

FITDIVER®

Performance Above and Below

A publication of ScubaFit LLC by Gretchen M. Ashton, CFT, SFT, SFN, NBFE

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Our Community



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Get Fit with ScubaFit® Phoenix Dive Show

What are you training for?



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Location

[Phoenix Convention Center](#)
100 N. 3rd Street
Phoenix, AZ 85004

Date and Time

Sunday, September 22, 2013
9:00 a.m. to 4:00 p.m.

Cost

\$245.00 – Fee includes all materials, teaching kit and certification card.

Contact

Email gretchen@scubafit.com
or call (760) 271-6069

Additional Information
[Read Full Article](#)

FitDiver® Favves

SUBSERIES Hair Care Products



My hair always takes a beating when diving. Especially on dive vacations where I am diving four or more dives a day for a week or more. I have fine hair that definitely needs to be protected from wind, sun, salt, water, blow drying, curling and dive masks. The Hair Protectant is great to apply after a fresh water shower between morning and afternoon diving sessions.

SUBSERIES is also great for active divers like myself who workout regularly and wash hair frequently because of sweat and swimming pools. The Clarifying Shampoo and Reconstructor Conditioner are perfect for my over-stressed hair without weighing it down. Best of all SUBSERIES hair care products are REEF SAFE!

Gretchen M. Ashton,
CFT, SFT, SFN, NBFE



Gretchen is registered with the National Board of Fitness Examiners. An advanced and Nitrox certified diver, International Sports Sciences Association Elite Trainer, personal trainer, specialist in fitness therapy, specialist in fitness nutrition, and world champion athlete. Gretchen developed ScubaFit® and the comprehensive FitDiver® program. Gretchen is a co-author of the ScubaFit® Diver Specialty Course and is an Expert Speaker for Los Angeles County Scuba Advanced Diver Program and Underwater Instructor Certification Course. She is the Fitness Editor for California Diver Magazine, a contributor to X-RAY MAG, and Scuba Sport Magazine, has been published in Alert Diver United States and Asia-Pacific, and DiveTime.com, is an author at ScubaBoard.com, and is the Scuba Fitness Examiner at Examiner.com. Gretchen has appeared on Scuba Radio, presented at the Scuba Show, and has been featured in the President's Council of Physical Fitness and Sports newsletter for inspiring and innovative accomplishments in fitness, and on the Margaritaville Key West website culinary column. As an athlete she set 21 World and Americans records and was the second woman inducted into the AAU Power Lifting Hall of Fame.

ScubaFit® Dives Roatan



[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 for liveboard 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.

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.

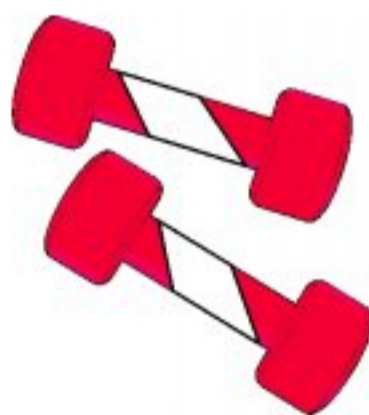
The resort is tropical with comfortable accommodations and most rooms on or over the water. All of the staff from front office, housekeeping, bar and dining room were cordial and attentive. My dive buddy had a fresh omelet every morning and we always had a clean room and plenty of drinking water in our 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 participated in the [REEF Great Annual Fish Count](#) with Scott and Patti Chandler. We finished the trip with zip lining arranged by the resort.



Dive Center Fitness

Introducing clients to fitness for diving is good business.



Studies indicate that fit individuals are more likely to participate in recreational activities. Divers who are fit are more likely to advance their training and dive more often. The benefits of good health are profound for everyone and particularly for divers; reducing the risks associated with the underwater environment and improving diving performance.

Marketing demographics show that of the top 10 recreational crossover activities most likely to try scuba diving - four are fitness activities. This means that the same folks who participate regularly in fitness are highly likely to be interested in learning to dive.

In recent years dive centers and instructors have found they need to be more creative in attracting new divers. While industry members are understandably concerned about competition with other recreational water sports activities, it is important to recognize that the same potential clients probably participate in more than one water sport, already know how to swim, are comfortable in and on the water and have the financial resources for these outdoor recreational activities.

ScubaFit® surveys show that less than 30% of divers exercise. As the diving population ages existing clients and professional staff need to know how to become and remain physically fit, prevent illness and injury, and rehabilitate and manage conditions such as high blood pressure, diabetes, heart problems, and obesity.

The diving and fitness industries parallel in many ways. Dive and fitness centers and their dive and fitness professionals make excellent referral networks for clients. ScubaFit® provides the tools to bridge the diving and fitness for the benefit of all divers.

The ScubaFit® Diver Course is approved by both dive and fitness agencies. If you would like to be a safer diver, a ScubaFit® certified instructor, or create a healthier dive business, contact Gretchen M. Ashton at (760) 271-6069.

FitDiver® APPS

Available for purchase on [Google Play](#) or the [App Store](#)

FitDiver® Abs Mobile App



All scuba divers have wash board abs, some just have a load or two of laundry resting on top. Whether they are visible or not, abdominals are essential in supporting the back and stabilizing the body through complex movements associated with scuba diving. Without question, a balanced abdominal strengthening program is an important component of scuba fitness and should be developed in conjunction with back strengthening and flexibility early in an exercise program. . .

A Treasured Chest Mobile App



Navigating the waters of fitness for scuba diving may seem daunting however, these tried and true exercises for the major muscles of the upper body are as certain as the tides to develop a Treasured Chest. The most recognized chest muscles, Pectoralis Major and Pectoralis Minor, are located in front of the ribcage, add another layer of protection to the chest cavity, and are responsible for most of the movements of the shoulders required for scuba diving activities. . .

[fit-di-ver]

a person who strives and achieves the required level of fitness in order to stay underwater for long periods of time and adapt to the elements presented.

ScubaFit®
Bringing fitness to life!

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