	
3. Date of Event: 07/06/2017	
4. Time of Event: Individual schedules	
5. Number of Participants: 225	
6. Equipment Needed: Treadmills, Concept 2 Rowers, Life Fitness Upright Bikes.	
7. Staffing Requirements: Fit Boss, Site TV	
8. Points of Contact: Fit Boss	
9. Marketing Process: email, Site TV ads, white boards on mess decks and flyers.	
10. Explain Event Execution: Teams of 12 will run 3854 miles (the distance to Norfolk from the Strait of Gibraltar) starting on 06 July until completion. The winning team will receive a special 96 liberty upon return to home port (authorized by the Big XO/CMC) valid from the month of November on. The second place team will each receive a Shaker Bottle. To track miles, there will be a special code available at the MWR Ticket Window as well as on SITE TV daily. The sailor will have to take a picture of the treadmill console with the code on a piece of paper or Post, and then show the picture to the MWR staff at the MWR Ticket Window. There, MWR will keep of log of the total miles achieved by the team of 12.	
11. Winners of Event: Fast Neutrons (Reactor)	
12. Prizes or Awards: Special Liberty (96)	
13. Lessons Learned: Original teams of 12 were increased to 15 to help teams have a more realistic shot at completing before return to home-port in August. Future edits can be starting with more time to complete the task.	
14. Any Additional Information? :	