

PHYSICAL FITNESS

ENDURANCE, STRENGTH, FLEXIBILITY

OUR FOCUS

Partnership:

Paladin Defense Group (PDG) is comprised of 100 percent military veterans from all branches of the U.S. Armed Forces. In addition, over 80 percent continue their service with the U.S. Armed Forces Reserve. Two primary reasons to our focus on Physical Fitness in PDG:

- Our team continue to be physically fit for Paladin's support to our clients. Giving our best personnel at all times
- Team members who continue their service in a Reserve unit, help keep their unit at maximum standard and readiness to defend our nation from threats to our security
- Mission Success and Survivability depends on a person/team physical fitness



THREE FUNDAMENTALS OF FITNESS

Fundamental #2 | Strength:

More formally known as anaerobic exercise. Anaerobic means "without oxygen" and generally refers to exercises shorter in length than aerobic activities. These are activities that the muscles are able to conduct with the energy stored internally. Weight-lifting and sprinting are good examples of anaerobic exercises. Muscles start activities in the anaerobic mode, initially using the energy stored internally. As the activity lasts longer, the muscles transition to the aerobic mode. Power-lifters epitomize physical strength.

WHY DO I NEED STRENGTH TRAINING?

Paladin & Military Performance:

Increased strength will help you power through events or tasks that otherwise would be very difficult or impossible. When done correctly, it can make cardio events or exercises, such as, rucking, much easier. For example, shrugs increases the size and strength of the traps, which is where the straps of a rucksack ride. Stronger traps will help carry the load. Bench press directly impacts your ability to do push-ups, and while doing sit-ups with a weight plate on your chest will increase your abdominal strength, in short, increase your number of sit-ups on a Physical Fitness Test (PFT). Additionally, weight-lifting has been shown to provide other positive effects, such as, increased bone density.

HOW DO I BEST TRAIN FOR STRENGTH TRAINING?

#1 | Create a Schedule:

Make sure you schedule "Weight-Lifting" into your physical training (PT) program at a minimum of one or two times a week, but no more than three times a week. This will allow your body enough time to recover from each workout. Lifting too frequently, results in breaking yourself down and not making any gains from little recovery time.

#2 | Partners:

Having a partner is beneficial to keeping each other on a schedule and accountable. Ensure you and your partner agree on determined training goals in advance. Also, having a partner provides a safety when lifting during heavy sets; helps push the other during the workout.

#3 | Machines & Balance:

If you choose not to have a partner, then the use of weight-lifting machines can be a good way to safely lift heavy sets during your workouts. If executing bench or squats without a partner, ensure you have safety catches in the event you hit muscle failure. Make sure you provide balance, by countering the muscle you work. If you workout the Triceps, make sure you counter it, by working out the Biceps. The body needs the balance.