



Cross Training Options

Jump Rope

- Caloric expenditure is almost equal to that from running.
- Lower in impact than running.
- Provides cardiovascular and strength benefits.

Running in a Pool/Swimming

- Gives you relief from running on the hard surfaces (It's excellent for shin splints, tendonitis, knee, fasciitis and many other lower leg ailments).
- Provides resistance workouts while doing running specific movements (you run against resistance of the water) with little to no impact and improves run speed and power.

- Swimming provides a great total body cardio and strength workout.

Elliptical

- Works the same muscles as when running but is a low impact alternative.
- Interval workouts on the elliptical can increase overall run performance.

Spin Class

- Spin class provides an outstanding cardiovascular endurance workout.
- It is an excellent cross training option that provides a low impact, high intensity workout.
- Upbeat music and professional instruction take away from the boredom of our current cardio room.

Circuit Training

- Circuit training provides the most beneficial mode of preparing for the PRT. Training one's body to quickly transition from one exercise to another will increase the overall fitness level of the individual and increase performance on fitness tests.

- Our fitness professionals can provide you and/or your command with many different circuit training workouts tailored toward your specific goals.

Classes and Additional Training

- An individual or command may request classes and training specifically for the PRT. Our instructors are more than willing to help keep our service members in shape and can provide different options for training to assist when space and equipment is limited. Stop by or e-mail our staff to set up an appointment or class. If you have any questions about any of the alternatives listed above, or if you would like a more detailed workout plan, please feel free to contact any of our Fitness Specialists.

The Management and Staff at the MWR Fitness Center would like to recommend to you some alternative fitness solutions while the Center undergoes several new upgrades and improvements. As everyone is aware, significant structural and cosmetic renovations are taking place that make workouts not as easy or convenient as they used to be.

Currently, the changes that are having the largest impact on equipment availability and space are the additions of work out space in the weight room and spin room, as well as the new hardwood floor in the new group exercise room. Once the expansion of the weight room is complete, the cardio equipment will relocate to this area, freeing up the new floor of the current cardio space to aerobic and group exercise programs.

The Aquatics Center, Bldg 45 and the brand new MWR all weather running track are two great places to consider using for your personal fitness program. Cardio workouts can take place not only on the new track but in the pool as well. Please take a minute or two to consider the suggested solutions for your workout in the chart below.

Always remember the staff at MWR Fitness is happy to answer your questions or offer advise on your fitness routines.



Alternative Exercise Options



E-mail Meghan or Frank at fitness@rotamwr.com
Call 727-2565 for more information.

MWR FITNESS CENTER