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Weight Resistance Exercise Program Specially Designed for the Submariners of Squadron 11

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There are fitness challenges presented by long missions at sea on submarines. Restricted space creates a disincentive for conventional exercise and limits the use of equipment. The application of resistance bands provides a practical solution for working out on the go, or in confined spaces. Enjoy!

-Bill Crawford



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Weight Resistance Exercise Program Special warning, instructions, and cautions.

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Warning: Stored energy in rubber-bands released quickly can be ballistic, resulting in injury. Caution must be observed when stretching the bands. Do not ever extend the bands, and let go. Use at your own risk. User assumes full liability. Do not use worn or cracked bands. Bands will deteriorate with extreme heat and outdoor elements.



Do not ever anchor your rubber bands into masonry board molly hooks, expandable anchors or other similar hanging devises. They will pull out and become projectiles. Injury will result. Bands must be looped around strong, secure posts and frames. Use extreme caution when selecting anchor devices to stretch the bands on.



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Exercise: Leg Extension Muscles Exercised: Rectus Femoris

Put one foot into one handle of band. Hold opposite end with hand, looping the band over your shoulder for maximum resistance and range of motion.



Straighten leg downward until fully extended. Repeat multiple sets of twelve until muscle failure. Use multiple bands for additional resistance.



Exercise: Leg Squat
Muscles Exercised: Quadriceps

Put feet into handles and loop the band over your neck. Use a towel to pad shoulders if necessary. Squat down with legs at 90 degree angle to start.



With back straight and torso vertical, stand erect. Do not lock out the knees. Repeat multiple sets of twelve until muscle failure. Use multiple bands for additional resistance.



Exercise: Leg Curl
Muscles Exercised: Leg Biceps



Loop handle around foot and through a solid post, hold other end of band with hand. Starting position, leg is extended as far as possible.



Curl leg in backward motion through maximum range of motion. Repeat multiple sets of twelve until muscle failure. Use multiple bands for additional resistance.



Exercise: Calf Raises
Muscles Exercised: Gastrocnemius & Soleus

Loop band over neck. Stand on step with back of foot hanging over step and heels down as far as they will go for range of motion.

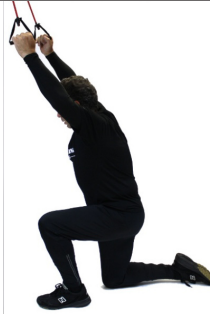


Stand up on tip toes through full range of motion. Repeat multiple sets of twelve until muscle failure. Use multiple bands for additional resistance.



Exercise: Lat Pull Down
Muscles Exercised: Latissimus Dorsi

Loop band through strong overhead fixture. Bend down on one knee and fully extend arms over your head.



With back straight and torso vertical, pull arms down with a concentrated effort behind your neck until full range of motion is achieved. Repeat multiple sets of twelve until muscle failure.



Exercise: Trap Row
Muscles Exercised: Trapezius

Loop band through a strong pole. Hold bands with one hand on each handle and stand back as far as possible for full range of motion. Lean slightly back.



With back straight, pull both arms back in high plain with a concentrated effort behind your scapula until full range of motion is achieved. Repeat multiple sets of twelve until muscle failure.



Exercise: Lumbar Extension
Muscles Exercised: Erector Spinae of the Lumbar

Stand on center of band with feet separated in wide stance. Bend over with torso 90 degrees from legs and parallel to the floor. Hold bands firmly on chest.



Rise up to a standing position, concentrating on your hips and low back. Repeat multiple sets of twelve until muscle failure.



Exercise: Chest Press
Muscles Exercised: Pectoral and Triceps

Loop band around a solid pole behind you. Step forward, put one foot forward for stability. Start with resistance, keep your body rigid with no torso movement.



Push bands forward in a pressing motion until arms are fully extended. Work through full range of motion. Repeat multiple sets of twelve until muscle failure.

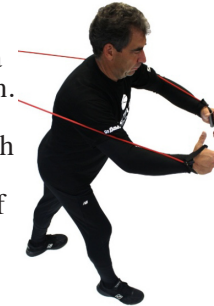


Exercise: Chest Fly
Muscles Exercised: Pectoral and Triceps

Loop band around a solid pole behind you. Step forward, put one foot forward for stability. Start with arms wide at shoulder level.



Push bands forward as you “hug the tree” in a forward circular motion. Finish with fists touching. Work through a full range of motion. Repeat multiple sets of twelve until muscle failure.



Exercise: Lateral Raise
Muscles Exercised: Deltoids

Stand on band. Grasp handles and hold arms locked in a 90 degree bend at the elbow, with palms facing down.



Raise arms up until they are parallel to the floor in a flat plane. Do not raise arms up beyond this point. Repeat multiple sets of twelve until muscle failure.



Exercise: Overhead Press

Muscles Exercised: Deltoids of the Shoulders & Triceps

Stand on bands and grasp handles with both hands. Start at shoulder position with resistance. Keep your body rigid with no torso movement.



Push bands upward in a pressing motion until arms are fully extended. Work through full range of motion. Repeat multiple sets of twelve until muscle failure.



Exercise: Triceps Extension

Muscles Exercised: Triceps

Loop handle around a solid post. Hold both ends of bands with hands. Starting position, arms are bent backwards, you are leaning forward with your head looking down.



With your body rigid and no shoulder movement for triceps isolation, extend your forearms forward through a full range of motion. Repeat multiple sets of twelve until muscle failure.



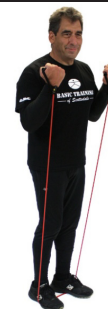
Exercise: Bicep Curl

Muscles Exercised: Bicep of the Arm

Step in the middle of the band. Hold handles firmly with both hands, fully extend arms. The more you stretch the more muscles are recruited during contraction.



With elbows locked at side to aid in isolation of the biceps, bring forearms upward to full range of motion. Repeat multiple sets of twelve until muscle failure.



Exercise: Abdominal Crunch
Muscles Exercised: Abdominals

Sit in chair, or kneel on floor with bands looped to a solid pole behind you at shoulder level. Pull bands over shoulder and hold firmly against chest.



Rotate torso forward in a crunching motion, concentrating on the abdominal muscles. Use multiple bands for additional resistance.

