

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 #3 | Flexibility:

Stretching is key to increasing your ability to prevent and recover more quickly from muscular injuries. The side benefits of increased flexibility created by regularly stretching are often over looked. Stretching your calves can help prevent shin splints from doing exercises, such as, rucking and long distance runs. Many of your self-defense training practice and emphasize the importance of flexibility.

WHY DO I NEED FLEXIBILITY?

Paladin & Military Performance:

Flexibility can help with the overall athletic performance, and it can help prevent unnecessary injuries and/or reduce the severity of injuries. Muscular flexibility is the ability of a joint to move freely through a range of motion. It depends on a number of different factors. As team members of PDG and/or the Military, you care because it will help you recover from the physical demands of the job. It's important to point out, before you start and end your day, you should thoroughly stretch the muscles. This is critical to longevity.

HOW DO I BEST GAIN FLEXIBILITY?

#1 | Joints (Joint Rotations):

Joint Rotations should be the first thing, getting the synovial fluid into your joints. Provides the lubricate for the joints and facilitates motion. The best way to execute joint rotations is slow, circular movements in both clock and counter-clock direction, until the joints move smoothly.

#2 | Aerobic (Warm-Ups):

Conducting a warm-up, is simply conducting a light cardio exercise for about five minutes, with the focus of getting your heart pumping. If done correctly, it will raise your body temperature one to two degrees. The exercise can be anything that will gently "jump-start" your heart, such as, jumping jacks, jumping rope, light jog in-place, or push-ups.

#3 | Muscles (Static Stretching):

The heart of Flexibility is stretching. They is a number of different types of stretching, but focus first on passive stretching or commonly known as "static stretching." Slow and relaxed stretching will relieve muscle spasms while healing from injury, and for cooling down to reduce post-work muscle fatigue and soreness.