

## Fitness for Diving in Roatan, Honduras (Video)



CoCo View Resort, Roatan, Honduras (CoCo View Resort)



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**CoCo View Resort** in Roatan provides divers the opportunity of four boat dives a day plus unlimited shore diving. The CoCo View slogan, "Nature made it Beautiful" We make it Easy!!" is evident. The resort and dive center operate an efficient schedule for: orientation, equipment set up and dive boat departures; meals and entertainment; and educational, cultural and environmental presentations. CoCo View has anticipated everything divers need to pace themselves from one activity to the next. Most divers choose to take advantage of all

that is offered especially the opportunity to dive at almost any hour day or night.

“ *ScubaFit® recommends circuit training for divers who dive four or more times a day for consecutive days. Circuit training is effective fitness training to prepare for liveaboard excursions and for numerous daily dives that are a combination of boat and shore diving.*

Circuit training exercise equipment is set up in advance in a particular sequence so that divers can move from one exercise to the next without resting. Divers may incorporate body weight movements such as calisthenics, and any form of equipment including modular machines found in fitness centers, free weights, bands, cables, and balls. Circuit training is an excellent method for training the entire body in one exercise session which translates well to the endurance and stamina needed for long active days of multiple dives. To exercise the entire body with a circuit training workout divers need to incorporate exercises for the chest, shoulders, triceps, back, biceps, glutes (buttocks), hamstrings, quadriceps, calves and abdominal muscles. Circuit training is a great way to workout with dive buddies or a dive club. Divers move through the circuit as a group and encourage each other. This type of "chase" workout can be a lot of fun.

A basic circuit training workout begins with an aerobic warm-up of 5 to 10 minutes followed by 9 to 12 exercises of 12 to 15 repetitions each, followed by 10 minutes of stretching after all rounds are completed. Beginners may perform one circuit of each exercise. Circuit training typically involves lifting less weight, performing more repetitions and keeps the heart rate a bit higher throughout the workout. It is important for divers to monitor heart rate to pace the workout for safe exercise.

Divers will most likely adapt quickly to the single circuit and be ready within a few days to complete a second consecutive round of 9 to 12 exercises. For diving endurance the first goal of circuit training is to complete three full rounds in one 60-minute exercise session. Once this goal has been accomplished, divers can add challenge by increasing the amount of weight lifted for each exercise. Be mindful that increasing the weight for one exercise may make it more difficult to complete the remaining exercises in the circuit(s) and the entire workout still needs to be finished in an hour. Circuit training is presented as a strength training program and divers are encouraged to perform additional aerobic exercise and eat well as part of a complete fitness for diving program. Important: exercise is not recommended 24 hours before and after diving.

### More about our stay . . .

Dive sites at CoCo View are within five to 25 minutes of the resort. Conditions include variable surface swells, wind, currents, surge and visibility, but all were moderate during our visit. The abundance of sea life, variety of hard and soft corals, and dramatic lighting makes for unique Caribbean diving. It is easy to see why so many underwater photographers return to CoCo View every year.

The resort is tropical with comfortable accommodations and most rooms on or over the water. All of the staff from front office, housekeeping, bar and dining room were cordial and attentive. My dive buddy had a fresh omelet every morning and we always had a clean room and plenty of drinking water in our room when we returned from diving. Divers can eat healthy at CoCo View with choices of protein and plenty of fresh fruits and vegetables.

The dive operation was designed to provide safe and comfortable diving. It was nice to have the same boat, dive master and captain for most of our stay, which was 12 days. Thank you Marcos and Ruben. We completed 37 dives and enjoyed our assigned dive lockers, plentiful camera and gear rinse tanks and fresh water showers. The Dockside Dive Center is a teaching center and is well supplied. We sat in on a buoyancy clinic with Patty Grier, took an hour photography course with Tim Blanton and found some great gifts at the boutique and from local artisans. We especially appreciated the hospitality of Mitch and Deb Karlson, we very much enjoyed presentations about Honduras history, economics, politics, pirates and crystal skulls by Doc Radawski, and

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participated in the REEF Great Annual Fish Count with Scott and Patti Chandler. We finished the trip with zip lining arranged by the resort.

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