



## **Navy Operational Fitness and Fueling System (NOFFS)**

### **STRENGTH**

Traditionally, strength programs are designed with specific body parts in mind; they use single joint movements, and work through a single plane of motion. We have tried to break from this traditional approach in our program design and focus instead on training movement patterns, using multi joint movements that work through multiple planes of motion.

The reason we train body movements instead of parts is because everything about the body's engineering is connected. What happens to the big toe affects the knees, the hips, and ultimately the shoulders. The muscular system is both complex and simple, a series of muscular and fascial bands (connective tissue) that work seamlessly to produce efficient movement. Many workout programs do more damage than good by producing muscle imbalances and inefficient movement patterns that sabotage this highly coordinated operating system.

The movement patterns we focus on involve the following;

The movement patterns we focus on involve the following;



*Upper Pushing*



*Upper Pulling*



*Lower Pushing*



*Lower Pulling*



*Rotational*

The realities of operational life require every Sailor to be prepared to deal with these movement demands. Whether they are working in confined spaces, on a carrier deck, loading cargo, or assisting in the mooring of a ship. We strongly believe that the ultimate goal of the strength training component is to provide the appropriate characteristics of strength to each movement pattern to help ensure every Sailor reaches their performance potential.

For more information about NOFFS, visit the [NMCPHC Active Living Website](http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx):  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx>