

OPERATION HANG TIME

Strength and Suspension Training

By SSG Ken and Stephanie Weichert, with Chris Frankel, M.S.



HANG TEN SGT Ken performs the TRX Suspended Push-up at the Smyrna Army National Guard Training Center in Tennessee.

GXReaders:

It was one of those demanding days where I had more work to do than time available to complete it. A few hours later, I was finally finished with my task list and ready to dash from the office. I glanced at my watch and realized that I had no time to drive to the gym. Fortunately, near my desk stood several fitness items that Stephanie and I were testing for potential Fitness Field Kit (FITKIT) additions for future Operation Fit to Fight missions. It was the perfect opportunity to try something new and to share the information with GX readers all over the world! For this issue, I grabbed the TRX, a body weight suspension training system.

In the next few issues of GX, and also on www.1-800-GO-GUARD.com/fitness, we will be highlighting workouts that can be performed anywhere with little or no equipment. In fact, if the exercise equipment cannot fit in a small bag, it won't make it in the FITKIT.

HOOAH!

—SSG Ken and Stephanie Weichert



WARM-UP PHASE

Aerobics: Examples: Running in place; side-straddle hops; jumping jacks; high steps/knees (5 minutes)

Stretching (5 minutes)

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”

—John Quincy Adams

MUSCLE TARGET PHASE ONE:

Upper Body and Core

Half Sit-ups, Crunches

START: Lie down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

ACTIONS: Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the

ground and return to the start position. Continue until your goal is reached.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.

Basic: 1–30 repetitions

Intermediate: 31–60 repetitions

Advanced: 61–90 repetitions

TRX ATOMIC PUSH-UP WITH PIKE



TRX Atomic Push-up with Pike

START: Lengthen the TRX until the foot cradles are 8–12 inches off the ground. Place your feet into the foot cradles, toes down, and feet under the anchor point. Assume a normal-grip push-up position by balancing your body on your hands with your back forming a straight line, hands directly under your shoulders. Look forward and keep your feet together.

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Return to the start position and perform a pike by lifting your hips upward, keeping your knees and elbows straight. Return to start position and continue until your goal is reached.

Fit Tip: The TRX Suspended Push-up is the Atomic Push-up without the Pike movements. This exercise is suggested as a substitution for those who cannot perform pike movements, or you can use this exercise to Superset the program by performing it immediately after the Atomic Push-up.

Male standards:

Basic: 1–5 repetitions

Intermediate: 6–12 repetitions

Advanced: 13–24 repetitions

Female standards:

Basic: 1–2 repetitions

Intermediate: 3–6 repetitions

Advanced: 7–12 repetitions

TRX TRICEPS PRESS



TRX Triceps Press

START: Stand facing away from the anchor with your feet together, or up to 12 inches apart, hold the handles with arms fully extended overhead, palms forward. Position your feet behind your hands.

Note: The steeper you set the angle, the more difficult the movement will be to perform.

ACTIONS: While keeping your abdominal muscles tight, tilt your body forward by bending both elbows until your hands are behind your head, maintaining alignment with your shoulders, hips and legs.

Return to start position and continue until your goal is reached.

Fit Tip: You can step forward with one leg into an offset foot position for more stability.

Male standards:

Basic: 1–5 repetitions

Intermediate: 6–12 repetitions

Advanced: 13–20 repetitions

Female standards:

Basic: 1–3 repetitions

Intermediate: 4–8 repetitions

Advanced: 9–15 repetitions

TRX Chest Press

START: Stand facing away from the anchor with your feet together, or up to 12 inches apart, holding the handles shoulder level, palms down. Position your feet behind your hands.

ACTIONS: While keeping your abdominal muscles tight, tilt your body forward by bending both elbows until your chest is level with your hands, maintaining alignment with your shoulders, hips and legs. Return to start position and con-

tinue until your goal is reached.

Warning: Keep your hands slightly above shoulder level to prevent the TRX from rubbing your arms or shoulders.

Male standards:

Basic: 1–12 repetitions

Intermediate: 13–25 repetitions

Advanced: 26–50 repetitions

Female standards:

Basic: 1–6 repetitions

Intermediate: 7–15 repetitions

Advanced: 16–25 repetitions

TRX CHEST PRESS



TRX REAR DELTOID "T" FLY



TRX Rear Deltoid "T" Fly

START: Stand facing the anchor with your feet together, or up to 12 inches apart, holding the handles shoulder level, palms inward. Position your feet in front of your hands. Lean back and fully extend arms, maintaining a slight bend in your elbows.

ACTIONS: While keeping your abdominal muscles tight, squeeze your shoulder blades together and pull your arms out to the sides at shoulder level. Keep tension on the TRX and maintain

alignment with your shoulders, hips and legs. Return to start position and continue until your goal is reached.

Male standards:

Basic: 1–5 repetitions

Intermediate: 6–12 repetitions

Advanced: 13–20 repetitions

Female standards:

Basic: 1–2 repetitions

Intermediate: 3–6 repetitions

Advanced: 7–12 repetitions



TRX BICEPS CURL



TRX Biceps Curl

START: Stand facing the anchor with your feet together, or up to 12 inches apart, holding the handles at shoulder level, palms upward. Position your feet in front of your hands. Lean back and fully extend arms, maintaining a slight bend in your elbows.

ACTIONS: While keeping your abdominal muscles tight and your elbows at shoulder level, bring your hands to your head by bending both elbows. Do not let your hips bend or shoulders elevate toward your ears. Maintain alignment with your



shoulders, hips and legs. Return to start position and continue until you reach your goal.

Note: Keep your elbows pointing forward and do not let them drop toward the ground during the exercise.

Male standards:

Basic: 1–8 repetitions

Intermediate: 9–19 repetitions

Advanced: 20–30 repetitions

Female standards:

Basic: 1–4 repetitions

Intermediate: 5–9 repetitions

Advanced: 10–20 repetitions

TRX BACK ROW



TRX Back Row

START: Stand facing the anchor with your feet together, or up to 12 inches apart, holding the handles shoulder level, palms inward. Position your feet in front of your hands. Lean back and fully extend arms, maintaining a

slight bend in your elbows.

ACTIONS: While keeping your abdominal muscles tight, pull your body toward the anchor by bending both elbows. Keep tension on the TRX and maintain alignment with your shoulders, hips and legs. Return to start position and continue until your goal is reached.

Male standards:

Basic: 1–10 repetitions

Intermediate: 11–25 repetitions

Advanced: 26–50 repetitions

Female standards:

Basic: 1–6 repetitions

Intermediate: 7–15 repetitions

Advanced: 16–25 repetitions

+ Fit Tip: You can add a rotational component to the exercise by turning your palms upward as you perform the row.



“You’re not obligated to win. You’re obligated to keep trying to do the best you can every day.”

—Marian Wright Edelman

MUSCLE TARGET PHASE TWO:

Lower Body and Core

“The secret of success is constancy to purpose.”
—Benjamin Disraeli

TRX SUSPENDED LUNGE



A



B

TRX Suspended Lunge

START: Lengthen the TRX until the foot cradles are 8–12 inches off the ground. Facing away from the anchor point, hold both handles in your right hand and place your left foot into both foot cradles behind you. Position yourself about 3 feet in front of the anchor point, balancing

on your right foot, with hands on hips.

ACTIONS: Keeping the weight in your heel, bend your right knee and push your left leg back while lowering into a lunge position. Do not allow your knee to collapse inward. Return to start position and continue until your goal is reached.

Switch legs and continue.

Note: Keep your shoulders stacked over your hips.

Basic: 1–4 repetitions (each leg)

Intermediate: 5–9 repetitions (each leg)

Advanced: 10–15 repetitions (each leg)

Flutter Kicks

START: Lie on your back with your palms on the ground and your hands against your sides. While keeping your legs straight, raise them to at least 6 inches off the ground.

ACTIONS: Flutter kicks are a four-count exercise where you will raise the left leg to a 45-degree angle for position one while keeping the right

leg stationary. Next, raise the right leg off the ground to a 45-degree angle while, at the same time, moving the left leg to the start position. Counts three and four are repetitions of the same movements.

+ Fit Tip: 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. Keep your feet flexed at all times.

Basic: 1–10 repetitions

Intermediate: 11–20 repetitions

Advanced: 21–30 repetitions

Squats

START: Stand with your feet hip-width apart, with toes pointing forward.

ACTIONS: Lower your body into a squat by bending both knees until you reach a 90-degree angle, or until you lose the natural arch in your back. Return to the start position and continue until your goal is reached.

Warning: Your knees should not exceed your toe line while down and should not be locked while up.

Basic: 1–15 repetitions

Intermediate: 16–30 repetitions

Advanced: 31–60 repetitions

COOLDOWN PHASE

Stretching (5 minutes)

STAMINA STOPWATCH

1 full set = approximately 40 minutes

Equipment Needed:
TRX Suspension Trainer®
by Fitness Anywhere®



EVAN BAINES

SSG KEN AND STEPHANIE WEICHERT

A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, SSG Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the START Fitness® program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians. The program now trains and certifies basic, senior and master instructors.

Chris Frankel, M.S., is the Director of Programming for Fitness Anywhere and is completing his doctorate in physical education, sport and exercise sciences.



For more health and fitness information, go to 1-800-GO-GUARD.com/fitness, or email sgtken@GXonline.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.