



AQUATICS MAXIMUM POWER - INTENSE TRAINING

AMP – IT

Rope Climbs are Here!

AMP-IT has given its blessings to the rope climb and they are now part of the program!

Climbing a rope is a core component of building functional strength. Every Marine is required to do pull ups. Rope climbing trains many of the same muscles you need to pull or lift yourself to safety.

So, if you are not incorporating rope climbing into your workout routine, you are missing out on one of the best forearm and grip workouts around!



AMP-IT ADVISORY COMMITTEE PURPOSE

The VISION of the AMP-IT program is to be a standardized aquatics based high intensity functional fitness program throughout the Marine Corps. The AMP-IT program will continue to be used to increase the warfighters readiness capabilities and decrease the amount of warfighter injuries. The committee's guiding principle is to elevate awareness pertaining to the importance of aquatic fitness to readiness capabilities of the warfighter aligning with CMC guidance.

AMP-IT PROMOTES MARINE TOTAL FITNESS

The program offers an alternative to land-based physical fitness training promoting unit cohesion by removing the isolation between the elite athlete Marine and the injured Marine.

HOW TO CLIMB A ROPE

- Grip rope overhead
- Knees move as close as possible to the chest
- Feet pinch the rope
- Keep rope along the center of the body
- Pull with arms while extending hips and legs
- Reach rope overhead and release the wrapped rope to repeat
- TAKE IT TO THE NEXT LEVEL - GO LEGLESS!!

INSTRUCTOR SPOTLIGHT

MCB Camp Courtney, Okinawa Japan



SSgt Walker knew he wanted to become an AMP-IT instructor, **“I want to help my Marines to rebuild their bodies in an environment that promotes unit cohesion while still getting a full body workout and having fun.”**

SSgt Michael Walker began his career in the Corps' as a ground radio repairman in 2001. According to Walker, **“I thought to myself I need a challenge and serving my country seemed like a good route for me at the time.”** Walker stated his favorite part of the job is to fix all the different communication gear and being able to help develop leaders and junior Marines under his charge. Walker became an AMP-IT instructor in 2014 at MCAS Cherry Point where he has trained over 5000 Marines. He continues to extend the program at different installations including Okinawa Japan where he is currently stationed with 3D Mar. Div. HQ Bn. Comm. Co.

GET THE LINK

Instructors are now able to access AMP-IT workouts and materials thru the official Marine Corps Intranet for Marine & Family Programs Division. THE GEAR LOCKER allows you to get the latest updates and share information, documents and announcements with colleagues across the Corps.
Sign up at
<http://www.thegearlocker.org>



BIKES IN THE MIX

MCAS New River, North Carolina

SSgt Donald Lindsey works as an Aviation Operations Specialist with HMH 366 and is one of the original instructors trained in 2013 when AMP-IT was first rolled out at MCAS Cherry Point, NC. Ever since he became an instructor he adapted the program as the primary source for physical fitness training for his units. This includes the LCpl Seminar, and BCP and remedial programs. **“I can improve performance on land for my Marines and increase weight loss without the impact on the joints. I wanted to become an AMP-IT instructor to help Marines who can't PT on land and to learn about fitness,”** said Lindsey who trains over 200 Marines monthly aboard MCAS Cherry Point, NC.

“AMP-IT is like HITT in the water, Marines like challenges and once they come to a class, they want to come back,” said Lindsey.



10 REASONS TO CYCLE IN THE WATER

- 01 Burn up to 800 kcal
- 02 Effective fat burner
- 03 Actively enhances blood flow
- 04 Impact free joint
- 05 No soreness
- 06 No stress, better sleep
- 07 Improves cardiovascular endurance
- 08 Increase breathing capacity
- 09 Promotes flexibility and recovery
- 10 Its fun!

Keep Track of Results

Do you want to obtain a baseline to be able to track the progress of your Marines?

Deep Water Running (DWR) has a great impact on your fitness level and VO2Max. Studies by Dr. Mary Wykle in 2010 have shown that DWR can increase your submaximal heart rate (HR) up to 7 beats per minute (BPM) while decreasing your resting HR by 4BPM in as little as three months of training. Get a baseline and determine the time it takes you and your Marines to complete 100 step. This step count is part of the evaluation process after three months of DWR. Some Marines decreased up to 11 seconds from initial time!

INSTRUCTOR UPDATES



How to Instruct the Medicine Ball Press

SET UP

- Stance hip width
- Grip ball at chest level
- Tight midsection

EXECUTION

- CUE is "press"
- Ball travels straight up tuck chin
- Ball finishes directly over head
- Active shoulders

COMMON FAULTS

- Weight finishes in front/FIX cue "Press up and pull back the weight overhead"
- Leaning back/FIX cue "Belly button towards your spine - tight core"
- Passive shoulders-bend of elbows/FIX cue "Press shoulders into ears"
- Weight around face/FIX cue "Tuck chin pull head back"

POINTS OF PERFORMANCE

- Good set up
- Constant engagement of core/midline doesn't change
- Weight directly overhead in line with shoulders, hips and ankle
- Weight travels straight up

MAKE IT DYNAMIC AND RUN ACROSS THE POOL AS YOU PERFORM THE MEDICINE BALL PRESS!

INSTRUCTOR TRAINER GUIDANCE

This is an official announcement of the Aquatics Maximum Power Intense Training (AMP-IT) Advisory Committee. Effective May 2016 the Instructor Trainer certifications will be deactivated. This is to ensure quality control of the program and standardization. Applications must be resubmitted and go thru an evaluation process. Applications are initiated with the Aquatics Director at each Marine Corps Installation. New requirements for instructors have been identified such as CPR/AED certification and Water Safety Instructor (WSI). Appointed AMP-IT committee members who are also Instructor Trainers are assigned to support and assist with the delivery of the program by providing courses for instructors.

INSTRUCTOR COURSES

New rank criteria and participation in basic classes has been identified for a Marine to apply to an instructor course. In order to apply for an AMP-IT instructor course the Marine has to be a Corporal (E4) or above, or submit a waiver signed by their Command. The applicant must attend 3 basic classes prior to registering in an instructor's course. HQ Marine Corps Aquatics Program Specialist Kari Hemund states, "The purpose behind the criteria is to ensure appropriate and consistent distribution of the program and quality control."

The Medicine Ball Press!

YOU VOTED AND THE EXERCISE OF THE QUARTER AROUND THE CORPS GOES TO THE MEDICINE BALL PRESS!

**Improve Explosive Power and Performance in the Pool!
To the left are some points for performance and instruction!**

Photo captured at MCAS Cherry Point, NC during an AMP-IT unit training

