

# Civil Air Patrol

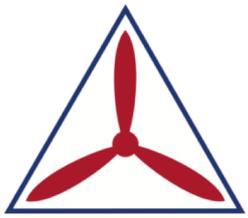
## Air Academy Cadet Squadron

[www.gocivilairpatrol.com](http://www.gocivilairpatrol.com)



*Presented to*  
**AACS Cadets**

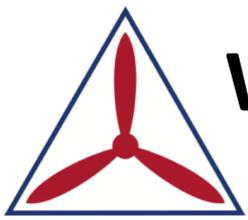
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**PT April**



**Nutrition and workouts**

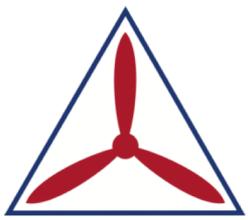


# Why nutrition is important to physical training?

What you eat and drink is the main fuel for your body.

If you don't make nutrition important you will lose energy and get out of shape faster than you would if you ate healthy

It is also important to have a workout program



# Eating healthy Pros and Cons

## Pros:

Strengthens your bones

Can improve mood

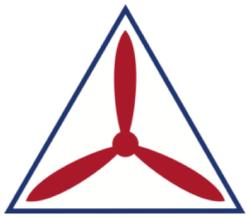
Fuels your body to perform

And many many more

## Cons:

Unable to eat anything other than healthy things

Unable to “treat yourself”

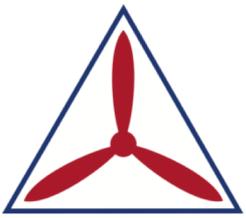


# Eating healthy Pros in depth

Eating healthy is very good for you  
Food is fuel, Like a vehicle doesn't work as well if it gets the wrong kind of fuel, so do our bodies  
Good nutrition is important to PT because it will fuel you for your workout

**Good meal components can be found at:**

<https://www.choosemyplate.gov/ten-tips-build-healthy-meal>

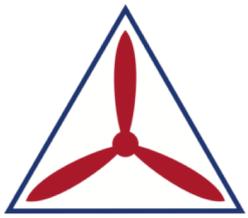


# Eating healthy Cons

If you are eating healthy food to a point that you can't have anything else than you will miss out on the good food at a lot of events.

Most other bad things that you will hear about eating healthy is not true. For instance the saying that you can only eat vegetables. This is not true, in fact protein is a very important part of the meal.

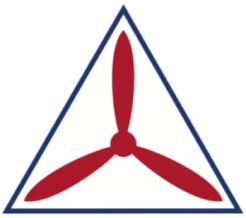
Also you can eat treats but it has to be a treat. If you eat it too often than it will be less of a treat.



# Drinking Water

Drinking water before, during, and after a workout can help your body move nutrients to the right places to make your body perform at its highest.

The recommended amount of water to drink a day is 2 liters. Don't drink too much water, the right amount of water differs from person to person. Listen to your body you will know when you drank too little or too much water.



# Why PT

**Critical for mental health**

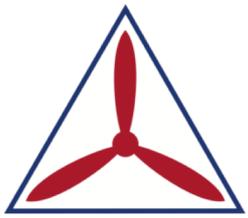
**Helps focus, mood, sleep, etc.**

**Critical for physical health**

**Body needs to burn calories**

**Keeps you healthy; prevents uncountable illnesses**

**PT is so important, all branches of the military dedicate significant time and resources to it, including CAP**

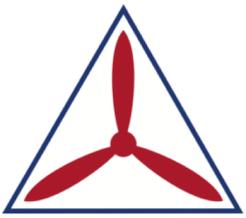


# Staying Active

**With current social distancing, working out may be more challenging, but is still completely doable**

**All muscle groups are fully capable of being exercised, using almost equipment**

**Therefore, the PT team has created multiple, short at home workouts for you to do**



# Structure

## Some things to note for all workouts

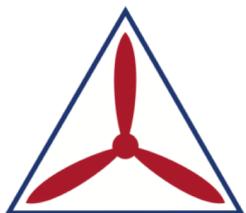
All cardio can be with brief runs/jogs outside (if applicable)

Repeat each workout as many times as desired, rep numbers and count times may vary depending on skill level

Each workout is divided into two sets

Rest as little as possible during sets

Take a brief break after the completion of a set



# Workout # 1

## Set 1

Pushups - till muscle failure

Free squats - 15

Stretch - arm pulls

Run 1 flight of stairs, 3x\*

\*if stairs are unavailable, then substitute for  
mountain climbers (30)

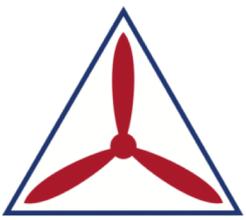
## Set 2

Tricep dips (using an elevated surface, e.g. a sturdy chair) - till muscle failure

Calf raises - 25

Stretch - posterior chain (calves, hamstrings, glutes)

Jumping Jacks - 30



# Workout # 2

## Set 1

**Pec flex - hold palms of hands together at chest level & press together, hard as you can, for slow 10 count**

**Delt flex - lock fingers at chest level & pull arms apart, hard as you can, for slow 10 count**

**Stretch - side bend (reach arm up, bend laterally at the waist)**

**Jump rope - 35 consecutive skips**

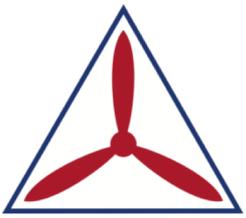
## Set 2

**Bi curl, tri extend - push down with one hand, up with the other at mid-torso, hold for slow 10 count**

**Alternating leg lunges - 20 total**

**Plank - hold for slow 30 count**

**Stretch - quad and groin stretch**



# Workout # 3

## 12 min upper body workout\*

30 sec arm circles x2

- Start bigger and go smaller as you work
- After you are at the smallest point go bigger

30 sec jogging in place x2

### 1st set

15 sec rest/prep

45 sec push ups

- This is nonspecific do as many as you can in the time that you have

15 sec rest

45 sec plank”

- Straight arm or bent arm

Repeat twice

## 2nd set

15 sec rest/prep

45 sec tricep dips”

- Do as many as you can

15 sec rest/prep

45 sec crunches

Repeat twice

30 sec cross body arm pull x2

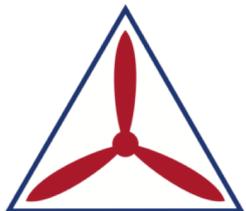
- Switch arms after 30 sec

30 sec overhead arm pull x2

Equipment: a chair

\* note: this is a timed workout you can pause time and take a break if you need but come back shortly.

“ note: if you do not know a workout, look it up before you start the workout. If you can do anything outside, please do. Follow the recommended social distancing



# Workout # 4

## 15 min cardio workout\*

1 min jogging in place

- You can take it slowly it is a warm up

30 sec jumping jacks

1 min personal stretches

1 min side steps

30 sec burpees

- Do as many as you can

1 min 30 sec repeating side step and burpees

30 sec mountain climbers\*\*

1 min running in place

1 min 30 sec repeating mountain climbers and running in place

30 sec rest

30 sec rest

1 min high knees

30 sec plank

1 min 30 sec repeating high knees and plank

1 min toe touches

- Take it easy

1 min sit down hamstring stretch

- 30 sec each leg

\* Note: You can pause if you need a break but get back into it as soon as you are ready

\*\*If you do not know what a workout is, look it up before workout

If you can do anything outside, please do. Follow the recommended social distancing.