



MILITARY FITNESS UPDATE

Fitness Chiefs **FORECAST** Strong Year Ahead

ARMY

As Armed Forces Morale, Welfare and Recreation (MWR) and fitness professionals convene Nov. 29-30, for the annual Military Training Summit in conjunction with the Athletic Business (AB) Conference and Expo, in Orlando, Dec. 1-3, Government Recreation & Fitness caught up with military fitness leaders from each service to discuss the current state of fitness, and see what is on the horizon as we move forward in this new fiscal year. (More details on what military fitness leaders have planned for the annual training summit in Orlando can be found on page 22).

Army leaders try out the fitness equipment at the Human Performance Center at Fort Bragg, N.C.



As we move into fiscal 2012, Garrisons across the Army continue to offer the latest in group fitness programming, personal training, competitive fitness events and functional fitness classes.

"Garrisons are meeting the challenge of balancing general fitness interests while keeping pace with the fitness regimen required by the tactical Army," says Darrell Manuel, chief, IMCOM G9 Sports, Fitness & Aquatics. "An Army-wide special promotion was held in May to demonstrate the magnitude of fitness programs available to soldiers, civilians, family members and retirees. Fifty-nine garrisons participated in the 'Strong B.A.N.D.S.' promotion supporting National Sports and Fitness Month. B.A.N.D.S. stands for Balanced lifestyle, Actively motivated, Nutritional health, Determined to excel, Strength and conditioning."

In the past few years, the Army has embraced a more functional approach to fitness, with many new Human Performance Training Centers coming online, such as the ones at Fort Bliss, Texas, and Fort Bragg, N.C.

"Commanders in Iraq and Afghanistan understand PT scores don't necessarily equate to physical readiness in a combat environment," notes Manuel. "The physical demand of combat requires a soldier to perform more than running, situps and pushups. Soldiers need to physically train as they fight. The Physical Training (PT) test is undergoing an extensive review to make it tougher and more physically challenging. The enhanced PT test is looking at physical activities which mimic combat tasks, such as move under load, jump, climb, push, pull, change direction, etc. A soldier engaged in combat requires high levels of strength, speed, power and agility."

Garrison Fitness Directors are introducing more power-based programs that promote agility and speed, flexibility and explosive movement. Garrison Fitness Centers offer functional fitness classes by providing exercise equipment and instruction that promote strength and agility, and qualified instructors conduct classes tailored for each participant with a goal of reducing the risk of injury.

Manuel points out, "Functional fitness should not be confused with extreme conditioning programs involving high-volume, aggressive exercise workouts comprised of a variety of high-intensity exercise repetitions and short rest periods between sets."

When deployed, soldiers are af-



Inside Industry



Marine Trainers Use Cybex

As the Marine Corps is getting ready to roll out its new High Intensity Tactical Training (HITT) program service-wide in December, Semper Fit is creating HITT centers that feature mainly functional fitness equipment such as kettle bells, power racks, training ropes, sprint lanes and other non-traditional strength-enhancing gear. But with notable exception: Cybex fitness equipment. According to the company, “Core to the success of the HITT Program and the Marines who’ll be using it are the Cybex Arc Trainer and Bravo functional trainer (pictured).”

“We were able to introduce the Arc Trainer to the Marine Corps as a device that could best help prepare Marines, all service men and women, for active duty in the field,” says Dr. Paul Juris, Cybex Institute for Exercise Science. “It is based on the research we have done that shows that we are able to train people at extraordinarily high intensities, so it really meets the HITT Center profile, but at the same time do it at a level of stress on the body which is significantly lower than what they would be exposed to in any other kind of training.”

According to Ryan Massimo, HITT program manager, Semper Fit Branch, “The Arc Trainer is unique in that it enables incredibly high-intensity interval training, up to 900 Watts – more than double the output achievable on other technologies – with incline and onboard programming that takes the most fit Marine to even higher high-performance levels.”

“In my opinion, the Arc Trainer blows away treadmills, ellipticals and every other variety of cardio equipment I have ever used,” asserts Lt. Gen. Ron Coleman, USMC (Ret). “The Arc Trainer is not just a cardio device; it delivers power and endurance training.”

Beyond HITT facilities, the Arc Trainer is now being used at the Frederick Fitness Center at Fort Bragg, N.C. “The Arc Trainer’s high-intensity training capabilities enable astounding training sessions to occur safely,” states Casey Gilvin, Fitness Director at the Frederick facility.

For more information visit www.cybex.com. GS-07F-9211G.