



GROUP EXERCISE SSG Ken Weichert leads RSP White Phase at Camp Parks through tubing exercises.

OPERATION TEAM START™

Part 2 of 2
With or Without Weights, Here We Come!
 By SSG Ken and Stephanie Weichert



SSG Ken and Stephanie Weichert,

RECEIVED

I want to thank you for your articles in *GX* magazine! I believe the biggest obstacle to effective Physical Training is a lack of variety. Your articles are providing the National Guard a remedy to that dilemma.

I have incorporated several of your workouts and referenced your articles in *GX* to those in our unit's remedial Physical Training program. Our unit has since lifted flagging action on four out of seven for the Army Weight Control Program and six out of 11 for Army Physical Fitness Test failures. In other words, Soldiers are losing weight and getting more fit because of your fitness program!

I recently witnessed an entire unit conducting Physical Training at Camp Ripley using some of your push-up improvement techniques that were just recently published in *GX*.

Your article is the first article I look for in each issue. Keep up the good work!

ISG Dave Gill
 HHD 147TH Regiment (RTI), 0HARNG



ISG Gill,

Hello. Thank you for taking the time to let us know that our training is being well utilized! It is a pleasure to help Soldiers obtain a higher level of fitness. We agree that boredom is a big reason why people don't enjoy their workouts and ultimately stop working out altogether. Many people do the same workout routine week after week. Imagine if we ate the same way we work out. We would be eating the same thing for breakfast, lunch and dinner every day! We would be starving for variety.

Our goal with the START Fitness™ program is to keep workout routines safe, functional, fresh and invigorating. Our live program in San Francisco consists of two indoor workout days, two running days and one day that is half indoors and half outdoors. Our instructors understand that variety in exercise routines keeps it fresh for the recruits. Variety is the main reason why we have recruits that have been in our program for over 10 years.

This month we would like to challenge you to try our program where you live. If weather does not permit, try your cardiovascular training indoors on a treadmill, elliptical trainer or stepper. We also suggest that you dedicate one person at your armory to become the Unit Personal Trainer (UPT)™. This month, your UPT™ can utilize our Team START™ training guide to train your Soldiers. If necessary, have your UPT™ contact us for further guidance.

Good luck and please keep us informed about your progress! HOOAH!

Best Regards,
 SSG Ken and Stephanie Weichert

WEEKS 5-8: 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 4.3 (pp. 68-70)
Operation Slim Gym™, Part 1 of 2
“The Shoulder Shredder”

TUESDAY

START Fitness™ article, GX 4.7 (p. 74)
Operation Pushing for Points™, Part 2 of 2
“Interval Running Day #2”

WEDNESDAY

START Fitness™ article, GX 4.5 (pp. 74-75)
Operation Summit Whitney™

THURSDAY

START Fitness™ article, GX 4.7 (p. 74)
Operation Pushing for Points™, Part 2 of 2
“Long Distance Running Day #2”

FRIDAY

WARM-UP PHASE

- 5-10 minutes running in place or 50 side-straddle-hops (jumping jacks)
- Rotation Exercises** (2 minutes)
- Stretching** (5-7 minutes)
It is advised that you repeat steps 1-3 prior to step 4 in order to be properly warmed up.
- 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. Dying Cockroach Drill

- **Basic:** 1-15 reps
- **Intermediate:** 15-30 reps
- **Advanced:** 30-60 reps
- **Very Advanced:** Perform more than 30 reps with a medicine ball or a set of dumbbells 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.

6. Flutter Kicks

- **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.

7. Crunches on the Ground, or Stability Ball Crunches

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

8. Prone Back Bends

- **Basic:** 1-6 reps
- **Intermediate:** 7-12 reps
- **Advanced:** 13-24 reps
- **Very Advanced:** Slowly perform 10-20 reps with a medicine ball or a dumbbell in your hands, legs elevated and back slightly bent, and upper body elevated. Exhale on the bend, inhale when lowering toward the ground.



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

MUSCLE TARGET PHASE

9. Bench Dips

- **Basic:** 1-10 reps
- **Intermediate:** 11-20 reps
- **Advanced:** 21-30 reps
- **Very Advanced:** Slowly perform 10-20 reps between two parallel bars.

10. Normal Push-ups or Stability Ball Push-ups

Normal Push-ups

- **Basic:** 20-30 seconds
- **Intermediate:** 31-60 seconds
- **Advanced:** 61-90 seconds

Stability Ball Push-ups

Start Position: Balance your body with your feet on the ground and your hands on a Stability Ball while keeping your back in a straight line. Look forward and keep your feet together or up to twelve inches apart.

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

- **Advanced:** 4-12 repetitions
- **Extreme:** Perform more than 12 repetitions without compromising your form

11. Hammer Grip Front Raises

- **Bulk Up:** 4-6 reps with high resistance or weight
- **Sculpt Down:** 15-20 reps with light to moderate resistance or weight



NOTE: Keep your back straight and your feet shoulder-width apart with a slight bend in your knees. We suggest that you use light weights in order to maintain form. Exhale when raising your arms, inhale when lowering toward the ground.

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12. High Lateral Raises

- **Bulk Up:** 4-6 reps with high resistance or weight
- **Sculpt Down:** 15-20 reps with light to moderate resistance or weight

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 can't perform a complete pull-up, simply hang on the bar for 45 seconds with your arms extended.

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



SUMMIT PHASE

14. Basketball Drills

Start Position: Stand with feet 12 inches apart, holding a medicine ball or a dumbbell in your hands waist-high.

Action: Step to the side and slightly forward with your left leg, and lower your body to 90 degrees with the forward knee. Don't step out too far or allow your forward knee to cross your toe. Push off with the far foot and return to the starting position. Leap straight into the air with the medicine ball or dumbbell slightly in front and above your shoulders (much like performing a basketball jump shot). Continue with same leg until you've reached the required amount of reps, and then perform the exercise with your right leg.

- **Basic:** 20-30 seconds
- **Intermediate:** 31-60 seconds
- **Advanced:** 61-90 seconds
- **Extreme:** 31-40 reps



15. 8-10 Minutes Aerobics

(treadmill, elliptical machines, 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 sets = approximately 90 minutes*

* Depending on initial warm-up time, reps 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, aka SGT Ken™, is intentionally pictured in some of the pictures in the Army Combat Uniform (ACU) without the ACU jacket while demonstrating exercises for Operation Team START™. SSG Weichert's uniform is not meant to be in accordance with Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia, dated 3 February 2005.

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.

START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips at GXonline.com! As this section develops, you'll be able to view short fitness videos, download workouts and more.

Go to: 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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