

The Outdoor Fitness Company (ODFC)

Training Manual



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Gary Nash - Bad Lads Army 2005

*Get fit outside,
feel good inside!*

Introduction

Welcome to the ODFC and thank you for making us your preferred choice of exercise. By now you will have already done your trial and realise what makes us different to any other exercise class that you have ever done in your life. This manual is written for you to help you enjoy your classes and get the most out of them.

So what makes us different to your run of the mill, pardon the pun, classes done at the gym? We pride ourselves on keeping the classes available to all levels of fitness, but remaining challenging enough so you get the most out of them. There is no fancy foot work that you need to learn and we defiantly don't encourage you to turn up in your designer training gear. It's all about going back to basic with regards to training, yet using up to date methods, so you become a fitter healthier and a happier person.



As you may have noticed from the trial you have done some of the methods used are loosely based on military style exercise. The reason we use this method is it is proven to get results. We want you to come back continuously and feel you're getting pushed just that little bit harder than you can push yourself in your old ways of training. We promote team work, as this makes you work hard for the good of the team. You will have a sense of belonging when you turn up to your sessions.

If at anytime you have any questions in regards to your training, health or lifestyle please feel free to contact us as we want you to succeed. Throughout the team at ODFC we have years of experience in the health and fitness industry. If you need help ask us, either we can help you or we know a man that can.

Outdoor Training

Outdoor training is very different to what you may have experienced at a gym or classes you've done prior. So you get the most out of your session we feel it is important that we highlight a few points.

Each session will be very different, please come along with an open mind, knowing that you're going to be encouraged to go that little bit further. Our instructors are highly trained in getting the most out of you and this is most effective when you want to give 110% in everything you do. In a gym it is easy to drop off the pace on the treadmill or slip into the sauna for your 1 hour gym session. With outdoor training you will be exercising for the full hour with no let up. You will be given clear instruction what is expected of you, as long as you give everything you have, you will get the most out of each and every session.



Your body is meant to be outdoors, that is the way we are designed. Unfortunately in the modern world we live in now, very few of us have jobs that take us outdoors and our working day is spent behind desks or indoors with very little functional activity. Even labour intensive jobs have been made easier with the use of modern technology. By using the methods we use we get you outdoors and using the muscles in the way that they are designed to be used. The human body is made up with connecting muscle that need to work together to get the job done. Most daily task incorporates many muscles to get simple jobs done. The training we do get the muscle groups working together to become stronger and more efficient at working for you.

When was the last time you felt alive? You can go to the gym or your aerobic session and walk out thinking yeah that was ok! When you finish your session at ODFC we guarantee you walk away feeling alive, to some of you this may be a strange feeling as you have not experienced it in a long time. Your body likes to be challenged it likes to breath fresh air and believe it or not these 2 simple things will make you feel great.

Timings

Due to us training outdoors, we ask you turn up in good time to start the class on time. We will be using different areas within the parks each week so from the time the class starts to the time we finish we cannot say where within the park we will be. If you turn up late this may affect your ability to get the most out of your session and can cause injury if you haven't warmed up properly, which will always be done in the first 10 minutes of the session commencing. The classes will start promptly but may run over slightly at the end. If you need to be away sharp, then please make the instructor aware.

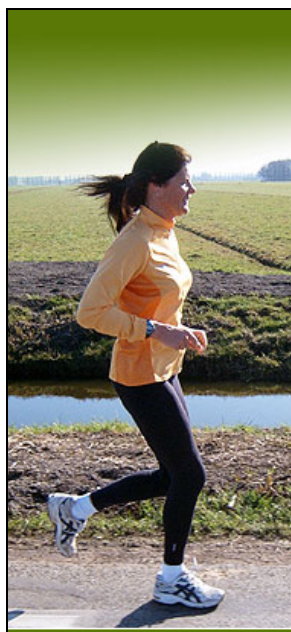
The basic class structure will be 10 minutes warm up, 40 minutes full on training with a 10 minute cool down at the end. Within each class we will always try and incorporate a fun element as well as the physical aspect.



Weather

The weather will have little or no effect on the classes we run as far as content. Obviously if there are any safety points with regards to training these will be made at the relevant times. So you get the most enjoyment out of the class there are a few simple points that if followed will make you experience more enjoyable even in what could be deemed as inclement conditions.

Come along to the class expecting to get wet or dirty, and then you will not be disappointed. Some exercises will require you to lie on the grass and other exercises will require you handle wet or cold equipment. All this lends itself to the experience so come along with an open mind.



Classes will always run as long as safety is not compromised. By this we mean if there is a lot of snow laid then the class will continue as long as it is safe to do so. If it is frosty or icy you will be made aware in the pre class briefing to be aware. Rain does not stop play with us, your skin is water proof and you will feel invigorated once you have completed a session where it is not only the instructors challenging you but the great outdoors as well.

If you are one of the many people that suffer from allergies associated with the outdoors (i.e.: hay fever) please take the necessary steps prior and during the class to minimise the effects. If you have any medication you wish to bring along, the instructor is happy to carry this throughout the session. Please remember to get this returned at the end of the session.

Water

When you consider that the human body is made up by up to 60% water yet 75% of the UK population are dehydrated at anyone time then the importance of water during exercise becomes more relevant. During an hours exercise your body will use up at least 1 litre of water, more during the summer.

Our instructors will give water breaks during the session and will offer carriage facilities if need. If you consume 1 litre of water per session then you are ensuring your replacing everything you use at that time.

Your body cannot function at full capacity whilst dehydrated, in athletes it has been said that 1 % dehydration will effect there ability to compete by up to 10%.



If you are looking to lose weight whilst you exercise, then your body cannot use fat as energy as efficiently when it is dehydrated. If you are conscientious about the way you look then the most effective skin care product on the market is water. Your skin is the biggest single organism on your body and for this reason needs to a lot of water for it to operate effectively. Don't spend money on skin care products if you don't drink at least 3 litres of water a day, if you do your wasting your money!

Dehydration's first signs normally headaches dry mouth and lips faintness and dizziness. If you experience these at any time please make us aware.

When the session is finished it is a good habit to drink plenty of fluids post exercise. Put a bottle of water in the car or your bag for post exercise along with a healthy piece of fruit. This will aid recovery to ensure your fit healthy and raring to go on your next session.

Clothing

So as you get the most out of your session it is important that you wear the correct clothing. At ODFC there is no requirement for Lycra or Leotards. You are more than welcome to wear these but they are not the best clothing for the exercises you will be doing.

We recommend that during colder periods of weather you wear a light cotton style tracksuit bottoms. The reason for this is that even if they do get wet then they dry faster than most other fabrics.

During the winter months it is good to employ the layer system. By this we mean wearing a few layers of clothing that are easily removed during the sessions. The instructor will always be able to store these away until the end of the session. A good combination is as follows

Lifa Vest Next to the skin
T Shirt
Sweat Top
Wind Stopper

Shorts
Cotton Tracksuit Bottoms

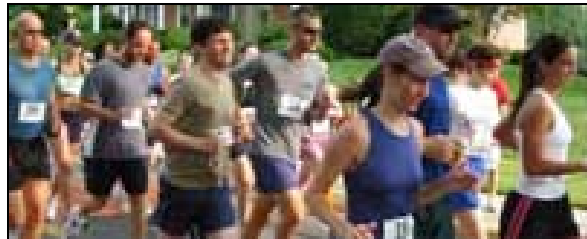


By now you will have guessed we are not doing a fashion parade when we train so it is advisable that you wear clothing you don't mind getting a little dirty or wet.

It is also worth while mentioning to bring something along to get into after the session. We have no changing facilities so it is wise that you bring something warm just to put on over the top of your training clothes. If you are driving, this will protect your car seats also. A good choice is the lightweight disposable coveralls available from most DIY stores.

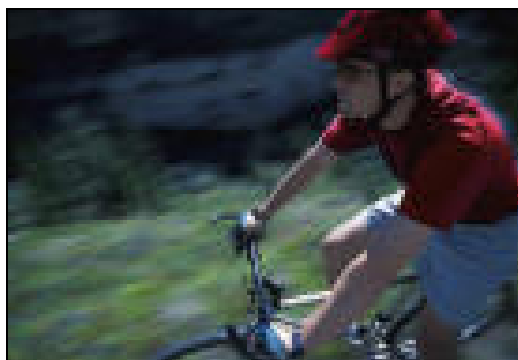
Footwear

As we are not training on treadmills or sprung loaded dance floors in the gym, then it is important that you wear the correct footwear. Due to the nature of exercises we are doing, then making sure your trainers are up to the job is as important as turning up for the session. If you are wearing ill fitting footwear or old blown out fashion trainers then your knees hips and spine are put under immense strain. If you consider running for instance, each time you take a stride you generate up to 5 times your body weight with each step. This pressure is then forced through your knees and hips and up into your spine. By wearing the correct footwear it enables your body to cope with these demands and for you to continue training without having to take time off for avoidable injuries. It is said that if you are training 3-4 times a week then you should change your trainers every 3 months.



Your trainers should be fitted by experts to ensure you're wearing the correct footwear to suit your needs. Ill fitting footwear can cause no end of problems. As with clothing footwear has nothing to do with fashion.

For a good retail outlet that has fully qualified people to ensure correct footwear fittings, please visit Start Fitness in Eldon Square and mention your training with us for discount. More details are listed on in the contacts page.



Exercises

The exercises we do will be varied multi joint compound exercises. This can sound vary complicated and technical but this is further from the truth. Our bodies are designed to move in many different ways, so the exercises we do mimic this. This means the exercises incorporate twisting turning jumping and multi directional turns.

If you have any medical/mechanical problems that you feel need attention, please make your instructor aware before the class starts. We can always give you an alternative exercise.



Classes cater for all levels of fitness and to achieve this we will give you a bib to indicate your fitness levels. We break the class down into 3 different levels, beginners (blue), intermediate (Green) and advanced (red). Red may have to run further whilst blue walk less or greens do 15 sit ups whilst reds do 20. By doing this everyone gets the most out of themselves. It is your goal to advance through the colours to get to red. You decide where you start and when you advance.

Movement around the park area is done in a controlled manner. This is loosely based on a military movement. When the instructor asks you to fall in this will be indicated that we are about to move off and we ask you to move with a bit of vigour. We ask that the blues fall in at the front, greens in the middle and reds at the rear. When we move off please stay close to the person in front as this makes it easier for the people at the rear. Please take a look at the diagram below.

X Instructor
XXXXXX
Front XXXXXX Rear
XXXXXX

Safety

Our utmost importance is that you come along and exercise in a safe environment. To ensure this we will carry out risk assessment for each class with any relevant points being raised prior to the class starting.

If you have any medical issues that may require medication please pass this to the instructor, if you're happy to do so, and they will make it available if required.

Some points that will always be present due to the nature of activity we are undertaking are as follows, most are common sense.

The fact that we are outside on changing surfaces needs attention and diligence. We will be moving on a variety of surfaces which may have potholes dips bumps and may at times be slippery.

Foreign objects will be ever present. By these we mean anything you may not be expecting but are there. The 2 main ones here are dog mess and glass. The instructor will be on the look out for these and avoid areas that they know they are present. However if we ask you to go to ground please have a quick look to ensure there is nothing that is going to cause you harm, if anything is present please move to a safer area.

All instructors will carry a basic first aid kit if required. In the event of an accident the instructor will ask the remainder of the class to move to a safe area whilst they deal with the situation. If the class needs suspending due to the incident we would hope you appreciate the reason for this.

We will have facilities to lock away valuables, but please keep these to a minimum as space is tight. Please ensure you retrieve them at the end of the session.

On completion of the class the instructor will be the last person to leave the venue. If you are having any problems with travel arrangements, please make us aware. This is more relevant in the winter with the darker evenings. During these months the instructor will encourage people to car share or to walk in groups when leaving. Please make other members aware of your travel arrangements as they may be going in your direction and able to offer a lift.

Contacts

Name	Company	Address/Tel/Web
ODFC	Group Training	5, Chelsea Grove, Fenham, Newcastle upon Tyne, NE4 5NN Tel: 07900 918938 www.getfitoutside.co.uk
Summit Fitness	Personal Training	5, Chelsea Grove, Fenham, Newcastle upon Tyne, NE4 5NN Tel: 0191 241 3738 www.summit-fitness.co.uk
Start Fitness	Footwear/Clothing	27 Whitecross Way, Eldon Square, Newcastle Upon Tyne, NE1 7XN Tel: 0191 261 5658 www.startfitness.co.uk
The Chiropractor	Chiropractor	62, Bedford St, North Shields, Tyne and Wear NE29 0AR Tel: 0191 258 1229
Howlett & Dickinson	Chiropodists & Podiatrists	25, Ashburton Rd, Gosforth, Newcastle upon Tyne, NE3 4XN Tel: 0191 283 3698
The Wellness Store	Health Foods & Products	8, Trentham Ave, Benton, Newcastle upon Tyne NE7 7NQ Tel: 0191 218 9569 www.thewellnessstore.co.uk
Power House Fitness	Exercise Equipment	Lower Whitecross Way, Eldon Square, Newcastle upon Tyne, NE1 7XN Tel: 0191 261 5571 www.powerhouse-fitness.co.uk

