

# About NOFFS

Developed by the Navy in partnership with EXOS (formerly Athlete's Performance Institute), the **Navy Operational Fitness and Fueling System (NOFFS)** provides the Navy with a "best-in-class" physical fitness and nutrition program for Sailors, their family members, and other authorized patrons.

NOFFS includes **four different workout series: Operational, Strength, Endurance, and Sandbag**. The Operational Series (formerly known as NOFFS 1.0) provides the foundational exercises that are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Each additional series (Strength, Endurance, and Sandbag) was developed to provide training modes that address the special interests of users.

The **fueling aspect** of this program will allow you to determine your total caloric needs to achieve your personal goals, whether you desire to lose, maintain, or gain weight. The **meal builder** enables you to select high-octane foods for each meal, populate your meal plan a week at a time, and email it to yourself.

Finally, the **regeneration component** of this series will assist you with addressing common aches and pains. The soft tissue release techniques combined with the flexibility routine will restore muscular balance, and ensure you develop and maintain the mobility necessary for high-level performance.

# NOFFS

Navy Operational Fitness and Fueling System

Download the NOFFS apps series today for your iOS and Android devices.



Visit the Navy Fitness website for valuable information on fitness, nutrition, movement of the day, and other great resources.

[www.navyfitness.org](http://www.navyfitness.org)



# NOFFS

Navy Operational Fitness and Fueling System

## STRENGTH

## Endurance

## SANDBAG

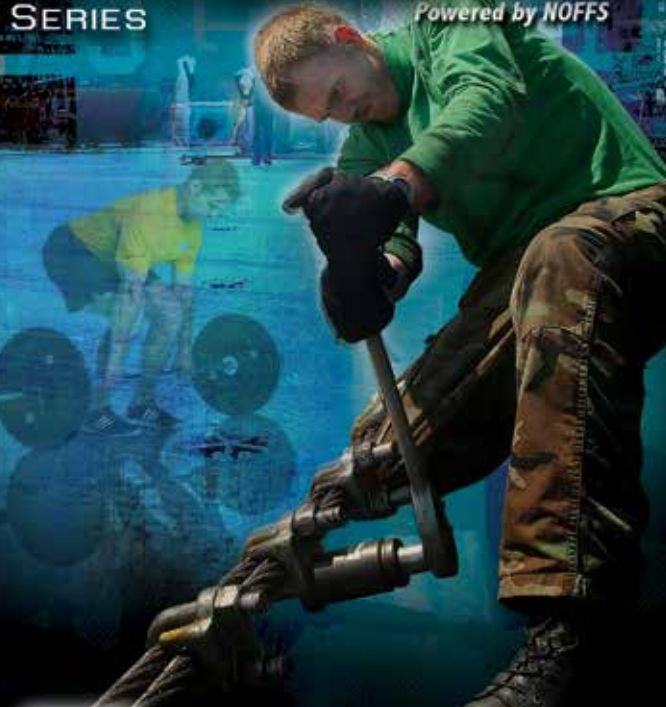
Three new workout series.  
Download the apps today!



The Strength, Endurance and Sandbag Series are advanced programs that are a progression from the Operational Series (NOFFS 1.0).

## THE STRENGTH SERIES

Powered by NOFFS



This series will assist you with developing the strength that is needed to **perform at your highest level**. There are three training phases within the series intended to progressively build your total

work capacity and improve cardiovascular fitness. The first phase, **Build Muscle**, is focused on building lean muscle mass and improving your body's capacity to handle greater physical demands through a higher volume of work. The second phase, **Get Strong**, focuses on building strength through fewer repetitions and higher intensity. The final phase, **Get Powerful**, harnesses your newfound strength and trains your muscles to be fast and forceful.

## The Endurance Series

Powered by NOFFS



The workouts in this series are designed to assist with **breaking through training plateaus, while decreasing injuries** often associated with traditional endurance training. The workouts can be accomplished in a number of ways, including running, biking, rowing, or using any cardiovascular machine.

Beyond the cardiovascular training you would expect to see in this series, additional training components that are vital to your sustained success with endurance activities have been incorporated. These include **pillar prep, strength maintenance, soft tissue release, and plyometrics**. Although these components can be completed in separate workouts, together they will provide the tools necessary to maximize results. The six phases of cardiovascular training progressively develop both the aerobic and anaerobic energy systems, effectively enhancing your ability to **cover a greater distance at a faster pace**. The ability to customize these workouts based on heart rate and/or rate of perceived exertion (RPE) will make the workouts challenging and effective throughout the phases.

## The SANDBAG Series

Powered by NOFFS



This series provides you with a training plan that can be **performed in environments with limited equipment options**. It will assist you with developing the strength and power needed to meet the performance demands placed upon you in any environment. The added challenge of performing traditional exercises with a less stable mass (sand-filled bag) provides a **unique training experience** that mimics the demands experienced in day-to-day life.

The series progresses through three phases of training by building upon the work completed in the previous phase and preparing for what's to come. The first phase, **Build Your Base**, establishes a strong base fitness level. The second phase, **Gain Muscle**, develops lean muscle mass and increases workout capacity through the use of a higher number of sets and repetitions. In the third phase, **Get Powerful**, movements will become more explosive, therefore developing the power necessary for immediate bursts of energy often required in operational environments.