

**KEEP PULLING** SGT Ken™  
performs the Behind the  
Neck Pull-up.

# OPERATION QUICK FIX™

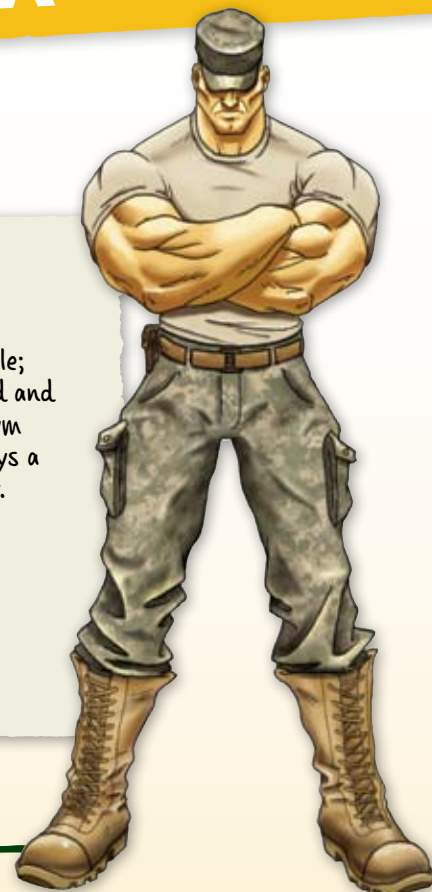
**Part 1 of 2**  
**30 Muscles in 30 Minutes**  
By SSG Ken and Stephanie Weichert

GX Readers,

Hello. Do you ever have days where working out for a full hour just isn't possible; you need to run an errand, go back to work or pick up the kids? We understand and would like to offer a solution! Operation Quick Fix™ is a full body, 30-minute gym workout. Although we like to recommend exercising for an hour three to five days a week, this workout is for those times when you have to cut your workout short.

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

Best Regards,  
SSG Ken and Stephanie Weichert





**WARM-UP PHASE**

- 1. Aerobics** (5 minutes) Elliptical trainer, treadmill, running in place, side-straddle-hops (jumping jacks) or high steps/knees
- 2. Stretching** (5 minutes)

**MUSCLE BOUNDING PHASE**

**3. Lat Pulls** (2 minutes)

**Start Position:** Place your hands on the cable bar with a wide grip. Sit with correct posture with your thighs under the supports and palms facing away from your body.

**Action:** Pull the cable bar down to the front of your neck. Return to the start position by fully extending your arms and repeat the steps.

**NOTE:** Do not pull the cable bar behind the neck.

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

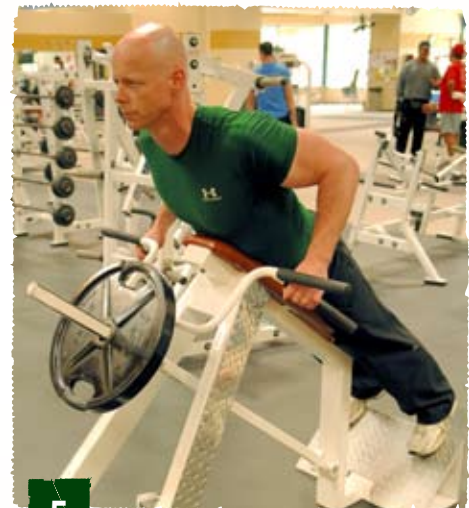
**4. Elevated Push-ups or Normal Push-ups** (2 minutes)

**NOTE:** Perform as many push-ups you can in a two-minute period.

**5. Incline Bench Pulls or Machine Seated Rows** (2 minutes)

**Start Position:** For incline bench pulls, lean your upper torso against the support and your knees slightly bent. For machine seated rows, sit with correct posture with your knees bent 90 degrees and grasp the handles.

**Action:** Keep your abdominal muscles tight and pull the weight back while focusing on bring-



ing your shoulder blades together. Stop just before your elbow joints are in line with your shoulders. Return to the start position by fully extending your arms and repeat the steps.

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

**6. Smith Machine Bench Press With a Narrow Grip** (2 minutes)

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

**NOTE:** Do not arch your back.





### 7. Preacher Bench Barbell Curls

(2 minutes)

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

### 8. Parallel Dips or Bench Dips

(1 minute)

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

### 9. Leg Lifts (1 minute)

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



**HOOAH!**  
 Let us hear from you.  
[askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com)

## 10. Back Extensions (1 minute)

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

## 11. Standing Machine Squats (2 minutes)

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

**NOTE:** Do not let your knees exceed your toe line.

**Note:** Moving from machine to machine between sets adds 5 minutes to the workout. The total time is calculated to include time in transition.

**QUICK FIX:** 1 full set = approximately 30 minutes

**FULL METAL JACKET:** 2 full sets = approximately 60 minutes

**MAX LOAD:** 3 full sets = approximately 90 minutes



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SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips at [GXonline.com](http://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://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 thanks to VQ Fitness in Hanford, CA for allowing us use of their facilities.

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.

**SPECIAL REMARKS:** We encourage you to send your questions or requests for additional information to [askthetrainer@STARTfitness.com](mailto:askthetrainer@STARTfitness.com). You can experience our workouts at home with our OPERATION LIVING FIT™ DVD series available on sale at [www.STARTfitness.com](http://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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