



ONE SOLDIER AND HUNDREDS OF CIVILIANS
Team START™ delivers boot camp fitness
to over five hundred civilians at the
IHRSA convention in San Francisco.



OPERATION TEAM START™

Part 1 of 2
With or Without Weights, Here We Come!

By SSG Ken and Stephanie Weichert

"After he returned from Iraq, he saw his workout business boom," writes Amy Chozik in the *Wall Street Journal* article "Iraq Vets Find Work Shaping Up." "He's one of several Iraq veterans being snapped up by fitness entrepreneurs to run boot-camp workouts, a fad that's been growing in popularity."

Although it's now considered a fad, START Fitness™ has been delivering a military-inspired fitness program to civilians since 1997, well before Operation Iraqi Freedom.

To teach SGT Ken's™ style of boot camp exercise, one must have successfully completed the START Fitness Instructor Certification Course™, a 10-hour day complete with instruction on form, presentation, voice, stage presence and cadence calling. It's a one-day crash course for certified personal trainers on how to become a fitness drill sergeant for a civilian-based program.

However, becoming part of Team START™ is far more complex. Instructors must learn the ins and outs of everything from stacking exercises, aiding an injured participant while still keeping the rest of the class moving, membership retention, marketing, organizational and business techniques, and more. It takes months to fully grasp how to run a boot camp fitness program. That's why the Team START Instructor Certification Program™ is actually an internship for those aspiring to open their own START Fitness™ civilian-based boot camp. It gives instructors the opportunity to learn on the job while still under direct supervision.

We've received several emails asking for instructor variation. Consider this our answer to your request. In the next two articles, we'll introduce you to some of the up-and-coming Team START™ instructors. Together, we'll take you through a small part of what Team START™ delivers to civilians five days a week. We hope you will enjoy the variation, while keeping Fit for Duty.

With or without weights, here we come!



JONATHAN MILLER / ILLUSTRATION BY SEAMAS GALLAGHER, NICOLE SYLVESTER

WEEKS 1-4: OPERATION TEAM START™

NOTE: Internet access required for parts of this series. Go to www.GXonline.com, click on Past Issues, START eFITNESS, and go to issues mentioned below.

MONDAY

START Fitness article, GX 3.4 (p. 73)
Operation Heavy or Not™, Part 1 of 3
“Muscle Exploitation Day”

NOTE: Perform the entire workout.

TUESDAY

START Fitness article, GX 3.5 (p. 76)
Operation Heavy or Not™, Part 2 of 3
“Quadriceps and Gastrocnemius”

NOTE: Perform 1-2 sets of the workout.

START Fitness article, GX 4.7 (p. 73)
Operation Pushing for Points™, Part 2 of 2
“Long Distance Running Day #1”

NOTE: Perform at least two miles of running or jogging.

WEDNESDAY

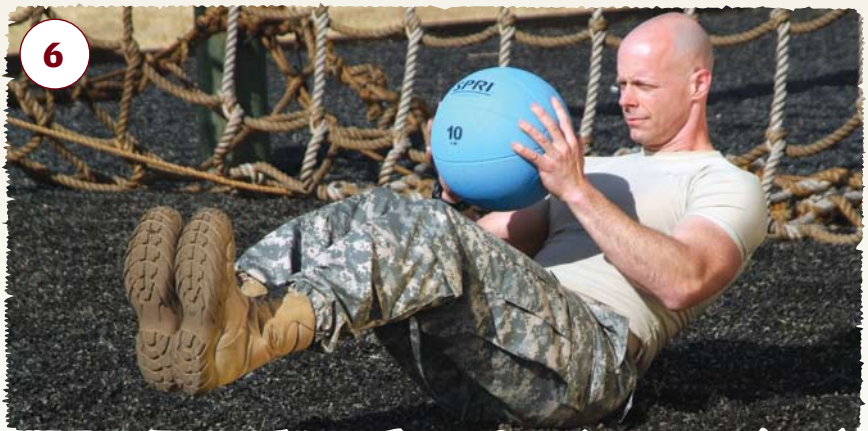
START Fitness article, GX 3.6 (pp. 68-69)
Operation Heavy or Not™, Part 3 of 3
“Big Core No More”

NOTE: Perform the entire workout.

THURSDAY

START Fitness article, GX 4.7 (p. 73)
Operation Pushing for Points™, Part 2 of 2
“Interval Running Day #1”

NOTE: Perform at least two miles of running or jogging.



FRIDAY

WARM-UP PHASE:

1. 5-10 minutes running in place or 50 side-straddle hops—“jumping jacks.”
2. **Rotation Exercises:** 2 minutes
3. **Stretching:** 5-7 minutes
It is advised that you repeat steps 1-3 prior to step 4 in order to be properly warmed up.
4. **High Steps:** 2 minutes
Jogging in place with your hands at least above your shoulders and your knees as high as your hips.

CORE CONCENTRATION PHASE:

5. Flutter Kick

- **Basic:** 10-20 seconds
- **Intermediate:** 21-40 seconds
- **Advanced:** 41-60 seconds

NOTE: Remember that the lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body. If you experience discomfort in your lower back, raise your legs higher.

6. Russian Twists

- **Basic:** 1-6 repetitions
- **Intermediate:** 7-12 repetitions
- **Advanced:** 13-24 repetitions
- **Very Advanced:** Perform more than 25 repetitions with a medicine ball in your hands, legs elevated and bent 90 degrees at the knees, feet flexed and back elevated.

7. Dying Cockroach

- **Basic:** 1-15 repetitions
- **Intermediate:** 15-30 repetitions
- **Advanced:** 30-60 repetitions
- **Very Advanced:** Perform more than 30 repetitions with a medicine ball in your hands, legs elevated with no bend in your knees, feet flexed and lined up over your hips, arms straight and hands lined up over your head. As you rise up, the medicine ball should block your view of the sky or ceiling.

8. Superman/woman

- **Basic:** 1-15 repetitions
- **Intermediate:** 15-30 repetitions
- **Advanced:** 30-60 repetitions

MUSCLE TARGET PHASE:

9. Squats, or Leaping Squats

- **Basic:** 1-10 repetitions
- **Intermediate:** 11-20 repetitions
- **Advanced:** 21-30 repetitions
- **Very Advanced:** Leaping Squats: Jump straight in the air for each repetition. Warning: Do not let your knees bend beyond your toe line. Bring your shoulders and rear end back slightly in order to correct your posture.

10. Static Lunges, or Switch Lunges

Start Position: Start with your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg straight behind you, balancing on the ball of your right foot on the ground and your upper body is upright.

Action: Slowly lower your body, both knees bending until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Pause, and then slowly return to the starting position.

- **Basic:** 1-6 repetitions
- **Intermediate:** 7-12 repetitions
- **Advanced:** 13-24 repetitions
- **Very Advanced:** Switch Lunges: Jump straight in the air in order to switch leg positions. Warning: Do not let your forward knee bend beyond your toe line. Bring your shoulders back slightly in order to correct your posture.

11. Push-ups, or Uneven Push-ups

- **Basic:** 10-20 seconds
- **Intermediate:** 21-40 seconds
- **Advanced:** 41-60 seconds
- **Very Advanced:** Uneven Push-ups: Start Position: Balance your body on your hands and feet with your back forming a straight line. First, place your left hand on a step higher than your right hand. Look forward and keep your feet together or up to 12 inches apart.

Action: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Slowly return to the Start Position and con-



tinue. Switch arm positions after you have completed the required amount of time on the designated side.

- **Extreme:** Perform the repetitions slowly while balancing one of your arms on a medicine ball.
- Warning:** Perform the actions slowly and be certain not to roll off of the medicine ball. Note: This format demands more core muscle strength.

12. Bench Dips

- **Basic:** 1-10 repetitions
- **Intermediate:** 11-20 repetitions
- **Advanced:** 21-30 repetitions

13. Pull-ups

Start Position: Place your hands on a pull-up bar, arms shoulder-width apart, and palms facing away from your body.

Action: Pull your body upward until your nose reaches the bar. Return to the start position and repeat the steps.

NOTE: If you cannot perform a complete pull-up, simply hang on the bar for 45 seconds with your arms fully extended.

- **Basic:** 1-2 repetitions or hang on the bar for 45-60 seconds
- **Intermediate:** 3-6 repetitions
- **Advanced:** 7-12 repetitions

SUMMIT PHASE:

14. Jump-Squat-Thrusts

Start Position: Stand upright and ready.

Action: Slowly lower your body, both knees bending until your hands reach the ground. Straighten your body until you assume the push-up position. Quickly



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bring your knees into your chest, switch your balance to your feet and leap in the air and repeat.

- **Basic:** 1-10 repetitions
- **Intermediate:** 11-20 repetitions
- **Advanced:** 21-30 repetitions
- **Extreme:** 31-40 repetitions

15. 8-10 Minutes aerobics (treadmill, or elliptical machines, or running, or cycle)
"HOOAH! Now do it, again!"

- **Basic:** 1 full set = approximately 30 minutes *
- **Intermediate:** 2 full sets = approximately 60 minutes *
- **Advanced:** 3 full set = approximately 90 minutes *

* Depending on initial warm-up time, repetitions per set and rest periods. The Warm-up and Cool-down Phases are performed only once. Intermediate and Advanced participants may choose to perform the Core Concentration, Muscle Target, and Summit Phases two or more times.

COOL-DOWN PHASE:

16. Rotation Exercises (2 minutes)

17. Stretches (5-10 minutes)

SATURDAY AND SUNDAY

- Light stretching and plenty of rest.
- Repeat weekly fitness plan three additional times in order to complete the month.

REMARKS: Ken Weichert, a.k.a. "SGT KEN™", is intentionally pictured in the Army Combat Uniform (ACU) without the ACU Jacket while demonstrating exercises for Operation Team START™. Mr. Weichert's uniform is not in accordance with Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia, dated 3 February 2005.

The START Fitness™ instructors and students pictured in this article are not members of the Army National Guard. START Fitness™ is a group exercise and hiking business based in San Francisco where Soldiers and Civilians can experience the thrill of military-style drills performed in cadence, or with music. START Fitness™ now trains and certifies Basic, Senior, and Master Instructors.

HOOAH! askthetrainer@startfitness.com
Let us hear from you.

START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips on [GXonline.com](http://www.GXonline.com)! As this section develops, you'll be able to view short fitness videos, download workouts and more.

Go to: [GXonline.com/fitness](http://www.GXonline.com/fitness)



SSG Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, strategic director of START Fitness™ and a certified personal trainer, the Weicherts are conquering the fitness industry.



SPECIAL REMARKS: We encourage you to send your questions or requests for additional information to askthetrainer@STARTfitness.com. You can experience our workouts at home with our OPERATION LIVING FIT™ DVD series available on sale at www.STARTfitness.com or <http://www.americansoldier.com/skwo01.html>.

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 short of breath.

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