



# OPERATION TRAIL AFTER TRAIL™ SUMMER CHALLENGE



It's Time to **START Hiking™**  
with **START Fitness™**

## “Leg Lover Workouts” for the military spouse

**I**t was another picturesque day in the vast Redwood forest of Muir Woods, just North of San Francisco, California. My watch read 8:00a.m. Two teams comprised of soldiers and civilians lined up for their safety briefing. “This is their chance to be in the military for a day!” remarked Michael Sugerman, of KPIX (CBS) Evening Magazine. He was referring to the unique opportunity of blending the worlds of Soldier and Civilian, the life of which the military spouse is keenly aware. We were excited to embark upon the 16-mile hike, which stretched out before us to the horizon. I was eager to see how well they would endure some of the most demanding trails in the country!

- It's time to blaze the trails! Many of us spend all day inside a building, behind a desk or managing a household. Yet many of us leave the building where we spend all day and go right to another building to workout. We would like to challenge you to get outside this summer and get moving. If the weather is nice, why not experience it?

You can burn 500+ calories an hour simply by hiking over challenging terrain. Hiking is the perfect way to sculpt the lower half of the body. It's also a great way to enjoy the great outdoors with friends and family. Operation Trail After Trail™ is not just adventure: it's one of the absolute best “leg lover workouts” we do at START Fitness™ every year!

In this issue, we would like to prepare you for the challenge that lie ahead. Whether you are planning to hike 1 mile or 16 miles, conditioning your legs is the best way to begin. Your mind is ready for the challenge, now let's begin by conditioning your legs. Optimal leg conditioning cannot occur by solely by utilizing the cardiovascular equipment in the gym. We suggest a workout that combines cardiovascular conditioning along with body weight exercises. These exercises can be used alone or combined with your current weight-training regimen.

Your challenge, if you chose to accept it, is to first prepare yourself and then get outside for a hike at least once this summer. Are you ready for the challenge?

**Stephanie & Ken** have been writing Health and Fitness articles for the National Guard Experience (GX) Magazine for two years and have received tremendous reviews. Together, they lead the most comprehensive Military-style fitness program in the country. **“It's the toughest Boot Camp you'll ever love!”**

**This issue:** OPERATION TRAIL AFTER TRAIL™. We are coming into the hiking seasons across the United States. This is the perfect opportunity to get people outside performing physical fitness activities. In fact, June 2007 is the National Hiking month according to the National Parks and Recreation Authority

**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@startfitness.com](mailto:askthetrainer@startfitness.com).

**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.



### Warm-up Phase

- 1. (1-Minute) Running in-place or 20 Side-Straddle-Hops “Jumping Jacks”
- 2. A few Rotation Exercises (2-Minutes)
- 3. A few Stretches (2-Minutes) of your choice

### Build-up Phase

- 4. (2-Minutes) Running in-place or 40 Side-Straddle-Hops “Jumping Jacks”
- 5. Crunches on the ground, or Stability Ball Crunches
  - Basic: 1-10 repetitions
  - Intermediate: 11-20 repetitions
  - Advanced: 21-40 repetitions

Muscle Target Phase

6. Tubing Push-ups or Regular Push-ups

NOTE: Push-ups will strengthen the muscles needed to prevent upper body strain while wearing a backpack. Push-ups also firm up the mid-section and improve posture.



7. Step-ups with Tubing or Freestyle

- Basic: 1-5 repetitions
- Intermediate: 6-15 repetitions
- Advanced: 16-30 repetitions

8. Static Lunges, or sometimes called, "Drop-down Lunges"

- Basic: 5 repetitions with each leg
- Intermediate: 15 repetitions with each leg
- Advanced: 30 repetitions with each leg

9. Lateral Leg Lifts

- Basic: 5 repetitions with each leg
- Intermediate: 15 repetitions with each leg
- Advanced: 30 repetitions with each leg

10. Squats with Tubing or Dumbbells

- Basic: 1-10 repetitions
- Intermediate: 11-20 repetitions
- Advanced: 21-40 repetitions



Summit Phase

11. Speed Skate Drill

Action: Imagine that you are on a pair of skates. Perform lateral hops to the left and right. Keep your knees bent, shoulders low, and hands free.

- Basic: 1-20 repetitions
- Intermediate: 21-40 repetitions
- Advanced: 41-60 repetitions



12. Ski Jumper Drill

Start: Stand up straight, with your feet together, and hands on your hips.  
Action: Perform lateral hops to the left and right.

- Basic: 10-20 Seconds
- Intermediate: 21-40 Seconds
- Advanced: 41-60 Seconds

13. Charlie Chaplain Time

Start: Stand up straight, with your feet together, and hands on your hips.  
Action: Elevate your body by raising your heels upward until you are balanced on the balls of your feet. Return to the Start Position and Repeat.

- Basic: 1-10 repetitions
- Intermediate: 11-20 repetitions
- Advanced: 21-40 repetitions

14. 5-Minutes Aerobics (Treadmill, or Elliptical Machines, or Running, or Cycle)

"Great effort! Now, try it again!"

Operation Trail After Trail™

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

Cool-down Phase

(To be conducted at the end of all of your sets)

15. Stretching (10-Minutes)

Our two Teams did a great job! We found that those who spent time preparing for the hike finished with vigor and in front. Those who spent less time preparing were more likely to experience leg discomfort and extreme fatigue. Before you get out there, get prepared. Spend at least two weeks (preferably four to six) conditioning your legs for the challenge ahead. Send us an email and tell us how your training prepared you for the great outdoors and the Operation Trail After Trail™ Summer Challenge.

Best of Health,  
SGT KEN and Stephanie



Great job!

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**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 ask-thetrainer@startfitness.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.