

IT'S TIME TO START FITNESS™

As seen on ABC, NBC, CBS, FOX News and the History Channel, START Fitness™ now brings its absolute best to the pages of *Military Spouse* magazine!



What Is START Fitness™?

Since 1998, SGT KEN™ of START Fitness™ has led 5,000-plus civilians through military-inspired fitness Boot Camps. Now joined by his wife, Stephanie Weichert, the two are conquering the fitness industry!

"The fact is, discipline works. People pushed to the point of sweat-streaked exhaustion under the command of a hard-nosed commander get real, visible results," raves San Francisco Downtown Magazine. The START Fitness™ program provides a real-life answer to the bottom-line question, "How do I get and then stay in shape?"

Why START Fitness™?

The simple answer is that it works! Nobody knows the military soldier and family member better than two certified physical fitness trainers, one of whom is a soldier and the other is a military spouse. Staff Sergeant Ken Weichert and his wife Stephanie have been writing health and fitness articles for the National Guard www.gxonline.com for two years and have received tremendous reviews!

Ken Weichert, a.k.a., "SGT KEN": Army master fitness trainer, counterintelligence agent, combat lifesaver, Operation Iraqi Freedom and Desert Storm veteran and six-time Soldier of the Year. He created START Fitness in 1998 and serves as the tactical director. He wrote, produced and directed the Operation Fit to Fight™ DVD series. He received the award of Best Fitness Trainer by ABC in 2006. He has been awarded more than 20 military medals for valor and another 10 for humanitarian aid. His latest awards are the Life-saving Medal and Letter of Commendation from Governor Arnold Schwarzenegger. He was certified as a fitness trainer with the National Academy of Sports Medicine, the American Council on Exercise and the Aerobics and Fitness Association of America.

Stephanie Weichert: Certified personal trainer, swimming teacher and group exercise instructor. She became the strategic director of START Fitness™ in 2001. She served as the associate producer and the editing and marketing director for the Operation Fit to Fight™ DVD series. She has been awarded the California Commendation Medal by the 223rd Military Intelligence Battalion and the Good Samaritan Award by the California Highway Patrol. Stephanie comes from a strong water polo background in which she achieved the All-Valley goalie, co-MVP and Coaches Award. She has a baccalaureate degree in marketing from San Francisco State University.

Stephanie and Ken have been writing health and fitness articles for the National Guard Experience (*GX*) Magazine for two years. Together, they lead the most comprehensive military-style fitness program in the country! "It's the toughest Boot Camp you'll ever love!™"

Ken Weichert & Stephanie Weichert



photos by Jonathan Miller

OPERATION WAKE-UP CALL™

What Is Your New Year's Resolution?

It's that time of the year when thousands of people are rushing to the gym for the first time in several months hoping to work away the extra pounds they acquired over the holidays! Between the months of January and March, gyms will be filled with the following types of new athletic hopefuls:

This year let's **Keep It Simple, Superhero (K.I.S.S.)!** Rather than take on the entire world at once, we will start with an effective fitness routine that can be performed anywhere at anytime with just a few fantastic exercises. Note: Due to magazine space restrictions, some exercises do not include all of the instructions. If there is an exercise that is unfamiliar to you, please feel free to contact us directly at askthetrainer@starfitness.com.

1 Get Fit Quick Dropouts

These are the people who try to do everything overnight and wind up burning out before their goal is reached.

2 Shocked and Confused

These are the people who feel overwhelmed in the gym, much like someone walking into a super-size Target for the first time, and will never finish a single workout.

3 Strong Survivors

These are the people who refuse to surrender over the lack of overnight success or lack of knowledge of how to perform effective fitness routines. Instead, they are the people who benefit from perseverance and become happy, healthy champions!

1 Warm-up (Four minutes running in place or 40 side-straddle hops—"Jumping Jacks")

2 A few Rotation Exercises (two minutes)

3 A few Stretches (two minutes)

4 Static Lunges, or, as they are sometimes called, "Drop-down Lunges" (We will start on the lower part of the body and work our way upward.)

Start Position: Stand with your upper body erect, first with your left leg back and your right leg in front of you with your toes pointing forward. Place your hands on your hips or use SPRI® tubing for additional resistance. Note: Remember to keep your shoulders over your hips during this exercise.

Action: While keeping your abdominal muscles tight, drop your body straight down by bending both knees. Note: Do not let your rear knee touch the ground. Both legs should form 90 degree angles at the knees. Slowly return to the Start Position. Switch positions once you have completed the required amount of repetitions.

Warning: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or shortness of breath.



photos by Jonathan Miller

Basic – 5 repetitions with each leg
Intermediate – 15 repetitions with each leg
Advanced – 30 repetitions with each leg

5 Crunches on the ground, or **Stability Ball Crunches**

Basic – 15 repetitions
Intermediate – 30 repetitions
Advanced – 50 repetitions



6 Lateral Leg Lifts



Start Position: Either lay on your side while on the ground (Basic) or balance on your forearm (Intermediate). Place your outside arm on your hip, straighten your outside leg and flex your foot. Bend the leg that is against the ground 90 degrees. Note: *Do not let your hips sag toward the ground.*

Action: Slowly raise your upper leg as high as you can without passing it too far beyond your shoulder position. Slowly return to the Start Position. **WARNING:** Do not jerk your leg upward during this exercise. Perform the actions slowly. Raise your leg only as high as you can without bending your hips.

Basic – 5 repetitions with each leg
Intermediate – 15 repetitions with each leg
Advanced – 30 repetitions with each leg

7 Push-ups, Standard



Start Position: Assume the standard push-up position by raising your body off of the ground and by forming a straight line with your back. Your palms are on the ground aligned with your chest with your fingers pointing forward. Your feet are together or up to 12 inches apart. Perform this exercise while on your feet (Intermediate) or while on your knees (Basic).

Action: Lower your body to the ground slowly by bending at the elbows. Return to the Start Position. **WARNING:** Do not let your hands and arms rise higher than your shoulders.

Basic – 1 to 6 repetitions
Intermediate – 7 to 12 repetitions
Advanced – 13 to 24 repetitions

8 Five-Minute Aerobics

(Treadmill, or Elliptical Machines, or Running, or Cycle)

“Great effort! Now, try it again!”

Operation Wake-up Call™ performance levels:

- Basic** – 1 set = approximately 20 minutes *
 - Intermediate** – 2 sets = approximately 40 minutes *
 - Advanced** – 3 sets = approximately 60 minutes *
- * Depending on Repetitions per set and rest periods

Illustration by Seamas Gallagher, Nicole Sylvester



UNIFORM REMARK: SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

SPECIAL REMARKS: We encourage you to request additional information by emailing us at askthetrainer@starfitness.com or to exercise with us while watching our OPERATION FIT TO FIGHT® DVD series. If you are ever in San Francisco, come to our studio where military and family members are always FREE. Our new military line of tubing by SPRI Products is now available at www.starfitness.com.