



BASIC TRAINING FOR LIFE

SGT. KEN,

I am 17 years old, and I want to get fit. I play softball and run every day, but what else can I do? I find it hard to stay motivated. I start a workout, but I end up getting bored with it, so I quit. I'm not overweight or anything, but I want to be in good shape!

**Thanks,
Kristen**

HELLO KRISTEN,

Thanks for writing to us! Our advice is to plan your workouts a week ahead of time. You can get as specific as you want. Try to plan for three to five days of exercises during the week. I suggest adding our Hooah! fitness circuits to your weekly program—they are quick and effective!

Most fitness circuits take anywhere from 15 to 30 minutes, depending on how many times you repeat the exercises. This one focuses on the lower body, and all you need is a step or a bench, and a pair of dumbbells or a medicine ball. We suggest that you pair this workout with a short run. Good luck with your training, and let us know your progress!

Best Wishes,

Sgt. Ken and Stephanie Weichert

Warm-up Phase:

1. AEROBICS

Examples: Running in place; side-straddle-hops; jumping jacks; high steps/knees (4 minutes)

2. STRETCHING

(4 minutes)

return to the start position. Complete the necessary amount of repetitions and switch legs. **Note:** Your opposite leg should never touch the bench until your goal is reached.

Basic: 1–5 repetitions

Intermediate: 6–10 repetitions

Advanced: 11–20 repetitions

Muscle Target Phase:

3. STEP-UPS

Step 1: Stand behind a bench or platform 12 to 16 inches off the ground. Place your left foot firmly on the step.

Step 2: Transfer your weight to your left heel and step up onto the bench until your right knee bends at a 90-degree angle. Slowly

Hooah! CHALLENGE

Not feeling the burn? Try holding a medicine ball or a set of dumbbells while performing this exercise.

4. LUNGES

Step 1: First, place your left leg in front of you and your right leg behind, with your toes pointing forward. Your upper body should be upright and your shoulders aligned over your hips.

Position your arms at your sides with your hands on your hips.

Step 2: Lower your body by bending both legs at the knees until your forward leg flexes 90 degrees at the knees. Maintain your balance in the center. Return to the starting position. Complete the necessary amount of repetitions and switch legs. Continue until your goal is reached.

Warning: Do not let your forward knee bend beyond your toe line.

Basic: 1–5 repetitions
Intermediate: 6–10 repetitions
Advanced: 11–20 repetitions

Hooah! CHALLENGE

For an extreme workout, hold a medicine ball or a set of dumbbells while performing this exercise.

5. SQUATS

Step 1: Stand with your spine straight and your toes pointed forward, with your legs placed hip-width apart and your arms at your sides.

Step 2: Lower your body by bending both knees. While moving down, bring your hips back as if sitting on a chair. Maintain your weight directly over the heels or mid-foot. Lower until your knees flex at 90

degrees. Slowly return to the start position. Continue until your goal is reached.

Warning: Do not let your knees bend beyond your toe line.

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

Hooah! CHALLENGE

Think you can take a little more heat? Hold a medicine ball or a set of dumbbells while performing this exercise.

6. CRUNCHES

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

Hooah! CHALLENGE

Try 100 repetitions to give your core muscles a good workout!

Cooldown Phase:

7. STRETCHING
(4 minutes)

—Staff Sgt. Ken Weichert
is a Master Fitness Trainer
with the Army National
Guard.

How did this lower body fitness plan work for you?

Send an email to Sgt. Ken at SgtKen@1-800-GO-GUARD.com and tell him what you think.

STEP-UPS



LUNGES

