

Physical Training Recommendations

See pp 5-7 of Crew Bylaws for full detail

[Click Here for MMSD-CrewGuidelines](#)

Crew Qualification Physical Requirements

- Deck
 - Horizontal & Vertical Haul

- Jibboom/Course
 - Deck qualification
 - Hang - hang with both hands on the bar. Hang from each hand individually for 5 seconds. Return both hands to the bar.

- Top
 - Jibboom Course qualification
 - 1 Pull up

Overview of featured exercise tips

- Hangs/grip strength
- Engaging proper muscle groups (scapular retraction)
- Doorway pull ups
- Inverted rows
- Hanging shoulder shrugs
- Reverse pull ups
- Assisted pull ups
- Pull ups

Before beginning any type of physical training, consult with your physician.

Warm up

- Do basic aerobic movements and light stretching before any workout.
 - for example, 10-20 jumping jacks and cross arm stretches

Exercise Progressions:

Grip training

1. Increased grip strength helps with all aspects of Physical testing
2. Use tools for developing grip strength
3. Integrate grip strengthening into everyday activities. Carry boxes or groceries with weight on your fingers to improve grip strength
4. Train opposing muscles to avoid imbalance
5. Some tools
 - o [Finger Exerciser and Hand Strengthener - Amazon](#)
 - o [Hand Grip Strengthener - Amazon](#)

Hang Progressions

1. Partial body weight hang, Support from feet or bands, Goal:5-10 seconds
2. Hang from each arm individually, Goal: 5-10 seconds
 - Mixed grips may be useful for building strength *Hanging must be performed overhand to pass the physical



3. Hang from two arms together, Goal: 10-30 seconds
4. Hang from each arm individually, Goal: 5-10 seconds
 - Weighted vest or backpack
 - Alternating 1 arm hang



Pull Up Progressions

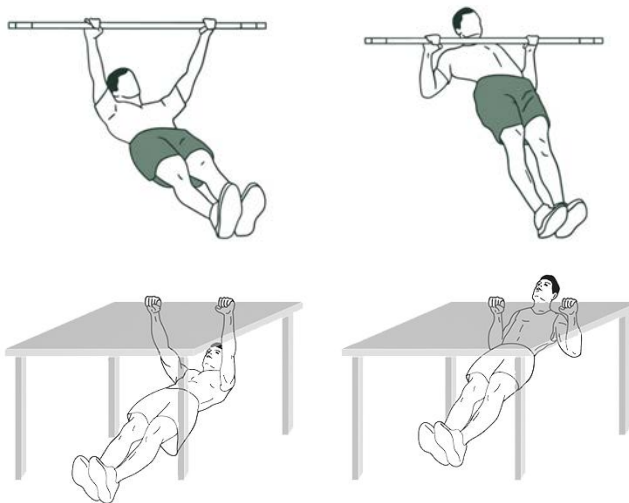
1. Doorway pull ups

- Pull shoulder blades together as you pull yourself upright. Keep a tight core and straight body.



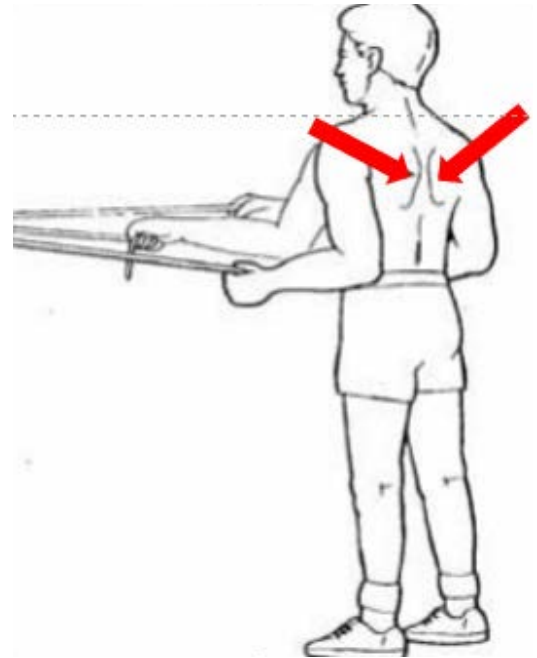
2. Inverted rows

- Lean back away from the bar and pull your chin to the bar while keeping a straight body. Difficulty can be increased by moving feet forward or putting feet up onto a chair. Can also be done on a sturdy table.



3. Hanging shoulder shrugs

- Shrug your shoulders up and down. Imagine pulling your shoulder blades into your back pockets and together. Hold down 2 seconds, then hold up 2 seconds.



4. Scapular Retraction

- Learn to recruit the muscles needed if you wish to train for pull-ups

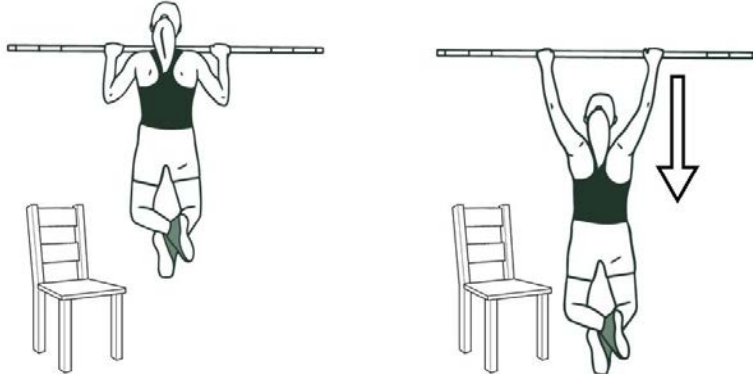
5. Lat Pull downs

- If you are working toward weight reduction as part of your program, this is a way to start working on back strength.
- Assist with machine or without



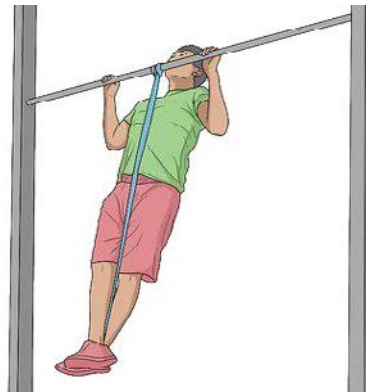
6. Reverse pull ups

- Use a chair to get chin to bar, then lift feet and lower body slowly till arms are fully extended, aim for it to take 10-15 seconds to get to the bottom.



7. Assisted pull ups

- Foot assisted pull ups
- Resistance Band assisted Pull ups(shown)
- Some props to help you (not an endorsement for Amazon, just a convenience):
- [5 Packs Pull Up Assist Bands](#) \$30ish
- [Assistance and Resistance Bands for Pull-Up](#) \$30ish



8. Pull ups!

- Decrease assisting force until you can perform a pull up without aid.
- Goal: 2-3 pull ups