

STAY FIT!

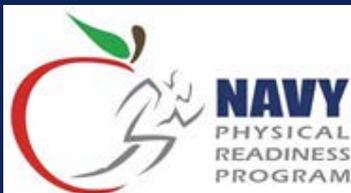
NOVEMBER 2013

Rhabdomyolysis:
Is a systematic metabolic disorder characterized by skeletal muscle necrosis (death of cells and tissue) that results in leakage of muscle cell constituents (e.g. myoglobin). To prevent induced Rhabdomyolysis, slowly increase your exercise intensity and frequency where appropriate.

Common causes of Rhabdomyolysis:

- Muscle exertion
- Strenuous exercise
- Poor physical training

BUILDING A CULTURE OF FITNESS



Email us your motivating PT Pictures to be highlighted in our next Stay Fit Newsletter!

LT Phillip Shawn Dobbs from Training Air Wing Six finished first place in the 2013 Alabama Time Trial Championships. Congratulations LT!

WORKOUT OF THE MONTH: "PATTERSON"

Warm-up 5-10min

Jog on treadmill or outside

SMITH MACHINE SQUATS

3 sets x 15, 10-12, 8

NARROW DUMBBELL SQUATS

4 sets x 20, 15, 12, 8-10

SUPERSETS:

Leg Curls, Split Jacks, Leg Extensions, Weighted Pops, Walking Lunges, Sumo Squats

3 sets x 12, and 3 sets x 20 (supersets)

About the Workout: Lieutenant Commander Patterson was a member of Attack Squadron 35, Carrier Air Wing 9 aboard the Aircraft Carrier USS ENTERPRISE (CVA(N)-65). On May 19, 1967, he was the co-pilot of a Grumman Attack Aircraft Intruder (A-6A) on a mission to bomb a truck repair facility at Van Dien, Hai Duong Province, North Vietnam when his aircraft was shot down. LCDR Patterson parachuted out and his remains were never recovered.