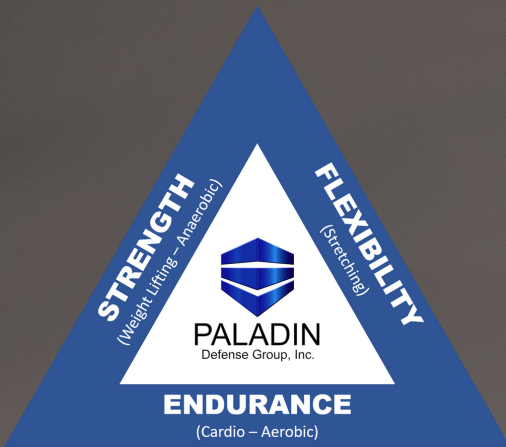


PHYSICAL FITNESS

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. Three primary reasons to our focus on Physical Fitness in PDG:

- Our team continues to be physically fit for Paladin's support to our clients. Giving our best personnel at all times, regardless the level of risk
- 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 #1 | Endurance:

Think of this as your aerobic capacity. Aerobic means "with oxygen" and is more commonly known as cardio-vascular fitness, or "cardio" for short. This type of exercise generally lasts longer in duration and therefore the muscles need to process oxygen to supply the energy to conduct the activity. A good rule of thumb is to get maximum cardio-vascular benefit from exercise, it must last at least 22-minutes. Runners and triathletes epitomize endurance and cardio-vascular fitness.

WHY DO I NEED ENDURANCE TRAINING?

Paladin & Military Performance:

Everything you do requires some level of cardio-vascular fitness. You'll learn that you can do more and go farther than you may have thought possible. Your ability to carry a ruck over long distances, quickly, will depend on your level of fitness. Good cardio fitness will make it easier for you to cover more distance, faster with less effort, and it helps to reduce stress.

HOW DO I BEST TRAIN FOR CARDIO?

#1 | Daily Focus:

Everyday you should do something that raises your heartbeat for a minimum of 22-minutes. The best way to do this is to have a plan written on a calendar and stick to it. Writing out the plan is key to following your progress and sticking with it. At a minimum, you'll need to run two to three times per week. If rucking is part of your program, at a minimum, you'll need to ruck one to two times a week.

#2 | Set Your Pace:

It doesn't matter if it is running, rucking, swimming, biking, or a stair climber, you need to focus on getting your heart rate up. Not to max out your heart rate, but just to elevate it. A good rule of thumb is that you should jog at a conversational pace, or keep your heart rate at **180 beats per minute (BPM) minus your age**. This allows you to strengthen your heart without overstressing the body. This may feel very slow if you're used to pushing yourself on a run.

Train at the slow heart rate for a month and you will see that by the end of the month, you will be running as fast or faster than when you were pushing yourself and you'll be doing it at a lower heart rate.