

ONE MONTH TO DIVE FITNESS

This simple workout plan — based on information from the American College of Sports Medicine and Divers Alert Network — will help improve strength, flexibility and aerobic fitness, helping you reach your maximum scuba shape in one short month **BY PATRICK ROWARD, EXERCISE PHYSIOLOGIST, SUNY BUFFALO STATE COLLEGE**

Find Your Target

When it comes to diving, aerobic fitness is paramount. To improve your level, you first must know your target heart rate using a simple equation. First, subtract your age from 220 for your age-predicted maximum heart rate (APMH). Next, multiply your APMH by 60 percent, then multiply your APMH by 80 percent. Your target heart rate needs to fall within this range.

For dry-land training, try using a treadmill, bike or just walking outside as your exercise. Always check with your physician before starting any exercise program.

$$\frac{220 - (\text{your age})}{\text{Your APMH}} \times \frac{\text{Your APMH}}{60\% \text{ to } 80\%} = \text{Your minimum target heartrate}$$

Stretching for Maximum Performance

Keeping muscles limber is the key to safe and successful exercise, not to mention a comfortable and cramp-free dive. Focus your efforts on the calves, hamstrings, quadriceps, lower back, chest and shoulders. For a basic stretching program from the ACSM, visit myexerciseplan.com/assessment/stretch.pdf.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REMEMBER: WARM UP AND STRETCH BEFORE EACH WORKOUT. HOLD THE STRETCH FOR 15 TO 60 SECONDS.				
AEROBIC EXERCISE	3 to 5 days per week 60% of your APMH 20 to 30 minutes per day	3 to 5 days per week 70% of your APMH 30 minutes per day	4 to 5 days per week 80% of your APMH 30 minutes per day	5 to 6 days per week 80% of your APMH 30 to 45 minutes per day
REMEMBER: RESISTANCE TRAINING SHOULD BE PERFORMED WITH PROPER TECHNIQUE TO PREVENT INJURY.				
RESISTANCE TRAINING	Exercises to do: Leg press Chest press Lat pull-down Abdominal crunch Each exercise 3 times per week 1 set per exercise 12 to 15 repetitions	Exercises to do: Leg press Chest press Lat pull-down Abdominal crunch Each exercise 3 times per week 3 sets per exercise 12 to 15 repetitions	Exercises to do: Wall squat Calf raise Push-ups Seated rows Overhead press Abdominal crunch Each exercise 3 times per week 3 sets per exercise 10 to 12 repetitions	Exercises to do: Wall squat Calf raise Push-ups Seated rows Overhead press Abdominal crunch Each exercise 3 times per week 4 sets per exercise 10 to 12 repetitions

Why is exercise before a dive trip so important?

Poor physical fitness is a growing problem, not only with divers but with the general population as well. Studies show that more than 60 percent of the adult population does less than the

recommended amount of exercise. You've invested a lot of hard-earned money, time and effort in your big annual scuba vacation. Achieving — and maintaining — physical and aerobic fitness will ensure you're well prepared to make the most of your trip.

*** Always check with your physician before starting any exercise program.**