

TOTAL BODY SHAPE UP

Spring is here and it's time to "Get in Shape" and "Stay in Shape." Getting outdoors to a local park or the beach is a perfect way to energize a workout.



Gretchen M. Ashton, CFT, NBFE is an advanced diver, personal trainer, biomechanic strength trainer and fitness therapist. Specializing in lifestyle fitness she launched the concept of

Scuba Fitness developing the FitDiver® program and ScubaFit®, which are dedicated to improving the health and fitness of all scuba divers. Gretchen has presented at the Scuba Show in Long Beach, teaches the physical fitness module for Los Angeles County Scuba Advanced Diver Program, and was recently recognized by the President's Council on Physical Fitness and Sports for inspired accomplishments and advancements in fitness. For more information or questions contact: www.scubafit.com, gretchen@scubafit.com.

By Gretchen Ashton

THIS TOTAL BODY SHAPE UP FOR SCUBA DIVING IS DESIGNED TO STRENGTHEN AND CONDITION THE ENTIRE BODY BY COMBINING MULTIPLE MOVEMENTS INTO FIVE UNIQUE EXERCISE COMBINATIONS. Particular focus is on the lower body performing one task, while the upper body does something else and the torso provides stability. This workout improves physical ability and reduces risk of injury for divers at the surface, getting in and out of the water, donning gear, and moving around on boats and through surf.

SCUBA DIVING BENEFITS

- Treading water and rough seas conditions
- Climbing up and down boat ladders from the water or between decks
- Maneuvering around mooring chains and lines during ascent, descent and waiting to board
- Holding onto a diver in an emergency and for rescue activities
- Assisting another diver with gear
- Holding onto gear while moving through surf
- Donning and removing gear and fins in the water
- Pulling wetsuits on and off

TIPS FOR SUCCESS

- Practice each movement separately before combining the upper body and lower body exercises.
- Perform one static and one dynamic movement when first combining upper and lower exercises. (For example: Stay in the Air Chair Seated

Position and continue rowing for one minute.)

- Begin with 10 to 15 repetitions of each exercise and work up to one minute.
- Never hold your breath (even if you don't get the breathing right at first).
- Always contract the abdominal muscles (pull in the belly button).
- Practice the exercises without weights.
- Eat well, drink plenty of water and get proper rest.
- Wear proper clothing, footwear and sunscreen.

PRECAUTIONS: This workout is designed for healthy shoulders, knees and backs. In any case, DO NOT lift heavy weights for shoulder movements and follow proper form using both the descriptions and pictures.

FITNESS MODEL: Suzette Mankel is a NAUI Advanced and Nitrox Certified Scuba Diver, Figure Competitor and Scuba Fit Client.

THE WORKOUT

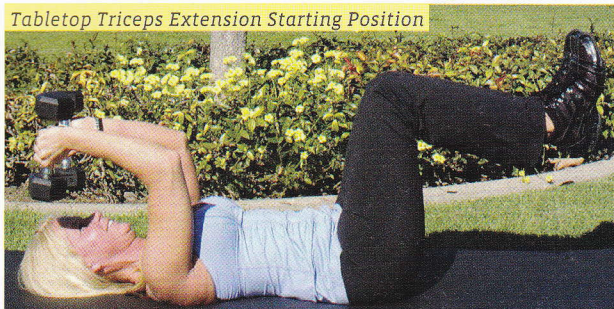
EXERCISE: TABLETOP TRICEPS EXTENSION WITH ABDOMINAL CONTRACTION

MAJOR MUSCLES: Triceps / Quadriceps / Abdominals

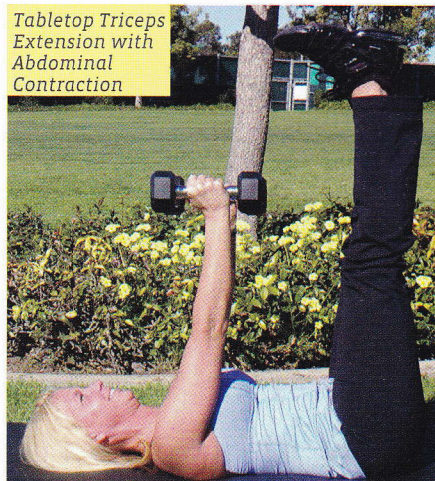
CAPTION: 1. Begin in the tabletop starting position as shown. 2. Press the low back into the mat and pull in on the belly button contacting the abdominals. 3. Inhale deeply through the nose. 4. While exhaling through the mouth, extend the elbows and knees until the hands and feet are above the shoulders and hips. 5. Inhale and exhale again, while contracting the abdominals enough to slightly raise the hips and bottom off the floor pressing heels upward. 6. Inhale while simultaneously bending the knees and elbows returning to the tabletop starting position. 7. Repeat for one minute.

Note: This leg extension movement also actively stretches the hamstrings and lower back.

Tabletop Triceps Extension Starting Position



Tabletop Triceps Extension with Abdominal Contraction



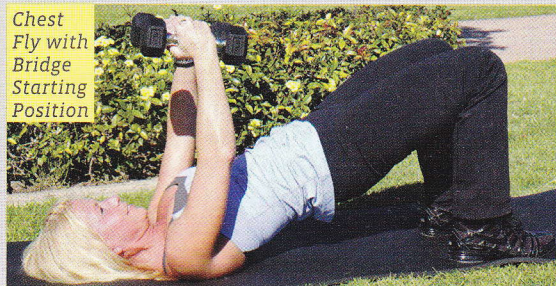
EXERCISE: CHEST FLY WITH BRIDGE

MAJOR MUSCLES: Chest / Glutes / Hamstrings / Low Back

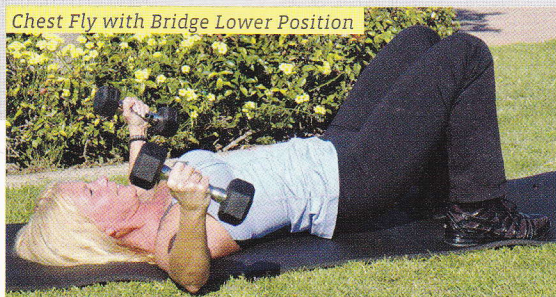
CAPTION: 1. Begin in the chest fly with bridge starting position as shown. 2. Pull in on the belly button contracting the abdominals. 3. Contract (squeeze) the glutes (buttocks). 4. Inhale deeply through the nose while simultaneously lowering the arms out to the side and the hips toward the mat, until the elbows and bottom are about an inch off the mat. 5. Exhale through the mouth while contracting the abdominals and raising the hips and arms, returning to the fly bridge starting position. 6. Repeat for one minute.

Note: Proper form for the chest fly portion of this movement at the bottom is for the hands to be outside the elbows with the arms slightly curved. Raise the arms as if reaching around a barrel bringing the hands together at the top.

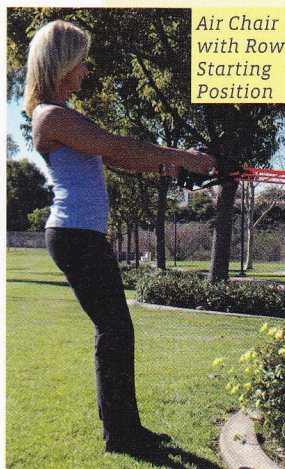
Chest Fly with Bridge Starting Position



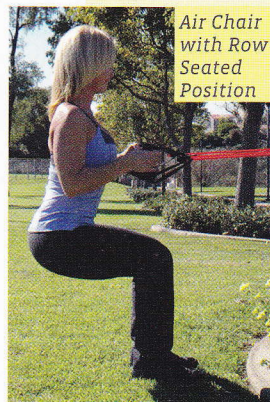
Chest Fly with Bridge Lower Position



Air Chair with Row Starting Position



Air Chair with Row Seated Position



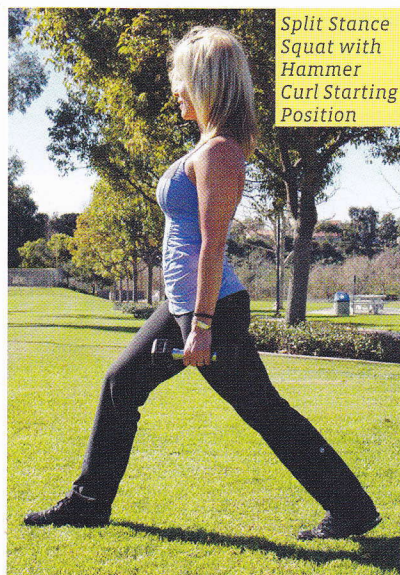
EXERCISE: AIR CHAIR WITH ROW

MAJOR MUSCLES: Legs / Back / Biceps

CAPTION: 1. Begin by wrapping one or more exercise bands around a tree, pole or piece of exercise equipment. 2. Stand with the feet slightly in front of the hips with arms extended holding onto the handles of the exercise bands as shown. Notice the hip, knee and elbow joints are slightly flexed and the shoulders are slightly retracted to resist the bands. 3. Pull in on the belly button contracting the abdominals. 4. Inhale deeply through the nose while simultaneously sitting back into the air chair position and pulling on the exercise bands. 5. Bend the knee, hip and elbow joints until right angles are achieved at each joint and the ankles. This is the equivalent of a squat and the knees should always be behind the toes (ideally over the ankle). The elbows stay close to the body alongside the waist. 6. Exhale through the mouth while simultaneously contracting the glutes, and extending the knee, hip and elbow joints returning to the air chair with row starting position. 7. Repeat for one minute. →

TOTAL BODY SHAPE UP

THE WORKOUT Cont.



Split Stance Squat with Hammer Curl Starting Position

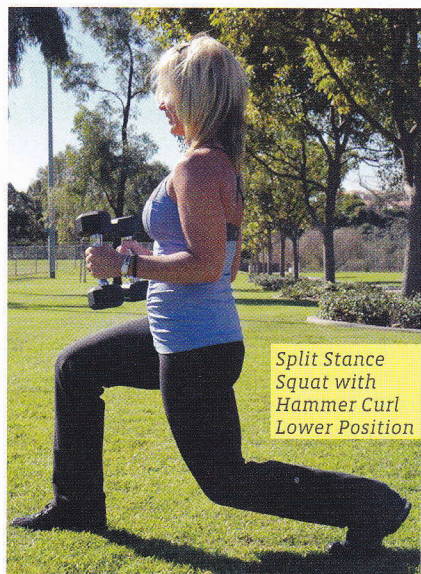
EXERCISE: SPLIT STANCE SQUAT WITH HAMMER CURL

MAJOR MUSCLES:

Legs / Biceps

CAPTION: 1. Stand in an extended stride position with feet about hip width apart, one foot in front and one foot behind the body as shown. 2. Arms are positioned alongside the body as shown. 3. Pull in on the belly button contracting the abdominals and extending the spine to stand tall. 4. Inhale deeply through the nose while simultaneously lowering the body and raising the weights. 5. Bend the knee, hip, ankle and elbow joints as close as possible to right angles. This is the equivalent of a squat and the knees should always be behind the toes (ideally over the ankle). 6. The elbows stay close to the body alongside the waist. 7. Exhale through the mouth while simultaneously contracting the glutes, and extending the knee, hip, elbows and ankle joints returning to the starting position. 8. Repeat for one minute in this position, then switch legs front-to-back and repeat for another minute.

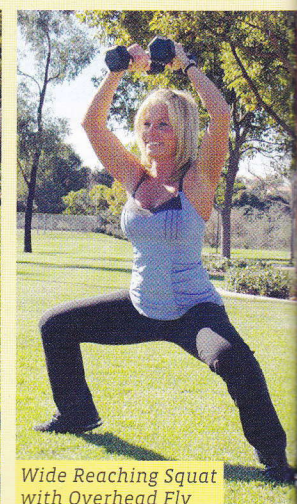
Precaution: Never continue to perform this exercise with your front knee in front of your shoe laces or your hips behind your back knee. STOP and reposition. This exercise can be challenging for some. To begin, you may eliminate the biceps curl and/or the weight, and hold onto the back of a park bench to master the split stance squat before progressing to the combination.



Split Stance Squat with Hammer Curl Lower Position



Wide Reaching Squat with Front Raise



Wide Reaching Squat with Overhead Fly

EXERCISE: WIDE REACHING SQUAT WITH FRONT RAISE OR OVERHEAD FLY

MAJOR MUSCLES: Legs / Shoulders / Inner Thighs (Adductors) / Glutes / Calves

CAPTION: 1. Stand in a wide leg stance. 2. Position arms out to the side at shoulder height with palms up for the overhead fly, or aligned alongside the body with dumbbells in the front between legs for the front raise. 3. Before starting the movement, look down briefly to check that your hips, knees and toes are aligned. 4. Inhale deeply through the nose while reaching back with the bottom and simultaneously raising arms in the upward direction of choice. In the lower position, the knee, hip and ankle joints are as close as possible to right angles, as shown. 5. Once in the lower position, lift and lower the heels rising up onto the toes into a quick but deliberate calf raise. 6. At the bottom of the squat, squeeze your glutes (buttocks). 7. Reverse the direction of the squat and arms while exhaling through the mouth on the way up. 8. Repeat for one minute.

Note: Do not lock out your knees at the top of the range of motion. Always look up (never look down) when performing a squat. Sometimes it is helpful to imagine a chair or bench that is too far behind you and reach for it when performing the squat. Keep your body weight distributed evenly through all the muscles of the body, keep your abdominal muscles contracted. 